



Trip Facts

Price: USD 2520

Duration: 14 days

Trip Profile: Kailash Mansarovar Yatra

Geography: Himalayas/Hills/Forests

Location: Tibet

Max Altitude: 5,660m

Accommodation: Hotel/Lodge

Meals: All meals included during the trekking

Religious: Buddhism

Ethnic People: Tibetan

Transportation: Flight/Tourist bus/Private vehicle

Group Size: 02-15 Pax

Highlights

- A holy pilgrimage to the majestic Mt. Kailash and Manasarovar Lake
- Enjoy the exquisite beauty of the Tibetan Himalayas
- Embark on a holy journey circumambulating Mt. Kailash which is believed to bring good fortune and cleanse all sins of a mortal body

Overview

A holy pilgrimage that can be only described as a once-in-a-lifetime adventure, the journey to

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Mount Kailash by Himalaya Land Treks is the greatest pilgrimage of them all. As such, the Kailash Manasarovar Yatra is a surreal adventure which also offers a sense of mystery and spirituality. Believed to be the home of Lord Shiva by the Hindus, the Himalaya is also revered by Buddhists as the home of Buddha Chakrasamvara who represents supreme bliss. True to their devotion, every year thousands of pilgrims take on an arduous journey circumambulating the Holy Mountain which is said to bring good fortune and cleanse the sins of the soul.

Our holy pilgrimage to Kailash and Manasarovar Lake begins from the valley as we take a day off at the capital city preparing for our Visas to china while also touring the UNESCO heritage sites. Making our way to the Nepalese border of Kodari, we cross over to Tibet, reaching Nyalam. Taking a day off to acclimatize with the rising altitudes, we continue our journey towards Saga- located on the banks of the Yarling Zangbo River. Heading past Paryang, the journey takes us towards Lake Mansarovar where we take some time off completing all our holy rituals. Driving to Darchen, we begin our Mt. Kailash (6,638m) circumambulation heading to Dira Phug on our first day. Climbing over the Dolma La Pass (5660m), we make our way towards Dira Phug before descending to Zuthrul Phug Gompa. The final day of the journey takes us back to Darchen which brings our Himalayan adventure to a close. Driving back to Manasarovar Lake, the journey once again heads back through the familiar hamlets of Saga and Nyalam to reach Kathmandu.

We, here at Himalaya Land Treks, have been accompanying travelers and pilgrims for over a decade and fine-tuning ourselves to suit the demand of each group is what we pride ourselves on. Above all, we will make sure you will enjoy your journey to the fullest without having to worry about anything else.



Route Map



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Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m/4265ft).

Accommodation: Overnight at 3 star Hotel

Touching down at Kathmandu, you will be welcomed by a Himalaya Land Treks' representative from our office who will guide you directly to the hotel. Freshening up from the day's journey, you will be further introduced to other members of the staff, alongside your guides for the trek, who will brief you on the day to day itinerary for your travels.

Day 2: Chinese Visa preparation day.

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast

Making sure we face no problems while crossing over to Tibet and also during our journey, we take another day off in Kathmandu preparing all the necessary documents for the trip. In the due time, we will also make rounds of the Kathmandu Valley, touring the premium UNESCO heritages like Pashupatinath, Kathmandu Durbar Square, and Boudhanath. We also travel to Asan Bazaar where you can explore the local market.

Day 3: Drive Kathmandu - Kodari - Nyalam (3750m/12303ft).

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Heading away from Kathmandu, the journey takes us to the Bhaktapur area before we leave the valley following the winding bends of the Araniko Highway. Following the ChhaKhola till Dolalghat, the journey heads north along the banks of the Sun Koshi River. Following the Bhotekoshi River for the final stretch, the journey races past Tatopani reaching Kodari at the Nepal-Tibet border. Entering the holy city via Zhangmuzeh, we follow the river bank to Nyalam.

Day 4: Rest Day for acclimatization.

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The first of our acclimatization days today, we take some time off at Nyalam to let our bodies adapt with the growing altitudes while also touring around the picturesque city. One of the traditional Tibetan hamlets, the region makes up for a perfect spot to explore the cultural



practices of the region. Journeying to the nearby Dzongs and monasteries, we are further introduced to the ancient teachings of Buddhism.

Day 5: Drive Nyalam - Saga (4200m/13780ft).

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

One of the shorter days of the journey today, we make our way over to the city of Saga. Exiting Nyalam, the journey heads past Yalaixiang before heading west through the banks of the Pum Qu River. Past several vibrant settlements along the way, the journey takes us to picturesque lakes including Langqiang Co and the majestic Paiku Co. The final stretch of the journey heads past Mullin Co and Cuochuolong Co to reach Zebaxiang before heading to Saga.

Day 6: Drive Saga - Paryang (4500m/14764ft) - Lake Manasarovar (4560m/14961ft).

