

Tsho Rolpa Lake: Trekking into the Rugged Heart of Rolwaling

Overview:

The Tsho Rolpa Lake Trek is a high-altitude journey through the Rolwaling Valley, a region that remains one of the more rugged and less-frequented corridors of the Nepalese Himalayas. Reaching a glacial lake situated at approximately 4,540 meters, the trek offers a direct encounter with a landscape defined by massive ice sheets, steep moraines, and the towering presence of the Gaurishankar massif.

The route starts with a steep ascent from the lower river valleys of Dolakha, where the trail follows the course of the Tama Koshi. The initial days are spent moving through dense forests of rhododendron and pine, punctuated by small settlements and terraced hillsides. As you gain elevation, the valley floor narrows significantly, and the lush greenery begins to give way to the starker, high-alpine environment characteristic of the upper Rolwaling.

Cultural transition is a defining feature of this trek. As the trail moves deeper into the valley, the influence of Tibetan Buddhism becomes more pronounced. In villages like Beding and Na, the architecture, prayer walls, and local customs reflect a way of life that has remained largely unchanged by modern tourism. These settlements serve as the final outposts of human habitation before the terrain turns entirely to rock and ice.

The final approach to the lake involves navigating a world of boulders and glacial debris. The air is thin, and the scale of the surrounding peaks, with some rising over 7,000 meters, becomes overwhelming. Tsho Rolpa itself is a massive body of turquoise water held back by a natural moraine dam. The site is quiet, often windswept, and carries a sense of isolation that is rare in the more popular trekking regions of Nepal.

For those who prioritize raw geography and cultural authenticity over the infrastructure of commercial trails, Tsho Rolpa provides a demanding but straightforward Himalayan experience. It is a trek that rewards physical persistence with a clear view into the geological and cultural heart of the Rolwaling Valley.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Singati / Simigaon / Beding / Na / Tsho Rolpa / Manthala / Pikhuti / Dolakha

Duration: 17 Days

Trek starting point: Dolakha

Trek ending point: Dolakha

Grade: Moderate

Transportation: Private vehicle / Local Jeep

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,540 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, September, October 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 Singati (950 m): 185 km | 7 – 8 hours**

After an early breakfast in Kathmandu (1,400 m / 4,600 ft), we begin our overland journey to Singati Bazaar (approximately 1,450 m / 4,760 ft), a lively settlement nestled in the upper Tama Koshi Valley of Dolakha District. The drive takes around 7 to 8 hours, traversing a diverse landscape of rolling hills, river valleys, terraced farmland, and traditional mountain villages.

Leaving the Kathmandu Valley behind, we follow the scenic Araniko Highway eastward before continuing through Charikot, the administrative center of Dolakha District. Along the way, the route offers ever-changing views of cultivated hillsides, forested slopes, and deep river gorges that characterize Nepal's mid-hill region. As the journey progresses, the terrain becomes increasingly rugged and mountainous, providing a glimpse of the remote landscapes that lie ahead.

The final section of the drive follows the Tama Koshi River upstream through picturesque valleys and scattered rural settlements. On clear days, distant Himalayan peaks may be visible from higher viewpoints along the route. Upon arrival in Singati Bazaar, an important gateway to the remote valleys of eastern Nepal, we check into our guesthouse and enjoy a relaxed evening while making final preparations for the trek ahead. Overnight stay at a guesthouse.

▯ **Day 4: Trek from Singati to Jagat (1,150 m): Walking Distance | 10 – 12 km | 4 to 6 hours**

After breakfast in Singati Bazaar, we begin our trek toward Jagat (1,150 m / 3,770 ft). The walk takes around 5 to 6 hours, covering approximately 10 – 12 km through the Tama Koshi Valley, following riverside trails, forested sections, and small rural settlements.

The route provides a gradual introduction to the landscape of the Rolwaling region, with a gentle ascent as we move deeper into the valley. Along the way, we cross suspension bridges, pass terraced farmland, and walk through scattered villages where traditional mountain lifestyles remain an integral part of daily life.

As the trail continues, the surroundings become increasingly quiet and remote, with the Tama Koshi River accompanying much of the journey. Upon arrival in Jagat, a small hillside settlement overlooking the valley, we check into a local teahouse and enjoy a restful evening in the peaceful mountain environment. Overnight stay at a teahouse.

