

Rolwaling Valley Trek and Climb - Yalung Ri

Trip Code: YAR

Version: YAR Rolwaling Valley Trek and Climb - Yalung Ri



MOUNTAINEER



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Excellent trek and climb combination at the head of the stunning Rolwaling Valley
- Perfect introduction to Himalayan climbing with a Nepalese IFMGA Guide
- Fantastic summit panorama from Yalung Ri including Gauri Shankar and Menlungtse

- Remote and unspoiled region accessible by road - no internal flights

AT A GLANCE

- 10 days trekking and climbing
- Max altitude - 5630 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 3 nights Hotel
- 9 nights Lodge
- 1 nights Camping

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

One hundred kilometres east-north-east from Kathmandu, the beautiful Rolwaling Valley runs alongside the border with Tibet, separated from that territory by a rugged crest of high peaks including Gauri Shankar (7135m). At the head of this valley the small but perfectly formed peak of Yalung Ri (5630m) is a great choice for anyone looking to reach their first Himalayan summit.

The valley is sparsely inhabited with most of its Sherpa population living in the villages of Beding and Na Gaon, 3 days' walk from the nearest road. Above Na Gaon the scenery is increasingly spectacular with glaciated valleys heading off to the north, to the east and to the south. KE groups have been trekking into the Rolwaling for more than 30 years, but the valley remains unspoiled and sees relatively few foreign visitors each season. Approaching our mountain objective over the course of a week, we will trek into the valley, meet the local people and stay in simple lodges. With 2 days for acclimatisation, we will explore above Beding and hike up to the amazing glacial lake of Tsho Rolpa, before setting up our only camp of the trip at Yalung Basecamp (4985m). Expertly guided and supported, the climb on Yalung Ri is accessible to any regular winter hillwalker and trekker with a good level of fitness and a sense of adventure.

Is this holiday for you?

Trekking in to the Rolwaling Valley and on the approach to Yalung Basecamp we will mostly follow established and reasonably straightforward trails. Above basecamp we will encounter more challenging terrain; loose scree, unconsolidated boulder-fields and snow-covered and crevassed glacier. This is a high-level itinerary in a reasonably remote area and is suitable for those with a good level of fitness and a sense of adventure. The climbing on Yalung Ri is straightforward on generally low angled snow slopes which reach a maximum of 45 degrees inclination in a couple of sections. High up, the ridge is reasonably exposed and in some conditions there can be rock steps to overcome. On the upper part of the ascent you will be using crampons and a single ice-axe and moving as one or more roped parties. The guides may use fixed rope to safeguard a couple of sections of the climb and you will be provided with a jumar (ascender) to clip into this rope. Previous experience of walking in crampons and using an ice axe is advised.

Itinerary

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DAY 1

Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



Accommodation
Hotel

DAY 2

Drive to Chetchet and trek to Simigaon (1997m).

After an early breakfast at the hotel we set off on the long drive up into the Rolwaling region. We pass through Dhulikhel and from there follow the Arniko Highway (the old road into Tibet), turning off before Lamosangu and diverting again at Charikot northwards into the valley of the Tama Kosi River. Arriving at Chetchet (1450m) in the late afternoon we will cross the river on a suspension bridge and get the kinks out of our legs with a short trek uphill on stone steps to our overnight lodge at Simigaon (2000m) a pretty village set amongst terraced green fields.

Meals: **B L D**



Accommodation
Lodge



Ascent
600M



Descent
50M



Time
2 - 3 hrs trekking



Distance
3KM

DAY 3

Trek via Kyalche to Dongang (2800m) beside the Rolwaling Khola.

The trail from Simigaon heads right from the lodge and contours through rhododendron forest towards

the river. There's a little bit of undulation before we reach the river and the suspension bridge leading to Riku Village. We don't cross the bridge, but stay on the south side of the river, gaining height steadily to Surmuche where we stop for lunch. There are lots of stone steps on this section of trail and we climb away from the river for a couple of hours to Kyalche where there is a single lodge. From here, it's a short descent to the village of Dongang, where we are once again beside the river. We stay in one of the two lodges at Dongang (2800m).

Meals: **B L D**

	Accommodation Lodge		Ascent 900M		Descent 100M		Time 6 - 7 hrs trekking		Distance 9KM
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DAY 4

Cross the Rolwaling Khola and trek to Beding (3650m).

