Chho Rolpa Lake Trek

Duration: 16 Days | Location: Gaurishankar Region, Nepal



Trip at a glance

Category: Everest Region

Location: Gaurishankar Region, Nepal

Duration: 16 Days

Difficulty: 7/10

Trip Style: Chho Rolpa Lake Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 4540 m

Group: Min-1, Max 20

Summary

The Chho Rolpa lake trek is in Nepal lies between Langtang Himalayan range and Everest Himalayan range and the side of both Mt Everest and Langtang

Overview

Trip Introduction

The Chho Rolpa lake trek is in Part of Eastern Dolakha District Nepal. Tsho Rolpa the lake lies between Langtang Himalayan and Everest Himalayan range and at the side of both Mt Everest and Langtang are the highest peak of this trek and located in the eastern part of Nepal. It is one of the best trekking destinations among the travelers.The Tsho Rolpa Lake Trek begins from Dolakha, near Charikot, an eight-hour drive from Kathmandu. As it is one of the in Gaurisaangkar region. Kanchenjunga Circuit Trek

The trail moves along the Tama Koshi River for the most part of the trek . Trek also follows Rolwaling River on the upper regions . Throughout the trek, you will have a spectacular vista of Gaurishankar Himal (7134 m) as you walk through the small settlements of Rolwaling valley. The highlight of this trek, Tsho Rolpa Lake, is located between small hills and the surrounding mountains that make the view appear surreal. Also the tranquil environment around the lake makes the trek worth it. Since the route takes you to the Tibetan border side, a huge influence of Buddhism can be seen in the area. However, we can see the culture and lifestyle of Brahmin, Chhetri, and Sherpa people. The trek allows the trekkers to experience the Sherpa culture of Rolwaling valley as it reaches the villages like Chhetchhet and Beding.

The trail is mostly waterfalls, rivers, Mani walls, rice fields, and meadows working together to make the trek a memorable journey. This Tsho Rolpa trek has been one of the attractive destinations as the route is attached with another popular trekking called Chho Rolpa and Dudh-Kunda lake which is northern east from Kathmandu capital city of Nepal. Visit Everest View Trek, Phaplu Salleri Everest Base Camp Trek

Day by day itinerary

Trip Itinerary

Day 1 Arrival Kathmandu and take to hotel, trek preparation.

Welcome to Nepal! You will be greeted by our representatives at Tribhuvan International Airport, Kathmandu, and will be transferred to the hotel. Overnight at a 3-star hotel in Kathmandu.

Day 2: Drive from Kathmandu to Dolakha 1660m/7-8 hours by land cruiser,

After breakfast, we drive to Dolakha on our land cruiser. Along the way, we can enjoy the views of Sunkoshi and Bhote Khosi rivers. We stop by a place called Mude for lunch and enjoy the picturesque villages and amazing mountain views as we continue our drive. The whole trip takes about 7-8 hours. Dolakha is a town inhabited by a mixed community with a majority of Chhetri. Overnight in Dolakha.

Day 3: Trek from Dolakha to Singati 950m/4-5 hours,

We descend on the wider trail to Tama Koshi River bypassing fields with rice paddies. We cross the suspension bridge to arrive in Malepu village. The trail goes through pine forests with a distant view of Gaurishankar (7134m) in the background. Walk along Tama Koshi River to reach Pikhuti village for lunch. We cross a suspension bridge, descend to the shores of Tama Koshi River and ascend through the rice fields to finally reach Singati village.

Day 4: Trek from Singati to Jagat 1440m/6-7 hours,

We follow a narrow trail along Tama Koshi River and the valley. After passing the river, we ascend uphill to the mountain road trails. Walk on the trails on the cliff to arrive at Suri Dhoban from where we can get a view of Gaurishankar (7134m). Cross the suspension bridge and ascend uphill passing Mani stones and prayer wheels until we reach Manthali village. We then cross a suspension bridge and follow the river bank to reach Jagat.

Day 5: Trek from Jagat to Simigaon 2020m/7-8 hours,

Descend to the river bank and follow the trails to the forested zone, cross a small river to arrive at Gonggar village. Ascend to the stone steps to encounter amazing waterfalls. Finish the steps and walk on gentle flank through the fields until we reach Sherpa village of Chhetchhet. Cross a suspension bridge and ascend into the forest and through the fields. Continue passing the Chorten to reach Simigaon, where Mount Gaurishankar (7134m) rises over the valley. Explore the Buddhist Monastery and other areas in the evening. Overnight in Simigaon.

Day 6: Trek from Simigaon to Daldung-La 3976m/7-8 hours,

Leave the village from the Gompa of Simigaon, and descend to a slope and go around the edge by ascending to the vertical stone steps. Enter the forest and walk through the up and down trail to reach

Rolwaling River. Then, climb uphill through the forest along with the view of Gaurishankar (7134m). Ascend uphill till the trail becomes flat and smooth to reach Daldung-La. Overnight in Daldung-La.

