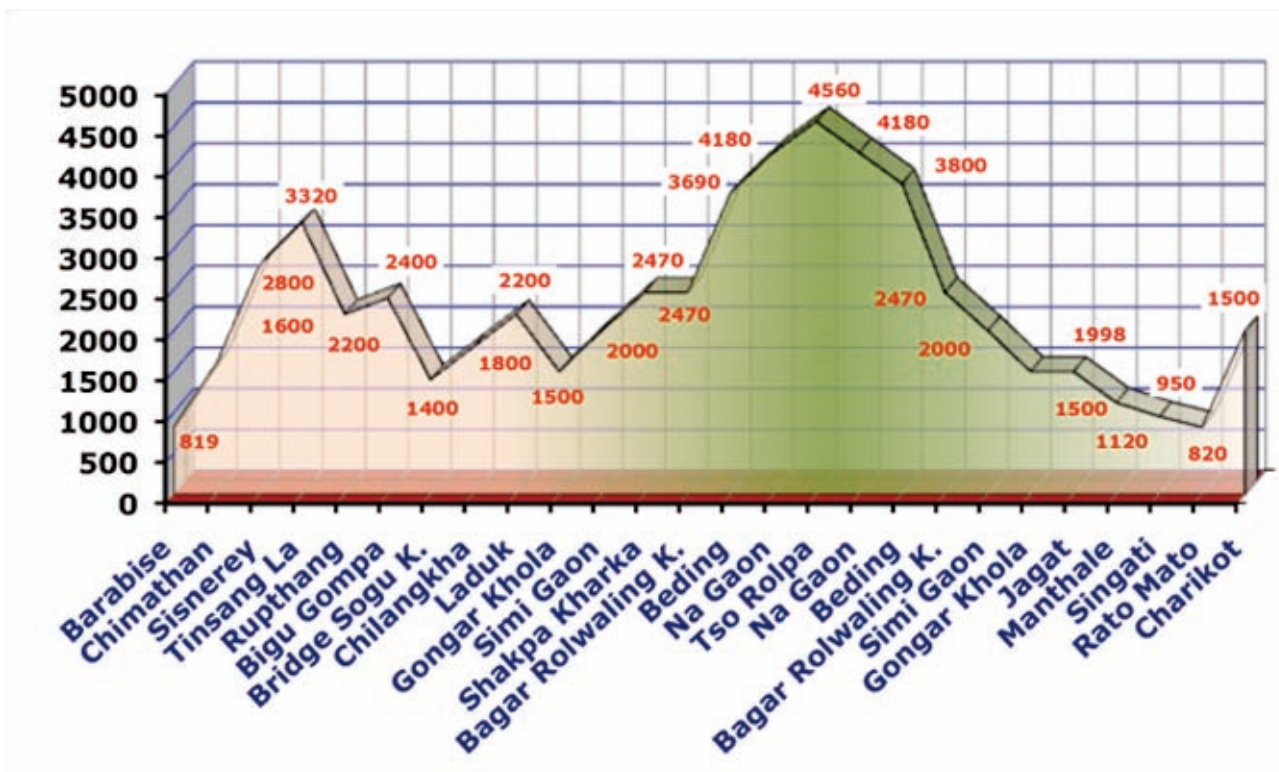




Rolwaling Valley

Rolwaling Trek: Barabise – Beding Tso Rolpa - Charikot

Rolwaling Trekking Profile
RAOnline



Rolwaling Trekking Programme RAOnline

Day 1	Kathmandu to Barabise (by bus) Barabise to Simle Gaon
Day 2	Simle Gaon to Dolangsa
Day 3	Dolangsa to Tinsang La/Tinsang
Day 4	La to Bigu Gompa
Day 5	Bigu Gompa to Chilangkha
Day 6	Chilangkha to Luduk/Bulung Gaon
Day 7	Luduk/Bulung Gaon to Jagat /Gongar Khola
Day 8	Jagat /Gongar Khola to Simi Gaon
Day 9	Simi Gaon to Bagar (riverside)
Day 10	Bagar to Beding
Day 11	Beding to Na Gaon
Day 12	Na Gaon to Tso rolpa and back to Na Gaon
Day 13	Na Gaon to Beding
Day 14	Beding to Simi Gaon
Day 15	Simi Gaon to Manthale
Day 16	Manthale to Singati
Day 17	Singati to Dolakha (Tama Koshi riverside)
Day 18	Tama Koshi riverside to Charikot
Day 19	Charikot to Kathmandu



start of trekking	Barabise
end of trekking	Charikot
transports	bus Kathmandu to Barabise bus Charikot to Kathmandu
lowest point of trek	Barabise 820 m a.s.
highest point of trek	Tso Rolpa (Lake) 4534 m a.s.
checkposts	-
guesthouses, lodging	Barabise, Bigu, Shigate, Gongar Khola, Simi Gaon, Beding, Singati, Biguti, Dolkha, Charikot and more possibilities
food	available in Barabise, Singati and in several shops bothsides of the trek
camp grounds	Simle Gaon, Dolangsa, Tinsang La, Bigu, Charikot, Singati, Gongar Khola and more possibilities
river crossings	by suspension bridges
mountain passes	Tinsang La 3350 m a.s.
places of interest	Barabise, Beding, Dolkha, Charikot
monasteries	Gompa in Dolangsa Gompa in Bigu Gompa in Na
view points	Tinsang La, Bigu, Laduk, Simi Gaon, Tso Rolpa, Charikot

