



HOLY MT KAILASH YATRA 2019



TOUR ORGANISED BY
NATURE EXPLORE
NEPAL

Kailash Manasarovar (Yatra via Lhasa) 2019.

Region	Tibet, Kailash
Duration	18 Days
Starting Point:	Kathmandu
Finishing Point:	Kathmandu
Max. Alt:	5470 meters.
Trek Grade:	Moderate Difficulty
Type of Accommodation:	Guest House /Hotel

TRAVEL PLAN

**ROUTE: KATHMANDU – LHASA – XIGATSE – SAGA-LAKE MANASAROVAR –
MT. KAILASH PARIKRAMA – SAGA- KERONG – KATHMANDU.**



Itinerary Information

Day	Date	Program	Night Stay
Day 1	6 th August 2019.	<p><u>Arrive in Kathmandu & Transport to your Hotel.</u></p> <p>You will be welcomed at the airport and transferred to the Shangri-La Hotel, where we will collect your passport upon arrival for visa purposes.</p> <p>Please ensure you take plenty of rest and stay hydrated. You will also be briefed with this Yatra in the evening (Diamox will be provided). With full information of your yatra and you get to meet all yatries in your group</p>	Hotel



Shangri La Hotel



Swayambhunath Stupa

Itinerary Information

Day	Date	Program	Night Stay
Day 2	7 th August 2019.	<p><u>Visiting the famous Pasupatinath Temple followed by a Puja</u></p> <p>Shortly after breakfast, we will be visiting to Pasupatinath Temple. In the afternoon you will be able to get the chance to explore the tourist market and Katmandu city.</p>	Alt.1300 meters Overnight at Hotel



FAMOUS PASUPATHINATH TEMPLE

Itinerary Information

Day	Date	Program	Night Stay
Day 3	8 th August 2019.	<p><u>Budhanikantha & Swayambunath Temple</u> A day of climatization and visiting some of Nepal's amazing temples.</p> <p>Budanikantha Temple: Stands for "old blue throat", which symbolizes Lord Vishnu, who is part of the trinity of Lord Brahma and Shiva.</p> <p>Swayambunath Temple: A religious architecture located at the top of a hill in the Kathmandu Valley. Infused with a mix of both Hindu and Buddhist shrines.</p> <p>Tonight you will pack your duffle bags and be ready for your journey to the abode of Lord Shiva.</p>	<p>Alt.1300 meters Overnight at Hotel</p>



PADMASAMBHAVA

Itinerary Information

Day	Date	Program	Night Stay
Day 4	9 th August. 2019.	<p style="text-align: center;"><u>Fly to Lhasa.</u></p> <p>Today we depart for Lhasa Tibet, once you arrive in Lhasa, you will be welcomed by our Tibetan guide. At this point, we strongly recommend you take plenty of rest and stay hydrated for this trip.</p> <p style="text-align: center;">You are in the land of Dalai Lama</p>	Overnight at Hotel Alt 3650m



POTALA PALACE

Itinerary Information

Day	Date	Program	Night Stay
Day 5	10 th August 2019	<p style="text-align: center;"><u>Sightseeing at the Famous Potala Palace & Jokhang Temple</u></p> <p>We will be visiting the Jokhang temple in Barkhor. It is one of the oldest streets in Lhasa and remains well preserved and traditional.</p> <p>This street dates back earlier than the 18th century. Every day throughout the year, hundreds of pilgrims circumambulate Jokhang temple and Potala Palace.</p> <p>Potala Palace is the winter palace of the Dalai Lama, which contains a zoo and 100 acres of other palaces. After visiting this majestic destination, we will retire back to our hotel to end the night.</p>	Alt. 3650 meters Overnight at Hotel



Festivities at the Potala Palace

Itinerary Information

Day	Date	Program	Night Stay
Day 6	11 th August 2019.	<p><u>We will be Driving from Lhasa To Xigatse (370km, approx. 7-8 hours).</u></p> <p>In the morning, we will depart for Xhigatse to visit the famous Tashi Lhunpo Monastery. This monastery seated the Panchan Lama and is considered as one of the six important Gelugpa Monasteries in Tibet.</p> <p>This monastery was built in 1447 by the first Dalai Lama; here, is where you can explore the local market before receding back to your accommodation for dinner.</p>	Alt. 3800 meters Overnight at Hotel



Xigatse

Itinerary Information

Day	Date	Program	Night Stay
Day 7	12 th August 2019.	<p><u>Drive to Saga (460km.) 6-7 Hours</u></p> <p>Today we will depart for Saga, we will travel via Gyatso La pass and Tso La pass (5248m). Along the way, you will have great exposure of Himalayan animals and old Tibetan villages, still preserved with their traditional culture and lifestyle.</p>	<p>Alt. 4550 meters Overnight at Hotel</p>



