Rolwaling Valley Trek and Climb - Yalung Ri

Trip Code: YAR

Version:

MOUNTAINEER	GUIDED GROUP	8 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

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

Version:

Extensions

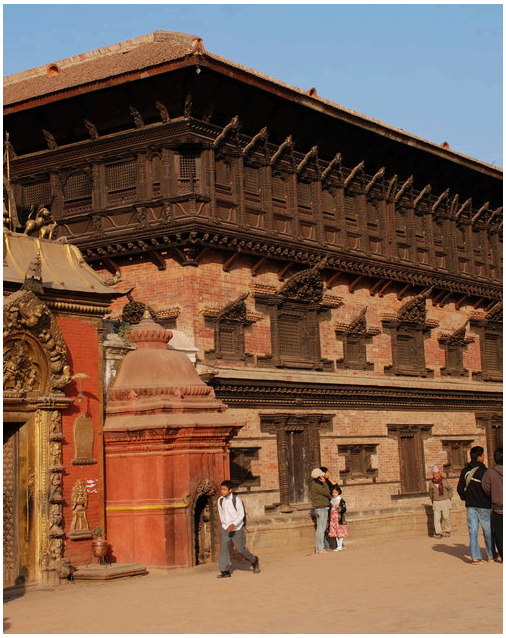
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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$1,680 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$200 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 included from dinner on Day 1 to breakfast on Day 14 of the Land Only itinerary.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Drinking 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.

Breakfasts on trek will generally be a set meal including porridge, bread with jam and/or honey and a small omelette or hard-boiled egg, together with tea or coffee. Lunch will be a set, single-course meal with tea or coffee. Dinner will be a set 3-course meal; soup, main and a simple dessert with tea or coffee. The lodges will typically provide Nepali dishes such as rice and dal, as well as 'international' dishes like pizza and chips. So that the group can eat dinner together, your trip leader will pre-order the main course, alternating daily between local and international dishes. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water is provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. The food served at our camp below Yalung Ri will be simple and nourishing dishes prepared by our cook team. In Kathmandu we normally choose one of the excellent restaurants in the city for dinner.

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 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 to £300 (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 tour leader 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 £110 (in rupees) to these tips - although the amount you give is entirely up to you. 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. 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 tour leader 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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

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.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Preparing for your Holiday

This is a challenging tekking 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 25ºC in Kathmandu to approximately 14ºC at 3000 metres and approximately 3ºC 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 -15ºC. 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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'
- Waterproof 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 repellant – (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.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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 ExpertsKE 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 12/11/2026 and the trip is subject to change