

Rolwaling to Everest Traverse via Tashi Lapcha Pass (5,755 m)

Overview:

The Rolwaling Tashi Lapcha Pass Trek is one of Nepal's most spectacular and demanding high-altitude adventures, combining remote Himalayan wilderness, traditional Sherpa culture, glacial landscapes, and a challenging crossing of the Tashi Lapcha Pass (5,755 m). Located between the secluded Rolwaling Valley and the world-famous Khumbu region, this trek offers a rare opportunity to explore one of Nepal's most untouched mountain corridors.

The journey begins in the peaceful Rolwaling Valley, a remote Himalayan region known for its dramatic scenery, ancient settlements, and strong Sherpa heritage. The trail follows the Rolwaling River through terraced hillsides, dense forests, and traditional villages such as Bed and Na before entering the high alpine landscape. As the elevation increases, the valley opens into a rugged world of glaciers, moraines, and towering Himalayan peaks.

One of the major highlights of the trek is reaching Tsho Rolpa Lake (4,580 m), one of Nepal's largest glacial lakes. Surrounded by rocky peaks and impressive mountain scenery, this turquoise lake reflects the raw beauty of the Rolwaling Himalayas. Beyond Tsho Rolpa, the route continues toward the dramatic Trakarding Glacier, where trekkers encounter a remote glacial environment of ice, moraine fields, and breathtaking high-altitude landscapes beneath some of the region's highest peaks.

The ultimate challenge of the trek is crossing the Tashi Lapcha Pass (5,755 m), a remote mountain pass connecting Rolwaling Valley with the Khumbu region. The crossing involves steep ascents, glacier travel, and demanding terrain, but rewards experienced trekkers with incredible views of Himalayan peaks including Gauri Shankar, Melungtse, and surrounding summits. After crossing the pass, the trail descends toward the Khumbu region, creating a remarkable transition from a quiet wilderness valley to the legendary Everest landscape.

The Rolwaling Tashi Lapcha Pass Trek is designed for experienced trekkers seeking a true Himalayan adventure away from crowded routes. With its combination of Sherpa culture, Tsho Rolpa Lake, Trakarding Glacier, remote mountain trails, and one of Nepal's most challenging high passes, this trek offers an unforgettable journey through one of the Himalayas' most extraordinary hidden valleys.

Quick facts:

Cost: USD per Person

Destinations: Jagat / Beding / Na / Tsho Rolpa Lake / Tashi Lapcha Pass / Namche / Lukla

Duration: 18 Days

Trek starting point: Jagat

Trek ending point: Lukla

Grade: Challenging

Transportation: tourist coah / local jeep / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,755 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

□ **Day 3: Drive from Kathmandu to Jagat (1,150m): 240 – 260 km | 9 – 11 hours**

Today, we begin our journey with breakfast in Kathmandu before departing for a scenic drive to Jagat (1,150 m) via Dolakha. After an early morning meal, we leave the busy capital behind and gradually enter the peaceful hills and valleys of eastern Nepal. Jagat is a quiet riverside settlement and an important stop along the route toward the Rolwaling region and nearby Himalayan trekking areas.

The drive takes approximately 9 – 11 hours and covers about 240 – 260 km, depending on road and weather conditions.

Leaving Kathmandu, we follow the Arniko Highway eastward before turning north toward Dolakha. The route passes through rolling green hills, terraced farmland, traditional villages, and bustling roadside towns. Along the way, travelers enjoy views of rivers, forested slopes, and distant Himalayan landscapes.

As we continue beyond Dolakha Bazaar, the road becomes narrower and more rugged, winding through remote mountain terrain and alongside deep river gorges. The journey offers dramatic scenery with waterfalls, suspension bridges, rocky cliffs, and occasional glimpses of snow-capped peaks in the distance.

Finally, we arrive at Jagat, a small mountain settlement located along the Tama Koshi River. Surrounded by steep hills and natural beauty, Jagat serves as a gateway toward the Rolwaling Valley and several remote Himalayan trekking routes. Overnight stay at a local guesthouse or teahouse in Jagat.

