Kailash Manasarovar Via Lhasa Tour

Trip Facts

Duration: 15 days
Trip Destination: Kathmandu (Nepal & Lhasa - Kailash (Tibet)
Entry / Exit Point: Lhasa
Maximum Altitude: 5600 M
Duration Of Trip: 15 Days
Group Size: 25 People Or Above
Mode Of Trekking / Tour: Tea House/Lodge
Driving Hour: Approx 5-7 Hours
Trekking Hour: 5 To 8 Hours
Trip Type: Cultural & Adventure
Best Season: May to October
USD Price: Contact Us
INR Price: Contact Us

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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 Tribhuvan international airport / Kathmandu. Our staff will meet at the airport then transfer to Hotel. Evening, dinner & tour orientation. * Overnight at Hotel (Room on twin sharing basis)

Day 2:SIGHTSEEING TOUR

After breakfast visit Pashupatinath temple and Budhanilkantha temple (sleeping Bishnu). Lunch at hotel, Then you are free for your tour preparation. In the evening at 5.30 PM we will sit for short briefing program with money exchange & down jacket activity. * Overnight at Hotel (Room on twin sharing basis)

Day 3:FLY TO GONGGAR AIRPORT – 1 HR & DRIVE TO LHASA (3650 m/11972ft) – 90 KM / 1 HR

Today morning after breakfast in hotel, we will transfer you to the airport for one of world's splendid flight to Lhasa, as it provides sweeping views of Everest (8848m), Kanchenjunga (8536m) and other Himalayan peaks. Upon arrival, you will be received by our Tibetan guide at the airport and transfer to Lhasa with an exquisite drive of approx. 1 hour. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude. * Overnight at Hotel (Room on twin sharing basis)

Day 4:REST DAY OR SIGHTSEEING IN LHASA (3650 m/11972ft)

Today is free day in Lhasa with rest and relax for acclimatization purpose. However, if any of you are interested we can arrange sightseeing tour of Lhasa city through the assistance of our Tibetan guide. Some of major attraction in Lhasa are: Potala Palace – a UNESCO World Heritage celebrated for its priceless treasury of Buddhist artifacts and bejeweled tombs of past Dalai Lamas. Potala Palace was also the tallest building in the world for 200 years following its construction in 1645. Equally breathtaking are the gardens and sacred spaces of the Norbulingka, the Dalai Lama's summer residence. Jokhang Temple followed by Barkhor Markets – a bustling road lined with vendors where you can sample the smells and sounds of Tibet, or browse through the Thankas, masks, prayer beads and countless other treasures inherent to Tibetan custom and tradition. * Overnight at Hotel (Room on twin sharing basis)

Day 5:LHASA TO SHIGATSE (3900m/12792ft) – 390 KM / 7 HRS

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The group will travel along Friendship Highway, passing Khamba La (4794 m), where there will be the opportunity to appreciate majestic views of Yamdrok-Tso Lake, a deep blue body of water renowned for its unique beauty. The group will also see Nazin Kang Sang glacier standing proud at 7252m. Ahead to the west, we will come across another Karo La pass at 5045m. Following further journey, we will enter the town of Gyantse, a stunning example of a traditional Tibetan village filled with beautiful stone farmhouses. Gyantse Dzong and the Kumbum are the jewels of Gyantse, which we will see through drive journey while passing Gyantse town. Then we will take a 95 km drive further to Shigatse, the second largest city of Tibet. Tashilhunpo Monastery is the highlight of Shigatse, as it is one of the largest functioning monasteries in Tibet. This monastery is the residence or official throne of Panchen Lama built in 1447. This is a vast monastery with its own streets, housing sectors, plazas, back alleys and complex of temples and halls. If time permits you can visit on your own expenses. * Overnight at Hotel (Room on twin sharing basis)

Day 6:DRIVE, SHIGATSE TO SAGA (4400 m.)

After early breakfast, we commence extensive destination towards our ultimate trip to Kailash. The finest highway drive to Saga is really scenic and enjoyable. You will pass some high passes and landscape view of some town and villages with lakes on the way. Reaching Saga, our tour leader will distribute the key of rooms for refresh & rest. In the mean time, our staff team will serve tea / coffee and dinner prepare by our cook. * Overnight at Hotel Saga - (twin room with attached bathroom)

Day 7:DRIVE, SAGA TO LAKE MANSASAROVAR (CHIU GOMPA) (4550 m.)

Today is the highlighted day of this journey. You will wake up very early morning and have breakfast. We are going to reach the holy Lake "Manasarovar & Mt. Kailash" which is our ultimate goal. On the way, we will driving through the highest motorable pass of this journey (Mayum-La; 5200 m.). Lunch will be served somewhere near Horchu River, before the Mayum-La pass. Today we will make Parikrama of Lake Manasarovar by 70% of its circular and stay overnight in Chiu Gompa camp. Dinner & overnight stay will be at guesthouse near the shore of Lake Manasarovar. * Overnight at guesthouse - dormitory room

Day 8:LAKE MANASAROVAR & THEN DRIVE TO DARCHEN (4663 m)

Today you will have plenty time for Puja / Hawan and holy bath in Lake Manasarovar. You will have breakfast in the morning and take lunch in the afternoon then 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. * Overnight at Hotel Himalaya - (triple room with attached bathroom)

Day 9:DRIVE TO SHERSON (11 KM / 30 MIN) & START TREK TO DERAPHUK (4920 m.)

