



Ramdung Go Peak Climbing Expedition - Itinerary

1. Day 1: Arrival in Kathmandu (1350m)

Welcome to Kathmandu! Our airport representative picks you up from airport and transfers you directly to reserved hotel. A small meeting will be held in the evening to introduce with climbing guides and other staffs. Also, we discuss about the upcoming adventure depending upon your arrival time.

2. Day 2: Sightseeing around Kathmandu & trip Preparation

For the day time, you explore historically important monuments and heritages of Nepal while we prepare necessary equipments and gears for your smooth climb. Climbing equipment is inspected by licensed climbing guide and then only after his/her approval we finalize the gears to be equipped. Late in the evening, depending upon the situation, you take basic training of peak climbing.

3. Day 3: Drive from Kathmandu to Shigati (950m) & trek to Suri Dobhan

We leave Kathmandu and drive to northeast toward Friendship Highway which connects with Lhasa. From Lamosangu, we leave Friendship Highway and take another way to Jiri. And we can drive to Shigati through newly constructed roadway. We start our trek to Suri Dobhan for overnight. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

4. Day 4: Suri Dobhan to Jagat (1440m) 5-6 hrs

First we start our trek along the river and continue on the flat land. We then cross several streams and jungles with different varieties of orchid, rhododendron and vegetation to reach Jagat after crossing suspension bridge to reach Jagat – Jagat houses different ethnicity of people. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Day 5: Jagat to Simigaun (1990m) 7-8 hrs

As our journey for today, we ascend and descend through thick jungle and cross suspension bridge several times. We pass through several small villages, tea shops and local shops. Finally, we reach Simigaun – Simigaun is a small village with majority of settlers being Buddhists and Hindus. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Day 6: Simigaon to Kharka (2900m) - 6 hrs

Today, we pass through Sherpa settlements and we can see fascinating views of Mt. Gaurishankhar above Rolwaling Valley on clear morning. We continue our walk toward Rolwaling Valley from the ridge top at Simigaun. The trail is rocky and climbs through wooded ridge and beautiful pine forest with having to descend to the river of Rolwaling before reaching Kharka. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Day 7: Kharka to Beding (3690m) - 4 hrs

Kharka to Beding trip starts with ascending uphill through different varieties of plants and rhododendron trees. Most of today's trail passes through the bank of Rolwaling River. We arrive at the tributary of Gaurishankhar and enjoy fantastic view of Mt. Gaurishankhar. Our trail rises further till we come across flat and easy terrain to finally reach Beding – Sherpa village. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Day 8: Beding: Acclimatization

After long journey, we take rest in Beding for acclimatization. Sitting idle is not the proper way of acclimatizing according to the experts. So, we remain active throughout the day by hiking nearby hills. You should be ready for breathtaking views of Gaurishankhar and Tibetan mountain. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Day 9: Beding to Na (4180m) 4-5 hrs

Beding to Na follows interesting trail. You can explore upper slopes of the valley for snow and visit nearby glacier too. The trek goes up along the river bank and it is very open with fresh air and charming sound of the river. As the trek continues, we encounter panoramic views of mountains and come across Sherpa village. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Day 10: Na to Yalung Glacier (4750m) 6-7 hrs

Our trail for today starts with ascending toward high glacier land and the land enriched with white ice all over the crampon and ice sacks. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Day 11: Yalung Glacier to Ramdung Base Camp (5150m) 5-6 hrs

We trek uphill till we reach Yalung Danda and then we trek steeply upward to the Base Camp. The trail is rocky glacier and we can get great views of mountains like Gauri Shankhar, Menlung, Yalung and different mountains of Tibet. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Day 12

Base Camp to Ramdung High Camp (5-6 hrs)

13. Day 13: Summit Ramdung Go peak (5925m) back to Base camp

We have to summit Ramdung Go Peak before the dawn because after the dawn the wind is very fast. The summit is quite steep but the reward of all the hard work is unimaginable. Once you are at the top of Ramdung Go Peak, you will get to experience one of the world's most spectacular mountain views. After enjoying there for a while, we trek down to Base Camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Day 14: Reserve Day

