



## Tibet: 24d Kathmandu Lhasa Mt.Kailash Trek

**Grade: Easy**

**Altitude: 6,656 m.**

### Highlights:

Mount Kailash (the Holy mountain) claimed to the apex of the Hindu religious axis is also one of the highest mountains in Tibet at 6.700 meters and Lake Mansarovar lies at 4,556 m above mean sea level, making it the highest fresh-water lake in the world. Certainly, a difficult region to reach due to the variable and extreme weather conditions. The mountain is located in a particularly remote and inhospitable area of the Tibetan Himalayas. A few modern amenities, such as benches, resting places, and refreshment kiosks, exist to aid the pilgrims in their devotions. Every year, thousands make a pilgrimage to Kailash, following a tradition going back thousands of years. Pilgrims of several religions believe that circumambulating Mount Kailash on foot is a holy ritual that will bring good fortune. The peregrination is made in a clockwise direction by Hindus and Buddhists. The path around Mount Kailash is 52 km (32 mi) long The distance from Lhasa for example approximately 2000 Km. Only during the last few years have lots of ordinary and not so ordinary travelers, been able to experience this region. Road conditions are difficult much of the time and we have to make much preparation to ensure that we have a reasonable chance of reaching Kailash. We need to bring our own food and camping equipment. As per Chinese regulations, transportation ( 4WD jeep) and a Chinese/Tibetan guide is a must to hire from China/Tibet whereas we will send Nepalese staff for camping and cooking arrangement. All the camping/kitchen gears and food supplies will be brought along from Nepal. The Nepalese kitchen crew will prepare the food of your taste. To travel for days on this remote plateau with the chance encounters of nomads herding their sheep or yaks is to be transformed into another way of life, to see and become apart of such a devout pilgrimage as shown by pilgrims around Mt. Kailash and Lake Mansarovar is to put some aspects of our western way of life into proper perspective. We begin the tour by traveling to Kathmandu and departing by road to the Nepal/Tibet border town of Zhangmu where we collect our Transport. We travel by the southern route and after our pilgrimage (religious secular) we return by the same route).

### Day to day:

**Day 01: Arrival and pick up from the international airport in Kathmandu, after some refreshment, we will invite you for a**

**Day 02: Sightseeing of Kathmandu Valley and process for Tibet visa o/n in a hotel:**

**Day 03: Fly to Lhasa (3680m, 1hrs) o/n in a hotel:**

**Day 04/05: See the main sights of Lhasa, gain acclimatization o/n in a hotel:**

**Day 06: Drive to Gyantse (3800m, 270kms, 7/8hrs) o/n in a hotel:**

**Day 07: Drive to Shigatse (3700 m, 95kms, 2hrs) o/n in a hotel:**

**Day 08: Drive to Lhatse (4050 m, 150kms, 5hrs) o/n in guesthouse:**

**Day 09: Drive to Saga (4600 meters, 290kms, 9 hrs) 4600meters o/n in guesthouse:**

**Day 10: Drive to Paryang (4700 m, 252kms, 8 hrs) o/n in guesthouse:**

**Day 11: Drive to Horchu (4500m, 290 kms, 8/9hrs) o/n in guesthouse:**

**Day 12: visit Darchen (4580 m) and prepare for the trek (40kms, 01.5 hrs) o/n in guesthouse:**

**Day 13: Start trek for surrounding Mt kailash (5 hrs) o/n in camp:**

**Day 14: Trek for surrounding Mt kailash (5/6hrs) o/n in camp:**

**Day 15: Trek for surrounding Mt kailash (4/5hrs) o/n guesthouse:**

**Day 16: Complete the trek (15kms / 03 to 04 hrs) and Drive on to Horchu, Manasarovar Lake (4500 m, 40kms, 1 ½ hrs) o/n in guesthouse:**

**Day 17: Drive back to Paryang (4700 m, 292 kms, 8/9hrs) o/n in guesthouse:**

**Day 18: Drive back to Saga (4600 m, 252kms, 7/8 hrs) o/n in guesthouse:**

**Day 19: Drive back to Nyalam (3700 m, 232kms, 7hrs) o/n in guesthouse:**

**Day 20: Cross-the border (Zhangmu) (38kms / 1 hr) then drive to Kathmandu (115 kms, 05hrs).o/n in a hotel:**

**Day 21: Free day in Kathmandu, o/n in a hotel:**

**Day 22: Sightseeing of Bhaktpur and drive to Nagarkot, Sun set, o/n in a hotel:**

**Day 23: Morning after Sunrise drive back to Kathmandu via sightseeing of Patan and Tibetan refugee camp, o/n in a hotel:**

**Day 24: Free day for shopping, o/n in a hotel:**

## **What is included?**

- Pickup and drop from the international airports in Kathmandu and Lhasa
- Hotel with breakfast in Kathmandu and Lhasa
- Sightseeing with cultural guide around in Kathmandu and Lhasa
- All permits and entrance fees in Tibet
- Tibet Visa
- English speaking Tibetan guide
- Yak and Yak men for luggage while trekking to Kailash Kora and inner kora
- Full board (3 meals a day) except Lhasa
- Accommodation in hotel / guesthouse and tent during traveling in Tibet
- All trekking service like Kitchen, Dining and member tent, all kitchen equipment
- Supporting truck
- Transport with minibus in Nepal part and in Tibet with Land cruiser
- Pension fund , insurance for local staff of Himalayan Leaders

## **What is excluded?**

- Lunch and dinner during the tour, except rafting and Chitwan NP.
- Personal expenses and tips for staff
- Monument entrance fees during sightseeing in Kathmandu valley
- Video camera entrance fee
- Travel insurance in case of emergency
- Nepal re-entry visa fee