

## IMG Custom Rolwaling Trek, Nepal – Sample Itinerary:

Day	Date (Plug in your dates)	Rolwaling Parchamo Trek
1		Arrive Kathmandu
2		Free day
3		Drive to Barabise and trek to near Chokati village
4		Trek to Dumthali Kharka
5		Trek over Tingsang La to Bigu Gompa
6		Trek to Chilangkha
7		Trek to Gongur Khola
8		Trek to Simigaon (2000m/6560')
9		Trek to River Camp (3000m/9840') by the Rolwaling Khola
10		Trek to Beding (3690m/12103')
11		Acclimatization day hiking
12		Trek to Na Gaon (3900m/12792')
13		Acclimatization day hikes
14		Climb to Yalung Kharka (Apox 5030m/16,500') (base camp for Ramdung and Yalung Ri)
15		Acclimatization day hiking
16		Return trek to Na Gaon and on to Khabuk (Tso Rolpa camp 4525m/14580')
17		Trek to Thakarding Glacier Camp (Aprox 5200m/17000')
18		Trek over Tashi Lapsa pass (5800m/19000') to Tashi Phuk cave (high camp for Pharchamo)
19		Climb Pharchamo (6187m/20293')
20		Spare day
21		Trek to Thengbo (4350m/14268') or all the way to Thame (3836m/12580')
22		Trek to Namche (3445m/11299')
23		Fly to KTM
24		Free Day
25		Depart



**Tso Rolpa lake  
(Eric Simonson)**



**Parchamo from near 5755m Tashi Labsta Pass  
(Eric Simonson)**