

Tilman Pass Trek and Rolwaling valley



The Langtang Tilman Pass trekking trail is one of part of the renowned Great Himalayan Trail (GHT). It is an ideal trek for those who are natural beauty and cultural immersion. This route showcases the majestic Langtang, Gaurishanker, and Rolwaling Himalayan ranges, providing trekkers with unparalleled panoramic views.

Tilman Pass Trek was first trekked by Major Harold William " Bill" Tilman in 1949. He was a European explorer and climber. Years later the route was given the name Tilman Pass. Langtang Tilman Pass Trek Pass is one of the parts of well known Great Himalayan Trail (GHT). It is a perfect trek for those who are seeking both natural beauty and cultural immersion. The stunning panorama of the Langtang, Gaurishanker, and Rolwaling Himalayan mountains is going to impress you. The Langtang Valley is rich in biodiversity and picturesque landscapes. The Rolwaling Valley has a remote and rugged terrain. The trekkers will pass through the hamlets and villages. These will give a quick glance into the traditional lifestyle of the Tamang and Sherpa communities.

The trek through Tilman Pass has two separate regions i.e Langtang and Rolwaling with the Pach Pokhari (Five holy lakes) . You will be rewarded by the panoramic Himalayan views of Langtang and Lirung, Langtang Himal, Naya Khanga, Yala Peak, Ganesh Himal, Langshisa, Gaurishanker, Dorjelakpa and many more. You may also witness various wildlife animals such as wild peaks, pheasants, peacocks, jackals, Mountain Thars, Bears, leopards, and many more. The major highlight of the trek is Tilman Pass at an altitude of 5300 meters. The journey is a challenging yet rewarding experience with an amazing view of the snow-capped mountains.

This is an extraordinary adventure that allows you to explore the beauty and the heritage of Nepal's mountains.

Highlight

- Remote and Off-the-Beaten-Path
- breathtaking views of some of the world's highest peaks
- Experience their unique customs, traditions, and lifestyles
- forests teeming with wildlife to rugged glacial moraines

Trip Itinerary

DAY 1: ARRIVE IN KATHMANDU

Upon your arrival in Kathmandu, our local team warmly welcomes you at the airport. You will then be escorted to the hotel, where you can enjoy some well-deserved relaxation. The itinerary includes a briefing about the trek's progress and presentation, followed by leisure time. If you arrive in the morning, you'll have the entire day at your disposal. This can be used for rest or for those interested, to explore the surroundings freely. It's an ideal chance to deeply experience Nepalese culture and indulge in the local culinary delights.

Transfer to hotel

Meals: Dinner

Accommodation: night in the hotel

DAY 2: DRIVE FROM KATHMANDU TO SYABRUBESI (1900M)

As soon as you leave Kathmandu, the road rises and crosses a small pass at Kakani, 2145 meters above sea level. On a clear day, the panorama view is superb: **Annapurna II**, **Manaslu**, and the **Ganesh Himal Range**. The road then plunges towards the wide valley of the Trisuli to arrive at the large town of **Trisuli (548 m)**. Then it's the track to **Shyabur Besi**. In Kalikhastan, we enter the **Langtang National Park**.

6-hour drive

Final altitude: 1900m

Meal: Breakfast- Lunch- Dinner

Accommodation: Night in the Lodge

DAY 3: TREKKING FORM SHYABRU BESI – LAMA HOTEL

As we continue **our Treke** our Trek, we venture further into the enchanting **Langtang Khola Valley**. Following steep trails, we gradually make our way to arrive at the cozy guesthouses of Bamboo Camp. As we progress and reach **Rimche**, the scenery begins to unfurl, unveiling its mesmerizing splendor as the gorge gently expand. After a mere 20 more minutes of trekking, we reach our sought-after destination to **Lama Hotel** campsite.

6 hrs of walking

Final altitude: 2,750m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 4: TREKKING FROM LAMA HOTEL TO LANGTANG

From Lama Hotel, **the trail** continues to climb into the forest. We traverse through the charming villages of **Gumnachok** and **Ghoratabela**. As we progress, the **valley** gradually expands, and the dense forest begins to transition into shrub-covered terrain. The ascent persists, leading us steadily to the **Langtang village (3,430m)**. Totally destroyed, it is slowly being rebuilt on its upper part on protected platforms.

5 hrs walk

Final altitude: 3,430m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 5: TREKKING FROM LANGTANG TO KYANJIN GOMPA

As we move deeper into the valley, it becomes broader, and we see many stupas. After a while, we come across some rolling hills that take us to the hidden **Kyanjin Gompa**. This lovely wooden building has kept its original beauty and style over the years.

