



KAILASH MANASAROVAR YATRA 2020

Route	: Kathmandu – Lhasa – Kailash – Lhasa – Kathmandu
Duration	: 16 Days
Accommodation	: 4* standard hotel in Kathmandu and best available in Tibet

TRIP OVERVIEW

The Kailash Yatra is one of the most popular religious tours within the South Asian Region. The Yatra starts with your arrival in the Kathmandu Valley. On the first and the second last day, you will explore the beauty and tradition of the Kathmandu Valley with the visit to the UNESCO world heritage sites. Then, we will fly to the city of Lhasa and Tibetan lifestyles. We will start our drive to Mansarovar then to Darchen, Derapuk and Juthulpuk. Major attractions of this trek are Mt. Kailash, Lake Mansarovar, Lake Rakshas, Yamadwar and Drolma La Pass.

HIGHLIGHTS

- Day visit of UNESCO Historical & Pilgrimage sites in Kathmandu valley
- Kathmandu to Lhasa Everest View Flight
- Biggest and famous Lake Mansarovar.
- 3 days trekking around of mount Kailash by crossing 6714m Dolma La pass
- Exploration typical life style of nomad peoples and roof of the world

ITINERARY

DAY 01: ARRIVAL IN KATHMANDU 1310M. (ONLY NRI)

Our representatives will pick you up at the airport and guide you to your hotel. in the evening, we will meet up in a small dinner to welcome you and brief you about the tour. Overnight at hotel in Kathmandu.

DAY 02: TIBET VISA PROCESSING DAY FOR NRI

Kathmandu sightseeing visit Doleswor Mahadev and Saga temple, visit Bhaktapur Durbar Square entrance fees USD 15 per person will be extra for Bhaktapur Durbar Square.



DAY 03: TIBET VISA PROCESSING DAY / INDIAN PASSPORT HOLDERS CAN ARRIVE KATHMANDU

Visit Manakamana temple and back to Kathmandu cable car fees USD 15 per person extra.

DAY 04: FLY KATHMANDU TO LHASA (3656M)

On your arrival on Tibet, we will meet you at the airport and transfer you to the hotel. Taking it slow the rest of today, you can adjust to the altitude easier and quicker. Remember to drink plenty of water and get plenty of sleep for the long journey ahead.

DAY 05: LHASA SIGHTSEEING

Barkor Street

Jokhang Temple

DAY 06: DRIVE LHASA TO SHIGASTE (3900M)

Further, our way lays in the capital of a province of Tsang - Shigatse - residence Panchen Lama - the second ecclesiastic of Tibet. Early in the morning excursion in a monastery of Tashilhunpo (it is based on 1447), visiting a temple of the buddha of the future - Maitreya and also other temples of a monastery. Overnight at Hotel.

DAY 07: DRIVE SHIGASTE TO SAGA (4050M)

The journey today brings you over the height of more than 5000 meter passes with fine views. Driving day over the sandy and rocky land of tibet, other things like lake, nomads chasing thousands of yaks and sheep keep you busy. By the late afternoon, you will cross bhramha purtra riverway to typical chinese and tibetan town, saga for the night.

DAY 08: DRIVE TO MANASAROVER VIA PARYANG (4558M) 277KM 8 HOURS, OVERNIGHT AT GUEST HOUSE (B, L, D)

Day starts with full of excitement, by the late afternoon you can have the first sight of Holy Kailash Parbat and Manasarovara. Here, a small village nearby Lake Manasarover, we will spend a night there.

DAY 09: EXPLORATION OF LAKE MANASAROVER AND DRIVE TO DARCHEN (14975FT) 40KM. (B, L, D HIMALAYA HOTEL OR SIMILAR)



Manasarovar is the lake of compassion, tranquility and bliss. After completing the memorable morning Bath and Puja we will be heading towards Darchen. It is considered as a base camp for the Holy Kailash Parikrama (walking around).

DAY 10: KAILASH PARIKRAMA. DRIVE TO VALLEY OF THE GOD AND TREK TO DERAPUK/4909M. OVERNIGHT AT GUEST HOUSE (B, L, D)

It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky make you feeling that Great God Shiva is everywhere with tons of blessing to you. Time to time the face of Kailash Parbat will keep on appearing. For 15 km trail it takes almost 6 hrs.

