Asian Expedition Pvt. Ltd

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Teshi Lapcha Rolwaling Trek



Teshi Lapsa Pass Trekking is a remote trek, walk through the Tibetan, Tamang people villages and less tourist traveled area. This trek is a part of Rolwaling region with the wonderful views of Gaurishankhar & Pachhermo and Teshi Peak. The beautiful mountains are to be seen from this trekking. This trek is adventurous, pass several Yak summer pastures, walk into the thick forest , the beautiful Tso Rolpa Lake and cross the pass at height 5755m. A good physical fitness & dedicated people are recommended to do this trek.

Trip Itinerary:

Teshi Lapcha Rolwaling Trek:

Day 01: Arrival Kathmanduand transfer to Hotel.
Day 02: Official process & introduce trekking team at hotel. & a half day sightseeing.
Day 03: Kathmandu to Gongur khola drive by bus. Overnight at Hotel/ tented camp
Day 04: Trek to Simigaon (1950 m) and Overnight at Hotel/ tented camp
Day 05: Trek to Gyalche (1760 m)and Overnight at Hotel/ tented camp
Day 06: Trek to Bedding (3693 m)and Overnight at Hotel/ tented camp
Day 07: Trek to Nagaon (4183 m) and Overnight at Hotel/ tented camp

Day 08:. Acclimatisation day at Na and overnight at Hotel/ tented camp
Day 09: Trek to Tsobung via Tso Rolpa(4561 m) and Overnight at Hotel/ tented camp
Day 10: Explore day at Tsho rolpa lake. (Along the valley floor, then ascend the terminal moraine to reach a delightful ablation valley of the south side of the glacier. There's a large 'porter cabin' under a huge overhanging rock) Overnight at Hotel/ tented camp
Day 11: Trek to Tashilapcha Phedi tented camp
Day 12: Acclimatization day at Tashilapcha Phedi tented camp
Day 13: Cross Tashilapcha Pass and camp at other side of Khubhu on rocky ground at tented camp
Day 14: Trek to Thyangbo kharka at tented camp
Day 15: Thengpo to Thame(3820m) and Overnight at tented camp.
Day 16: Thame to Namche(3445m) and Overnight hotel/ tented camp
Day 17:. Namche to Lukla (walk about 9 hrs approx.) and Overnight at hotel / tented camp
Day 18:. Flight from Lukla to Katmandu and Overnight.
Day 19: Rest day kathmandu
Day 20: Flight back onward destination.

Note: before to arrive at Thame to Lukla, the hotels are very basic ar first part of the trek.

Cost Details:

Price: US$ 2700
Group size: 2 people minimum

Cost Includes:

Rolwaling & Sagarmatha national park fees
Trekking Permit & TIMS
4 night hotel in Kathmandu with b/basis
sightseeing in Kathmandu
Meal: breakfast, lunch and dinner during the trek
Lukla to Kathmandu flight for clients & Guide
Guide & Porters salary and their insurances
Kathmandu to Gongurkhola Local Bus service
All clients Tents/kitchen tents
Salary for Guide/porters/sherpa

Cost Excludes:

Clients' personal trekking equipments & gears,

Meal s in Kathmandu
Visa fee
Any kind of alcoholic and cold drinks
Tips for guide and porters
International flight

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