

Mt Kailash Yatra - 15 Days

Mount Kailash is believed to be home of Lord Shiva. Hence, Mount Kailash or Kailash parbat is Holy Mountain holding great religious, cultural and spiritual importance to Hindus and Buddhists all around the world. During our Kailash Yatra (tour) in Tibet, we will take a round of holy mountain Kailash and it takes three days to complete a circuit. It is popularly also known Kailash Parikarama where parikrama means completing the circuit.

Many travelers and pilgrims from all around the globe visits Mount Kailash as there is the belief that we get the salvation from sins and its consequences in our life. It is also believed that Lord Buddha had completed the circuit around the holy Kailash Mountain in 5th century and the Buddhism in Tibet was originated from Nepal. Likewise we will also visit the sacred Mansarovar Lake which resembles the sign of Purity and is another major pilgrimage site. Just being around the holy pilgrimage sites gives the feeling of peace full with positive energy. Then just think about what we can achieve while taking a bath in Mansarovar Lake and completing the circuit around the Mount Kailash . It is priceless and can't be described in words. Crossing the famous Brahmaputra river and scenic views of Gaurishankar, Shishapangma to Langtang Himal is another attraction of this holy Mt. Kailash tour.

Trekking in Tibet at the high altitudes of Mount Kailash circuit is quite enduring. However, dedicated devotees with proper preparation joining through carefully designed itinerary of Icicles Adventure Treks can always be the part of Mount Kailash Yatra and get blessings from Lord Shiva.

PRICE INCLUDES

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Three night's accommodation with breakfast at 3* category hotel in Kathmandu.
- Guided city tour in Kathmandu by private vehicle inclusive of all entrance fees.
- All accommodation during Tibet (Basic Lodges, Guest House and Tented in twin sharing basic).
- All your standard meals (breakfast, lunch and dinner) with hot drinks like tea, coffee, hot chocolate etc.
- A government licensed English speaking guide during the trek.
- All Supporting crew including our own kitchen staff.
- Food, accommodation, salary, insurance, equipment, medicine for all our staff.
- Permits for Mansarovar and Kailash Kora (Parikrama).
- Tibet Tourism Board (TTB) approved guide.
- Transportation by 4500 Land cruisers (4 people each) and support truck during tour in Tibet.
- Nepal-Tibet border (Friendship Bridge) transfers and pick up by bus/jeep
- Tibet entry permission, Chinese visa, monasteries entry fees and Kailash permit for group.
- All equipments for camping including guest tents, mattress, dining tent, kitchen tent, kitchen, etc
- Enough Oxygen cylinder entire of tour
- Yaks and Yak-men to carry baggage, food, fuel etc while making Parikrama of Mt. Kailash
- All our government taxes and official expense.

PRICE EXCLUDES

- Yak / Pony Charges ((will cost approximately US\$ 280- US\$ 325 per yak/pony and driver for three days, irrespective of the number of days or hours used).
- Personal expenses like shopping, phone calls, extra drinks, laundry, yak etc.
- Any additional expenses caused by reasons beyond our control such as natural calamities, flight delays, rescheduling or cancellations, accidents etc.
- Tips for staff.

ITINERARY IN DETAIL

Day 1: Arrive at Tribhuvan International Airport (TIA) Kathmandu

You are welcomed by hospitable meeting and then you will be transferred to hotel. Our airport representative will explain briefly the program upon arrival. Overnight at Hotel.

Day 2: Preparation and Kathmandu Valley Sightseeing Tour

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Darbar square, Swayambhunath Temple, Boudhanath Stupa & Pashupatinath Temple. Overnight at Hotel.

Day 3: Drive Kathmandu to Nyalam 3750 m (150 km)

After early breakfast we drive through Bhaktapur, Dhulikhel and reach Friendship Bridge (i.e. Nepal-China border). From here we walk for about 10 minutes to cross Friendship Bridge and meet our Tibetan guide and land cruiser drivers. After all the immigration and custom formalities at the Chinese check post here, our journey continues for another 35 km which can take almost 3 hours through the up-winding road to Nyalam with beautiful scenery. Then, you will be transferred to the guest house in Nyalam (3700m). The facilities of the guesthouse are very simple and basic. Overnight at Guest House.

Day 4: Nyalam –free for acclimatization

Today is free for acclimatization. We will be going for short trek which is in preparation for Kailash Parikrama and it helps us to acclimatize fast. Overnight at Guest House.

