

# Details of Kailash Tour via Lhasa

<http://www.gangajamunatreks.com/kailash-tour-via-lhasa.html>

**Kailash Tour via Lhasa** is design to explore both Historical cities and Pilgrimage sites. Lhasa in Tibetan Language also means holy Land. The average height of Lhasa is 3600m. Lhasa is the capital of Tibet Autonomous region. The cultural and religious tradition of the Tibetan people that dates back to antiquity is still preserved in Lhasa. The Potala Palace dating back to the 7th century is an architectural masterpiece that was once the political and religious center of Tibet. Literally meaning “place of the gods,” Lhasa and the lives of its inhabitants is highly influenced by Buddhism which lends a serene aura to the city.

Likewise Mount Kailash (22028 feet) is the holiest pilgrim mountain in the world. In Tibetan language it is called Kang Ringpohe (a pious mountain). Mt. Kailash lies in remote western part of Tibet. Mount Kailash is the main source of water forming the major rivers Indus, Sutlej, Karnali and Brahmaputra. It is believed to be the sacred place of eternal bliss. In front of Kailash lie Holy Lake Mansarovar and Rakshas Tal. The Majestic view of Holy Mount Kailash can be viewed in crystal clear water of Lake Manasarovar. Hindu People believe that Kailash Parbat is the home of Lord Shiva. Having the ritual bath of Holy Lake Manasarovar water it is believed that the sin we have committed will go away.

We will be Spending 2 nights in Kathmandu to issue Tibet permit. In the mean while you can be busy sightseeing around Kathmandu valley. So, on third day you can fly to Lhasa which is the capital of Tibet Autonomous Region. Here you will have guided tour to monasteries and stupas. Then you further continue towards west part of Tibet. It is more rural and people are still nomadic grazing and raring cattle like sheep and Yaks. People are follower of Buddhism and utter matras, rotate prayer wheel and beats. “Chanting Om Mani Padme Hun.” We come across many Tibetan Mani wall and Prayer flag being hung. We come to Lake Manasarovar where we will have holy bath and exploration. We will further continue the Kailash Kora and drive back to Kathmandu via Kodari boarder.

## Trip Fact

**Destination:** Tibet

**Total Days:** 14

**Trip grade:** Moderate

**Meals:** Breakfast in Kathmandu and in Tibet, No meals in Kailash region

## **Highlight of the Trip**

- ⇒ Day visit of Historical places in Kathmandu valley
- ⇒ Both way flight of Kathmandu – Lhasa – Kathmandu
- ⇒ Exploration of historical and cultural city of Lhasa, Shigatse, Gyantse and Pilgrimage site Kailash Manasarovar
- ⇒ Biggest and famous Lake Yamdrok and

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**Transportation:** Private vehicle and Flight

**Best month to Visit:** May – Sept

**Pax:** 1+

**Max altitude:** 6714m (Dolma La pass in kailash)

Lake Manasarovar.

- ⇒ 3 days trekking around of mount Kailash by crossing 6714m Dolma La pass
- ⇒ Exploration typical life style of nomad peoples and roof of the world

## Itinerary

**Day 01: Arrival at Kathmandu (1300 m)** Arrival in Kathmandu, our representative will pick up you from the airport and transfer to Hotel. Evening briefing and trip preparation. Overnight at Hotel.

**Day 02: Kathmandu** - Visa Preparation for tour. You will be scouting touring in Kathmandu valley. Our guide will lead you Pashupatinath temple, Swoyambhunath Stupa and Kathmandu durbar squire. If anybody needs to buy or get things on hire, our guide will give you company. Overnight at Hotel



**Day 03: Fly Lhasa. (1 Hrs. flight – 3650m)** Drop you to International airport for your flight to Lhasa. It is scenic 1 hour flight over Nepal Himalayas. Our representative from Lhasa will pick up you. Transfer to Hotel and acclimatization rest.

**Day 04: Lhasa sightseeing**, Tibetan guide will lead you today in Lhasa city sightseeing. Overnight in hotel. we will see the main relics of Lhasa - Potala palace, Norbulinka, the first buddist's temple of Tibet – Dzhokang, a statue of Dzhovo Shakjamuni. Overnight at Hotel.

**Day 05: Drive Shigatse - Lhatse (Altitude 4050 m.) 151 KM – 4/5 hours** the journey today brings you over two high passes with fine views of Himalayas. For overnight we stop in the town of Lhatse. Hotel.