DAY 11: TREK TO SHIVASTHAL, GAURIKUNDA (5620 m) THEN ZUTULPHUK

Today is the toughest & longest journey of this trip. We have to trek almost 22 km through rugged highland to reach Zutulphuk. Literally, we have to pack up our gear and set off from hotel at 5 a.m. Chinese time. Initially, it is an uphill trek from Deraphuk but after walking for an hour or so, the trail turns into mild ascend. Half of the trail passes through an elevation of 4900 m./16,000 ft. or above, so there is no wonder if we get suffered from breathlessness or headache. Though, we should try to keep our pace slow & steady.

From Gauri kunda, the trail leads us rapidly down through the area full of boulders and loose pebbles. Going down can be difficult and painful than coming up. If we have taken horse, we can't even use it in this bit. After trekking down for another 1 & half hour or so from Gauri Kunda, we will eventually reach to the valley floor. From this point on, the trail is easy & flat. It is another 2 hours easy-walk to reach Zutulphuk from here.

DAY 12: TREK, ZUTULPHUK TO TREK ENDING POINT, & DRIVE BACK TO SAGA

Today is the last day of this divine circumambulation. Morning after breakfast, we pack up our gear and move on to Darchen. The entire trail is easy and flat. The trek takes about 3 hours to complete.

Our Vehicle is waiting for us at the final point; which is before Darchen. We board on the Bus then start our journey to further destination. First, we reach to the point (eastern shore of manasarovar) where we had left our vehicle. We board on the same vehicle and move ahead.

DAY 13: SAGA TO SHIGASTE

Easy day onward today. We take easy driving back to Shigatse town which is second biggest town of Tibet. You can make late afternoon walking tour.

DAY 14: SHIGATSE TO LHASA

Continue drive to Lhasa city and transfer to Hotel. Prepare your bag for flight back to Kathmandu.



DAY 15: Fly Lhasa – Kathmandu

We will receive you from Airport and drop off at the Hotel. Rest and shopping if time permits.

DAY 16: Departure from Kathmandu

We will drop you at the Tribhuvan International Airport concluding the trip.

Cost Includes

Transportation

- ✓ All ground transportation by private vehicle
- ✓ Kathmandu – Lhasa - Kathmandu Flight Ticket
- ✓ Airport Pick up and drop off by private vehicle

Meal

- ✓ Breakfast, Lunch and Dinner included (Veg only)
- ✓ Drinking water included

Accommodation

- ✓ Mention in the itinerary in the basis twin sharing in Nepal and Tibet and group sharing in Kailash Region.

Visas & Permit

- ✓ Tibet Visa & Permit Included
- ✓ All necessary entrance fees in Nepal and Tibet
- ✓ Special Kailash Mansarovar Permit
- ✓ Applicable entrance fees to visit Monasteries and temples

Sightseeing

- ✓ Sightseeing in Kathmandu
- ✓ Sightseeing in Lhasa

Guide, Staffs & supporters

- ✓ Nepali Guide and Tibetan Guide
- ✓ Nepali Crew members in Kailash Region

Equipment

- ✓ Medical kits



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- ✓ Enough oxygen cylinders
- ✓ Other necessary equipment

Clothing

- ✓ Down Jacket on refundable basis
- ✓ Day pack bag
- ✓ Duffel bag

Cost Excludes

- ✗ Emergency evacuations/Rescue expenses, if required.
- ✗ Extra nights stayed due to bad weather, early arrivals, etc.
- ✗ Expenses of personal nature
- ✗ Personal horse and Helper during Kailash round/ Parikrama
- ✗ Travel & Medical Insurance Permissions and other official formalities

Booking Policy

- Application should be submitted at least 45 days before the provisional date of departure.
- Minimum of 6 months valid Passport scan copy by mail or passport copy by courier should submit when the booking is made
- Upon the confirmation 30% deposit amount per person is required
- Our company trip booking form with your signature as per our term and condition
- All the clients need to carry ID Proof, (Voter ID Proof) OR passport original while traveling by air.
- The itinerary can be changed without notice due to unavoidable circumstance beyond our control such as political unrest, Natural calamities, changes in itinerary by the Chinese authorities etc.



Kailash Mansarovar Yatra Map