▯ **Day 5: Trek from Jagat to Simigaon (2,036 m): Walking Distance | 8 – 12 km | 5 – 7 hours**

From Jagat, we begin our trek toward Simigaon (2,036 m). The walk takes approximately 5 to 7 hours, covering roughly 8 – 12 km along a steadily ascending trail that leads deeper into the upper Tama Koshi Valley en route to Tsho Rolpa.

The route involves a continuous uphill climb through forested sections, stone stairways, and small rural settlements. As we gain elevation, the landscape becomes increasingly tranquil, with dense rhododendron and pine forests gradually replacing the lower valley scenery. Along the way, Simigaon offers expansive views of the surrounding hills and valley, and on clear days, trekkers may be rewarded with distant views of Gauri Shankar. The village itself provides a peaceful setting and marks the transition into the higher mountain region.

Upon arrival in Simigaon, we check into a local teahouse and rest after the day's ascent. Overnight stay at a teahouse.

▯ **Day 6: Trek to Kharka (2,900 m): Walking Distance | 8 – 9 km | 5 – 7 hours**

After breakfast in Simigaon, we begin our trek toward Thanding Kharka as we continue along the Tsho Rolpa route. The walk takes approximately 5 to 7 hours, covering roughly 8 – 9 km through a steadily ascending and varied mountain trail.

The route starts with a steep descent through forested paths and stone stairways before reaching the river section, where suspension bridges and narrow trails guide us across small tributaries. From here, the trail gradually climbs again through dense rhododendron and pine forests, with the landscape becoming increasingly rugged and alpine as we gain elevation.

Along the way, the trail passes several small to medium waterfalls cascading down steep forested slopes, especially prominent after rainfall. As we approach Thanding Kharka (2,900m), the surroundings become quieter and more remote, with occasional yak grazing areas. Upon arrival, we check into a basic teahouse. Overnight stay at a teahouse.

▮ **Day 7: Trek to Beding (3,740 m): Walking Distance | 5 – 7 km | 3 – 5 hours**

Leaving Thanding Kharka, we continue our journey toward Beding, following the upper valley route of the Tsho Rolpa trek. The walk takes approximately 3 to 5 hours, covering roughly 5 – 7 km along a steadily ascending alpine trail beside the Rolwaling River.

The trail gradually leaves behind the last forested sections and enters a fully high-mountain environment. Along the way, we pass Dingma Kharka, an open yak grazing area and an important resting point on this stretch of the route. The path continues through rocky terrain, glacial streams, and moraine landscapes, with increasingly expansive views of the surrounding Himalayan ridges.

One of the main highlights of this section is the widening panorama of the upper valley, where snow-covered peaks dominate the skyline and the glacially carved landscape becomes more pronounced. As we approach Beding (3,740 m), the valley opens into a broad basin and the village appears beneath towering mountains. Beding is the largest settlement in the upper valley and a key stop for acclimatization before continuing further toward Tsho Rolpa. Upon arrival, we check into a teahouse and rest after the day's trek. Overnight stay at a teahouse.

▮ **Day 8: Trek to Na (4,180 m): Walking Distance | 4 – 5 km | 3 – 4 hours**

Continuing from Beding, we make our way toward Na, gradually entering the uppermost section of the Tsho Rolpatrekking route. The walk takes approximately 3 to 4 hours, covering roughly 4–5 km along a steadily ascending alpine trail.

The trail follows the Rolwaling River through an increasingly stark and high-altitude environment. As we gain elevation, the valley opens into a broad glacial landscape with scattered yak pastures, moraine ridges, and rocky slopes shaped by ancient ice movement. The scenery becomes more dramatic and expansive, with wide views of the surrounding Himalayan peaks.

Approaching Na (4,180m), the valley transforms into a vast alpine basin dominated by rugged mountains and glacial terrain. Na is the last seasonal settlement before Tsho Rolpa Lake and serves as a crucial acclimatization point. Upon arrival, we check into a teahouse and rest ahead of the final approach to the lake. Overnight stay at a teahouse.

▮ **Day 9: Trek to Tsho Rolpa Lake (4,540 m): Walking Distance | 5 – 7 km | 3 – 4 hours**

From Na, we begin our final ascent toward Tsho Rolpa, entering the highest and most dramatic section of the trek. The walk takes approximately 3 to 4 hours, covering roughly 5 – 7 km along a steadily ascending alpine trail through a fully glacial landscape.