▯ **Day 4: Trek from Jagat to Simigaon (2,050m) : Walking Distance: 12 – 14 km | 5 – 6 hours**

From Jagat (approx. 1,300 m / 4,265 ft), we begin our ascent along the Rolwaling River toward Simigaon (2,050 m / 6,726 ft), gradually leaving the lower hills and entering the more rugged Rolwaling Valley.

The trek takes approximately 5 – 6 hours and covers around 12 – 14 km (7.5 – 8.7 miles), depending on pace and trail conditions.

The trail initially winds through terraced fields, small villages, and patches of forest. As we ascend, pine, rhododendron, and mixed hardwood forests become denser, and the valley narrows with steep hills rising on both sides. The trail follows the Rolwaling River, crossing small streams and occasional rocky sections that require careful footing.

The scenery gradually changes from cultivated lower hills to more alpine terrain, with towering cliffs and ridges framing the valley. Although the ascent is steady, it is not technically difficult, but the sustained uphill requires moderate endurance.

Finally, we arrive at Simigaon, a peaceful riverside settlement that serves as a gateway to the upper Rolwaling Valley. Overnight stay at a teahouse or lodge in Simigaon.

▯ **Day 5: Trek from Simigaon to Dongang (2,800 m): Walking distance : 10 – 12 km | 4 – 5 hours**

From Simigaon (2,050 m / 6,726 ft), we begin our ascent toward Dongang (2,800 m / 9,186 ft), entering the higher alpine zone of the Rolwaling Valley.

The trek takes approximately 4 – 5 hours and covers around 10 – 12 km (6–7.5 miles), depending on trail conditions and pace.

The trail gradually climbs through mixed forests of pine, rhododendron, and hardwoods, with occasional terraced fields and seasonal herding shelters along the way. The path follows the valley, winding along streams and rocky sections.

As we gain altitude, the landscape opens to spectacular views of the surrounding mountains, cliffs, and ridges. The trail becomes steeper in sections, requiring steady footing and moderate effort.

Finally, we arrive at Dongang, a small alpine settlement that serves as a gateway to the higher Rolwaling Valley and a stopover before continuing toward Beding or other high-altitude points. Overnight stay at a teahouse or lodge in Dongang.

▣ **Day 6: Trek from Dongang to Beding (3,690 m): Walking distance: 9 – 11 km | 5 – 6 hours**

Today, we continue our trek from Dongang (2,800 m / 9,186 ft) to Beding (3,690 m / 12,106 ft), gradually ascending into the higher alpine landscapes of the Rolwaling Valley. Beding is the largest Sherpa settlement in the region and an important acclimatization stop surrounded by dramatic Himalayan scenery.

The trek takes approximately 5 – 6 hours and covers around 9 – 11 km (5.5 – 6.8 miles), depending on trail conditions and walking pace.

After breakfast, the trail follows the Rolwaling River through forests of pine, juniper, and rhododendron before opening into wider alpine terrain. Along the way, we pass waterfalls, yak grazing areas, mani stones, and small seasonal settlements, with increasingly impressive views of the surrounding snow-capped peaks and the Gaurishankar range.

Finally, we arrive at Beding, a traditional Sherpa village known for its monastery, stone houses, and beautiful mountain setting. Overnight stay at a teahouse.

▣ **Day 7: Acclimatization and Exploration day:**

Today is an acclimatization day in Beding, allowing the body to adjust to the higher altitude before continuing further into the Rolwaling Valley. Proper rest and gradual activity help reduce the risk of altitude sickness and ensure a safer ascent ahead.

In the morning, we may take a short hike around Beding or ascend a nearby ridge for better acclimatization. These optional walks offer excellent views of the surrounding peaks, glaciers, and the dramatic Rolwaling Valley, while keeping the body active at altitude. The rest of the day is free to relax, explore the village, and experience the traditional Sherpa lifestyle.

Beding is the largest settlement in the region, known for its ancient monastery, stone-built houses, and strong Buddhist culture. You can spend time interacting with locals or simply enjoy the peaceful mountain environment. Overnight stay at a local teahouse in Beding.

