

## Mt. Kailash and Manasarovar Pilgrimage Tour

Duration: 14 Days



### Overview

<b>Trip Grade:</b> Moderate	<b>Max Altitude:</b>
<b>Activity:</b> Sight seeing, Tour, Heritage site visit	<b>Group Size:</b> Min 02 Pax
<b>Arrival On:</b> Kathmandu, Nepal	<b>Departure From:</b> Kathmandu, Nepal
<b>Meals:</b> All meals during trek & breakfast in kathmandu	<b>Accommodation:</b> Stone Built Houses (tea houses) during trek

Mt Kailash and Lake Manasarovar Pilgrimage [Tour](#) are one of the best and most popular holy tours. Mt. Kailash, at 6714 m, also known as Tise, Kailasa & Kang Rinpoche (Jewel of the Snows), has since time immemorial been celebrated in many Eastern cosmologies as Mt. Meru, the Axis Mundi. And as the centre of the physical & metaphysical universe, Mt. Meru is sacred to the Buddhist, Jains, the Hindus & the Bonpos. For the Hindus, the mountain represents the seat of Lord Shiva; for the Buddhists, a terrestrial projection of the cosmic mandala of Dhyani-Buddhas & Boddhisatvas. The Wheel of Life; for the Bonpos, Kailash was the sacred nine stories Swastika Mountain, upon which the Bonpo founder Sherab alighted from heaven. Four of the great rivers of the Indian subcontinent originate from here: the Karnali (the longest river in Nepal), which feeds into the Ganges (south), the Indus (north), the Sutlez (west) & the Brahmaputra (the Yarlung Tsangpo, east). This place is not only religious and cultural value but this place, Mt. Kailash is also very famous for its natural beauty. It's a challenging place to go so many adventure seekers might find this place great. This trek includes lots of driving and hiking. 14 days Pilgrimage Tour to Mt. Kailash & Lake Manasarovar will be a very memorable trip for you if you are an adventure seeker and a willing person to this beautiful place. [Contact us](#) for [Himalayan Holyland Treks and Expedition](#) today to make it real.

## Itinerary

### Day 01: Kathmandu-Nylam, 3750 M, 155 KMS

Today we will drive to Nyalam from Kathmandu across the lush greenery of Nepalese countryside, along with but in opposite direction to the Bhothe Koshi River, right up to the Nepal-Tibet border from the border we will drive on the steadily climbing road to the town of Zhangmu and on to Nyalam. We will call it a day here in Nyalam and spent our night in Nyalam Guest House.

### Day 02: Nylam -Pelgu TSO, 4595 M, 57 KMS

This day we leave Nyalam behind and drive to Pelgu Tso through the Thong La Pass. The road then drops before climbing again to Lalung La Pass. From here we will have an incredible view of Shisha Pangma (8012 M). We will call it a day and camp for today in a suitable place.

### Day 03: Saga, 4280 M

This day will drive from our camping site to Saga, which is a typical Chinese and Tibetan town. This town is the gate away the pilgrims who are visiting Mt. Kailash and Lake Manasarovar.

### Day 04: Paryang, 4750 M, 255 KMS

This is 145 Km drive from Saga to Zhongba. The road is fine and the trip will take about 4-5 hours of driving. In Zhongba there is a small monastery at the western end of town. You can stop by and visit the monastery if you wish to. Roads beyond Zhongba are very bumpy and dusty. Though the sceneries are very beautiful and you might want to stop now and then to take a few snaps.

### Day 05: Lake Manasarovar, 4560 M, 260 KMS

This is long and difficult drive from Paryang to Lake Manasarovar. The road is very bumpy and dusty. And it will take about 10 hours to complete this journey. On the way we will pass several rivers and we will pass Mayum La pass too. The scenery is stunningly beautiful with panoramic views of the Himalayas. Upon the arrival of Manasarovar we will spend our night camping at Hor Qu.

### Day 06: Darchen (4560 M), 30 KM

Darchen is about 30 Km away from our camping site on the north direction. This is the main gate away for the Kailash pilgrims. Here we will arrange yak or ponies for Kailash Circuit trek.