SAGA

Itinerary Information



LAKE MANASAROVAR

Day	Date	Program	Night Stay
Day 8	13 th August 2019.	<p><u>Drive from Saga to Lake Manasarovar (500km, 7-8hrs).</u></p> <p>This will be the longest drive of the trip, you will see snow-covered peaks far south whilst traveling. Depends on the season, but you may see nomads and other mobile shopkeepers that are attired in beautiful traditional outfits.</p> <p>They will be waiting for your arrival with hot tea and supplies. By late afternoon, you will have the first sight of Holy Mt. Kailash and Lake Manasarovar (alt. 14950ft/4558m).</p> <p>Manasarovar Lake is filled with fishes and swans, and has on of the highest concentration of fresh water in the world. It will be a good night's halt here where the region is filled with gold, hot springs and hundreds of wildlife that you may encounter.</p> <p style="text-align: center;">Auspicious Full Moon Day</p>	<p>Alt. 4585 meters Guest House</p>

HOLY BATH



Day	Date	Program	Night Stay
Day 9	14 th August 2019.	<p><u>Puja and Drive to Darchen (14975ft) 40km:</u></p> <p>Manasarovar is the lake of compassion, tranquility, and bliss. Most Hindu pilgrims dream of coming to take a bath in this holy lake. We will be doing a puja that is considered to be a very sacred, and desired by many.</p> <p>After completing the holy bath, you will be provided with lunch and driven to Darchen, a base camp for the Holy Kailash Parikrama (1-hour/40km).</p>	<p>Alt.4550m. Overnight at Hotel</p>

Itinerary Information



DARCHEN



Start of Kailash Parikrama

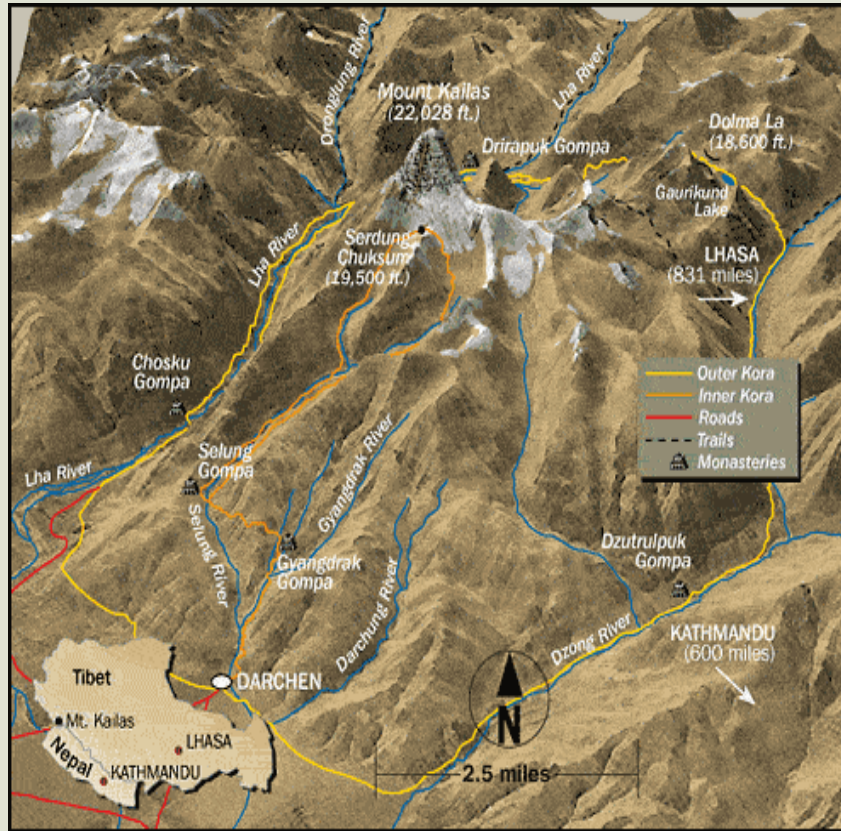


Table 1: Inner & Outer Kora



OM NAMAH SHIVAYA

START OF THE PARIKRAMA

Day	Date	Program	Night Stay
Day 10	15 th August 2019.	<p style="text-align: center;"><u>Four Days Kailash Parikrama</u> <u>Preparation Day</u></p> <p>Today is your first four days of the Kailash Parikrama. As previously mentioned, take plenty of rest and water before we travel. Furthermore, please ensure you carry a light backpack for the trek.</p>	Alt.4550m. Overnight at Hotel



