

Kailash Mansarovar Yatra During Saga Dawa Festival

Kathmandu - Lhasa – Shigatse – Everest Base Camp – Saga – Mansarovar – Dharchen - Kailash



23/5/23 – Tuesday - Day 1: Arrive in Kathmandu

Upon arrival in Kathmandu Airport, you will be welcomed by our staff and transferred to hotel. In the afternoon, collect copies of your passports and 2 passportsize photos to process Tibet group visa.

24-25-26/5/23 – Wednesday/Thursday/Friday – Day 2/3/4: Sightseeing Including Pashupatinath Temple (Pashupatinath Temple, Budhanilkantha)

Visa Application – it takes 3 working days for the Tibet group visa to get delivered. During the 3 days in Kathmandu, we will visit Pashupatinath, Jal Narayan (sleeping Vishnu) temple, Swoyambhunath Stupa, Kathmandu Durbar Square etc.

Pashupatinath Darshan and Puja, Hawan and Rudraabhishek by Brahman

27/5/23 – Saturday - Day 5: Take flight to Lhasa (3650m)

We will take flight from Kathmandu to Lhasa. Upon arrival, our drivers will pick up from Gonggar Airport and transfer to the hotel in Lhasa. Day 1& 2 are important acclimatisation days and you will want to make sure to take it easy, by resting and drinking plenty of water.

In the evening, we will have a meeting in the hotel, orientation of the Kailash yatra for more details lead by our staff. During this session, we will explain our pilgrimage tour itinerary in details and you can ask questions if you have.

Accommodation: Hotel in Lhasa, 4 star

28/5/23 – Sunday - Day 6: Potala Palace, Jokhang Temple and Barkhor street

Today, we will visit the Potala Palace which is built in 7th century and explore the grandest of this myriad chapels. You will experience its audience halls, the jewelled and Golden burial Chortens (stupa Tombs) of past Dalai Lamas, and tremendous number of Buddhist frescoes, Thangkas, combinations of mandala, etc. In the afternoon, pay a visit to the holist temple in Tibet, the Jokhang Temple, built during king Songtsen Gonpo's reign by princess Wencheng and its famous Barkor Kora, where you can buy or appreciate traditional Tibetan artefacts, religious implements, antiques, books, Tibetan music instrument, Thangkas, and tradition Tibetan clothes etc. **Accommodation:** *Hotel in Lhasa, 4 star*



29/5/23 – Monday - Day 7: Set out for Gyantse to Shigatse (3750m). 375km

After the breakfast all group members picked up from the hotel at 09:00 and drive to Shigatse via Gyantse. En-route, you will across Kambala pass (3975m), Yamdrok Youtso Lake, Karola Glacier and Semila Pass. Stop at every sight to take photos the great natures until arriving in Gyantse. Gyantse is renowned for Pelkhor Monastery and the stupa. Gyantse Zong is located on top of the hill, was once the administration of central Tibet. We will drive more 90km to Shigatse through Tibetan villages aside the road.

Accommodation: *Gesar hotel, 4 star*

30/5/23 – Tuesday - Day 8: Drive to Rongphu Monastery (5150m)

We will drive to Rongphu Monastery, located just below the the Mt. Everest EBC (5200m) . On the way, we will cross the cultural town Lhatse, Gyatsola Pass (5248m), and Shegar cover 245km. A little from Shegar we will head into huge mountains and passes to cover 102km until

Rongphu monastery, the highest monastery in the world.

Overnight: Rongphu Guesthouse / Tent Guesthouse



31/5/23 – Wednesday - Day 9: Trek 4km to Everest Base Camp – then Drive to Saga (4500m) 370km

The day starts early in the morning, so we can enjoy the sunrise over the top of Mt. Everest. You can trek 1-2 hours with a total of 4 kilometres to the Everest Base Camp. Explore the world's highest Everest Mountain and then we will drive to Saga County (4500m in average). From this 468km long paved road until Saga County you will enjoy fantastic landscapes along the road. *Accommodation: Xibu Yizhan (best)*

We will meet our Sherpa support at Saga and you can enjoy food cooked by Nepalis until we get back here from Kailash.



1/6/23 – Thursday - Day 10: Saga - Lake Manasarovar (4560m) 500km

We will depart in the morning on a 500 km journey, on a smooth road to Lake Manasarovar, the victory lake in the Ngari region. We will also cross several rivers and Mayumla Pass (4600m), from where we can admire the spectacular panoramic views of the Himalayas. You will also see wild animals enjoying their life, free, on the world's highest plateau.