The route follows a rugged moraine path alongside glacial streams and loose rocky terrain, with no tree cover as we move deeper into the high Himalayas. The valley opens widely, revealing dramatic views of surrounding ice-covered peaks, hanging glaciers, and icefall-fed slopes. The environment becomes stark, remote, and visually striking.

Upon arrival at Tsho Rolpa Lake (4,540 m), we reach one of the largest glacial lakes in Nepal, set beneath towering snow-clad mountains. The turquoise waters, glacier backdrop, and vast alpine setting create an unforgettable high-altitude landscape. We settle into a basic campsite or teahouse near the lake and stay overnight, with time to rest and acclimatize in this extraordinary environment.

▮ Day 10: Explore Tsho Rolpa Lake

After an overnight stay at Tsho Rolpa, we spend the day exploring the surrounding high-altitude landscape, including the lake shoreline and nearby glacier viewpoints. This is one of the most dramatic sections of the trek, situated at around 4,540 m.

We begin with a walk along the lake's moraine edge, following rugged glacial terrain with wide views of the turquoise lake framed by towering snow-clad peaks and hanging glaciers. The shifting light throughout the day highlights the contrast between ice, rock, and water, creating exceptional photography opportunities and a strong sense of isolation in the high Himalayas.

Later, we continue toward the Trakarding Glacier viewpoint, a short hike from the lake area that offers a closer perspective of the glacier system feeding Tsho Rolpa. The trail leads across rocky moraine ridges and glacial debris, providing clear views of ice formations and the glacier's terminus from a safe distance. After spending time at the viewpoint, we return to the campsite or teahouse near the lake for rest and overnight stay.

▮ Day 11: Trek to Beding (3,740 m): Walking Distance | 9 – 11 km | 5 – 7 hours

We begin the descent from the Tsho Rolpa Lake area back toward Beding, following the upper valley route of the Tsho Rolpa trek. The walk takes approximately 5 to 7 hours, covering roughly 9 – 11 km along a continuous downhill alpine trail.

The route retraces the moraine and glacial landscapes before passing through Na village and continuing down the Rolwaling Valley. As we descend, the stark high-altitude terrain gradually gives way to wider valleys with yak pastures, patches of vegetation, and increasing signs of settlement along the way.

Below Na, the trail continues through steady downhill sections and river-side paths, offering changing views of the surrounding peaks from a lower altitude perspective. The long descent is scenic yet demanding, marking a clear transition from the glacial zone back toward the main valley. Upon arrival in Beding (3,740 m), we check into a teahouse and rest after the day's trek.

▮ Day 12: Trek to Shakpa Kharka (2,660 m): Walking Distance | 15 – 17 km | 6 – 7 hours

We leave Beding and begin our descent toward Shakpa Kharka, following the scenic trail down the Rolwaling Valley. The trek takes approximately 6 to 7 hours, covering around 15 – 17 km along a predominantly downhill route through changing Himalayan landscapes.

The trail winds through alpine meadows, yak grazing pastures, and traditional stone settlements before gradually entering lush forests of rhododendron, pine, and mixed woodland. As we descend, the dramatic high-altitude scenery gives way to greener valleys, cascading streams, and peaceful riverside trails, while magnificent views of the surrounding snow-capped peaks accompany much of the journey.

The route includes several suspension bridge crossings and gentle undulating sections that add variety to the walk. Rich vegetation, birdsong, and the tranquil atmosphere make this one of the most enjoyable trekking days, showcasing the remarkable transition from the alpine environment to the lower Himalayan forests. Upon arrival at Shakpa Kharka (2,660 m), we settle into a teahouse and relax amidst the serene mountain surroundings, preparing for the next stage of our adventure.

▮ **Day 13: Trek to Manthala (1,130 m): Walking Distance | 13 – 15 km | 5 – 6 hours**

We leave Shakpa Kharka and continue our descent toward Manthala, following the lower Rolwaling Valley through lush forests, traditional villages, and scenic terraced hillsides. The trek takes approximately 5 to 6 hours, covering around 13 – 15 km along a predominantly downhill trail.

The trail winds through beautiful rhododendron and pine forests before emerging into fertile farmland and charming Sherpa and Tamang settlements. As we lose elevation, the landscape transforms from rugged alpine terrain into verdant hills, with cascading waterfalls, suspension bridges, and crystal-clear streams adding to the day's scenic beauty.