Itinerary Information

Day	Date	Program	Night Stay
Day 11	16 th August 2019.	<p><u>(1st Day Trek) - Drive from Darchen to Tarpoche (5km) & Trek to Dirapuk (14km) 5-6 hours.</u></p> <p>Along the route of Tarpoche, we will pass an array of monasteries, among them 'the sky burial site' of the 84 Mahasiddas. We will also see a grand view of waterfalls and the mighty west face of Kailash.</p>	Alt.4800m. Overnight at Guest House

HORSE RIDE IN MT. KAILASH



Itinerary Information

Day	Date	Program	Night Stay
Day 12	17 th August 2019	<p><u>(2nd Day Trek) - Exploring the North Side of Mt. Kailash Inner Kora</u></p> <p>We will proceed to the north face Inner Kora of Mt. Kailash. Where we can organize a special arrangement for a rare darshan.</p> <p>The path goes gently up to the north base camp about three hours to Charan Sparsh. You will get the chance to meditate in this beautiful landscape of the Inner Kora.</p> <p><i>Note: Touching of the North Face is not included in any other normal Kailash Yatra</i></p>	Alt.4800m. Overnight at Guest House



NORTH FACE MT. KAILASH

Itinerary Information



GAURI KUND

Day	Date	Program	Night Stay
Day 13	18 th August 2019.	<p><u>(3rd Day Trek) - Dirapuk to Zhutul Puk over Dolma-La Pass (Alt 5460m) Total 22km, Generally 9-10 hours.</u></p> <p>Today, we will attempt to cross the 'The Footbridge'. This day is the climax of this holy journey, which is quite challenging.</p> <p>One has to pass through Dolma-La Pass, which has altitudes reaching 5200m above sea level (highest altitude of this tour).</p> <p>Physically, it will be a demanding day, the pass is festooned with prayer flags, where a large boulder resides, portraying Padmasambhava a great Tibetan Deity (illustrated in page 4 of this itinerary).</p>	<p>Alt. 4700m. Overnight at Guest House</p>

Itinerary Information

Day 13	18th August 2019.	<p>We will then descend to Lake Gauri Kund, it is known as the "The Pool of Great Compassion". A place where Maa Parvathi use to take a bath.</p> <p>After the pass, the walk will become very pleasant, a path full of grassy fields and clear rivers.</p> <p>This path narrows down to Zuthulphuk, the "Miracle Cave" of Milarepa. Where we will be staying at a guest house or monastery, depending on what's available at the time.</p>	Alt. 4700m. Overnight at Guest House
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Zhutulpuk

Itinerary Information

Day	Date	Program	Night Stay
Day 14	19 th August 2019.	<p><u>(4th Day Trek) From Zhutulpuk to Darchen</u></p> <p>On Day 14, there will be a two-hour walk, where our buses will be waiting to drive us back to Darchen (20mins).</p> <p>Here your Holy Mt. Kailash Parikrama will be completed. After lunch, you can take the opportunity to recover from the 4 days trek. And please do reflect on the ever-lasting memories and Blessings Kailash has brought to you.</p> <p style="text-align: center;">Congratulations on completing your Parikrama</p>	<p>Alt. 4550m. Overnight at Hotel</p>



Buses from Zhutulpuk to Darchen

Itinerary Information

Day	Date	Program	Night Stay
Day 15	20 th August 2019	<p><u>Drive Back to Saga 540km (9-10 hours)</u></p> <p>Today we will depart back to Saga the same way you were driven to Lake Manasarovar (550km). Here, is where you can enjoy the magnificent views of the Himalayan range and wildlife along the way (3800m).</p>	Alt.4450m Overnight at Hotel



Itinerary Information



Day	Date	Program	Night Stay
Day 16	21 st August. 2019.	<p><u>Drive to Keirong (270km) 4-5 Hours.</u></p> <p>We will rest here with food and beverages provided. After a night rest, we will continue our journey back to Kathmandu.</p>	<p>Alt. 2950m. Overnight At Guest House</p>

Itinerary Information



Day	Date	Program	Night Stay
Day 17	22 nd Sept 2019	<p><u>Fly Back to Kathmandu.</u></p> <p>From Keirong, we will drive to the border that will take approximately 1 hour.</p> <p>Once we have completed the customs clearance in Nepal, we will drive directly to Sybrubesi. This is where we can say farewell to our Tibetan bus driver and guide.</p> <p>This will take one hour after your lunch, where we will fly you to Kathmandu by helicopter and transfer you to your hotel.</p>	<p>Alt. 1300m. Overnight at Hotel</p>



Itinerary Information



Day	Date	Program	Night Stay
Day 18	23 rd August 2019.	<p><u>Farewell departure to your own destination.</u></p> <p>We will personally drop you off at the Katmandu International Airport according to your flight</p>	N/A

Note: Anyone interested in another other tours, such as 3-days Muktinath Temple tour, Gosaikunda tour by helicopter, Lumbini tour, Pokhara city tour, mountain flight, etc please inform us in advance so that we can organize this for you. At additional cost all details on application.

