



● Trekking at a Glance

DURATION

17 Days

MAX ALTITUDE

5755m

BEST TIME

Mar-May & Sep-Nov

ACCOMMODATION

Lodges/ Tea House

THE OVERVIEW

The Rowling Tashi Lapcha Trek is an incredible journey nestled between the Mount Everest and Langtang regions. This moderately difficult trek takes you through the Gaurishankar Conservation Area and offers stunning views of snow-fed lakes, glaciers, and towering mountains. The trail follows the Tama Koshi River, passes the beautiful Tso Rolpa Lake, and takes you through the serene Tashi Lapcha Pass (5755m), offering panoramic views of the surrounding peaks. The trek starts in Kathmandu, with a scenic drive to Jagat, and continues through villages like Simi Ganon, Don Gang, and Bedding. The highlight is crossing the Renjoo La Pass and...

01

Arrival in Kathmandu / Transfer to Hotel

Arrive at Kathmandu International Airport, where our representative will meet you and transfer you to your hotel in Kathmandu. You will have the rest of the day to relax and prepare for the adventure ahead.

ALT: 1,400m

02

Free Day in Kathmandu / Hotel and Thamel Walk

Today is a free day to relax, explore Kathmandu, or take a short walk around Thamel, a vibrant area filled with shops, restaurants, and local attractions. In the evening, we will have a briefing session to prepare for the trek.

ALT: 1,400m MEAL: Breakfast

03

Drive from Kathmandu to Jagat

After breakfast, you will take a 7-hour drive from Kathmandu to Jagat. The scenic drive takes you through the lush countryside, providing glimpses of rural life in Nepal. Upon arrival in Jagat, you will stay in a tea house for the night.

ALT: 1,350m MEAL: Breakfast, Lunch, Dinner

04

Trek from Jagat to Simi Ganon

This is your first day of trekking. You will trek along the Tama Koshi River, crossing forests and suspension bridges before reaching Simi Ganon, a small Sherpa village. This trek will help you adjust to the walking pace and enjoy the scenic beauty of the region.

ALT: 2,100m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

05

Simi Ganon to Don Gang

The trail today continues along the beautiful river valleys, with increasing altitude as you trek towards Don Gang. You will pass through traditional Sherpa villages and catch glimpses of the snow-capped peaks as you gain elevation.

ALT: 2,790m HIKE: 6 hours MEAL: Breakfast, Lunch, Dinner

06

Don Gang to Bedding

Continue trekking towards Bedding, a small settlement that offers spectacular views of the surrounding mountain ranges. Along the way, you will pass through forests, cross streams, and enjoy panoramic views of the mountains.

ALT: 3,690m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

07

Bedding to Na Village

Trek to Na Village, a picturesque Sherpa village at 4,180m. The village is surrounded by high peaks and glaciers, offering stunning views and a peaceful atmosphere.

ALT: 4,180m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

08

Acclimatization Day in Na

Today is a crucial acclimatization day to help you adjust to the higher altitude. You will trek to Yelling Base Camp at 4,800m, and then return to Na Village for the night. This hike will help you get used to the altitude before continuing the trek.

ALT: 4,800m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

09

Na Village to Tso Rolpa Lake

Trek to Tso Rolpa Lake, a serene glacial lake located at 4,561m. The trek takes you through beautiful alpine meadows and offers stunning views of the surrounding peaks.

ALT: 4,561m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

10

Tso Rolpa to Treading Glacier

Continue your journey to Treading Glacier, located at 4,800m. The path will take you through spectacular glacial landscapes, and you'll have the opportunity to witness the power and beauty of the glaciers.

ALT: 4,800m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

11

Treading Glacier to Tashi Lapcha Base Camp

Trek to Tashi Lapcha Base Camp, located at 5,110m. The climb will take you through rugged terrain, and the base camp offers incredible views of the surrounding peaks.

ALT: 5,110m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

12

Tashi Lapcha Pass

Cross the Tashi Lapcha Pass at 5,755m, one of the highest points of the trek. From the pass, enjoy breathtaking views of the Himalayas. You will then descend to Ngole at 5,110m for the night.

ALT: 5,755m HIKE: 6 hours MEAL: Breakfast, Lunch, Dinner

13

Ngole to Thame

Trek down to Thame, a beautiful Sherpa village known for its monastery. This is a relatively easy day of trekking.

ALT: 3,820m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

14

Thame to Namche Bazaar

Trek to Namche Bazaar, the largest Sherpa town in the region. The path offers stunning views of Everest, Ama Dablam, and Lhotse.

ALT: 3,440m HIKE: 5 hours MEAL: Breakfast, Lunch, Dinner

15

Namche Bazaar to Lukla

Trek back to Lukla, completing the circuit. Enjoy the last views of the majestic mountains before returning to Lukla.

ALT: 2,850m HIKE: 7 hours MEAL: Breakfast, Lunch, Dinner

16

Fly from Lukla to Kathmandu

Fly back to Kathmandu from Lukla. After landing, you will be transferred back to your hotel. Rest for the day or explore the city.

ALT: 1,400m MEAL: Breakfast, Lunch, Dinner

17

Departure from Kathmandu

Transfer to Kathmandu International Airport for your departure flight. Your memorable adventure ends here.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- All Airport Arrival – Departures. Transfers as per schedule – in Nepal
- Hotel Accommodations in Kathmandu with Breakfast (twin sharing)
- Teahouse / Lodge Accommodations During Trek (twin sharing) as per schedule
- Meals During trek – Breakfast / Lunch / Dinner / Tea or Coffee a day
- Lukla – Kathmandu flight ticket and Airport Departure local government taxes
- Porters to carry your personal Luggage (2 trekkers = 1 porter)
- Guide and porter insurance fee
- Khumbu Pasang Lhamu Entrance charge fee
- Government Khumbu National Park fee
- Sightseeing tour of Kathmandu city
- Kit Bag carry for Guide
- Drinking water (2L per day)

- What's Not Included

- International Airfare
- Nepalese Visa fee
- Travel and Rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge)
- Lunch and dinner in Kathmandu
- Tips for Guide, porter, and Driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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