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

One of the longest days of the journey today, we make our way over to the stunning Manasarovar Lake heading past Paryang. At an altitude of 4560m, the Himalayan Lake boasts stunning views of the Himalayas in addition to its religious importance. Exiting Saga, the trail races past Dajilingxiang and Lazangxiyang to find the banks of YarlungZangbo River. Reaching the town of Paryang, we make a brief stop before, once again, racing through the Tibetan wilderness to the holy lake of Manasarovar.

Day 7: Drive Manasarovar - Darchen (4600m/15092ft, 35 km, 1 hour).

Walking hr: 1 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

An early start to the day, we make our way over to the Manasarovar Lake, following the religious rituals while also enjoying the beauty of the Himalayan Lake. Admiring the beauty of the Himalayas, including the majestic Mt. Kailash (6,638m), we tour the picturesque lake before heading back to the hotel for a lovely breakfast. The drive is a short one as we make our way over to Darchen.

Day 8: Trek Darchen - Dira Phug (4900m/16076ft, 18 km, 6 hours).



Walking hr: 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The first day of our Mt. Kailash trek today, we begin our journey from Darchen and over to the hamlet of Dira Phug. Exiting Darchen, we find ourselves at the Yamadwar. Through the rocky Himalayan trail, the journey takes us to Dira Phug, located 18kms away. In case you are unable to walk the distance, there are ponies and porters for hire which will make the journey much easier.

Day 9:Trek Dira Phug–Zuthrul PhugGompa (4790m/15715ft, 22 km, 9 hours).

Walking hr: 9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

One of the longest days of the Parikrama today, we make our way towards the Zuthrul PhugGompa, crossing the Dolma La Pass (5660m). Exiting Diraphuk, the journey ascends through the Gauri Kunda and Ganesh Kunda in the same order before ascending the snowy slopes to the summit of Dolma La Pass (5660m). Enjoying exquisite views of the Tibetan Himalayas, including Mt.Kailash (6,638m), we head over the mountain pass, descending till Zuthrul Phug.

Day 10:Trek to Darchen (14km, 3 hours) drive to Mansarovar (4590m/15059ft).

Walking hr: 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The final day of our Mt. Kailash (6,638m) Parikrama, we begin our descending journey heading back to Darchen, completing a full clockwise circle. Heading past Chogndo, we continue our descending journey through the ending stages of the trail to reach Darchen. Completing all our rituals, we prepare for our journey back home heading back to the lake of Mansarovar.

Day 11:Drive Manasarovar – Saga (4200m/13780ft).

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner



Retracing our steps through the stunning Tibetan landscapes, we begin our way back, driving back to Saga. The journey takes around 7 to 8 hours following the stunning Himalayan landscape adorned with picturesque lakes like Guija Co and Kunggyu Co. Following the banks of the Yarlung Zangbo River, the trail frequently heads in and out of Huo'erxiang and Lazangxiyang before reaching Saga.

Day 12: Drive Saga – Nyalam (3750m/12303ft).

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Our final day in the holy kingdom of Tibet today, we make our way over to Nyalam, exiting the town of Saga. Leaving the banks of the Yarlung Zangbo River, we make our way past Zebaxiang heading past majestic lakes including Mullin Co, Cuochuolong Co, Langqiang Co, and Paiku Co. One of the most stunning days of our trek, we follow the banks of Pum Qu River to reach Nyalam.

Day 13: Drive Nyalam - Kathmandu. Farewell Dinner.

Walking hr: 6-7 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

Beginning our journey through the banks of the Pum Qu River, we make our way out of Tibet reaching Zhangmuzeh which forms the Tibetan border of Tibet with Nepal. Entering the Gaurishankar Conservation Area, we make our way across the border to reach Kodari. Past Tatopani, the journey follows the Araniko Highway to reach Kathmandu. Here, you will also indulge in a farewell dinner hosted by the Himalaya Land Treks.

Day 14: Departure to the international airport.

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Our representatives will once again drop you back to Tribhuvan International Airport just in time for your flight back home. We hope you had a lovely time with us and we look forward to seeing you again.

Trip Cost Includes

- Airport pick up and drop facility.
- Insurance of guide and porter.
- Teahouse accommodations in Tibet
- 3-star hotel in Kathmandu
- farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.
- Transportation in Nepal and Tibet by deluxe bus
- Yaks & Yak men during the Parikrama (to carry foods and equipment)
- Tibet visa and permits
- First aid medical kit
- Check-in formalities at the border
- Entry fees (Kailash & Manasarovar)
- Necessary supporting crew (tour guide, cook, helpers & sherpas)
- All vegetarian meals while on a tour

Trip Cost Excludes

- Horse riding during the Parikrama
- International airfare to and from Kathmandu
- Extra night accommodation & meal cost in Kathmandu in case of early arrival from Kailash
- Nepal arrival visa.
- Cost for additional trips.
- Extra hot showers, wifi & battery charging on a trek.
- Travel insurance which covers emergency rescue and evacuation.
- Tipping to staffs
- Any additional cost (transport, hotel, visa split charge) that occurs due to illness or rescue of the member
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle

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or boiled water, shower, etc.)