

Kailash-Mansarovar trip via Lhasa with Everest Base Camp



(Holy Mount Kailash)

Trip overview:

Mount Kailash is believed to be the holiest mountain in the world, to those of Hindu, Bon, Buddhist and Jain faith. It has proven to be a great enigma for adventurers throughout the ages, and for modern day travellers it offers an adventure unparalleled to any other modern-day adventure on this planet Earth.

This holy mountain is part of the Trans-Himalaya in far western Tibet, near the source of four of the major rivers in Asia: the Indus, Sutlej, Brahmaputra, and Karnali River. To top off its magical connections, two powerful and Holy Lakes are found very near Mount Kailash, Mansarovar Lake and the Skanda Sagar.

The locals refer to Mount Kailash as Kang Rinpoche, or 'Precious Snow Mountain'; we can also say that this mountain is precious in many ways, to those of different faiths. For the Hindus, Mount Kailash is the abode of Lord Shiva, and a symbolic of his Divine Power.

Trip highlights:

- Cultural and historical heritage sites of Kathmandu

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- Journey of a lifetime from the holiest city to the holiest mountain
- Highly revered monasteries of Tibet
- Close view of Tibetan nomadic culture and lifestyle
- Magnificent view of Mt. Everest

Trip facts:

Total duration:	23 days
Max. Elevation:	5,650m
Trip difficulty:	Moderate to arduous and physically challenging
Journey starts/ends:	In Kathmandu, Nepal
Accommodations:	Hotels in Kathmandu, Lhasa, Shigatse and Lhasa and basic guest houses and other places of Tibet

Trip Dates:

Arrival in Kathmandu	Departure to Lhasa	Return to Kathmandu	Depart to home
20 May 2017	23 May 2017	9 June 2017	11 June 2017
4 Sep 2017	7 Sep 2017	24 Sep 2017	26 Sep 2017

Day-to-day detailed itinerary:

Day 01: Arrive in Kathmandu and transfer to hotel

Karnali Excursions's representative will meet and arrange immediate transfer to your hotel. A short briefing on immediate and further arrangements will be delivered. Overnight in Radisson or similar ones on b/b basis.

Day 02: Briefing on Kailash trip and its preparations

Our trek leader will deliver a detailed briefing on Kailash trip and its preparation in the morning. Overnight in Radisson or similar ones on b/b basis.

Day 03: City sightseeing

There will be a guided city sightseeing tour to explore Boudhanath Stupa, Pashupatinath Temple and Kathmandu Durbar Square. Overnight in Radisson or similar ones on b/b basis. on b/b basis.

Day 04: Fly to Gonggar Airport and drive to Lhasa (3,700m)

We will fly to Gonggar Airport where we will meet our Tibetan guide and driver. After completing immigration formalities, we will drive to Lhasa. It takes an hour and quarter to reach Lhasa from Gonggar Airport. Overnight in Hotel Yak or similar hotel on b/b basis.

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(Potala Palace, Lhasa)

Day 05: Explore Lhasa

After having breakfast, we will visit the Potala Palace, the winter palace of the Dalai Lama. The Potala Palace is a landmark of Tibetan Culture and the spiritual hub for Tibetan Buddhists. The first foundation of the palace was laid by the 7th century Tibetan King, Songtsen Gampo and it took many years to reach its present form. It was partially destroyed during the Cultural Revolution but has been faithfully restored. There are 1000 rooms and more than 100,000 Divine Images inside the Potala Palace.

After lunch, we will visit the Jokhang Temple and perform a circumambulation and visit the Bharkor markets. Overnight in Hotel Yak or similar hotel on b/b basis.

Day 06: Explore Lhasa

After breakfasts, we will visit Norbulingka Palace, the summer palace of Dalai Lama. It is said that the 14th Dalai Lama escaped from this palace. After lunch, we will visit Sera Monastery where we will observe live debate, performed by the residing monks. Overnight in Hotel Yak or similar hotel on b/b basis.

Day 07: A day tour to Ganden Monastery

After breakfast, we will drive to Ganden Monastery. This monastery is located 47km from Lhasa. It was built during the reign of fifth Dalai Lama in 1679, but received severe damage during the Cultural Revolution. Once, this monastery housed more than 2,000

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yellow hat monks. After visiting Ganden, we will return to Lhasa. Overnight in Hotel Yak or similar hotel on b/b basis.

Day 08: Drive to Gyantse (3,800m)

Today, we will drive to Gyantse after having breakfast. En-route, we will visit Yamdruk Tso Lake. In Gyantse, we will visit Gyantse Khumbum. Overnight in Hotel Gedsar or similar hotel on b/b basis.

Day 09: Drive to Shigatse (3,900m)

After breakfast, we will drive to Shigatse. After lunch, we will explore Tashi Lhunpo Monastery. Overnight in a Gesar Hotel or similar ones on b/b basis.