Accommodation: *Guesthouse at the Manasarovar*



2/6/23 – Friday - Day 11: Group Puja at Manasarovar, then Drive to Dharchen

Today, we will do a great Puja at the lake Manasarovar in group from morning to afternoon. We will drive to Dharchen early evening. Prepare for kora (parikrama) the next day.

Accommodation: *Himalayan hotel (best)*



3/6/23 – Saturday - Day 12: Rest & Prepare for Kailash Kora



4/6/23 – Sunday - Day 13: First Day Kora: Drira Puk (Saga Dawa Festival)

Altitude: 4690 meters

Distance: 10 kilometers

Time: ≈ 7 hours

Destination: Drirra Puk

Kailash Saga Dawa Festival celebrates the birthday of Buddha, the most important event in the Buddhist world. The festival takes place every year on **April 15**, according to the Tibetan lunar calendar, but the entire month of April is dedicated to a series of fascinating and crucial events for Buddhists.

The festival takes place at the base of Mt. Kailash, and includes various cultural and traditional manifestations held in the proximity of Dharpoche. When the festival ends (after about 3 hours), participants will attend a kora (trek) and set a big prayer pole around which they will be saying prayers.



Kailash Kora begins in Darchen. You go by eco-bus to the 1st Prostration Point Dharpoche. Meet your horse and porter if you hired one. Then start to trek. Choku Gompa is the place where Buddha Shakyamuni left his imprints. Opposite to Choku Gompa is the Assembly of 500 Arhats – the spot where, according to tradition, Buddha Sakyamuni prayed and meditated in front of Mount Kailash. The gradually ascending path, flanked by rocks on both sides, named after Buddhist deities, takes you to Driraphuk Gompa. Although the terrain is easy, the high altitude makes it difficult for Western hikers to walk at ease.

Accommodation: *Guesthouse*

5/6/23 – Monday - Day 14: Inner Kora to North Face (Kailash Touching)



Trek to inner kora North face of the holy Mt. Kailash. This inner kora also called Kailash touching by walking to the holy mountain.

Accommodation: *Guesthouse*

6/6/23 – Tuesday - Day 15: Trek to Zultrul Puk over Dolma La pass (5630m)

Highest Altitude: 4630 meters

Distance: 20 kilometers

Time: ≈ 8 hours

Destination: Zultrul Puk

This is the toughest section of your trek around Kailash, climbing from Driraphuk Gompa at 5000 meters to Dolma La Pass at 5630 meters. The atmospheric pressure is one-half that of sea level. It is recommended to slow down to 3-5 steps and take deep breaths (only 50% of oxygen) rather than collapse somewhere along the way.



Drolma La Pass is a holy place where lamas perform bardo rituals and people symbolically leave behind pieces of their hair, nails, hats, clothes...and hang up prayer flags and burn incense.

Then you start descending into a long valley that takes you to Zutrulphuk Gompa, where Milarepa's cave is situated. Milarepa is Tibet's most beloved yogi – it is pure, pure delight to immerse oneself in meditation inside this cave.

Accommodation: *Guesthouse*

7/6/23 – Wednesday - Day 16: Trek to Zongdu, then drive back to Mansarovar 40km

Altitude: 4690 meters

Trekking Distance: 8 kilometers

Trekking Time: ≈ 3 hours

Destination: Mansarovar

The last section is fairly easy walking from Zutruphuk Gompa to Zongdu. The Kailash pilgrimage tour officially ends at Dakini Dancing Ground, with a fantastic view of Lake Mansarovar in the background. However, we will drive to back to Lake Mansarovar for the last bath. Stay the last night at the lake.

Accommodation: *Guesthouse near the lake*



8/6/23 – Thursday - Day 17: Mansarovar – Saga 500km

We will take our return way to Lhasa by reaching back to Saga with a 500km driving.
Accommodation: *Xibuyizhan Hotel (best) in Saga.*

Our Sherpas will leave for Nepal from the Kyirong Border. We need to have food in the local Nepal styled restaurants in Shigatse and Lhasa.

9/6/23 – Friday - Day 18: Drive to Kyirong Border

We will drive to Kyirong town today via Gongthang La.
Overnight: Hotel in Kyirong town.



10/6/23 – Saturday - Day 19: Transfer to Kathmandu

We will transfer you through the border and meet our staff from Nepal side. Transit to Kathmandu. Kalash Yatra tour is officially ends here.

Joining the Kailash Yatra Group, look the 2 steps below:

First Step: Apply Chinese visa from Chinese Embassy to your country. (Better do not to mention Tibet is your destination) Once you obtained Chinese visa you can visit all regions under China including Tibet.

Second Step: Send us clear copies of your passport and Chinese visa. We will process Tibet travel permit for you within 15 business days. Our representative will take the original paper permit to pick you up from Chengdu airport. The paper permit is required to board on flight to Lhasa.