Passing through peaceful villages and cultivated terraces, you'll experience the warm hospitality and rich culture of the local communities while enjoying occasional views back toward the towering peaks of the Rolwaling Himal. Upon arrival at Manthala (1,130 m), we settle into a local lodge and relax in the tranquil surroundings, marking a rewarding conclusion to our journey through the spectacular Rolwaling Valley.

▮ **Day 14: Trek to Pikhuti (920 m): Walking Distance | 11 – 13 hours | 5 – 6 hours**

Today's journey follows the scenic Tama Koshi River as we make our way from Manthala to Pikhuti. The trek takes approximately 5 to 6 hours, covering around 11 – 13 km along a gently undulating trail with an overall descent.

The route passes through peaceful rural settlements, crossing suspension bridges and winding through forests of pine and mixed Himalayan vegetation. As we follow the river valley, traditional stone houses, cultivated fields, and vibrant local communities offer an authentic glimpse into everyday life in the lower Rolwaling region.

With warmer temperatures and greener landscapes replacing the rugged alpine terrain, today's walk provides a relaxing finale to the trekking adventure. Upon arrival at Pikhuti (920 m), we check into a local guesthouse and enjoy a comfortable evening, reflecting on the unforgettable journey through the spectacular Rolwaling Valley.

▮ **Day 15: Trek to Dolakha (1,660 m): Walking Distance | 9 – 11 km | 5 – 6 hours**

Our final trekking day takes us from Pikhuti to the historic hill town of Dolakha, following scenic trails through terraced farmland, lush forests, and traditional mountain villages. The trek takes approximately 5 to 6 hours, covering around 9 – 11 km with a steady ascent toward the day's destination.

The trail winds through peaceful countryside, crossing small streams and passing cultivated fields where local farmers continue age-old agricultural traditions. As the route climbs higher, beautiful views of the surrounding hills and the Tama Koshi Valley unfold, while charming villages provide opportunities to experience the region's rich culture and warm hospitality.

Approaching Dolakha (1,550 m), the landscape transitions into a historic hillside settlement renowned for its centuries-old Newari architecture and cultural significance. Upon arrival, we check into a comfortable lodge and celebrate the successful completion of our unforgettable journey through the breathtaking Rolwaling Valley.

▣ **Day 16: Drive to Kathmandu (1,440m): 6 – 8 hours**

After breakfast in Dolakha, we begin our scenic drive back to Kathmandu, marking the end of our Rolwaling trekking adventure. The journey takes approximately 6 to 8 hours, covering around 130 – 150 km depending on road conditions and traffic along the Araniko and BP Highway routes.

The drive descends gradually from the mid-hills, passing through terraced farmland, river valleys, and small towns that showcase everyday life in rural Nepal. As we follow the winding roads alongside the Tama Koshi and Sun Koshi river systems, the landscape shifts from quiet hillside settlements to busier highway towns, offering a final glimpse of Nepal's diverse geography.

Along the way, there are opportunities to stop for refreshments and enjoy views of rolling hills, rivers, and distant peaks. As we approach Kathmandu (1,400 m), the bustling energy of the capital gradually returns, contrasting with the peaceful mountain environment left behind. Upon arrival, we transfer to the hotel, bringing our unforgettable Himalayan journey to a close.

▣ **Day 17: Farewell and Final departure**

The final day in Kathmandu is reserved for farewell and onward departure, marking the end of your Himalayan journey. After breakfast at the hotel, you will have free time depending on your flight schedule, allowing for some last minute relaxation, souvenir shopping, or a quiet stroll through the city.

At the designated time, our team will transfer you to Tribhuvan International Airport (TIA) for your international departure. The drive typically takes around 30 to 60 minutes, depending on traffic conditions within Kathmandu Valley.

As you leave Nepal, you carry with you unforgettable memories of the Rolwaling Valley, its dramatic mountain landscapes, remote trails, and the warm hospitality of its people. We wish you a safe journey onward and look forward to welcoming you back for another adventure in the Himalayas.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Nepalgunj (twin sharing basis) with breakfast
- ☒ Two way flight between Kathmandu to Nepalgunj
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / lodge / homestay)
- ☒ 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
- ☒ Api Nampa Conservation Area Permit
- ☒ Special permit for Api – Saipal Region
- ☒ 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.