4hrs walk

Final altitude: 3,800m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 6: KYANJIN GOMPA — TSENGO RI (4,950 M) — KYANJIN GOMPA

The views of the Langtang Lirung, the Pangen Dopku, and the Tsergo Ri are more numerous. For the more motivated, it is interesting to climb this last promontory. The view is 360° and allows you to better understand the mountain network of this valley which seems close

walk 7hrs

Final altitude: 3,800m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 7: TREKKING FROM KYANJIN GOMPA – LANGSHISHA KHARKA

After leaving the Beautiful village, your journey leads you up through a **winding valley**, where the climb is gentle, and the valley slowly becomes narrower. In the distance, you can spot the **pass** decorated with colorful **prayer flags** swaying in the wind. Your next **campsite**, situated at the entrance of the Langshisa Valley, awaits you. Tomorrow, you'll embark on a new direction, saying goodbye to the familiar **Morimoto Himal camp** as you head northward on a **fresh path**.

6hrs walk

Final altitude: 4,285m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 8: TREKKING FROM LANGSHISHA KHARKA TO MORAIN CAMP

Morain's camp is not so far, but the terrain is not so easy. Many rivers can slow us down. We must reach the lake, which directs us to a second valley, to find our camp.

walk 5 hrs

Final altitude: 4,720m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 9: MORAIN — TILMAN PASS (5,320 M) — TILMAN BASE CAMP

It's really important for us to go over the **Tilman Pass** as it's the only way to get out. We'll start early. Depending on how much snow there is, we might need to use a rope to help us go up and down the pass because the glacier can be very slippery when there's old **snow or ice**. To go up, we'll walk on a sloping pile of rocks and then cross the **glacier**. Coming down might be steep, so we need to be **careful** and watchful. At night, we'll find the first flat area we can rest, depending on the **conditions**.

7 hrs walk

Final altitude: 4,650m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 10: TREKKING FROM TILMAN BASE CAMP TO TIN POKHARI

We keep going downhill. It's still quite steep, but it gets less steep as we get closer to **Tin Pokhari**. We start seeing grassy areas in the **mountains**, and we take a break from walking on **glaciers** for a bit. However, we can't cross the **Langtang River** because it's too dangerous, so the next day, we'll have to walk on the same path as the **herds of animals** in the meadows.

walk 5hrs

Final altitude:4,255m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 11: TREKKING FROM TIN POKHARI TO PANCH POKHARI

Today, we won't go up or down much, but we'll have to cross many ridges. **Panch Pokhari** is a group of five special lakes that are important to **Hindu people** and located in the **Jugal Himal** range. After reaching there, the trail gets busier with more people. It's delightful to see the forest not far from these **lakes**.

walk 6 hrs

Final altitude: 4,070m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 12: TREKKING FOR PANCH POKHARI TO TEMBATHANG

At first, the trail might be a bit confusing, but later on, it becomes easy to follow with clear markings. It leads to Tembathang once it reaches the valley floor. After passing a few grassy meadows, we come across our first village Tembathang.

6hrs walk

Final altitude: 2,520m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 13: TREKKING FROM TMBATHANG TO KYANGSING

We follow the Lagang khola, then we pass a first shoulder to reach the Nyasem bridge. A good steep path helps us reach the Kyansing village.

Walk 5 hrs

Final altitude: 2,705m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 14: TREKKING FROM KYANGSING TO SHOTANG KHARKA

We climb up again to reach the **Chogormogor pass**. We go up to about 4,000 meters above sea level, and then we follow a narrow path along the top of a hill until we reach the **Shotang Kharka** area. We'll set up our camp where we find water nearby

Walk 5 hrs

Final altitude: 2,705m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 15: TREKKING FROM HOTANG KHARKA TO THE LAST RESORT

A short day of ridges to ridges to reach The last resort, a tourist hotspot for bungee jumping aficionados. A good hot shower will not be too much after crossing this pass...

walk 5 hrs

Final altitude: 1200m

Meals: breakfast – lunch – dinner

Accommodation: night in a tent

DAY 16: THE LAST RESORT — KATHMANDU

Beautiful day to return to Kathmandu. We find the hectic life of a Nepal in full mutation.

Drive: 5 hrs

Final altitude: 1300m

Meals: breakfast – lunch

Accommodation: overnight at the hotel

DAY 17: KATHMANDU

Free day in Kathmandu. This day is to be used during the trek in case of unforeseen.