Reservation day is counted as necessary day of itinerary because sometimes the weather betrays us and we have to take a day off. Also, some team members may get serious illness and we make use of reserve day to

get him/her well. If the trip goes smoothly, we do not need reserve day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Day 15: Ramdung Base camp to Dorlumbu Glacier

From Ramdung Base Camp, we trek directly to Dorlumbu. And along the way, we enjoy some of the impressive views of mountains. Most of the return back journey is same but, we get to relive the memory and get different perspective of the place. The trek passes through some uphill rock and glacier moraines. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Day 16

Trek to Tashi Lapcha Pass Base Camp - 5 hrs

17. Day 17: Trek to Tashi Lapcha Pass (5755m) & to Thengpo (4370m) 7-8 hrs

This is the longest trek of our trip. We climb the top of the Tashi Lapcha Pass (5755m) – the highest point of Rolwaling Khumbu Trek. We enjoy the fantastic views of Khumbu region peaks such as Everest, Makalu and many others. From there, we descend to Thengpo. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

18. Day 18: Thengpo to Thame (3820m) – 5 hrs

Our walk for today is easy as compared to previous treks. We gradually descend toward Thame Village – this village house old & interesting Monastery at its upper end. From here, you get nice view of Mt. Everest, Nuptse, Lhotse, Ama Dablam, Thamsarku and Kusum Kangaru. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

19. Day 19: Thame to Namche Bazaar (3440m) - 5 hrs

Our trail for today gently descends at first and then we trek steeply to a bridge that sits right above the Dudh Koshi River at Phunki Tenga. We pass several villages and number of teashops, ascending steeply to Sanasa; we reach to the village of Local Sherpa where people sell Tibetan goods. This way, we head to Namche Bazaar after some ups and downs through forests. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

20. Day 20: Rest day at Namche Bazaar

Resting is not meant for adventurers like us. So, we take short hike to museum which is popular for showcasing the traditional customs of Sherpa people. We also hike to Syangboche airport near the Everest Hotel. The scenery from here is stunning and specially famous for sunrise and sunset view over the Khumbu peaks. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

21. Day 21: Namche Bazaar to Phakding to Lukla: 6 - 7 hrs

We pass through popular Hillary suspension bridge and Sherpa villages. This is also the last day of our trek and last day to stay close with the mountains. We first trek to Phakding and then to Lukla – Lukla is popular hub for Everest region trekkers with great mountain views in the distance and colorful houses. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

22. Day 22: Fly Lukla to Kathmandu – 35 minutes

We take early flight from Lukla to Kathmandu. We proceed toward the city life – for some of you city life will be heaven and some of you will miss all the mountains. Either way, we are all happy for completing our adventurous journey. We organize small gathering to celebrate in the evening. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company

23. Day 23: Farewell & Departure

The journey to the mountains of Nepal comes to an end. You can visit another mountain next time. For now, have a safe journey to your home. Our airport representative will drop you to the airport approximately 3 hours prior to your scheduled flight.

INCLUSIONS

Arrival & Departure transfers on both domestic and international flights.

Accommodation at 3 star hotels in Kathmandu

Full board meals on tented camping & Lodge expedition

Accommodation on tented camp

Half day guided city tour as listed in itinerary

Peak Climbing Permit Royalty and other government tax

Group Climbing gear including climbing rope, ice axe, zoomer, harness, figure of eight, carabineer etc.

All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.

Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip

Well-experienced Climbing guide with all his allowance and expenses

Porters to carry all personal gear and group equipment

Insurance of all staff including porters

Adventure Treks T-shirts / other seasonal gifts as perks

10 % VAT and 13% TSC Taxes.

High altitudes chamber bags (PAC) for very high altitudes

EXCLUSIONS

Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)

International Airfare

Lunch and Dinner except mentioned itinerary

All Drinks and main meals in cities.

Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)