



# Asian Expedition Pvt. Ltd

Thamel, Kathmandu Nepal

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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 Kathmandu and 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

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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,

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



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