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**Day 06: Lhatse- Saga- /4450m 250 Km – 5/6 Hours**, driving day over the sandy and rocky land of Tibet, other things like lake, nomads chasing thousands of yaks and sheep keep you busy. By the late afternoon you will cross Bhrmha Purtra River way to typical Chinese and Tibetan town, Saga for night. Guest House

**Day 07: Drive to Manasarover (4558m) 277km 4 hours** Driving day starts with full of excitement, by the late afternoon you can have the first sight of Holy Kailash Parbat and Manasarovara. Here, a small village nearby Lake Manasarover, we will spend a night there.



## **Day 08: Drive to Darchen**

Morning Exploration of Lake and drive to Tarchen (4575m) 40km- 1 Hours: Manasarovara is the lake of compassion, tranquility and bliss. After completing the memorable morning, we will be heading towards Tarchen. It is considered as a base camp for the Holy Kailash Parikrama.

**Day 09: Trek to Dera-Puk (5000m) 15 Km 6 Hours** It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky make you feeling that Great God Shiva is everywhere with tons of blessing to you. Time to time the face of Kailash Parbat will keep on appearing. For 15 km trail takes almost 7 hrs. Overnight at Guest house.

**Day 10: Trek to Juthulpuk. (4790) 19 KM – 9 hours.** Hardest but Holiest day of your pilgrimage Yatra with Dolma-La (pass) of 5648m between two valleys: Yamasthal should be crossed to reach the Shiva-sthal while your steps go closer to the pass. Once you reach the top, just do the holiest offering and sit down for meditation to forget yourself. Once your steps go down, Parvati-stal and Gauri Kunda are on the way. By the late afternoon you will arrive Zuthal Puk (the cave of Miracles. The great ascetic Milerappa is supposed to have performed miracles here).

**Day 11: End of Kailash Parikrama and drive to Saga. (337 Km 7/8 Horus)** After walking 3 hours, all the driving crew will be waiting your arrival. Drive via Lake Manasarovar. By the late afternoon you will be at your lodge in Saga. Guest House

**Day 12: Drive to Nyalam. Overnight at Guest house**

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Drive back to Nyalam. The 8-hour journey takes you through 376 km of spectacular Himalayan landscape. On arrival, check in at the guest in Nyalam.

## **Day 13: Drive Nyalam to Kathmandu. Overnight at Hotel**

Take a 1½-hour drive to Zhangmu (26 km from Nyalam). On arrival in Kodari Border, complete the immigration formalities to cross the Friendship Bridge on foot. On the other end, board the transportation for a drive back to Kathmandu. Transfer and overnight at Hotel

## **Day 14: Departure or Further Tour in Nepal.**

## **Tour cost: USD 2980**

Extra cost for Canadian: USD 155

Extra cost for US Passport Holder: USD 175

### **Details Cost Includes:**

- Arrival and Departure arrangement
- 3 night's accommodation in Kathmandu in 3 / 4 star hotel on twin sharing room with breakfast.
- Kathmandu – Lhasa – Kathmandu flight in economic class
- One day guided tour in Kathmandu with guide and private transportation.
- Drop and Pick up from Gonger airport in Lhasa and transfer to Lhasa
- 05 nights hotel in Tibet (Lhasa 2 Nights, 01/01 nights in Shigatse, Gyantse and in Lhatse on twin sharing
- 06 night's accommodations in Tibet on group sharing based using guesthouse in Kailash region.
- Permits for Lake Manasarovar and Kailash round (Parikrama).
- Tibet Tourism Board (TTB) approved Tibetan guide.
- Transportation Van/ Bus
- Private transportation from Kodari boarder to Kathmandu
- Immigration formalities and other arrangement
- Kailash Permit, Tibet (Chinese) visa fee
- Duffle bag (big bag for keeping personal clothes and equipment)
- Down jacket and sleeping bag in returnable based
- ENOUGH Oxygen cylinder entire of tour
- Yaks and Yak-men to carry baggage, food, fuel etc while making parikrama of Mt. Kailash

### **Details of Cost Non-Includes:**

- Lunch and Dinner in Tibet

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- All the foods in kailash
- Yak / Pony Charges and driver for three days Kailash round in case of need,)
- Personal expenses like shopping, phone calls, extra drinks, laundry, yak etc.
- Any additional expenses caused by reasons beyond our control such as natural calamities, flight delays, rescheduling or cancellations, accidents etc.
- Tips to staffs
- Extra cost of transportation, Porterage etc involved due landslides, snowfall.
- Services other than specified. Extra days stay at Kathmandu / any other place.
- In case of natural calamities i.e. political unrest, cancellation of tour, landslides, landslide & other uneventful event the extra charge for porters and transportation should be borne by you at the spot.