Day 5: Nyalam – Saga (4450 m) 240 km (passing through Lalung-La 5050 m)

Early breakfast and drive to Saga. First long drive over the sandy and rocky land of Tibet, other things like lake, nomads chasing thousands of yaks and sheep keeping you busy. Today you will be passing through the first highest pass Lalung-La 5050m. Stop and stay for about 10 minutes at Lalung-La and experience how you feel at an altitude of 5050 m. You can see the superb view of Gaurishankar, Shishapangma to Langtang Himal. Continue drive through Khunmen Tso, Sinling, Karu Ongchen and Peigutso Lake (4400m). We will be crossing River Brahmaputra (Tibetan name "Yarling Tsangpo") to reach Saga. Overnight at Guest House.

Day 6: Saga – Paryang (4600 m.) 185 km

After breakfast drive to Paryang. Passing through many villages and camps of yak herders. Far south you can see snow-capped mountain peaks. Most of the time you will be driving on plains, hence a comfortable drive. Arrive in Paryang and enjoy hot tea. Overnight at Guest House.

Day 7: Paryang – Mansarovar 4558 m (277 km)

Early breakfast and get ready for longest driving day. Late afternoon you can have first view of Mt. Kailash and Lake Mansarovar. Hore – a small village is situated near Holy Mansarovar Lake. Holy Mansarovar (14950 ft/4558m) – the highest lake of fresh water with turquoise complexion in the world is full of fishes and swans. Holy Mt. Kailash, Mt. Gurula-Mandala, Lake Rakshash are lying on its surrounding. The region is considered rich for gold and other mines, hot springs and hundreds of wild living creatures. Overnight at Guest House.

Day 8: Mansarovar – Tarchen (40 km)

Holy Mansarovar is the lake of compassion, tranquility and bliss. After completing the memorable morning bath and puja we will be heading for Holy Mansarovar Parikrama by landcruiser with packed lunch and continue drive towards Tarchen (Darchen). If time permits, we visit Chui Gompa. Tarchen is considered as a base camp for Holy Kailash Parikrama. During the auspicious pilgrimage time, this place will be flooded with pilgrims with hundreds of tents all around. Overnight at Tented Camp.

Day 9: Tarchen – Tarboche (13 km drive) – Derapuk (4860 m.) (7 km trek / 5 – 6 hrs)

After breakfast drive to Tarboche – starting point of Kailash Parikrama. Tarboche is also known as outer “Asthapath”. It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky make you feeling that Great God Shiva is everywhere with tons of blessing to you. Time to time the face of Kailash Parbat will be kept on appearing. Overnight at Tented Camp.

Day 10: Derapuk – Zuthulphuk (4760 m) (18 km trek / 9-10 km)

Today you will be climbing to Dolma-la (Dolma-La 18600 ft) and then descending gradually to Zuthulphuk (4760m). Yamasthal should be crossed to reach the Shiva-sthal while your steps go closer to the pass. Today is the most difficult day of the trek. Once you reach the top, just do the holiest offering and sit down for meditation to forget in eternity. Once your steps go down, Parvati-stal and Gauri Kunda are on the way. By late afternoon you will arrive in Zuthulphuk (the cave of Miracles, the great ascetic Milerappa is supposed to have preformed miracles here). Overnight at Tented Camp.

Day 11: Zuthulphuk – Tarchen (10 km) – Mansarovar (end of Kailash Parikrama)

Morning free time to explore the caves, temples and shrine around Milarepa cave. After walking 3 hours, all the driving crew will be waiting for your arrival. Overnight at Guest House.

Day 12: Drive Mansarovar to Dongba 366 Km drives

Today we have 8 hours 366 km drive back to Dongba. Overnight at Guest House.

Day 13: Drive Dongba to Nyalam

After breakfast at the guest house, drive back to Nyalam. The 8-hour journey takes you through 376 km of spectacular Himalayan landscape. Overnight at Guest House.

Day 14: Drive Nyalam to Kathmandu

After an early morning breakfast, take a 1½-hour drive to Zhangmu. On arrival in Kodari Border, complete the immigration formalities to cross the Friendship Bridge on foot. On the other end, board the jeep for a drive back to Kathmandu. Overnight at Hotel.

Day 15: Departure

We transfer to the airport to board the flight for your home country or to continue your onward destination.