Morning after breakfast drive to Sherson near Yama Dwar. From Yama Dwar, you will start trekking to DiraPhuk (north face of Kailash). Today trekking is moderate walk with flat trails and gradual up following glacier river alongside. On the mid way, we will halt for a while at tea shop for pack lunch. Then continue slight uphill trek to Diraphuk camp with beautiful glimpse of north face of Mt. Kailash. * Overnight at guesthouse or tented camp

Day 10:TREK SHIVASTHAL - GAURIKUNDA - ZUTULPHUK (4820 m.)

This is the toughest day of parikrama. The journey right from the beginning starts going uphill till to Dolma-

La (5600 m.) then continue descending to the valley floor, the other side of Dolma-la pass. Dropping down from high pass, you will be lucky to site beautiful holy lake – Gauri Kunda at the right side underneath of hill. After continue descending valley, you will cross short glacier path and then will find tea shop for lunch break. Then after continue easy walk on flat trail but tedious with feel of similar landscape around and never ending. The last leg of the journey is along with the River Bank, up to Zutulphuk. The high light of the day are Shivasthal, Dolma-La and Gaurikund which are on the way. * Overnight at mud house or tented camp - dormitory room

Day 11:END TREK (11 KM / 2 HRS) AND DRIVE TO SAGA (4400 m)

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. We will be drop off at Manasarovar bus stand by Green Bus of Ngari region and will shift to our another private bus from Lhasa. Then our journey will retrace back through same way. * Overnight at Hotel Saga (triple room with attached bathroom)

Day 12:RETURN BACK TO SHIGATSE

Return back to Nyalam via the same route. * Overnight at Hotel (twin room with attached bathroom)

Day 13:RETURN BACK TO LHASA

Today you will drive back to Lhasa through northern highway route. * Overnight at Hotel (room on twin sharing basis)

Day 14:FLY BACK TO KATHMANDU

The last day in Tibet, we will be transfer to Lhasa airport after breakfast in the hotel. With our sweet memory, our guide will see off us from Lhasa airport. Upon arrival in Kathmandu, our transportation will transfer to the hotel in Kathmandu and be refresh and relax. * Overnight at Hotel (room on twin sharing basis)

Day 15:DEPARTURE

Transfer to international airport in Kathmandu for your flight back home.

Trip Cost Includes

- Three nights hotel (4 star) on twin sharing in Kathmandu with vegetarian meals (breakfast, lunch & dinner)
- Standard hotel in Lhasa & Shigatse (3/4 star type) with all breakfast
- Vegetarian meals in decent restaurant (outside) during stay in Lhasa / Shigatse.
- Best available hotel & guesthouses in Kailash region (Saga - Kailash - Saga)
- All vegetarian meals cooked by our Nepali support team in Kailash region
- Airport transfers in Kathmandu & in Lhasa
- Sightseeing tour in Kathmandu & in Lhasa
- Kathmandu – Lhasa – Kathmandu flight ticket
- All Tibet travel permits for Lhasa, Shigatse & Kailash Manasarovar

- Tibet group visa
- Transportation in Tibet by Luxury Bus
- Tour around Lake Manasarovar on vehicle
- English speaking Tibetan guide
- One tour Manager
- Necessary supporting crew (Cook, Sherpas from Nepal)
- All necessary Kitchen & camping equipments
- Yaks & Yak men during the Parikrama to carry foods and baggage
- Oxygen for emergency use
- Medical kit bag / First Aid kit
- Free gifts – Duffle Bag & Backpack Bag
- Complimentary use of Down Jackets if require (returnable after tour finished)
- All applicable taxes & service charges

Trip Cost Excludes

- International air ticket to Kathmandu & return from your home town
- Nepal entry visa fee for NRIs
- Monuments fee for sightseeing in Lhasa or Shigatse
- Personal porter & riding Horse during the Parikrama
- Your travel insurance
- Insurance for emergency rescue & evacuation service
- Personal expenses
- Bottled drinks
- Asthapad Darshan (Govt. prohibited this trip if permitted can arrange by walk)
- Tips for tour leader, Tibetan guide, sherpa staff & driver
- Hotel upgrade in additional cost
- Extra night accommodation in Kathmandu in case of early arrival from Kailash
- Extra accommodation charge in Lhasa, Shigatse & in any places of Kailash region due to any reason like sickness, rescue besides tour itinerary
- Any additional cost due to natural calamity, emergency evacuation or unforeseen circumstances

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