▣ **Day 8: Trek from Beding to Na (4,085 m): Walking distance: 4 – 5 km | 3 – 4 hours**

Today, we trek from Beding to Na (4,085 m / 13,409 ft), ascending deeper into the upper Rolwaling Valley. This short but steady climb allows us to adjust to higher altitude while enjoying spectacular alpine scenery.

The trek takes approximately 3 – 4 hours and covers around 4.5 – 5 km (2.8 – 3.1 miles).

After leaving Beding, the trail winds through open yak pastures, rocky paths, and glacial valleys, with sparse vegetation and panoramic views of surrounding snow-capped peaks. Along the way, we pass seasonal herding shelters and small streams fed by the glaciers above.

We arrive at Na, a remote seasonal settlement set in a vast glacial valley beneath towering Himalayan mountains, serving as a key stop before reaching Tsho Rolpa. Overnight stay at a teahouse.

▮ **Day 9: Trek from Na to Tsho Rolpa Lake (4,580 m): Walking Distance: 7 – 10 km | 4 – 6 hours**

After an early morning breakfast in Na Village (4,180 m / 13,714 ft), we begin our trek towards Tsho Rolpa Lake (4,580 m / 15,026 ft), following a scenic alpine trail through the upper Rolwaling Valley. The route gradually ascends through open yak pastures, glacial-fed streams, and rising moraine landscapes. As we move higher, vegetation slowly fades and the terrain becomes increasingly rugged and barren, while panoramic views of towering Himalayan peaks such as Tengi Ragi Tau, Ramdung Go, and the Rolwaling range begin to dominate the skyline. After approximately 4 – 6 hours of trekking covering 7 – 10 km (4.3 – 6.2 miles), we arrive at the spectacular Tsho Rolpa Lake, one of Nepal's largest glacial lakes. The turquoise waters, fed directly by the Trakarding Glacier, sit beneath massive icefalls and dramatic moraines, creating one of the most striking high-altitude landscapes in the region. The afternoon is spent exploring the lakeshore, taking photographs, and acclimatizing while enjoying the calm yet powerful glacial environment.

We stay overnight at Tsho Rolpa in a tented camp, allowing time to experience the changing alpine light over the lake.

▮ **Day 10: Trek from Tsho Rolpa Lake to Trakarding Glacier (4,900 m): Walking distance: 4 – 6 km: 4 – 6 hours**

After breakfast at Tsho Rolpa Lake (4,580 m / 15,026 ft), we continue our ascent towards the Trakarding Glacier approach zone (approx. 4,800 – 4,900 m / 15,748 – 16,076 ft), entering a more remote and fully glaciated section of the Rolwaling Valley. The trail initially follows the northern edge of Tsho Rolpa before climbing steadily over rocky moraine ridges formed by the retreating glacier, with increasingly rugged and exposed alpine terrain.

The trek takes approximately 4 – 6 hours and covers around 4 – 6 km (2.5 – 3.7 miles), depending on conditions, snow cover, and group pace. The route becomes more demanding with loose scree, glacial debris, and occasional icy patches, requiring steady and careful movement in high altitude conditions.

We eventually reach the Trakarding Glacier (4,900 m / 16,076 ft), a vast and shifting ice landscape that marks the entry into true expedition terrain towards Tashi Lapcha Pass. The surroundings are raw and dramatic, with sweeping views of peaks such as Dolma Khang, Takargo, and Rolwaling Kang, offering a powerful sense of isolation and high-Himalayan wilderness. Overnight stay at a tented camp.

▮ **Day 11: Trek from Trakarding Glacier to Tashi Lapcha Phedi (5,200 m): Walking Distance: 3 – 5 km | 4 – 6 hours**

The trek from Trakarding Glacier to Tashi Lapcha Phedi (5,200 m) continues deeper into the high alpine expedition zone of the Rolwaling Himal, moving through fully glaciated and remote terrain beneath towering peaks.

The journey takes approximately 4 – 6 hours and covers around 3 – 5 km (1.9 – 3.1 miles), depending heavily on glacier conditions, snow cover, and route selection. The trail involves walking over shifting ice, moraine ridges, and crevassed glacier sections, requiring careful navigation and steady pacing in a truly high-altitude environment.

