



Kailash Mansarovar Yatra During Full-moon Day, Guru Poornima at Lake Mansarovar

This is an opportunity not to be missed! Join us the Kailash Yatra during full moon day, Guru Poornima at Lake Mansarovar.

Mount Kailash is one of the most sacred sites in all of Asia. Situated in the Tibetan Plateau, this holy mountain has been **venerated by Hindus, Buddhists, Jains, and Bonpos** for centuries. Mt Kailash is also believed, **the residence of Lord Siva's "The God of all Gods" and Lake Mansarovar is soul of Brahma in Hinduism**. Each year, thousands of pilgrims make the journey to its base camp in **search of spiritual enlightenment**.

Lake Mansarovar is another pilgrimage site that is revered by many religions. It is said to be **the birthplace of the Hindu god Brahma and the home of his consort Saraswati**. For centuries, pilgrims have made the trek to its shores in **hopes of cleansing their souls and achieving nirvana**.



17 Days Detailed Itinerary

Day 1: Kathmandu (1300m.) Arrival

Arrival at Kathmandu Int'l airport (1300M), Pickup from Kathmandu International Airport and Transfer to Hotel. In the afternoon, collect copies of your passports and 2 passport size photos to process Tibet group visa.

Overnight: stay at Hotel in Kathmandu.

Day 2: Kathmandu Sightseeing

After Breakfast, Kathmandu Sightseeing Including Pashupatinath, Gujeshwari, Sleeping Vishnu and Boudhnath Stupa.

Overnight: Stay at Hotel in Kathmandu.



Day 3: Kathmandu Sightseeing

After Breakfast Kathmandu Sightseeing Including Shyambhunath Stupa and Patan Durbar Squire.

Overnight: Stay at Hotel in Kathmandu

Day 4: Free Day in Kathmandu

Final preparation for Your trip to Kailash.

Overnight: Stay at Hotel in Kathmandu

Day 5: Drive from Kathmandu to Syabrubesi (By Tourist Bus)

Today after breakfast we will drive to Syabrubesi via Trishuli Nuwakot. Overnight at Hotel Meal included: Breakfast, Lunch and Dinner. *Those who want to take helicopter to Syabrubesi, please let us know in advance.*

Overnight: at Guest Houst

Day 6: Drive from Syabrubesi to Kerung, Rest in the Evening

After breakfast, we will get on a Tourist Bus and start our drive through the black-topped road to get to the newly opened friendship bridge at the Nepal-Tibet border. We will arrive at the 1st village of Tibet, Kerung in about 2 hours. We will visit the local monastery in the town and walk around to adjust your body 2700 meters. Prepare well for altitude challenge and heading to Mount Kailash. **Overnight:** Hotel in Kyirong town



Day 7: Drive to Saga (4500m) 200Km

We will drive through the high hills on a comfortable black-topped road to get to the village of Saga. The path climbs up and down the passes of Thong La and La Lung before getting us comfortably to Saga county.

Overnight: Hotel in Saga

Day 8: Saga - Lake Manasarovar (4560m) 500km



We will depart in the morning on a 500 km journey, on a smooth road to Lake Manasarovar, the victory lake in the Ngari region. We will also cross several rivers and Mayumla Pass (4600m), from where we can admire the spectacular panoramic views of the Himalayas. You will also see wild animals enjoying their life, free, on the world's highest plateau.

Holy Kailash Parbat, Mt. Gurula-Mandata, Lake Rashekshi are laying on its surrounding. The region is considered rich for gold and other mines, hot springs and hundreds of wild living creatures. Night halt beside Manasarovar. **Accommodation:** Guesthouse near the lake



Day 9: Group Puja, Guru Poornima at Manasarovar, then Drive to Dharchen via Tirthapuri

Today is the **full-moon day, Guru Poornima** at Lake Manasarovar, according to Tibet Lunar Calendar. We will do a great **Puja** at the lake Manasarovar in group from morning to afternoon. We will drive to Dharchen early afternoon. En-route, we will drive to **Tirthapuri 4310m** – place where **Bhasmasura** was burnt to ash. **Accommodation:** hotel in Dharchen town



Day 10: Rest & Prepare for Kailash Kora

Today, we will take rest at Darchen and visit around the town. Some Yatris go for Inner Kora and comeback to darchen In the evening.

Do more exercise to prepare for Parikrama the next day.

