



## A JOURNEY TO MOUNT KAILASH – 13 DAYS

### Overview

For centuries Mount Kailas is known as the most sacred pilgrimage destination in Asia. It is common for pilgrims to circumambulate the sacred mountain, commonly called Kora (Pilgrimage Circuit) or Parikrama. Often pilgrims encompass both the Mansarovar Lake and Mount Kailash in a quest to wash away the sins of their lifetime. The drive from Nepal to this holy site or vice versa is a picturesque excursion passing panoramic landscapes, immaculate lakes, remote areas with grazing animals, and the fresh mountainous air blowing in all its glory.

### Trip Facts:

**Destination:** Nepal, Tibet

**Theme:** Spiritual

**Activity:** Tour

**Difficulty:** Easy

**Max Altitude:** 4,640 m/ 14,848 ft

**Best Season:** February - May / September - November

### Highlights:

- Wander through UNESCO World Heritage Sites, stupas, and temples in Nepal and Tibet.
- Drive past lakes and hamlets, watch nomads herding thousands of yaks in the remote Tibetan regions.
- Enjoy the picturesque landscape and divine waters of Lake Mansarovar.



## Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Kathmandu	Hotel
2	In Kathmandu	Hotel
3	In Kathmandu	Hotel
4	Fly Kathmandu to Lhasa	Hotel
5	In Lhasa	Hotel
6	Drive to Shigatse via Gyantse	Hotel
7	Drive to Saga	Hotel
8	Drive from Saga to Darchen	Hotel
9	Day visit to Lake Mansarovar (4,588 m/ 15,052 ft)	Hotel
10	Drive from Darchen to Saga	Hotel
11	Drive to Zhangmu	Hotel
12	Drive to Kathmandu via Bhaktapur	Hotel
13	Final Departure	

## Detailed Itinerary:

### Day 1: Arrive in Kathmandu

Upon arrival at the airport in Kathmandu, you will be met and assisted by our representative and transferred to the hotel.

*Overnight at Hotel [-/-/-]*

### Day 2: In Kathmandu

Visit Kathmandu city, Boudhanath and Pashupatinath.



Kathmandu City is the political as well as the cultural capital of the country. Despite the hustle and bustle of the city, Kathmandu is adorned with ornate palaces, superbly crafted pagodas, and monumental stupas.

Listed as a UNESCO World Heritage Site, **Boudhanath Stupa** is a massive three level mandala style platform and is the largest in the world. Thousands of pilgrims circle the stupa in a clockwise direction each day spinning the prayer wheels. It is said that each spin of a prayer wheel is the equivalent of reciting the mantra.

Also visit the magnificent **Pashupatinath** temple with its astonishing architectural beauty situated on the bank of the sacred Bagmati River. Listed as a UNESCO World Heritage Site, Pashupatinath is also Nepal's most renowned Hindu cremation site.

*Overnight at Hotel [B/-/-]*

### Day 3: In Kathmandu

After breakfast, we set out to visit Swayambunath Stupa.

Perched on a hilltop, **Swayambhunath Stupa** is an ancient sacred Buddhist shrine that holds utmost importance in the Buddhist community. It is also known as the Monkey Temple and perhaps the most enigmatic of all holy shrines in Kathmandu.

Later in the evening visit **Patan**. Also known as Lalitpur, the city of artisans is a paradise of fine arts. Located 5 miles southeast from the Kathmandu City, Patan is best known for its rich cultural heritage.

*Overnight at Hotel [B/-/-]*



#### Day 4: Fly Kathmandu to Lhasa

Flight Duration (International Flight): 1 hour approx.

Distance (Airport to Lhasa): 62kms/ 32 miles

Drive Time: 1 hour approx.

Altitude: 3,490 m/ 11,450 ft

Fly to Lhasa, where we cross the Himalayas from south to north, with breathtaking views of Everest. Free day in Lhasa to acclimatize to the altitude.

*Overnight at Hotel [B/-/-]*

#### Day 5: In Lhasa

Visit Potala Palace, Norbulinka Palace, Jokhang and Barkhor Market.

Potala Palace is the chief residence of the Dalai Lama since the 7<sup>th</sup> century has been the focus of the travelers for centuries. It was listed as a UNESCO World Heritage Site in 1994.

Built 100 years after the Potala palace, Norbulingka means 'Treasure Park' in Tibetan and is situated in the western suburb of Lhasa City, on the bank of the Kyichu River, about one kilometer southwest of the Potala Palace. It is the biggest man-made garden in Tibet. Jokhang meaning 'House of the Lord' in Tibetan is located at the center of the old Lhasa and is the oldest and the most revered religious structure in Tibet. Also visit Barkhor Street, one of the oldest streets in Lhasa and runs through the center of the old city.

