

## Lhasa-Mt. Kailash- Kyirong Tour

### Trip Facts

**Duration:** 16 days

**Trip Destination:** Nepal, Lhasa & Kailash (Tibet)

**Entry / Exit Point:** Lhasa / Kyirong

**Maximum Altitude:** 5600 M

**Duration Of Trip:** 16 Days

**Group Size:** 4 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:** April Through October



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## 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

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:SIGHTSEEING IN LHASA (3650 m/11972ft)

After breakfast in the hotel, we commence the sightseeing tour of Lhasa visiting the 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. We will also visit the 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:SIGHTSEEING IN LHASA (3650 m/11972ft)

Another beautiful day to wonder two significant monasteries in Lhasa. Sera Monastery, accompanied by an experienced Tibetan tour guide. Sera is an exceptional space; its white-washed walls and golden roofs speak of Tibetan Buddhism's ancient wisdom and tranquility. The group will then move to Drepung Monastery, which was built in 14th century and was home to over 10,000 monks. Drepung was also the educational center for the lineage of Dalai Lamas, and is famed for attracting tens of thousands of pilgrims for its Thangka festival. Drepung has a poignant presence in the spiritual life of Tibetans, and is the most cherished of all Tibet's monasteries. In the afternoon, we visit Tibet Museum, officially inaugurated in October of 1999, the museum houses a rich collection of prehistoric cultural relics, including ornate Buddha statues in different postures, imperial jade seals, gifts granted by emperors, colorful Thangkas, and various printed Sanskrit and Tibetan scriptures. It is also possible to see variety of folk art such as handicrafts, costumes, jewelry, and pottery. Beyond the collections, the museum building itself is a work of art with its ornamented beams, pillars, lintels, banners and wall hangings in the traditional Tibetan style. \* Overnight at Hotel (Room on twin sharing basis)

#### **Day 6: LHASA TO GYANTSE (3950m/12956ft) – 295 KM**

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. \* Overnight at Hotel (Room on twin sharing basis)

#### **Day 7: GYANTSE TO SHIGATSE (3900m/12792ft) – 95 KM**

Gyantse Dzong and the Kumbum are the jewels of Gyantse. Gyantse Dzong is a historical fort built in the 14th century, and overlooks Gyantse and the surrounding Nyang Chu Valley. The Kumbum rises 35km above the town, and is crowned by a golden dome. The grounds boast a chorten (stupa), several chapels and a stunning collection of Tibetan Buddhist murals, which inspired the name of the complex. The word 'Kubum' means 100,000 images in Tibetan. After exploring Gyantse, we will take a 95 km drive to Shigatse. The group will stop at Shalu monastery along the way; the structure embodies the Han, Tibetan and Indian styles of architecture. Following a brief look at Shalu, the journey continues in 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. \* Overnight at Hotel (Room on twin sharing basis)

#### **Day 8: 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 Guesthouse - dormitory room

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**Day 9:DRIVE, SAGA TO LAKE MANASAROVAR (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 10:LAKE MANASAROVAR & THEN DRIVE TO DARCHEN (4663 m) – 40 KM**

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 guesthouse - dormitory room

**Day 11:DRIVE TO SHERSON (8 KM / 30 MIN) & START TREK TO DIRAPHUK (4920 m.) – 14 KM**

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 lodge

**Day 12:TREK SHIVASTHAL - GAURIKUNDA - ZUTULPHUK (4820 m.) – 22 KM**

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 guesthouse or tented lodge - dormitory room

**Day 13:END TREK THEN DRIVE TO SAGA 480 km (7 hrs), (Zutulphuk to ending point (07 km, 1.5 hrs trek)**

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)

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**Day 14:DRIVE SAGA TO KYIRONG 170 Km, 5 hrs Drive**

back to Kyirong via the same route. \* Overnight at Guesthouse – dormitory room

**Day 15:DRIVE TO KATHMANDU, 160 KM (7 HRS)**

TMorning 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)

**Day 16:DEPARTURE**

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

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## **Trip Cost Includes**

- Three nights hotel on twin sharing in Kathmandu with vegetarian meals (breakfast, lunch & dinner)
- Standard hotel in Lhasa & Shigatse with all meals in decent restaurant.
- Best available hotel & guesthouses in Kailash region with all meals cooked by our Nepali support team
- Airport transfers in Kathmandu & in Lhasa
- Half-day sightseeing tour in Kathmandu
- Kathmandu – Lhasa flight ticket
- All Tibet travel permits for Lhasa, Shigatse & Kailash Manasarovar
- Tibet group visa
- Transportation in Tibet by Luxury Van or Bus
- Tour around Lake Manasarovar on vehicle
- English speaking Tibetan guide
- Necessary supporting team (Leader, Cook, Sherpas from Nepal)
- All necessary Kitchen & camping equipments
- Yaks & Yak men during the Parikrama to carry foods and baggage
- Kodari border to Kathmandu transfer by private bus
- Oxygen for emergency use / Medical kit bag / First Aid kit
- All applicable taxes & service charges

## **Trip Cost Excludes**

- International air ticket to Kathmandu & return from your home town
- Nepal entry visa fee for NRIs
- Riding Horse during the Parikrama
- Your travel insurance
- Insurance for emergency rescue & evacuation service
- Personal expenses / Bottled drinks
- Asthaphad Darshan (Govt. prohibited this trip if permitted can arrange by walk)
- Tips for tour leader, Tibetan guide, sherpa staff & driver
- 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

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sickness, rescue besides tour itinerary

- Any additional cost due to natural calamity, emergency evacuation or unforeseen circumstance.



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