DAY 18: FINAL DEPARTURE TO INTERNATIONAL AIRPORT

free time depending on the departure time of your flight and our representative will drop you at the airport, ending your journey in Nepal. We hope to be of service to you again. Thank you and safe travels.

Your personal trekking gear

- woolen hat
- fleece hat
- T-shirt
- Thermal full t-shirt (base layer)
- Fleece jacket
- Down jacket
- light insulating wear (mid-layer)
- Gore-Tex jacket
- Thermal Trouser (base layer)
- Trekking trousers (flexible)
- down pant
- Gore-Tex pants
- Gore-Tex gloves
- thin/warm gloves
- Rain punch
- woolen shock (thick) 3 pairs
- sandal
- camp shoes (sports shoes)
- Trekking boot
- sun /glacier glass (uv protection)
- snow gaiter
- sleeping bags -20
- personal first aid
- pocket knife` 1
- washing soap, towel, tooth pest/ brush
- sun lotion enough +30 /50 & lip guard
- Trekking poles (u can buy in Nepal as well)
- headlights, water bottles, Thermos
- books, a camera, playing card

Included

- **AIRPORT PICK-UP & DROP** : Airport - Hotel transfer – Airport (Pick Up and Drop).

- **ACCOMMODATION IN KATHMANDU** : 3 nights sharing a twin bedroom at the hotel (3 Star category) in Kathmandu on a bed & breakfast basis.
- **WELCOME DINNER** : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- **PERMITS** : All necessary paper works: Trekking Permit including and special permit, TIMS Card & Langtang National park entry fee.
- **SPECIAL PERMIT**: restricted permit
- **STAFF INSURANCE** : Insurance for all involved Nepalese staff during the trek.
- **MAP** : Manaslu Region Trekking map.
- **MEMBER TRANSPORTATION** : Land Transportation: Kathmandu – Syabrubesi and while returning last resort - Kathmandu (by reserved Jeep/bus, as per itinerary)
- **MEMBER LUGGAGE** : Up to 15 Kg per member for personal baggage during the trek carried by porters.
- **CAMPING EQUIPMENT**: All necessary camping equipment during the Rupina la trek
- **FOODS & LODGING** : 3 meals a day (BLD; including tea and coffee) along with accessible accommodation sharing basis in tea house/camp during the trek.
- **GUIDE** : Government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **PORTER** : Porters (2 trekkers: 1 porter) during the trek.
- **STAFF SALARY & ALLOWANCE** : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- **MEDICAL KIT** : Comprehensive Medical kit.

Excluded

- **INTERNATIONAL AIRFARE** : International flight airfare (from and to Kathmandu).
- **NEPAL VISA FEES** : Nepal Visa fee is US\$ 40 per person for 30 days (to be applied for 60 days (USD\$ 100)).
- **LUNCH & DINNER** : Lunch & dinner during the stay in Kathmandu & Pokhara (also in case of early return from Trekking than the scheduled itinerary).
- **EXTRA NIGHTS IN KATHMANDU & POKHARA** : Extra nights' accommodation in Kathmandu & Pokhara. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- **INSURANCE** : Travel and high altitude insurance, accident, medical & emergency evacuation.
- **PERSONAL EXPENSES** : Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- **PERSONAL EQUIPMENT** : Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.
- **TOILETRIES** : Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.

- **FILMING** : Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE** : Internet facility during the trek is not included.
- **TIPS** : Tips for Guide, porters, and staff.
- **EXTRA** : Any other services or activities, which are not mentioned in the itinerary. Any other item not listed in the “Cost Includes” section.

Notes: Costs may prone to change in itinerary. So costs will be recalculated if the trekking/tour days get modified.

Note: For unforeseeable reasons at this stage of climatic hazards, form or deformity of the participants or others (state of the roads, traffic, case of force majeure . your guide or guide may have to adapt the program, if necessary for the smooth running of your trip. He remains the sole judge and guarantor of your safety. Walking times are given as an indication and may vary from one participant to another.

Trip Features

Duration	Grading	Group Size	Transport
17	moderate	10	private vehicle

Food	Accommodation	Activities	Trip Price
Breakfast - Lunch - Dinner	Hotel - Tea House- Tent	Expedition	2800 / Per Person

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2800 \$ USD / 1 Person

2200 \$ USD / 2 Person

1454 \$ USD / From 4 to 8 people

THANK YOU

Our staffs are always on hand to accept reservations and handle any last-minute modifications. Please get in touch with us if you have any queries regarding our services, costs, or bookings.

Contact No. +977 9843603583 || Email : info@alpinistclub.com, Subash2014grg@gmail.com