*Overnight at Hotel [B/-/-]*

#### Day 6: Drive to Shigatse via Gyantse

Drive Time: 8 hours approx.

Altitude: 3,900 m / 12,795 ft



Today we will drive to Shigatse via Gyantse which is the third important city and is one of the least Chinese influenced towns in Tibet.

Along the way you visit **Yamdrok tso**, also known as the Turquoise Lake and the unique **Palkhor Monastery**, located about 100 km east of Shigatse. Also visit the spectacular Bodhi stupa, or **Kumbum** in Tibetan. The famous Kumbum pagoda, built in collaboration with Newari artists from Nepal and Tibetan artists, also stands in the same courtyard with nine stories, 108 doors and 77 chapels containing clay sculptures and various murals.

*Overnight at Hotel [B/-/-]*

#### Day 7: Drive to Saga

Drive Time: 7 hours approx.

Altitude: 3,900 m / 12,795 ft

On the first long driving day over the sandy and rocky land of Tibet, other sites like lake, nomads chasing thousands of yaks and sheep, keep you busy. By the late afternoon you will cross Bhramha Purtra River on the way to typical Chinese and Tibetan town called Saga.

*Overnight at Hotel [B/-/-]*

#### Day 8: Drive from Saga to Darchen

Drive Time: 7 hours approx.

After breakfast drive to Darchen through picturesque landscapes.

*Overnight at Hotel [B/-/-]*



### Day 9: Day visit to Lake Mansarovar

Drive Time: hours approx.

After breakfast at the hotel, drive to Chui Gumpa (Mansarovar) and further to Tarboche.

Visit the area and later drive back to Darchen for overnight stay.

*Overnight at Hotel [B/-/-]*

### Day 10: Drive from Darchen to Saga

Drive Time: 7 hours approx.

Drive to Saga, the same route we came from.

*Overnight at Hotel [B/-/-]*

### Day 11: Drive to Zhangmu

Drive Time: 5 hours approx.

As we drive to Zhangmu we will pass through Nyalam. If the weather is clear, we will get a glimpse of Mt. Everest. Zhangmu is a busy border town and port of entry located in Nyalam County on the Nepal-Tibet border, just uphill and across the Bhote Koshi River from the Nepalese town of Kodari. At 2300 meters above sea level, Zhangmu (Khasa in Nepali) is a wonderfully green, lush valley with mild and humid subtropical climate, which is a rarity for Tibet.

*Overnight at Hotel [B/-/-]*

### Day 12: Drive to Kathmandu via Bhaktapur

Drive Time: 5 hours approx.



Drive From Zhangmu; it is a short drive to the Friendship Bridge which spans the Bhote Kosi River and marks the Chinese - Nepalese border where you part with your Tibetan guide & driver and walk to Nepalese Immigration Control in Kodari where you will be met by your Nepalese staff. After completing the entry formalities, you continue the drive to Kathmandu.

**Bhaktapur or Bhadgaon**, literally the 'City of Devotees' is a major tourist destination that takes visitors back in time. Bhaktapur is still untouched by rapid urbanization and is a UNESCO World Heritage Site.

After the sightseeing continue your drive to Kathmandu and transfer to the hotel as booked.

*Overnight at Hotel [B/-/-]*

### Day 13: Final Departure

Transfer to the airport for your onward journey. [B]

### Trip Ends

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**Note:** All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]



### Trip Includes:

- Arrival and departure transfers by private vehicle.
- Meet and assist by our representative at airport.
- 1 night accommodation in Zhangmu on twin/ double sharing on the bed and breakfast basis.
- 2 nights' accommodation in Lhasa on twin/ double sharing on the bed and breakfast basis.
- 2 nights' accommodation in Darchen on twin/ double sharing on the bed and breakfast basis.
- 2 nights' accommodation in Saga on twin/ double sharing on the bed and breakfast basis.
- 1 night accommodation in Shigatse on twin/ double sharing on the bed and breakfast basis.
- 4 nights' accommodation in Kathmandu on twin/ double sharing on bed and breakfast basis.
- All entrance and monument fee as indicated in the program.
- All the sightseeing tour in Tibet will be provided as per the program with local English speaking Tibetan guide.
- All necessary transfer by Land cruiser (3 pax in one LC).
- Tibet travel permit.

### Trip Extras

- International airfare and airport taxes.
- Chinese visa.
- 4 Nepali Sherpas who will join the group from Drikung.
- Items of personal nature such as bar bills, alcoholic beverages, laundry, telephone calls, extra mileage, personal gratuities as tips to guide, porters, drivers etc.
- Personal insurance policy – suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization; and most of all Emergency Helicopter Evacuation.
- Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances.
- Any items and services that are not mentioned in program inclusions.