Itinerary Information

<u>Cost Include:</u>	<u>Cost Exclude</u>
<ul style="list-style-type: none">ψ Airport pickup's and drop off.ψ All means of transport during your trip (By Road).ψ Type of transport selected as per the group size (car, bus, van or jeep).ψ 4-night accommodation in a 4-star hotel in Kathmandu (3 nights on arrival and 1 night before departure).ψ Sightseeing and entry fee in Kathmandu (Pashupatinath & Swayambhunath Temple).ψ Lunch and dinner – Fully vegetarian meals only.ψ Mineral Water.ψ Sightseeing Tour Guide.ψ Duffle bag for the trip (refundable).ψ Warm Down jacket (refundable).ψ The Nature Explore T-shirt as a gift.ψ China/Tibet Travel Visa & Permit.ψ Kathmandu – Lhasa Flight.ψ Sybrubesi – Kathmandu Helicopter.ψ All the necessary documents for the trip.ψ English and Hindi speaking Tour Leader.ψ Sherpa's Assistant.ψ Kitchen staff.ψ All the Government taxes and expenses.ψ Policeman accompanying during the whole trip.	<ul style="list-style-type: none">ψ International airfare (Home to Kathmandu- Home).ψ Personal insurance.ψ Personal trekking and tour gear.ψ Rescue Services Expense.ψ Extra accommodation in Kathmandu if you stay outside of the above mention itinerary/travel plan.ψ In any case, if you return back to Kathmandu earlier, outside of our trip and travel plane, you have to arrange yourself extra nights of accommodation and food.ψ Horse and helper expenses for while you doing Mt. Kailash Parikrma.ψ Extra snacks & Drinks.ψ If you are unwell then all the medical, hospital and ambulance costs.ψ Tipping for Sherpa and drivers

Itinerary Information

Tibet Visit Includes

- ψ Means of transport selected according to group size (bus, jeep or car).
- ψ English speaking Tibetan guide.
- ψ Sharing basis accommodation (Hotel/Guest House)
- ψ All the monastery and museum entrance Fee.
- ψ Yak or porter for Kora (carrying kitchen equipment and 4 to 5 Yatri's can share your duffle bag during the parikrama if need be).
- ψ Breakfast, lunch and Dinner, we will have our own kitchen and cook, including all Sherpa's & Helpers.
- ψ Different types of drinks (such as Tea, Coffee, Juice, hot water etc...)
- ψ Medical kit bag.
- ψ Oxygen cylinder.

Important Please Note

- ψ Persons over 60 years of age must obtain their medical clearance from their GP before booking this travel.
- ψ Deposit once paid is refundable (only 60 days before yatra not after)
- ψ Personal Travel & Medical Insurance is highly recommended, which includes (1) Loss of goods (2) Sickness and injury (3) Cancellation of tour due to natural disaster.
- ψ Please carry funds in USD and Chinese currency.
- ψ Visa fee is \$50 USD and is required upon entry to Nepal.
- ψ Please carry 4 passports sized photograph must be plain white background (M. R. P 3.5/ 4.5) for Tibet/China visas.
- ψ Please carry 4 photocopies of your passport for visa purposes.
- ψ Your passport must be valid for more than 6 months from your travel date to Tibet china. Please check your passport before travel.
- ψ Please carry your personal medication during the tour.
- ψ List of travel wear and essentials will be provided upon registration.
- ψ A welcome pack will be emailed to you with full comprehensive information on your yatra

Health and Fitness

- ψ 6 months prior to travel, please do walks, exercises, etc.
- ψ Please get all medical check-ups including travel vaccinations well in advance.
- ψ Acclimatization process to get accustomed to the altitude is essential for travel, read up on it if need be.
- ψ Persons over 60 years of age will require medical clearance to travel, copy to be provided to agent prior to travel.

**Thanks for traveling with
Nature Explore Trek
Hope you have enjoyed
The beautiful abode of Shiva**



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Please Note: That this plan is tentative only and may be subjected to change, if impacted by the rules of the countries we are visiting or if it's in relation to climate conditions.