From the Trakarding Glacier, the route gradually ascends across the broken ice fields of the glacier system, with dramatic views of surrounding peaks such as Dolma Khang, Takargo, and the Rolwaling Himal range. As we gain elevation, the landscape becomes increasingly stark and exposed, with strong winds and a profound sense of isolation typical of high Himalayan expedition routes.

We eventually reach Tashi Lapcha Phedi, a remote high camp area situated beneath the Tashi Lapcha Pass, serving as the final staging point before crossing into the Khumbu region. Overnight stay is at a tented high camp in a glacial wilderness setting.

▯ **Day 12: Trek from Tashi Lapcha Phedi to Ngole via Tashi Lapcha pass (5,755 m): Walking Distance: 6 – 8 km | 8 – 10 hours**

The trek from Tashi Lapcha Phedi (approx. 5,100–5,300 m / 16,732–17,388 ft) begins early in the morning as we ascend toward Tashi Lapcha Pass (5,755 m / 18,881 ft), one of the highest and most dramatic crossings in the Rolwaling–Khumbu region. The route climbs over glaciated terrain, snow slopes, and exposed alpine ridges, requiring steady pacing and careful movement in a true high-altitude expedition environment.

From the top of Tashi Lapcha Pass, we are rewarded with a breathtaking 360-degree Himalayan panorama. On the Rolwaling side, dramatic peaks such as Gauri Shankar, Melungtse, and the surrounding Rolwaling Himal range dominate the skyline, while on the opposite side the view opens into the Khumbu region with distant sights of Everest, Lhotse, Makalu, and Cho Oyu visible on clear days. Below us lie vast glaciers, deep valleys, and endless layers of snow-covered ridges stretching in both directions, creating one of the most spectacular viewpoints in the Himalayas.

After spending time at the pass for photography and rest, we begin a long and technical descent toward the Khumbu side, traversing snowfields, moraines, and rocky glacial terrain before reaching Ngole (approx. 5,110 m / 16,765 ft). The full crossing takes approximately 8 – 10 hours and covers around 6 – 8 km (3.7 – 5.0 miles), depending on snow and weather conditions.

We eventually arrive at Ngole, a high alpine campsite in the upper Khumbu region, marking the completion of this challenging Himalayan pass crossing. Overnight stay at a tented camp.

▯ **Day 13: Trek from Ngole to Thyangbo (4,350 m): Walking Distance: 7 – 9 km | 5 – 6 hours**

After breakfast at Ngole (approx. 5,110 m / 16,765 ft), we descend into the upper Khumbu region towards Thyangbo (4,350 m / 14,270 ft). The trail gradually drops through rocky alpine terrain, glacial moraines, and open high-altitude valleys, with increasingly wider views of the surrounding Himalayan peaks including Thamserku, Kangtega, and distant Everest region ranges.

The trek takes approximately 5 – 6 hours and covers around 7 – 9 km (4.3 – 5.6 miles), depending on conditions and pace. As we descend, the landscape slowly transitions from harsh glacial wilderness into softer alpine meadows and yak grazing pastures, with occasional seasonal settlements along the route.

We eventually reach Thyangbo, a high-altitude grazing area used by local herders, surrounded by dramatic mountain scenery and peaceful open valleys. Overnight stay is at a tented camp or seasonal teahouse depending on itinerary arrangement.

▮ **Day 14: Trek from Thyangbo to Thame (3,800 m): 6 – 8 km | 4 – 6 hours**

After breakfast at Thyangbo, we begin a steady descent towards the traditional Sherpa village of Thame (3,800 m / 12,467 ft) in the upper Bhote Koshi valley. The trail gradually drops through open alpine pastures, yak grazing fields, and wide mountain slopes, with increasingly greener landscapes as we lose altitude. Along the way, we are rewarded with excellent views of surrounding peaks including Thamserku, Kusum Kanguru, and the surrounding Khumbu ranges.

The trek takes approximately 4 – 6 hours and covers around 6 – 8 km (3.7 – 5.0 miles), depending on pace and trail conditions. Compared to the previous high-pass sections, this is a more relaxed and scenic descent, following a well-defined trail that connects remote high-altitude grazing areas with permanent settlements.