From Dongang the trail stays close to the river on its south side, gaining height quite gradually over the first 3 and a half kilometres until we reach a small, steel box-section bridge which takes us across the river. There's a sharp ascent immediately after crossing the bridge which leads up to Thangdingma which is a convenient place to stop for a lunch at the small teashop. Beyond Thangdingma the terrain changes dramatically, it is drier, more barren and there are fewer trees. Our route continues close to the river and we will get our first views of Gauri Shankar (7145m) today at the head of the tributary Themlung Khola. There are scattered houses in this part of the valley and after crossing a wooden bridge over another tributary we reach a 'kani' gateway at Changmi Kha where the biggest tree in the Rolwaling valley is located. We overnight at a lodge in the Sherpa village of Beding (3650m) the biggest settlement in the valley.

Meals: **B L D**

	Accommodation Lodge		Ascent 950M		Descent 100M		Time 6 - 7 hrs trekking		Distance 10KM
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DAY 5

An acclimatisation day in Beding.

Before proceeding further into the Rolwaling Valley we need to give some consideration to our acclimatisation and Beding is a great place to spend a day. There is no need to do too much, although there are lots of opportunities for short walks and exploration. There is a small monastery built into the cliffs above the village at an elevation of around 4000 metres and this makes a great objective for the day. The resident monks don't see too many visitors and they will be happy to show us around. We spend a second night at our Beding lodge.

Meals: **B L D**

	Accommodation Lodge		Ascent 350M		Descent 350M		Time 2 hrs trekking		Distance 4KM
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DAY 6

A short and easy trek to Na Gaon (4200m).

This is a straightforward and yet spectacular day of trekking, as we continue the process of altitude acclimatisation. Trekking above Beding the valley opens out and the trail cuts across pleasant grazing areas with no trees apart from a few scrubby junipers. We will pass a huge boulder bedecked with prayer flags and sporting a colourful painting of the Guru Rimpoche. Our situation becomes increasingly impressive with snow peaks in every direction and numerous waterfalls cascading down the valley sides. We will reach Na Gaon, the highest settlement in the valley, by late morning and have lunch at our lodge. The afternoon is free.

	Accommodation Lodge		Ascent 600M		Descent 50M		Time 3 hrs trekking		Distance 6KM
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DAY 7

A day at Na Gaon with an acclimatisation walk to the lake of Tsho Rolpa (4580m).

With its maze of small fields, Na Gaon occupies a dramatic location surrounded by high peaks. Whilst we could very easily spend a day at leisure here, there is a great hike up to the glacial lake of Tsho Rolpa (4580m) that will help us with our acclimatisation and provide us with amazing mountain views. The trail from Na heads eastwards up the valley, crossing to the south side of the Rolwaling Khola and keeping to that side of the river for an hour before recrossing to the north side. The trail steepens and we get our first view of Parchemo (6275m) which rises above the eastern end of the lake. Then, after around 2 hours, we reach a viewpoint just above the lake with great views of many of the peaks of the Rolwaling Himal. The trail that we can see crossing the scree slopes on the south side of the lake leads across the Tesi Lapcha into the Khumbu. But, that's not for us today, and we return more easily to our lodge in Na Gaon.

Meals: **B L D**

	Accommodation Lodge		Ascent 430M		Descent 430M		Time 4 hrs trekking		Distance 8KM
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DAY 8

Trek up to Yalung Basecamp (4985m).

Continuing our approach to the mountain, we hike up alongside the river again and then, turning south, more steeply up to the camping place known as Yalung Basecamp (4985m). The views of the Rolwaling Himal are increasingly impressive as we gain height and we can once again see Parchemo at the head of the valley and beyond that Cho Oyu (8201m) some 35 kilometres away in the Khumbu. There is a small porter shelter and very basic lodge at Yalung Basecamp which was built by the local IFMGA Guides. Our objective, the obvious, wedge-shaped Yalung Ri (5630m) rises above us towards the west. We set up camp in this magical place - our only camping night of the expedition. We have the afternoon free to make preparation for tomorrow's climb and after dinner at camp everyone will be early into their sleeping bags.

Meals: **B L D**

	Accommodation Camping		Ascent 850M		Descent 65M		Time 4 hrs trekking		Distance 5KM
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DAY 9

Climb Yalung Ri (5630m), lunch at basecamp and trek back to Na Gaon (4200m).