Overnight: Hotel in Dharchen town



Day 11: First Day Kora: Drira Puk

Altitude: 4690 meters **Distance:** 10 kilometers

Time: ≈ 7 hours **Destination:** Drirra Puk



Kailash Kora begins in Darchen. You go by eco-bus to the 1st Prostration Point Dharpoche (Yamadur). Meet your horse and porter if you hired one. Then start to trek. Choku Gompa is the place where Buddha Shakyamuni left his imprints. Opposite to Choku Gompa is the Assembly of 500 Arhats – the spot where, according to tradition, Buddha Sakyamuni prayed and meditated

in front of Mount Kailash. The gradually ascending path, flanked by rocks on both sides, named after Buddhist deities, takes you to Driraphuk Gompa. Although the terrain is easy, the high altitude makes it difficult for Western hikers to walk at ease. It feels the **Great God Shiva** is everywhere with tons of blessings to you. Time to time the face of Kailash Parbat will keep on appearing.

Accommodation: Guesthouse

Day 12: Inner Kora to North Face (Charanwparsh)

This inner kora also called Kailash touching and **Charansparsh** by walking to the face of the holy mountain. It is a blissful day as we are trekking up to the North Face as close as possible.

Though the day is the holiest day of our trip, the walk is a bit tough with ice and snow. We will take those who are suitable to walk.

Accommodation: Guesthouse



Day 13: Trek to Zultrul Puk over Dolma La pass 5630m and Gauri Kund

Highest Altitude: 4630 meters

Distance: 20 kilometers

Time: ≈ 8 hours

Destination: Zultrul Puk

This is the toughest section of your trek around Kailash, climbing from Driraphuk Gompa at 5000 meters to Dolma La Pass at 5630 meters. The atmospheric pressure is one-half that of sea level. It is recommended to slow down to 3-5 steps and take deep breaths (only 50% of oxygen) rather than collapse somewhere along the way.



Dolma-La Pass is a holy place where lamas perform bardo rituals and people symbolically leave behind pieces of their hair, nails, hats, clothes...and hang up prayer flags and burn incense. Arriving on the top of Dolma-la pass just sit down for meditation to forget yourself. Once your steps go down, **Parvati-sthal and Gauri Kunda** are on the way.

Then you start descending into a long valley that takes you to Zutrulphuk Gompa, where Milarepa's cave is situated. Milarepa is Tibet's most beloved yogi – it is pure, pure delight to immerse oneself in meditation inside this cave.

Accommodation: Guesthouse

Day 14: Trek to Zongdu, Drive to Saga 530km

Altitude: 4690 meters

Trekking Distance: 8 kilometers

Trekking Time: ≈ 3 hours

Destination: Saga

We will pay a visit Zutrulphuk monastery, the cave of the Yogi Milarepa before start third trek. However, the last section is easy walking from Zutruphuk Gompa to Zongdu.

The Kailash pilgrimage tour officially ends at Dakini Dancing Ground, with a fantastic view of Lake Manasarovar in the background. However, we will drive to back to Lake Saga today.

Accommodation: Hotel in Saga

Day 15: Saga – Kyirong Town 200km

After breakfast, we will take our return way to Kathmandu by reaching back to Kyirong town.

Accommodation: Hotel in Kyirong town.

Day 16: Cross Border and Drive to Kathmandu | Certificating and Farewell Party

After Breakfast Drive to Kyirong Border. Once accomplishment of all the immigration and custom process, drive to Kathmandu 175km. We will arrive in Kathmandu Late afternoon.

In the evening time, we will have a farewell party, giving out certificate and cultural entertainment with dinner.

Overnight: Stay at Hotel in Kathmandu

Those who want to take helicopter to back to Kathmandu, please let us know in advance.



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Day 17: Fly to Home from Kathmandu

As soon as possible, you will be transferred to Kathmandu Tribhuvan International airport for your flight home or to your next destination. Kailash Yatra Ends here. Om Namah Shivaya!

Do you recommend travelers insurance when traveling in Tibet?

Absolutely! Having a travellers' insurance policy that protects you against cancelled/delayed flights, and any unplanned medical emergency is highly recommended. We would recommend you to have your own travel insurance (both travel and medical insurance) where it is trusted.