We eventually arrive at Thame, a historic Sherpa village known for its ancient monastery, strong mountaineering heritage, and peaceful Himalayan setting along the Bhote Koshi River. Overnight stay is in a comfortable teahouse lodge, marking a return to established villages after the remote high mountain crossing.

▮ **Day 15: Trek from Thame to Namche Bazaar (3,400 m): 9 – 11 km | 4 – 5 hours**

From Thame, we set off on our trek toward the bustling Sherpa hub of Namche Bazaar (3,440 m / 11,286 ft), descending gradually along the valley and crossing the Dudh Koshi River. The trek covers approximately 9 – 11 km (9.3 – 10.5 miles) and takes around 4 – 5 hours, depending on pace and trail conditions.

We begin by leaving the village, walking through terraced fields, pine forests, and traditional Sherpa settlements. The trail follows the Dudh Koshi River, with several suspension bridges providing spectacular views of the river gorge below.

As we approach Namche, the trail climbs gradually, preparing us for the final ascent into the town. Along the way, we pass through small settlements, chortens, and mani walls, catching glimpses of local Sherpa culture.

We arrive at Namche Bazaar, the lively “capital of the Khumbu,” with bustling markets, teahouses, and stunning views of Thamserku, Kwangde, and other surrounding peaks. This is the perfect place to rest, resupply, and celebrate completing our high-altitude journey through the Rolwaling and Khumbu regions. Overnight stay at a guesthouse in Namche Bazaar.

▮ **Day 16: Trek from Namche Bazaar to Lukla: Walking Distance: 16 – 18 km | 6 – 7 hours**

Following breakfast at Namche Bazaar (3,440 m / 11,286 ft), we begin our final trekking day towards Lukla (2,860 m / 9,383 ft), descending through the scenic Khumbu Valley. The trail initially drops steeply to the Dudh Koshi River and then continues through pine forests, suspension bridges, and traditional Sherpa settlements such as Monjo, Jorsalle, and Phakding, offering a gradual transition from high alpine landscapes to the lower Himalayan foothills.

The trek takes approximately 6 – 7 hours and covers around 16 – 18 km (10 – 11.2 miles), depending on pace and trail conditions. The route is generally downhill but includes several short ascents and undulating sections, especially between river crossings, making it a varied and full trekking day.

Along the way, we pass through sections of Sagarmatha National Park, prayer stone walls (mani stones), monasteries, and riverside villages, with constant views of surrounding peaks gradually giving way to greener landscapes. The final section involves a gentle climb into Lukla, the gateway to the Everest region.

We arrive at Lukla, marking the completion of the trekking journey, where we either spend the night in a teahouse or prepare for the return flight depending on the itinerary.

▮ **Day 17: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

After completing the Rolwaling Valley and Tashi Lapcha Pass trek, we reach Lukla, marking the end of our high-altitude Himalayan adventure. From the remote glaciers of Rolwaling to the dramatic crossing of Tashi Lapcha Pass (5,755 m / 18,881 ft) and descent into the Khumbu Valley, the journey concludes in the heart of the Everest region.

After final preparations, we board our scenic flight from Lukla to Kathmandu (30 – 40 minutes), enjoying panoramic aerial views of the Himalayas one last time. Upon arrival at Tribhuvan International Airport (1,400 m / 4,593 ft), our expedition officially comes to an end. Overnight stay at a hotel in Kathmandu.

▮ **Day 18: Departure day:**

Today marks the completion of the Rolwaling Tashi Lapcha Pass Trek. Depending on the flight schedule, you will be transferred from your hotel in Kathmandu to Tribhuvan International Airport for your onward departure.

As you leave Nepal, we hope you take home unforgettable memories of the remote Rolwaling Valley, the challenging Tashi Lapcha Pass, spectacular glacial landscapes, and the warm hospitality of the Himalayan communities. Thank you for joining us on this incredible journey, and we look forward to welcoming you again for more trekking adventures in Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ One way flight ticket from Lukla to Kathmandu
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Entry Permits for Gaurishankar Conservation Area and Sagarmatha National Park
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.