

## Rolwaling Valley Trek



Rolwaling valley is quiet mountainous region, visited by number of trekkers which is bordered with Tibet in the north. This region is home of the famous Sherpa climbers with unique culture of Sherpa and Tamang peoples, high glaciers lakes as well as many beautiful mountains including the Mt. Gaurishankar (holy mountain), Melungtse, Chekigo, Ramdung peak, Chobutse etc. This is really interesting visiting into Gaurishankar conservation area, less touristic than other Nepal trekking route as the route passes along Tama koshi river valley through remote Sherpa villages of Simigaun, Beding to Na. This trek can combine the peak climbing in this route including Ramdung peak, Yalung Ri.

Duration: 13 days

Price: \$1460

Rating: 5 Star

Group Size: 02-15 PERSON

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

### Equipment Lists:

01. Sleeping bag (down), rated to -10 degree centigrade (If you don't have them it can rent in Kathmandu for your trek period).
02. Sleeping bag liner (optional)
03. Hiking boots should be light weight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.

04. Sneakers or sandals for camp and town.
05. Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.
06. Thermal underwear, polypropylene or other synthetic (No cotton).
07. Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants.
08. Several t-shirts, both long and short sleeved.
09. Shirts long sleeved.
10. Rain jacket/poncho(Gore-Tex) or equivalent is ideal
11. Down jacket.
12. Fleece Jackets
13. Warm hat.
14. Hat for sun protection.
15. Gloves or mittens.
16. Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)
17. If you wear prescription glasses or contacts, bring spares.
18. Two (2) good quality 1 liter water bottles.
19. Trekking poles. (optional, and can be purchased in Kathmandu)
20. Flashlight or headlamp with extra batteries.
21. Reading/writing materials.
22. Camera and spare batteries.
23. Ear plugs (for travel)
24. Particle masks (for dust)
25. Toilet kit with towel, washcloth, bandanna, scrub brush, short clothes line, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.
26. Women: bring extra sanitary supplies and zip lock bags to pack out used materials.
27. Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items.

**Other Informations:**

## Nepal Entry Visa

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa up on arrival at Tribhuwan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigrationhttp:

[//www.online.nepalimmigration.gov.np/tourist-visa](http://www.online.nepalimmigration.gov.np/tourist-visa). Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

## Trekking Season

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

## A typical day of trekking

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight. We reach the teahouse/ camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

## Geography of Nepal

Nepal covers the land area of 147,181 sqkm, stretching 800km from east to west and 90 to 230km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region. Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 metres. Nepal is divided into five development regions and seventy-five districts. Where as high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000m to above 8,848m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchanjunga (8586m), Lhotse (8516m), Cho Oyu (8201m), Dhaulagiri (8167m), Mt. Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

## Currency in Nepal

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3.00 pm Sundays through Thursdays and from 10.00 am to 1.00 pm on Fridays. Saturdays are closed.

## Credit Cards

All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

## Climate change

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters. Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

## Clothing in Nepal

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for travelling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

## Health issues/Altitude sickness

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously. The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 metres, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

01. Drink adequate fluids. At 4,300 metres for example, the body requires 3 to 4 litres of liquid a day. At low altitudes try to drink at

least 1 litre a day.

02. Accept the fact that you cannot go very high if your time is short.

03. Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.

04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying travel High Solu facilitators immediately.

05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

### People and Religions of Nepal

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here. Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

### History of Nepal

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Kirantis ruled Nepal from 9th century B.C. to 1st century A.D. Later Lichchavis took over Kiranti from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty. Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana backseated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy. A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahendra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system', by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities. People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

### Shopping in Nepal

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged

along their goods. But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and DurbarMarg are the most popular Shopping centers.

#### Foods in Nepal

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/ non vegetable curries. Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

#### Travel Insurance

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

#### Hotels in Nepal

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

### **Itinerary:**

#### **Day 01:** Arrival in Kathmandu (1340m)

We will meet you at the airport and then transfer to the hotel which is closer to the multitude of shopping centers and restaurants.

#### **Day 02:** Drive to Gonggar Khola (1440m) 7-8 hrs driving

A Jeep will take us from Kathmandu through the river gorges and scenic hills with mountain views to the north. After Charikot, we will drive north on dirt road following the Tama Koshi river bank over night at Lodge.