What is included

- ✓ All necessary Tibet travel permits and government taxes
- ✓ Tibet group visa (Visa to China)
- ✓ Kathmandu airport pick up and drop off service
- ✓ Full Transportation from Kathmandu - Kyirong - Kailash with tourist Bus (29 Seaters)
- ✓ Trucks support to carry kitchen matters and food material
- ✓ Yaks to carry food and kitchen matters during Kailash Parikrama
- ✓ All entrance fees to sights per listed in the itinerary
- ✓ Accommodation per listed (2-3beds in hotels and guesthouses) *Those who are not going to parikrama will be arranged in a guesthouse until the group arrive back*
- ✓ Full-board meal + tea & coffee
- ✓ Sherpa cooks starting from Saga – Kailash – Kyirong Border
- ✓ Hot drinking water
- ✓ Duffle bags and down jackets for the trip (refundable)
- ✓ Professional tour guides
- ✓ Camera, Video man, Drones, Pictures to capture our Kailash Yatra for memory sake
- ✓ First aid kit and health check-up
- ✓ A Doctor, Medical bags & oxygen cylinders

What is NOT included

- ✗ Travel insurance (Have your insurance where it is trusted or where usually you buy)
- ✗ Rescue jeep expenses if required
- ✗ Extra activities
- ✗ US and CANADIAN passport holders pay US\$100 for Visa
- ✗ Any private expenses
- ✗ Horse or porter for Kailash Parikrama (*Please let us know in advance if you need a porter or a horse for parikrama*)
- ✗ Helicopter from Kathmandu to Kyirong border, kyirong to Kathmand after end of Kailash Yatra
- ✗ Those who want to go inner kora will charge extra cost US\$250 for special equipment's and guide. Please let us know in advance (*This only doable if local police authority allows*)
- ✗ Natural or political disturbance which beyond our control
- ✗ Tipping for staffs (keep aside \$100)

What to Pack for Kailash Yatra

1. **Good and comfortable hiking shoes** – Shoes must be comfortable for hiking.
2. **Warm pullover/jackets** – Take warm jackets and sweaters or pullover or thermal inner clothes. Those help you to keep warm in cold temperature.
3. **A pair of Sandal /slippers**
4. **Walking stick** – Are very much suggested for Mount Kailash Trek or Kailash Parikrama.
5. **Drinking water bottle** – At least 1 litter, which is very commonly you can buy anywhere. Thermos/Flash – Useful for cold temperature.
6. **Soft toilet paper and tissue paper** – Very useful for cold weather.
7. **Rain suite/Poncho** – It not only protect water also protect the winds and keep warm your body.
8. **Sun glass** (suggest UV protection and polarized) , wind mask, lip guard and soft cream and head oil.
9. **Taking medicine on regularly** – Please bring them. Those medicine are not easy to find in Yatra route. Even prepare some extra first aid medicine kit.
10. **Some dry fruits/nuts or candies for refreshment** – The air is dry on Kailas Mansarovar area, So if you use this things on your mouth always good.
11. **Body clothes** – Fee free to wear any kinds of cloths, most be comfortable, warm and clean.
12. **A backpack** – Take a small back pack for your daily personal things to carry.
13. **A smooth towel** for short bath and face wash.

Regular Clothes

1. Thermal vest and pyjama
2. Undergarments and Night wear
3. Full sleeves cotton round and polo neck and t-shirts, Comfortable and WARM pants/leggings/trousers
4. Woolen sweater, Down jacket (able to accommodate inner layers)
5. Cotton socks, Woolen socks
6. Balaclava (monkey cap) and Shawl/scarf
7. Gloves – cotton/woolen mittens AND a pair of snow gloves for those doing the Parikrama
8. Wind cheater with hood
9. Slippers to be worn with socks
10. Swimsuit (hot spring in Chui Gompa) If you are interested to use that by paying yourself
11. Something to wear while taking a dip in Lake Mansarovar

Personal and bathkits

1. Tooth paste & brush
2. Lip Balm and Sunscreen
3. Deodorant & perfume
4. Shampoo sachets

5. Soap strips
6. Skin moisturizer
7. Toilet paper rolls/personal hygiene wipes
8. Small mirror
9. Comb/hair brush
10. Hair ties
11. Hand sanitizers
12. Face mask

Miscellaneous

1. Luggage Tags to remember your baggage
2. Number locks for luggage
3. Battery packs for phone and camera
4. Camera with extra storage memory/batteries
5. Phone and camera chargers (Nepal and Tibet have same plug adapters as India)
6. Plastic bags to separate used and unused clothes
7. Small knife (Not suggested on hand carry)
8. IPod and headphones
9. Photocopy of passport in each piece of luggage with complete contact info or if you have personal visiting card you can log on your yatra bag.

Please start doing exercises, Yoga and breathing for fitness!
It will help you to have a meaningful Kailash Yatra!



Om Namah Shivaya!

NOTE: Those who want to take helicopter from Kathmandu – Kyiring Border, Kyirong to Kathmandu, one way approximately cost US\$250+. Please let us know in advance if you want to take helicopter.