We will have a basic tea and porridge breakfast and a pre-dawn start from camp, setting off with the assistance of our headtorches. The ascent of Yalung Ri is initially across scree and moraine and we will take our time. After an hour and a half, as it starts to get properly light, we will reach the edge of the glacier that sits on the mountain. Here, we will stop, take a break, fit our crampons to our boots and rope up for the straightforward ascent across an open snowslope and then an airy, but never too steep, snow ridge to the prayer-flagged summit. Enjoyable climbing with fantastic views. The summit panorama is amazing, with distant views of two 8000 metre peaks, Shishapangma and Cho Oyu, whilst nearer at hand are Gauri Shanker (7145m) and Menlungtse (7181m) and the dramatic Kang Nachugo (6697m). Not to mention a host of other Himalayan summits. We should get to the top by mid to late morning and return to basecamp in time for lunch in the early afternoon. We will then make the steep descent back to the Rolwaling Khola and return to our lodge accommodation in Na Gaon in time for dinner.

Meals: **B L D**

	Accommodation Lodge		Ascent 800M		Descent 1585M		Time 9 - 10 hrs trekking		Distance 10KM
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DAY 10

Trek via Beding to Dongang (2800m).

We have a longer day today in terms of distance covered, trekking easily downhill beside the Rolwaling Khola. After a couple of leisurely hours we reach Beding and for the next 2 or 3 kilometres we pass several more hamlets and isolated farms. The route stays on the north side of the river as far as the

bridge just beyond Thangdingma. We may choose to stop for lunch at Thangdingma before crossing the river and completing our day's walk to the 2 lodges at Dongang.

Meals: **B L D**

	Accommodation Lodge		Ascent 150M		Descent 1550M		Time 5 - 6 hrs trekking		Distance 16KM
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DAY 11

Trek to Gongar (1450m) beside the Bhote Kosi.

We are back in the forest for much of today's walk as we skirt above the Rolwaling Khola, passing the isolated lodge at Kalche and descend via several long sections of stone steps towards Simigaon. From here, there's a final steep descent to the bridge over the Tama Kosi. We cross the river and end our day's trek at our lodge accommodation either in Chetchet or nearby Gongar (1450m).

Meals: **B L D**


	Accommodation Lodge		Ascent 150M		Descent 1500M		Time 5 - 6 hrs trekking		Distance 12KM
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DAY 12

Drive back to Kathmandu where we check in at the group hotel.

After an early breakfast at the lodge, we board our vehicle for the approximately 8-hour journey back to Kathmandu. We arrive in Kathmandu in the middle of the afternoon, check in at the group hotel and have some to relax and freshen-up before heading out to one of the Thamel restaurants for a celebratory dinner.

Meals: **B L D**

	Accommodation Hotel
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DAY 13

A free day in Kathmandu with a half-day sightseeing tour.

Today we have arranged a half day's guided sightseeing tour of several of the main sights of the Kathmandu Valley such as the 'Monkey Temple' of Swayanabath, the Hindu Temple of Lord Shiva in Pashupatinath, Durbar Square, and Bodhnath, the largest Buddhist stupa in Nepal. After our sightseeing

tour the rest of the day is free to relax at the hotel or beside the pool, or for further independent sightseeing. In the evening, we will meet up again and go out to dinner with our guide in another of Kathmandu's best restaurants.

Meals: **B L D**



Accommodation
Hotel

DAY 14

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

Extensions

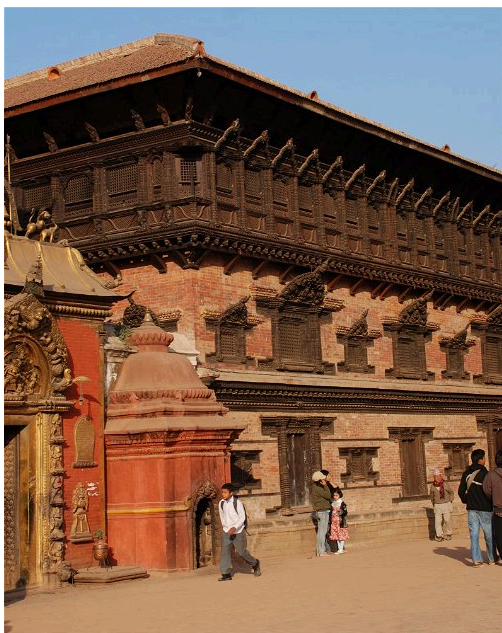
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US\$1,545 per person