## RECOMMENDATIONS

### DOCUMENTS:

- Your valid passport is main document for this trip. At least six month validity of your passport.
- You are advised to own a small waist pouch or document bag to manage the following documents properly;
- Passport with Photostat copies Photographs, Identity card, Diary for addresses, contacts, small notes etc.
- Ball pens with spare refills Maps/Charts/Books etc.
- Travel Cheques, credit cards & Currency.
- Airline/Railway tickets/vouchers.
- Any other document for personal purposes.

### FITNESS

- Kindly consult your doctor and get yourself examined for this yatra
- As Mount Kailash and lake Manasarovar is situated at high altitudes please start exercises like walking, jogging, yoga and other breathing exercises in order to have a successful yatra

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### INSURANCE

- Kindly get yourself a medical insurance for this yatra. Please make sure you cover yourself for emergency evacuation (helicopter) in the insurance.

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## PACKING LIST

### COMMON ITEMS

- A small light trek bag
- Water bottle / Thermos flask for hot water (1 liter).

### CLOTHING

- Enough clothing for the whole Yatra including 3 pairs trek suits/leisure wear/jogging trousers/4 to 5 tea shirts/2 polar flees one light quilted /shirts/poloneck/salwar kameez etc. Do not over load.
- Wool socks (around 4 pairs), thick tights, wool monkey cap, scarves, warm light gloves, scarf.
- Wool/thermal long underwear
- Rain wear (Umbrella or Raincoat)

### FOOTWEAR

- Comfortable Sports shoes/trainers (Good one Nike, Adidas etc). Have a spare one too
- A pair of light Sleepers

### TOILETERIES

- Toiletries kit (soap, shampoo, toothbrush, toilet rolls, towels etc).
- Sun screen lotion/cream
- Facial tissues, wet once,

### CAMPING ITEM

- Torch/Candle/match box/lighter/batteries
- Knife
- Plastic mug
- Dusk masks/face masks

### PERSONAL & GENERAL ITEMS TO MAKE YOUR JOURNEY ENJOYABLE

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- Any regular medicines that you take
- Dark Sunglasses
- Your favourite food which will keep you going including Nuts, biscuits, powder juice
- Kapoor/Vicks/Inhaler etc
- Binoculars/Camera/extra batteries
- Milk powder for tea
- Ipods/music to make your journey pleasant

## FIRST AID KIT – ALSO INCLUDE

- First aid kit (typical backpacking kit for minor injuries/ our guide also will carry).
- Diamox/Aspirin/pain killers
- Lip balm/Mustard oil/Vaseline
- Plasters
- TCP, salt, mint, Vicks for sore throats

Note: Down Jackets and Sleeping bags will be provided on returnable basis at Kathmandu for the Trip.

## HEALTH PRE-CAUTION

Oxygen is less at higher altitudes. The inclement weather and high altitude induces certain illness generally not encountered over the plains. Headache, nausea, lassitude, lethargy, breathlessness, general uneasiness [malaise], high irritability, light loss of balance, disorientation, incoherence and insomnia are a few. It is common to all irrespective of the age, sex and physical fitness. Gradual acclimatization is the best answer. Tranquilizers, sleeping dose and strong anti-biotic must be avoided. Some of symptoms indicate that the body mechanism is readjusting to new environments. The best idea is deliberately slow down all the activities and follows the following rules:

- Rest.
- Relax-do not exert, be excited.
- Reduce talking.
- Walk slowly – adopt one third of your speed and space.
- Keep your load light.
- Walk for 15 minutes and rest for 5 minutes.
- Whenever you feel uncomfortable, just stop; rest and relax.
- Ignore the sudden outbursts of fellow pilgrims and avoid arguments.
- Observe silence with smile.

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- Never go too high and too fast.
- Consume plenty of liquids; never proceed with an empty stomach.
- Chant a prayer or visualize everything around to suit your pleasant thoughts or put on the earphones and listen to your favourite music, bhajans, chanting etc.
- Be careful not to catch a cold. It is better to be over clothed than under protected. En-route avoids taking bath or drinking water from Lake Streams or rivers, as your system is not conditioned for this.
- Keep your boots/Ked inside tent. Protect yourself against dust and direct sunshine during the long stretches of driving. Face, feet and hands must be well protected.
- The uneven ground, steep slope and slushy banks are full of potholes. Do not combine walking and sightseeing together.
- Always listen to your guide or the one with experience. Never leave the group.
- On this trip, over exertion is to be avoided and drinking plenty of fluids is recommendable. During winter, heavy warm clothing is a must.