

Trip Name : Tashi Lapcha Pass Trek

Starting Point	Drive in KTM-Barabise
Ending Point	Fly out Lukla-KTM
Type	Fully Camping Trek
Grade	Hard
Duration	21 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to mid-May and September to mid-November
Max. Elevation	5755 mt.

Trip Details:

The Tashi Lapcha Pass (5,755m/18,882ft) trek is one of the most exciting and challenging high mountain routes with some very steep slopes where trekkers need some alpine experience in order to cross the pass. This trek combines Rolwaling valley and Khumbu region of Nepal. The local Sherpa people named this deep valley as 'Rolwaling' which means 'The Grave' due to its location deep down between the steep ice-giants of the Khumbu region. It is a remote and quiet trekking which is not often visited by trekkers due to its level of difficulty and remoteness. This trek offers wonderful views of Mt. Gaurishankar, Rolwaling Himal, Chobabhamre, Dorje Lakpa, Yalung Ri and Pharchamo Peak. Tashi Lapcha Pass is the centre point of this adventure trekking. Ramdung (5,925m/19,439ft) or Pharchamo (6,187m/20,300ft) Peak 'climbing' is a 'bonus' of this trip and need a peak climbing permit from NMA. The trip leads on to the Tashi Lapcha Pass, one of the famous Himalayan high passes in Nepal through Tsho Rolpa and enter the Khumbu valley at Thame. We have a rest day at Namche Bazaar. Namche Bazaar is the gateway of Mt. Everest and many other expeditions. The ancient monasteries, famous Sherpa villages and colourful festivals are the major highlights of this trekking. The isolated and lonely Rolwaling valley is believed to be the home of the infamous Yeti. The trek starts at Barabise and finishes at Lukla. We take a short scenic flight to Kathmandu from Lukla.

Note:

- Ramdung OR Pharchamo Peak climbing can be associated with this trek.

Season for Tashi Lapcha Pass Trekking:

The best times for Tashi Lapcha Pass trekking are from the beginning of April to mid May and from the beginning of September to mid November. The high passes are closed in winter till beginning of spring. The weather must be favourable in order to complete the Tashi Lapcha Pass trek.

High Altitude Warning:

Altitude sickness is a serious concern in the Tashi Lapcha Pass trekking that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Tashi Lapcha Pass trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on

some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. If you have any previous rope climbing experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- NMA climbing permit for Mt. Ramdung OR Mt. Pharchamo Peak (MUST)
- Sagarmatha National Park permit
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- A Sherpa Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Barabise overland transfer by a private vehicle
- Regular flight for Lukla to Kathmandu & ground transfers
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive from Kathmandu to Barabise (1,080m/3,543ft).

Day 02 : Trek Barabise to Kabre (1,605m/5,266ft).

Day 03 : Trek Kabre to Dolangsa (2,510m/8,235ft).

Day 04 : Trek Dolangsa to Tinsang la pass (3,319m/10,889ft) and Camp.

Day 05 : Trek to Chilankha (1,925m/6,315ft).

Day 06 : Trek Chilankha to Bulung (1,890m/6,201ft).

Day 07 : Trek Bulung to Shalu (1,500m/4,921ft).

Day 08 : Trek Shalu to Simigaon (1,990m/6,529ft).

Day 09 : Trek Simigaon to Sakpa (2,660m/8,727ft).

Day 10 : Trek Sakpa to Nyamare (2,900m/9,514ft).

Day 11 : Trek Nyamare to Beding (3,690m/12,106ft).

Day 12 : Rest day at Beding for excursion and acclimatization.

Day 13 : Trek Beding to Na gaon (4,180m/13,714ft).

Day 14 : Trek Na gaon to Tsho Rolpa Lake (4,540m/14,895ft).

Day 15 : Trek Tsho Ropla Lake to Tashi Lapcha Phedi (5,200m/17,061ft).

Day 16 : Trek Tashi Lapcha Phedi over Tashi Lapcha pass (5,755m/18,882ft) and Camp.

Day 17 : Trek to Thyongbo Kharka (4,230m/13,878ft).

Day 18 : Trek Thyongbo Kharka to Thame (3,820m/12,533ft).

Day 19 : Trek Thame to Namche Bazaar (3,446m/11,306ft).

Day 20 : Trek Namche Bazaar to Lukla (2,840m/9,318ft).

Day 21 : Fly Lukla to Kathmandu (35 minutes).