Day 7: Trek from Daldung La to Beding 3690m/7-8 hours,

The trail today passes the forest along with ascents and descents until reaching Nyamare village. Here we have lunch and rest for a while. After lunch, we walk to the distant and the largest settlement in the Rolwaling region, the Sherpa village of Beding. Enjoying the view of the snow-capped mountains and the waterfalls en route, we reach Beding. There is an ancient Gompa at the entry gate of the village. Overnight in Beding.

Day 8: Trek from Beding to Na 4180m/4-5 hours,

We start with a slow ascend on the right bank of Rolwaling River until we reach kharka in Dhogre. We can see the magnificent Gaurishankar (7134m) looking different because of the different angle. After walking further, the valley slowly opens and becomes a U-shaped valley and grassland. Then, we pass huge Mani stone wrapped with prayer flags and a large rock on which the image of Bodhisattva is painted. Finally, we reach Na Gaon enclosed by stone walls. Na Gaon is at the foot of a huge series of mountains. Overnight in Na Gaon.

Day 9: Trek from Na to Tsho Rolpa Lake 4540m / 4-5 hours, and Back Na

Chho Rolpa is the biggest glacial lake in Nepal. The amazing natural beauty, located at over 4500 meters of altitude, will amuse the explorer in you. The turquoise lake is surrounded by bare hills and snow-capped mountains, which when reflected on the surface of the lake make it a breathtaking sight. We will enjoy the calm moment, explore the lake, take amazing pictures, and back Na.

Day 10: Trek from Chho Rolpa Lake to Beding 3690m/6-7 hours,

After an unforgettable journey in the glacial lake of Tsho Rolpa, we retrace our route back following the same track to Na Gaon. With a short rest at Na Gaon, we start walking to Beding following the trail of Rolwaling River. Once you arrive at Beding, you shall rest at leisure and explore the village. Overnight stay in Beding.

Day 11: Trek from Beding to Shakpa 2250m/6-7 hours,

Today, we return to our destination, Shakpa, by retracing our way alongside Rolwaling River. We descend through the forest with a view of Gaurishankar (7134m) until reaching Shakpa. During the trek, we walk through many up and down trails. Overnight in Shakpa

.Day 12: Trek from Shakpa to Manthali 1070m/6-7 hours,

After breakfast, we continue through the same route which we had taken before climbing up the trail. We pass through several up and down trails as well as many suspension bridges. We walk passing some small villages before we reach Manthali. Overnight in Manthali.

Day 13: Trek from Manthali to Pikhuti 920m/5-6 hours,

After breakfast, we trek through a forested area from Manthali and continue by climbing ups and downs through the trails until we reach Pikhuti, passing the attractive villages alongside Tama Koshi River. We leave behind Suri Dobhan and Singati Bazaar, on our way to Pikhuti. Overnight in Pikhuti.

Day 14: Trek from Pikhuti to Dolakha 1660m/6-7 hours,

We leave Pikhuti and continue to walk by passing the picturesque terraced meadows and through the forests until reaching Dolakha. Following the trails of Tama Koshi River, we pass several settlements to arrive in the small town of Dolakha. Overnight in Dolakha.

Day 15: Drive from Dolakha to Kathmandu by land cruiser,

After a good breakfast in Dolakha, we bid goodbye to the Rolwaling area as we drive towards Kathmandu. We drive along the countryside road enjoying the view of surrounding hills, rivers, and villages. On arrival in Kathmandu, you will be taken to the hotel. Overnight stay at a 3-star hotel in Kathmandu.

Day 16: Final Departure from Kathmandu

The farewell day! Today we bid you goodbye and drop you at the airport a few hours before the scheduled flight time.

Join with Us on a Chho Rolpa Lake Trek in 2020/2021

Customize Your Trek: This is a general itinerary, which can always individually be “tailormade”. The trek package can be redesigned or redeveloped as per your taste, For more information please e-mail us at megamounttreks@gmail.com.

NOTE: In case of emergency during the trip, Helicopter will be arranged by Mega Mount Trekking & Expedition Pvt.Ltd, www.megamounttreks.com. The charges must be paid by the clients themselves

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Local transfers for your international flights x 2 (arrival/ departure)

Kathmandu to Shigati by private jeep

Shigati to Kathmandu by private jeep

Guide for 16 days

Porter for 16 days

2 nights accommodation in Kathmandu

14 nights accommodation in mountain teahouses

15 x set breakfast, 15 x set lunch and 14 x set dinner while on trek

Farewell dinner in Kathmandu

Staff insurance and necessary ground transport for support staff

Exclusions

International flight ticket and Nepal entry visa

Personal travel insurance (Which should include coverage for trekking)

Lunches and dinners in Kathmandu, except the farewell dinner

Personal gear for trekking (Including any you may wish to hire in Kathmandu), any personal expenses (i.e. soft and alcoholic drinks, snacks etc.)

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.

- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars

- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 16 Days.

Group Size: Min-1, Max 20.

Trekking Region: Gaurishankar.

Trip Type Name: Chho Rolpa Lake Trek.

Highest Altitude of the trek: 4540 m.

Highest Point: Chho Rolpa Lake Trek (4540 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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