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US\$175 per person

Holiday Information

What's Included

- An IFMGA qualified mountain guide and support climbing Sherpas
- Guide to client ratio of 1:3 on summit day
- Kathmandu Airport transfers
- Internal flights and all land transport involved in the itinerary
- All accommodation as described
- All meals
- Once on trek the group will be assisted by porters and a local guide
- FREE sleeping bag down jacket and climbing gear hire is available for this holiday on request

What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are provided throughout the holiday from dinner on Day 1 to breakfast on Day 14 of the Land Only itinerary. This applies whether you are staying in a city hotel, a lodge on trek or while camping.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

In the lodges you can expect to eat Nepali dishes, such as the excellent staple of dal bhat, as well as dishes with more of an international feel, like pizza. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink taken at a tea house or prepared by our trek crew on the trail. Occasionally clients will be asked to carry a packed lunch if there is no suitable place to prepare lunch along the way. Dinner will be 3 courses consisting of soup, main meal and a simple pudding. At some of the tea houses it may be possible to order additional dishes and/or snacks and if you think you may want to do this, you should budget accordingly. Boiled drinking water will be provided at breakfast, lunch and dinner. Some of the lodges and tea-houses may sell snacks, chocolate bars, soft drinks and even beer. The food served at our camp below Yalung Ri will be simple and nourishing dishes prepared by our highly trained trek cooks. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. In Kathmandu we take our meals in local restaurants.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

In Kathmandu we use the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. Whilst on trek there are 9 nights in lodges and 1 night in tents at the basecamp below Yalung Ri. Accommodation is arranged on a twin sharing basis and if you are travelling by yourself you will be paired up with another single traveller of the same sex. Please note that at one or two of the lodges there may only be multi-bedded rooms.

Nepalese trekking lodges are simple, friendly and atmospheric. They generally have heated dining areas which can be attractively decorated. Bedrooms are, however, basic and unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$4 - \$5 per shower) and battery charging facilities (also charged at a rate per hour). For the 3 nights in Kathmandu single rooms are available at supplementary cost.

We can offer single tent occupancy at supplementary cost, but it is not possible to arrange single room occupancy in the lodges. Additional hotel nights in Kathmandu can also be pre-booked.

Group Leader & Support Staff

The group will be accompanied by an IFMGA qualified Nepalese mountain guide who will be assisted by an experienced team of climbing Sherpas.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £250 (or equivalent in US dollars, Euros etc) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, drinks, snacks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is sometimes possible to buy snacks, chocolate, soft drinks and beer on some days only. Please be aware that since everything has to be carried up from the nearest road, these items become more expensive as you gain altitude.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali IFMGA Guide will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £100 (in rupees) to these tips.

At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters, whilst technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa team. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your Nepali Guide separately (and additionally) during dinner on the final evening of the holiday.

Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar which will be carried during the trek by porters and should weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. Your personal mountaineering equipment (boots, axe, crampons etc) will be carried separately. You should give these items of equipment to your trek leader in Kathmandu and they will be packed away until needed. You should also take on the expedition a daypack of at least 40 litres capacity. It is possible to leave clothes or other items not required on trek at the group hotel. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Preparing for your Holiday

This is a challenging trekking and climbing itinerary at high elevation. You will need to be in good shape and ready for a succession of relatively long days in the hills. You will be walking for 6 hours or so on several days, with a summit day on Yalung Ri as long as 8 or 10 hours. The best preparation for this trip is regular hiking in mountain or hill country. If this is not possible, we suggest that you adopt a weekly exercise regime and gradually increase your work rate as you get nearer to departure. Running, cycling and swimming are all good for developing better stamina. Whatever your preparation, before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The post-monsoon season of October to November is one of the best times for trekking in Nepal. During this season it is neither too hot in the foothills nor too cold at higher elevations. Post-monsoon the skies are generally clear and the weather is settled. Daytime temperatures will vary from approximately 25°C in Kathmandu to approximately 14°C at 3000 metres and approximately 3°C at 5000m. The 'real feel' temperature in the middle of the day can be warmer than this. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4000 metres and at Yalung Basecamp the night time temperatures may drop as low as -15°C. Extended periods of rain or snow are unlikely outside of the monsoon period but short lived storms can and do occur. It is very important that you are equipped and prepared for potentially very low temperatures.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Rough Guide to Nepal
- Trekking in the Nepal Himalaya - Lonely Planet
- Trekking and Climbing in Nepal. Steve Razzetti.
- Kathmandu and the Kingdom of Nepal. Prakash Raj.
- Adventure Treks Nepal. Bill O'Connor.

