Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Tsho Rolpa Trek - 8 Days

TSHO ROLPA LAKE TREK: 8 DAYS PACKAGE

The Tsho Rolpa Trek represents one of Nepal's lesser-known off-the-beaten-path destinations, offering a relatively short, manageable, and visually stunning trekking experience that allows adventurers to discover the journey's most tranquil moments. Also referred to as the Rolwaling Trek, this route is situated between the Langtang and Everest regions within the Gaurishankar Conservation Area in Dolakha District, Nepal. Tsho Rolpa holds the distinction of being Nepal's largest glacial lake. Positioned at an elevation of 4,183 meters, the Tsho Rolpa Trek traverses the Rolwaling Valley in Dolakha District, nestled beneath the Rolwaling mountain range and at the base of Mount Gaurishankar, which stands at 7,134 meters.

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DETAILED ITINERARY

Day 1: **Drive from Kathmandu to Chet-Chet and Trek to Simi Gaun (2000m): 7 hours**

Day 2: **Trek from Simi Gaun to Donga (2800m): 6 Hours**

Day 3: **Trek from Donga to Beding (3690m): 6 hours**

Day 4: **Rest Day in Beding: Option for hike to Malung Kharka, 5-6 hours**

Day 5: **Trek from Beding to Na (4185m), 5-6 hours**

Day 6: **Exploration Tsho Rolpa lake and Return to Beding village: 7 hours**

Day 7: **Trek from Beding village to Chet Chet (6-7 hours)**

Day 8: **Drive from Chet Chet to Kathmandu**

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