### Day 07 : Kailash Circuit Trek - Diraphuk : (6 hrs)

The Kailash circuit covers three days of trekking. Its 53 Km long and it's not an easy route to trek on.

#### Kailash circuit day 1: Darchen- Diraphuk:

This trek will take about 6 hours of hiking and climbing. We will head west in clockwise direction and after few kilometers the trail climbs up to cairn at 4730m, from where Mt. Kailash comes to view. En route we will visit Tarboche, where annual flagpole raising ceremony takes place in Saga Dawa.

#### Day 08 : Kailash Circuit Trek Dhiraphuk- Zutrulphuk.

## **Kailash circuit day 2: Dhiraphuk- Zutrulphuk:**

Today we will cross Dolma La pass at the height of 5630 m and frozen Lake of Gouri Kunda at 5608 m. This is the lake where Hindus worship and immerse themselves in icy water of the lake.

## **Day 09 : Kailash Circuit Final day**

**Kailash circuit day 3:** The final day of parikrama is an easy 2-3 hours of walk down to where the river emerges on to the Barga plain. Today we will complete the 3 days Kailash circuit and drive to Darcha and then to Lake Manasarovar today. We will be spending the night at Chiu Gompa this day. Chiu Gompa is situated on the edge of rocky cliff overlooking the Lake Manasarovar and Mt. Kailash.

## **Day 10: Lake Manasarovar - Rest day or self exploration**

This is the day you will rest and explore the Manasarovar area on your own. You can explore the meditation caves in these areas. You can take a bath in the holy water of Manasarovar Lake or can just pass the peaceful hours in the Chiu Gompa.

## **Day 11: Lake Manasarovar to Paryang**

Today we will follow the same road we drove in from Paryang to Manasarovar to go back to Paryang. As you already know it will take about 10 hours of bumpy ride with fantastic sceneries on the both side of the road.

## **Day 12: Paryang to Saga**

Today we will drive from Paryang to Saga and spend the night in Saga.

## **Day 13: Saga-Nyalam**

Today we will drive from Saga to Nyalam through the barren plains of Tingri. As you leave the Tibetan plateaus you will progress towards the Nyalam city where you will spend the night at a cozy warm hotel.

## **Day 14: Back To Nyalam And Kathmandu**

Today after the morning breakfast you will drive from Nyalam to Zhangmu, through the winding downhill road offering you fantastic views of beautiful waterfalls. This drive will take around an hour. A few kilometers drive from Zhangmu will take you to the friendship bridge on the Bhotekoshi River, which separates Tibet from Nepal. You will drive through the lush greenery of Nepalese countryside for five hours to reach Kathmandu to enjoy its evening markets and bustling beauty. En route you can stop for quick fish snack at Chehere and Dolalghat.

## Cost Includes

- => Accommodation on Hotel/Guest House and tent Camp. As per the above itinerary.
- => Transportation by private Land cruiser.
- => All Sightseeing and entrance fee as per the itinerary.
- => All Necessary Travel and Trekking Permit.
- => All trekking Equipment- including mattress and tent.
- => Supporting Truck to bring logistic support + foods. (Above 03 Pax)
- => Yak and Yak man During the Trek to bring Luggage and food.
- => Nepali Supporting Staff (Sherpa, Cook and helper) from Kathmandu.
- => Meal Plan: Full board (B/L/D) Basis.
- => Necessary Government taxes and Service charge.

## Cost Excludes

- => Nepal re entry visa fees.
- => Sleeping bag and Down jacket (Good Quality thick one).
- => Laundry, Telephone call and hot water Bottle.
- => Personal expenses.
- => Tips for Guide, Driver and Sherpa Staffs.
- => Travel expenses.
- => Gyammows's Bag (Pressure Bag).
- => Medical fee in case of emergency.
- => Hiring porter or Horse.
- => Rescue and Evacuation Service.
- => Any Additional cost due to Natural calamity and Unforeseen Circumstances etc.

\*If supporting like Yaks, horses and porters necessary for some clients, the local guide will help to arrange but clients have to decide the day before the trekking.

\* Hiring the Yaks and porters are not the must-do, some of the travelers with good health condition can complete the trek without those support.