#### **Day 03:** Gonggar Khola to Simigaun (2090M) 3-4 hrs walking.

After breakfast walk to chechet and from chechet cross the suspension bridge over Tama Koshi River. The path continues on a rocky steep slope as we get walk through a forest and later crosses terrace fields of Simigaun. This village represents Buddhist religion and lives the Sherpa and Tamang community. We continue walk through the villages and reach at the monastery on top of the hill. Overnight in lodge.

**Day 04:** Simigaun to Dokhang (2850m) 6-7 hrs walking.

Today we walk through dense mixed forests and enter the Rolwaling valley. The path steadily climbs towards the forests and streams as we get Cyalche. Then we descend back down to the river side and set up camps on the bank of Rolwaling Khola.

**Day 05:** Dokhang to Beding (3600M) 5-6 hrs walking.

We gradually walk through the forested valley of lush green alpine vegetation, with excellent mountain scenery surrounding us. We cross the Rolwaling river then walk on the left side of the valley with great view of Gaurishankar mountain and Melungtse which is Rolwaling's highest summit. Beding is a small Sherpa village; well known as village of Everest summiteers. We will camp on the bank of the river.

**Day 06:** Rest day for acclimatization at Beding.

Today we hike above Beding for acclimatization. There should be great views of snowy peaks, glaciers and the green forest in the Rolwaling Valley.

**Day 07:** Beding to Na(4150M) 3-4 hrs walking.

Today we have short and gentle walk to Na; the last tiny alpine hamlet that is only inhabited during summer months. Na is situated just below the Chekigo mountain in a beautiful valley overlooked by impressive peaks, including Chobutse, Chugimago etc.

**Day 08:** Rest day for acclimatization.

We can make a day excursion towards the Yalung Ri base camp. The trail is steadily climbing up after we pass the valley floor. You will get some stunning views of Yalung Glacier, Ramdung Peak (5930m), Yalung Ri (5630m) and to the north the breathtaking Himalayan mountains along the Tibetan border and Mt. Cho-oyu(8201m).

**Day 09:** Explore to Tso Rolpa lake(4580M)

Explore to Tso Rolpa lake(4580M) and back to na.

**Day 10:** Na to Dokhang (2850m) 7-8 hrs walking

Trek back to Na following the river valley to Dokhang.

**Day 11:** Dokhang to Gonggar khola (1440m) 5-6 hrs walking

Dokhang to Gonggar khola. Lunch at simigaun.

**Day 12:** Gonggar khola to Kathmandu (1340m) 7-8 hrs driving

Gonggar khola to Kathmandu.

**Day 13:** Final departure.

Today is the last day of your trip in Himalaya, as we will transfer you to the international airport. We trust that you will cherish this

inspiring experience and the deep, newly formed friendships in the years to come.

**Cost Include:**

- Airport transfers to/from by private vehicles.
- Transportation Kathmandu/chetchet/Kathmandu by private vehicle.
- Accommodations in best available local lodges, 3 times meals and all kind of hot drinks (Tea/Coffee/Hot chocolate) during the trek.
- Gaurishankar conservation entrance fee
- TIMS (Trekker's information management system) card arrangements.
- Service of Guide and porter during the trek and also their wages, foods, insurance and lodging.
- Transportation for trekking staffs(kathmandu/chetchet/kathmandu).
- Sleeping bag and Duffel bags for the use of trek for porter.
- 2 night accommodation in 3 star hotel in Kathmandu (Twin sharing deluxe room) including breakfast and all govt. taxes.
- Agency service charges and government applicable fees.

**Cost exclude:**

- Meals(Lunch, dinner) during staying in Kathmandu.
- Nepal visa fee US\$ 25 per person
- Air travels to and from Nepal, visa fees.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost due to flight cancellation/road conditions.
- Purchases of bottled water while on the trek, gifts and alcohols.
- All personal clothing and equipments.
- Any tipping and donation for trekking staffs.

**Other Features:**

- Max. Altitude: 4500M
- Trek starting point: Gongar Khola
- Trek ending point: Chetchet
- Accommodation: 3 star hotel and lodge
- Meals: All meals during the trek
- Transportation: Private vehicles and 4WD Jeep