Kailash Inner Parikrama Tour

Trip Facts

Duration: 17 days
Trip Destination: Nepal & Kailash Inner Kora (Tibet)
Entry / Exit Point: Kyirong
Maximum Altitude: 5600 M
Group Size: 17 People Or Above
Mode Of Trekking / Tour: Tea House/Lodge
Driving Hour: Approx 5-7 Hours
Trekking Hour: 5 To 8 Hours
Trip Type: Pilgrimage & Adventure
Best Season: May to October

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P O Box 4612, Sukedhara, Kathmandu, Nepal
Mobile: +977-9851197848 / 47 / 46
WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com

Day to Day Itinerary

Day 1:ARRIVAL KATHMANDU

Upon arrival in Kathmandu. We will meet & greet you at the airport & transfer to hotel. Evening, we conduct a tour-briefing program and distribute down jackets. * Overnight Hotel.

Day 2:FULL DAY SIGHTSEEING TOUR

Morning after breakfast, we will set off for sightseeing tour. Today, we will visit Pashupatinath temple, & Budhanilkantha temple (Shesh Narayan temple). Some members can take even Mount Everest flight. The fight commences early morning from Kathmandu on regular basis. This is an optional program. Evening at leisure on your own. * Overnight Hotel.

Day 3:DRIVE JOURNEY TO DHUNCHE (2000 m.) OR SYABRUBESI (1600 m.)

Early morning wake up with breakfast at 6.00 am and prepare to leave by 6.30 am to Rasuwagadhi border. On the way at Trishuli bazaar, you will be stop for lunch break in highway restaurant and will continue our journey further ahead. You can wonder around beautiful scenery with great landscape of village and mountains around you. The whole journey is with beautiful scenic view along through Trishuli River. Dhunche or Syabrubesi are alike base camp of Langtang for the trekkers to begin their trekking to Langtang National Park region. Both small towns are little developed with facilities of guesthouses, restaurants, banks, hospitals, school etc. We will reach at Syabrubesi and check into room and stay overnight at lodge (basic accommodation). And sometimes, if the accommodation is not available at Syabrubesi, we will stay at Timure with further short drive from Syabrubesi. * Overnight at Guesthouse – dormitory room * Kathmandu to Dhunche – 130 km (6 hrs). * Kathmandu to Syabrubesi – 145 km (7 hrs)

Day 4:DRIVE TO RASUWAGADHI (1800 m.) AND KYIRONG IN TIBET (2900 m.)

Today also you should wake up early morning and have breakfast then prepare to begin our ultimate destination to Tibet region by 7.30 am. You will feel the little strict region being lots of checking points by army & police on the way from Dhunche to Rasuwagadhi. We will reach Rasuwagadhi border by 8.30 am and proceed for Tibet entry following the formalities of immigration & customs in both sides of country. Our representative will assist us for immigration in Nepal side and then we proceed to China by walk (15 min) crossing through Friendship Bridge. All group members should follow in queue with their respective passport serial number as per visa while passing through immigration in China side. We will be receive by our Tibetan guide in China immigration, complete immigration formalities, get in our Tibet side bus then proceed to Kyirong town. It takes approximately an hour to reach Kyirong town where our hotel accommodation is allocated by guide. Check into hotel and rest. Lunch and dinner will be in dining hall at hotel. * Overnight at Guesthouse – dormitory room * Syabrubesi to Rasuwagadhi – 15 km (45 min) * Rasuwagadhi to Kyirong town – 25 km (1 hr)

Day 5:DRIVE, KYIRONG TO SAGA (4300 m.)

Here your day begins with full of excitement for leading your way towards ultimate destination Kailash. Hereafter, your daily routine will be similar with breakfast prepare by 7 am and leave your camp to next

destination by 10 am the latest. Today our journey head to Saga, en route we will have opportunity to Ganesh Parbat & Lake Peiku Tso then eventually cross the bridge built over River Brahmaputra (also called Yarlung Tsangpo in Chinese) in Saga. You will have lunch break before high pass of Kyirong county then continue drive further to Saga with nice landscape view of snow capped mountains, villages, yak herders and small river. Dinner and Overnight in Guesthouse. * Overnight at Guesthouse – dormitory room * Kyirong to Saga: 170 km / 5 hrs

Day 6:DRIVE, SAGA TO LAKE MANSASAROVAR (CHIU GOMPA) – 4600 m.