Maps

Schneider Trekking Maps - Rolwaling Himal (Gaurishankar). 1:50,000

This is an excellent map if you can find a copy.

Newgrove Consultants - Rolwaling and Everest. 1:100,000

Available from Stanfords (www.stanfords.co.uk). Basic trekking map.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. Use your own experience and judgement to determine what to bring with you but please ensure you have all of the mandatory items. As a general rule, you should always try to keep the weight of your equipment to a minimum. Please make sure you have read the section on baggage allowance in the trip notes. It is possible to leave clothes or other items not required on trek at the group hotel.

You must bring the following items:

- Hiking boots
- Mountaineering boots - see 'Mountaineering Equipment'
- Snow gaiters
- Good quality and fully waterproof (Gore-Tex or similar) overtrousers
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Fleece jacket
- Duvet jacket (down or man-made fibre)*
- Sunhat
- Warm hat and thermal balaclava
- Good quality wrap-around sunglasses or glacier glasses
- Ski goggles (optional)
- Thin gloves
- Warm and insulating gloves or mittens

- Daypack minimum 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)
- Sleeping bag comfort rated down to minus 20 C*
- Sleeping bag liner

Basic First Aid Kit including: A broad spectrum antibiotic, antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters (band-aids) and blister treatment, and re-hydration salts (Dioralite).

Mountaineering Equipment

- Mountaineering double boots - see below
- Ice axe *
- Crampons (that fit your boots!)*
- Mountaineering or climbing harness*
- 2 x Karabiners (screwgate)**
- Ascender or Jumar (provided)
- Descender (rappelling device) **
- Prussik loop **

- Climbing helmet*

Packing checklist:

- Trekking trousers
- Baselayer shirts
- Baselayer leggings
- T-shirts or similar
- Washbag and toiletries
- Antibacterial handwash
- Small trek towel
- Small padlock (to lock trek bag)
- Travel clothes
- Trekking poles (recommended)
- Scarf or buff
- Trainers for camp use
- Insect repellent - (DEET)
- Camera
- Penknife (remember to pack all sharp objects in hold baggage)
- Basic repair kit (gaffer tape, sewing thread and needle etc)

Notes

*FREE sleeping bag, down jacket and climbing gear hire is included in your KE holiday booking on request.

Equipment hire: Please make all requests at least 4 weeks prior to the trip departure date. Items marked ** are provided with hire of a harness and not available for individual hire. All equipment is issued in Kathmandu. Please remember to allow room in your trek bag for these items during travel to the start of your trek. During the trek your mountaineering equipment including double-boots will be carried separately in communal equipment bags.

Crampon hire: We provide Grivel G12 Crampons which are classic 12 point crampons designed for general mountaineering. They are fully adjustable and essentially, one size fits all. However if you have boots bigger than size 11 (46) you will need to purchase and take with you Grivel extender bars. Or take your own crampons.

Cultural sensitivity: The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

Camping mattress: For the one camping night, foam type mattresses are provided. You may wish to bring your own Thermarest-type mattress for extra comfort, but this is optional.

Mountaineering Boots: Climbing at altitudes of up to 6000 metres, the temperatures can be very cold (as low as minus 30 degrees centigrade). Standard mountaineering boots are not suitable for these cold, high altitude conditions. Specialist double boots with insulated inners are the best to keep your feet warm at altitude in these extremely low temperatures. Examples of suitable boots are Scarpa Phantom 6000, Boreal G1 Lite, Mammut Nordwand, and La Sportiva G2 Evo. These boots are also designed to take step-in crampons, quickly and efficiently. This combination of double mountaineering boots and step-in crampons is by far the most sensible option when considering a mountaineering peak up to 6000 metres. You must make sure that you are suitably equipped for these extremely low temperatures.

Gear Advisor

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. Click on this link: http://www.phdesigns.co.uk/gearadviser/destination.php?destinations_id=12

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Rolwaling Experts KE has long experience of taking groups into the delightful Rolwaling Valley and we are pleased to present this new adventure holiday - probably the best 2-week trek and climb itinerary in Nepal. Free sleeping bag, down jacket, harness, ice-axe, crampons and helmet hire available.

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change