Do you recommend travelers insurance when traveling in Tibet?

Absolutely! Having a travellers' insurance policy that protects you against cancelled/delayed flights, and any unplanned medical emergency is highly recommended. We would recommend you to have your own travel insurance (both travel and medical insurance) where it is trusted.

What is included

- ✓ All necessary Tibet travel permits and government taxes
- ✓ Lhasa airport pick up and drop off service
- ✓ Full Transportation from Lhasa to Kailash with tourist Bus (29 Seaters)
- ✓ Trucks support to carry kitchen matters and food material
- ✓ Yaks to carry food and kitchen matters during Kailash trek
- ✓ All entrance fees to sights per listed in the itinerary
- ✓ Accommodation per listed (2-3beds in hotels and guesthouses)
- ✓ Full-board meal + tea & coffee
- ✓ Special cook arrangement for 1night at Everest Base Camp
- ✓ Sherpa cooks starting from Saga – Kailash – Saga
- ✓ Hot drinking water
- ✓ Duffle bags and down jackets for the trip (refundable)
- ✓ English speaking local Tibetan tour guides (Professionals)
- ✓ First aid kit and health check-up
- ✓ Medical bags & oxygen cylinders

What is NOT included

- ✗ Travel insurance (Have your insurance where it is trusted or where usually you buy)
- ✗ Chinese visa (please process in your country)
- ✗ International and domestic airfare (Your home to Lhasa)
- ✗ Rescue jeep expenses if required
- ✗ Extra activities
- ✗ Any private expenses
- ✗ Horse or porter for Kailash Parikrama
- ✗ Natural or political disturbance which beyond our control
- ✗ Tipping for staff

What to Pack for Kailash Yatra

1. **Good and comfortable hiking shoes** – Shoes must be comfortable for hiking.
2. **Warm pullover/jackets** – Take warm jackets and sweaters or pullover or thermal inner clothes. Those help you to keep warm in cold temperature.
3. **A pair of Sandal /slippers**
4. **Walking stick** – Are very much suggested for Mount Kailash Trek or Kailash Parikrama.
5. **Drinking water bottle** – At least 1 litter, which is very commonly you can buy anywhere. Thermos/Flash – Useful for cold temperature.
6. **Soft toilet paper and tissue paper** – Very useful for cold weather.
7. **Rain suite/Poncho** – It not only protect water also protect the winds and keep warm your body.
8. **Sun glass** (suggest UV protection and polarized) , wind mask, lip guard and soft cream and head oil.
9. **Taking medicine on regularly** – Please bring them. Those medicine are not easy to find in Yatra route. Even prepare some extra first aid medicine kit.
10. **Some dry fruits/nuts or candies for refreshment** – The air is dry on Kailas Mansarovar area, So if you use this things on your mouth always good.
11. **Body clothes** – Fee free to wear any kinds of cloths, most be comfortable, warm and clean.
12. **A backpack** – Take a small back pack for your daily personal things to carry.
13. **A smooth towel** for short bath and face wash.

Regular Clothes

1. Thermal vest and pyjama
2. Undergarments and Night wear
3. Full sleeves cotton round and polo neck and t-shirts, Comfortable and WARM pants/leggings/trousers
4. Woolen sweater, Down jacket (able to accommodate inner layers)
5. Cotton socks, Woolen socks
6. Balaclava (monkey cap) and Shawl/scarf
7. Gloves – cotton/woolen mittens AND a pair of snow gloves for those doing the Parikrama
8. Wind cheater with hood
9. Slippers to be worn with socks
10. Swimsuit (hot spring in Chui Gompa) If you are interested to use that by paying yourself.
11. Something to wear while taking a dip in Lake Mansarovar

Personal and bathkits

1. Tooth paste & brush
2. Lip Balm and Sunscreen
3. Deodorant & perfume
4. Shampoo sachets
5. Soap strips

6. Skin moisturizer
7. Toilet paper rolls/personal hygiene wipes
8. Small mirror
9. Comb/hair brush
10. Hair ties
11. Hand sanitizers
12. Face mask

Miscellaneous

1. Luggage Tags to remember your baggage
2. Number locks for luggage
3. Battery packs for phone and camera
4. Camera with extra storage memory/batteries
5. Phone and camera chargers (Nepal and Tibet have same plug adapters as India)
6. Plastic bags to separate used and unused clothes
7. Small knife (Not suggested on hand carry)
8. IPod and headphones
9. Photocopy of passport in each piece of luggage with complete contact info or if you have personal visiting card you can log on your yatra bag.

Please start doing exercises, yoga and breathing for fitness! It will help you to have a meaningful Kailash Yatra!

Om Namah Shivaya!