Today is the highlighted day of this journey. We are going to reach the holy Lake "Manasarovar & Mt. Kailash" which is our ultimate goal. Hence, we set off our journey the earliest possible by 6 to 7 am so that we can reach in Manasarovar by early afternoon for great timing to take bath in warm sun rather than being late to take bath with chill wind started by late afternoon. On the way, we will drive through the highest motorable pass of this journey (Mayum-La; 5200 m.). Moreover, we will have to pass through check point formalities in Mayumla & in Manasarovar so we should keep some space for this. Lunch will be served somewhere near Horchu River, before the Mayum-La pass. On lucky day, we have good opportunity to have darshan of Mt. Kailash from Manasarovar base camp where we have to change our vehicle to travel Kailash region. Here we have to wait some while for bus and that spare time will be use for praying and having darshan of Mt. Kailash & Manasarovar. We will be given quick 30 min for holy dip in Lake Manasarovar at safe & good shore on the way depending upon time & weather permission. Today we will make Parikrama of Lake Manasarovar by 70% of its circular and stay overnight in Chiu Gompa camp. Enroute parikrama of Lake Manasarovar, we will also see another beautiful fresh water lake called Rakshas Tal, the demon lake created by Lanka king Rawan with crescent moon shape. Dinner & overnight stay will be at guesthouse near the shore of Lake Manasarovar. Note: Those travelers/yatris joining the departure date with (R) denotes Return Full Moon will stay in Darchen after lake parikrama (circumambulation). * Overnight at Guesthouse – dormitory room * Saga to Lake Manasarovar: 510 km (8 hrs drive)

Day 7:LAKE MANASAROVAR & THEN DRIVE TO DARCHEN (4700 m)

Today you will have plenty time for Puja / Hawan and holy bath in Lake Manasarovar, the lake created by Brahma in his mind. You will have breakfast in the morning at basic time. Some of you can also go hike for Chiu Gompa visit reside in the top of hill close from camp. Today our cook will try best to serve additional variety in lunch than of previous day to feel you delight. After lunch, we will drive to Darchen, the base camp of Mt. Kailash where we will stay an overnight in order to prepare for trekking around Mt. Kailash. Similarly, you can also spectacle snow capped mountain range of Gurla Mandata and Rakshas Tal once again. You can stroll around small market of Darchen town in the late afternoon. Note: Those travelers/yatris joining the departure date with (R) denotes Return Full Moon will start the trekking (Kailash Kora) to Deraphuk. * Overnight at Guesthouse – dormitory room * Manasarovar – Darchen (40 km) – 1 hour

Day 8:START PARIKRAMA TO DERAPHUK (4950 m.)

As usual, we will be ready to move on from Darchen to Tarboche (Yama Dwar), 7 km distance west. The drive takes about 30 minutes to reach Yama Dwar. Tarboche (Yama Dwar) is an ideal vantage point that provides splendid views of south and west faces of mount Kailash. This is probably the best place to have a closed view. The total circumference of mount Kailash from Darchen to Darchen is 52 km and takes 3 days.

We also arrange horse/s, yak/s and porter/s in Tarboche and accompany us for trekking part. Those, who are participating for circumambulation, will move ahead to Diraphuk from this point and rest will return to Darchen and wait until the people return from parikrama. The distance of first day's trek (from Yama Dwara to Diraphuk) is about 10 km. only and it takes 5 to 7 hours approx. to cover the distance. The entire trail up to Deraphuk is reasonably flat with gentle ascend, however due to its extreme elevation, we may feel very exhausted, and need to have break on the way very frequently. The last legs of the journey is tough with rapid ascend. But, it is only for half an hour. Deraphuk stands at an elevation of 4920 m. The north face of mount Kailash is just a few thousands meters away from here. This is the only place to have a close view of north face. * Overnight Guesthouse (dormitory room) * Yama Dwar – Dhirapuk (12 km): 5 - 6 hour trek. * Altitude: 4920 m./16,138 fts * Day time temperature: 12 to 18 degree Celsius; Night time temperate: -5 to -7 degree (windy)

Day 9:DIRAPHUK TO ZUTHULPHUK

Today is the toughest & longest journey of this trip. We have to trek almost 22 km through rugged highland to reach Zuthulphuk. Literally, we have to pack up our gear and set off from hotel at 5 a.m. Chinese time. Initially, it is an uphill trek from Diraphuk but after walking for an hour or so, the trail turns into mild ascend. Half of the trail passes through an elevation of 4900 m./16,000 ft. or above, so there is no wonder if we get suffered from breathlessness or headache. Though, we should try to keep our pace slow & steady. After making an up hill trek for about 4 hours or so, we will reach the highest point crossing over during this divine trip called 'Dolma La pass (5600m)' where we will find Tibetan prayers flags fluttering. After making a gentle descend from the pass, we will find our self near a tine glacial lake. This is 'Gauri Kunda'. From Gauri Kunda, the trail leads us rapidly down through the area full of boulders and loose pebbles. If you have taken horse, we can't even use it in this bit. After trekking down for another 1 & half hour or so from Gauri Kunda, we will eventually reach to the valley floor. From this point on, the trail is easy & flat. It is another 3 hours easy-walk to reach Zutulphuk from here. * Overnight Norpel Guesthouse or similar – dormitory. * Dhiraphuk to Zuthulphuk: 21 km (8 - 9 hours trek). * Elevation: 4920 m./15,810 fts * Day time temperature: 14 to 22 degree Celsius; Night time temperate: -3 to -5 degree (windy)

