

Kailash Mansharovar Tour – 20 Days



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Group size:	1+	Max-Altitude:	5650 m
Destination:	Tibet	Fitness level:	<u>Moderate</u>
Arrival on:	Tribhuvan International Airport (TIA)	Departure from:	Tribhuvan International Airport (TIA)
Meals:	Breakfast in Kathmandu and All standard meals (B+L+D) during the Trek		
Best Season:	Spring and Autumn		

Accommodation:	Three star rated Hotel in Kathmandu and Best lodge/Tea house/Camping during the Trek.
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Trip Introduction

Mount Kailash, situated in far west corner of Tibet it is the most sacred peak of Asia. The beauty of the 6700 meter high Mountain Kailash, that resembles a symmetrical cone molded rock covered by pure crystalline ice perpetually.

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, while Jains and Bönpos circumambulate the mountain in a counterclockwise direction.

The path around Mount Kailash is 52 km (32 mi) long. Some pilgrims believe that the entire walk around Kailash should be made in a single day, which is not considered an easy task. A person in good shape walking fast would take perhaps 15 hours to complete the entire trek. Some of the devout do accomplish this feat, little daunted by the uneven terrain, [altitude sickness](#) and harsh conditions faced in the process. Indeed, other pilgrims venture a much more demanding regimen, performing body-length [prostrations](#) over the entire length of the circumambulation: The pilgrim bends down, kneels, prostrates full-length, makes a mark with his fingers, rises to his knees, prays, and then crawls forward on hands and knees to the mark made by his/her fingers before repeating the process. It requires at least four weeks of physical endurance to perform the circumambulation while following this regimen. 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 devotion. According to all religions that revere the mountain, setting foot on its slopes is a dire sin. It is a popular belief that the stairways on Mount Kailash lead to heaven.

[Stupas](#), with the north face of Mount Kailash (background)
Because of the [Sino-Indian border dispute](#), pilgrimage to the legendary abode of Shiva was stopped from 1954 to 1978. Thereafter, a limited number of Indian pilgrims have been allowed to visit the place, under the supervision of the Chinese and Indian governments either by a lengthy and hazardous trek over the Himalayan terrain, travel by land from [Kathmandu](#) or from [Lhasa](#) where flights from Kathmandu are available to Lhasa and thereafter travel over the great Tibetan plateau by car. The journey takes four night stops, finally arriving at [Darchen](#) at an elevation of 4,600 m (15,100 ft), a small outpost that swells with pilgrims at certain times of the year. Despite its minimal infrastructure, modest guest houses are available for foreign pilgrims, whereas Tibetan pilgrims generally sleep in their own tents. A small regional medical center serving far-western Tibet and funded by the Swiss Ngari Korsum Foundation was built here in 1997.

Walking around the mountain—a part of its official park—has to be done on foot, [pony](#) or [domestic yak](#), and takes some three days of trekking starting from a height of around 15,000 ft (4,600 m) past the Tarboche (flagpole) to cross the Drölma pass 18,200 ft

(5,500 m), and encamping for two nights en route. First, near the meadow of Dirapuk [gompa](#), some 2 to 3 km (1.2 to 1.9 mi) before the pass and second, after crossing the pass and going downhill as far as possible (viewing [Gauri Kund](#) in the distance).

Hindu travelers believe the mountain to be the home of their God-Lord Shiva. **For Buddhists, Mount Kailash** is said to be the Center of the Universe. Consistently many explorers travel from everywhere throughout the Indian sub landmass and Tibet to make the custom circumambulation around the mountain as they continued looking for enlightenment and this trek will go along with them on their voyage. For more info, [CONTACT_US](#)

Outline Itinerary

- **Day 01** :Drive from Kathmandu to Nepalgunj by bus takes about sixteen hours
- **Day 02** :Fly from Nepalgunj to Simikot (2,856 m.).
- **Day 03** :Trek from Simikot to Darapani (2,507m.).
- **Day 04** :Trek from Darapani to Sali Khola (2,650m.).
- **Day 05** :Trek from Sali Khola to Muchu (2,912m.).
- **Day 06** :Darchen-Dira Phuk Gompa (4909m, 6 hrs trekking) Tarboche, marked by Tibetan flags is the starting point for kora and is the site for Tibet's most important annual Saga Dawa festival.
- **Day 07** :Dira Phuk Monastery-Zuthul-Phuk (4790m, 7 hrs trekking) Bid farewell to Lha Chu Valley and prepare to walk the toughest part of the kora.
- **Day 08** :Trek to Darchen (4560m, 3 hrs trekking) the final day of the Kora is rather shorter and easier.
- **Day 09** : Drive from Hilsa to Purang. You camp for the night.
- **Day 10** :Drive from Purang to Lake Manasarovar (4,558m.).
- **Day 11** :Excursion at Lake Manasarovar.
- **Day 12** :Drive to Darchen (4700m.).
- **Day 13** :Start Kailash Parikrama. Trek to Dira Puk (4909m.).
- **Day 14** :Continue Kailash Parikrama over Domala Pass (5650m.) to Zuthul Puk.
- **Day 15** :End Kailash Parikrama near Darchen (4700m.).
- **Day 16** :Drive from Darchen to Paryang (4540m.).
- **Day 17** :Drive from Paryang to Saga (4840m.).
- **Day 18** :Drive from Saga to Paigutso (4850m.).
- **Day 19** :Drive from Paigutso to Nyalam (3800m.).
- **Day 20** :Drive from Nyalam to Kathmandu. From Nyalam, you drive down to the border town of Zhangmu.

Notes:

- All above trekking hours and distances are approximate and it's absolutely for general ideas only.
- The above data is a guide and standard layout of what we give. Our trek can be customized at your request to suit your particular necessities
- Your safety is our supreme concern while engaging with Snowy Dream World. Please note that your leader has the authority to adjust or cancel any part of the itinerary if it is estimated required due to safety issues. Every determination will be made to keep to the above itinerary; though, since this journey involves travelling in remote mountainous areas, we cannot assurance that we will not suffer from it. Weather conditions, health condition, unexpected natural disasters can all affect in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared for the happening if required.