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GHT Everest & Rolwaling Traverse via Tashi Lapsta - 32 Days

GHT Everest to Rolwaling Traverese is one of an amazing treks of Great Himalayan Trail (GHT) Nepal. It is a combining the classic Everest Base Camp trail with the stunning Gokyo Lakes and the challenging passes of Cho La and Tashi Labsta, the latter ends into Rolwaling.

The views on the Everest Base Camp trail are unbeatable with the mighty Himalayas towering high above you. While the beginning of this trail is getting more and more populated by fellow trekkers, the numbers drop toward Gokyo and on the trail to the Tashi Labsta you'll encounter few tourists. Gokyo Ri (5360m) offers incredible views of the turquoise Gokyo Lakes, impressive glaciers and the memorable vistas of the Himalayan giants Mt Everest (8848 m) and Cho Oyo (8188 m).

Crossing the high pass of Tashi Labsta (5755 m) is a real challenge on the way to Rolwaling valley. The trail is sometimes hard to find so hiring a guide who knows the pass is a good idea for this part of the trek. Mountaineering equipment such as ice ax, ropes and crampons are recommended. It's possible to find a guide and equipment for this portion in Thame. Camping is necessary for the bit crossing Tashi Labsta.

Once conquered Tashi Labsta brings you into the countryside of Rolwaling with small villages surrounded by agricultural terraces; quite a contrast to the first part of the trek and this adventure trek end at last resort.