Day 10:TREK, ZUTHUL PHUK – DARCHEN

Today is the last day of this divine circumambulation. Morning after breakfast, we pack up our gear and move on to Darchen. The entire trail is easy and flat. The trek takes about 3 hours to complete. After finishing Lunch, walk towards Darchen.(8 km) * Overnight Camping for Nandi Parikrama. (4900 M). (Tent) * Zuthulpuk to ending point: approximately 11 km (3 to 4 hrs trek) * Darchen to Ashtapad 7km (4.5 hrs trek)

Day 11:NANDI PARIKARAMA

Early morning 4:00 AM Start Nandi Parikarma; We will visit Sapta Rishi cave , Atmalingam & will touch Mt Kailash (Charan Sparsh) & Back to Darchen about 8-9 hours. * Overnight in Guesthouse at Darchen.

Day 12:TREK TO DIRAPHUK

We will follow same trek route to Diraphuk as before for Inner Kora. * Overnight Guest House (dormitory) * Yama Dwar – Diraphuk (10 km): 5 - 6 hour trek. * Altitude: 4920 m./16,138 fts * Day time temperature: 12 to 18 degree Celsius; Night time temperate: -5 to -7 degree (windy)

Day 13:INNER PARIKRAMA

Early morning after breakfast, we will departure for Inner Parikrama. Right from the beginning the trail start ascending rapidly. From Shivasthal, we will leave the main route and heading out right through the tiny ravine. From this point onward, it is off the route that we follow. After trekking for a while in glaciers (3 km) we reach to the semi vertical ice wall which is almost 50 meter higher. We have to fix the rope here and climb up together. It is not a technical climbing, however, we have to fix the rope for safety. After climbing the wall, we visit Kuber kunda and Kailash east face then trek down to Zuthulphuk. * Overnight Guesthouse * Khangsangla pass: 5600 m. * Glacier: 3 km * Duration & distance: 9 hours, approx. 15 km.

Day 14:END TREK THEN DRIVE TO SAGA

Today, the trail is easy & flat, so you will complete the journey within 2 to 3 hours. We will be picked up at the ending point near Darchen by our vehicle, then transferred to Darchen, here you will get lunch and continue to Saga along with all group members. You will have last opportunity to view Lake Manasarovar on the way while seeing off Kailash region. We will be drop off at Manasarovar bus stand by Eco Green Bus of Ngari region and will shift to another private bus from Lhasa. Then our journey will retrace back through same way. * Overnight at Guesthouse – dormitory room * Zutulphuk to ending point (07 km, 1.5 hrs trek) * Ending point to Saga: 480 km (7 hrs drive)

Day 15:RETURN BACK TO KYIRONG

Return back to Kyirong via the same route. * Overnight at Guesthouse – dormitory room * Saga to Kyirong County: 170 km (5 hrs drive)

Day 16:RETURN BACK TO KATHMANDU

Morning after early breakfast drive down to Rasuwagadhi border, cross over the Friendship Bridge then drive back to Kathmandu. Lunch will be served in Syabrubesi. Evening dinner and rest at hotel. * Overnight at Hotel (room on twin sharing basis) * Kyirong to Rasuwagadhi border- 25 km (1 hr) * Rasuwagadhi to Kathmandu – 160 km (7 hrs).

Day 17:DEPARTURE

Breakfast in the hotel. According to your flight schedule, you will be transfer to international airport in Kathmandu for your flight back home.

Trip Cost Includes

- Three nights accommodation (3 star) in Kathmandu on twin/triple sharing with vegetarian meals
- Sightseeing tour in Kathmandu
- All necessary airport transfers in Kathmandu
- Kathmandu – Kodari – Kathmandu transfers by private bus
- Tibet group visa

P O Box 4612, Sukedhara, Kathmandu, Nepal
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WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com

- All necessary Tibet permit including Parikrama of Kailash & Mansarovar
- All accommodation in Tibet in Guesthouse (dormitory room)
- All vegetarian meals in Tibet (breakfast, lunch & dinner)
- Transportation in Tibet
- Supporting truck to carry logistics
- English speaking Tibetan guide
- Necessary supporting crew (tour manager, cook, helpers & sherpas)
- Yaks & Yak men during the Parikrama (to carry foods and equipment)
- Entry fees (Kailash & Manasarovar)
- Medical kit bag & Oxygen for emergency use
- All applicable taxes and service charges

Trip Cost Excludes

- Air ticket to Kathmandu & return
- Personal special gears & clothing for Inner Kora (trekking shoes, crampons, gaiters etc)
- Nepal entry visa fee for NRIs
- Your travel insurance
- Rescue and evacuation service
- Personal expenses
- Horse for riding during the Parikrama
- Bottled drinks
- Tips for guide, supporting staffs & driver
- Extra night accommodation in Kathmandu in case of early arrival from Kailash
- Any additional cost (transport, hotel, visa split charge) that occurs due to illness or rescue of the member
- Any additional cost due to natural calamity and unforeseen circumstances

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