Day 10: Explore Shalu Monastery

We will drive to Shalu Monastery, which is located 22 km south of Shigatse. It was founded in 1040 by Chetsun Sherab Jungnay. For centuries, it was renowned as a centre of scholarly learning, psychic training and its mural paintings. We will return to Shigatse after exploring the Shalu Monastery. Overnight in Gesar Hotel or similar hotel on b/b basis.

Day 11: Drive to Saga (4,250m)

After breakfast, we will drive to Saga. It is 6-7 hours vehicular journey to Saga from Shigatse. Overnight in a hotel on bed only basis. All meals will be served from Karnali's kitchen.

Day 12: Drive to Mansarovar Lake (4,588m)

Today, we will drive to Mansarovar Lake. If the weather is favourable we will have our first view of Mansarovar Lake and holy Mount Kailash. Overnight in a guest house. All meals will be served from Karnali's kitchen.

Day 13: A day at Mansarovar Lake

Today, we will have a leisure day at Mansarovar Lake to take a ritual dip, explore around and acclimatize. Overnight in a guest house. All meals will be served from Karnali's kitchen.

Day 14: Kora starts: - Drive to Darchen/Tharboche and commence trekking to Diraphuk (4,900m)

After breakfast, we will drive to Darchen/Tharboche from where we will commence trekking to Diraphuk. It takes 4-5 hours to reach Diraphuk. Overnight in a guest house. All meals will be served from Karnali's kitchen.

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(Gaurikund)

Day 15: Cross over the Dolma La Pass (5,650m) and trek to Zuthulphuk (4,700m)

Today is the hardest day of our trip because we have to cross the challenging Dolma La Pass. It takes 3-4 hours to reach the top of Dolma La Pass and another 3-4 hours to reach Zuthulphuk after the pass. Overnight in a guest house. All meals will be served from Karnali's kitchen.

Day 16: Trek to Tangsar/Darchen and drive to Mansarovar Lake

Today is the easiest day of the Kailash kora as it is all gradual downhill trek to Tangsar/Darchen. We will have lunch at Darchen and then we will drive to Mansarovar Lake. Overnight in a guest house. All meals will be served from Karnali's kitchen.

Day 17: Drive to Saga

We will drive to Saga and stay overnight in a guest house. All meals will be served from Karnali's kitchen.

Day 18: Drive to Rongbuk Monastery

We will drive to Rongbuk Monastery. We will explore Rongbuk Monastery in the afternoon. Overnight in monastery guest house. All meals will be served from Karnali's kitchen.

Day 19: Explore Everest Base Camp and drive to Shigatse

After breakfast, we will drive to Everest Base Camp and onto Shigatse after exploring Everest Base Camp. Overnight in Gesar Hotel or similar hotel on b/b basis.

Day 20: Drive to Lhasa

We will drive to Lhasa. Overnight in Yak Hotel or similar hotel on b/b basis.

Day 21: Fly to Kathmandu and transfer to hotel

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We will drive to Gonggar Airport and fly to Kathmandu. Overnight in Hotel Shangri-La or similar hotel on b/b basis.

Day 22: Leisure day in Kathmandu

Day 23: Depart Kathmandu

Karnali Excursions will provide a vehicle for airport transfer.

The trip cost: Please contact us for best price and further details

The cost includes:

- All ground transports in Kathmandu and Tibet
- Hotels in Kathmandu, Lhasa, Gyantse and Shigatse on b/b basis and basic guest houses in other places of Tibet, as mentioned in the itinerary
- Guided sightseeing in Kathmandu and Tibet, as mentioned in the itinerary with applicable entry fees
- All meals from day 10-19
- Kathmandu-Lhasa-Kathmandu flight fares
- Tibet Travel Permit (Tibet Visa)
- Yaks to carry our supplies during the Kailash circumambulation
- Service of Tibetan guide and driver
- Service of Nepali guide and support staffs
- Comprehensive First Aid Medical Kit with oxygen cylinders and oxy-pulse meter
- Camping equipment and gears just for back-up

The cost does not include:

- International flights from/to your home country
- Nepal entry visa fees
- Travel, medical and emergency evacuation cash-less insurance
- Any extra night hotels in Kathmandu in the event of late departure or early arrival to/from Tibet
- Lunch and dinners in Kathmandu, Lhasa, Gyantse and Shigatse
- Personal clothes and equipment
- Pure personal nature expenses, e. g. bar bills (canned and bottled drinks), laundry and telephone bills
- Horse for personal use during the Kailash circumambulation
- Porter to carry personal daypack during the Kailash circumambulation
- Any other costs not specified in the cost section above, but may be incurred due to unforeseen circumstances