

Rowalling and High Khumbu Thru-Trek

This spectacular trek travels west-to-east along some of the Great Himalaya trail's most spectacular scenery, with a detour to the Tibetan border at the foot of 8000 meter Cho Oyu

Itinerary

From Kathmandu, we'll drive to the Rowalling valley. Our first day trekking takes us to Simigaon at 2036 meters and views of beautiful 7000 meter Gaurishankar.



Over the next five days we'll gradually ascend from the forests and farmlands to the Tso Rolpa lake which, at 4450m, marks the beginnings of the Tashi Lapsta pass into the Khumbu (Everest) region. It will take us another five days to traverse the glaciers of the Tashi Lapsta; after reaching the pass at 5755m we descend to the beautiful village of Thame (3820m) for a well-earned rest.



Now that we're rested and acclimatized, it will take us four days to follow the ancient salt caravan route and visit the Nangpa La (5700m) and Cho Oyu base camp. We then return to the Great Himalaya Trail, head over the Renjo La (5360m) for spectacular vistas of the Everest massif: this is one of the best views in all Nepal. We descend to the comfort of the lodges at beautiful Gokyo lakes.



If want to take a shorter trek for slightly less expense, it's possible to omit the trip to the Nangpa La and/or to Gokyo, and go direct from Thame for the last part of the trip.



On the final five days of our journey we descend to green fields and the Dudh Kosi river, enjoying our stroll through the picturesque but well-traveled villages of the Everest region until we reach Lukla and our flight back to Kathmandu.



Note: *The journey over the Tashi Lapsta always has some degree of risk. Although many trekkers cross successfully, I do not recommend this for people unused to the dangers ever-present in untamed mountains. The glacier is unstable, with risk of rock fall. The trek does not require technical ability (our sherpas will rope you up and belay you if conditions require it) but be prepared for some "exciting" moments.*



Dates: October 17th - November 13th 2015

Cost for 27 days: \$2995

Includes all food and accommodations (lodges and camping) while on trek; all internal transport (ground and air); all trek permits, full crew & gear.

Excludes: tips for crew; meals & bar bill in Kathmandu

Note: 4 person minimum for trek to run