

Trip Name : Mount Kailash And Manasarovar Trek

Starting Point	Drive in KTM-Kodari-Kailash
Ending Point	Drive out Kailash-Kodari-KTM
Type	TeaHouse/Camping Trek
Grade	Hard
Duration	15 Days
Best Time	April through September
Max. Elevation	5630 mt.

### Trip Details:

Mount Kailash (6,714m/22,028ft) is considered to be the most sacred and holy mountain in the world. This is an adventure travel into the remote Himalayan destination of Tibet. Mt Kailash and the Lake Manasarovar are the famous pilgrimage sites for Hindus and Buddhists. Lake Manasarovar is also the abode of purity like Mount Kailash. Mount Kailash and Lake Manasarovar attract Hindus from all over the world for their religious value. Taking a dip in the Lake Manasarovar and drinking its water is believed to cleanse all sins committed over a lifetime. Hindu pilgrims who trek around the 32 mile circumference of Mount Kailash use the term 'Parikrama' while the Tibetans refer to the clockwise circumambulation as 'Kora'. The circumference starts and finishes at Darchen (4,560m/14,961ft), a small settlement serving as the base camp to the holy mountain. The highest point en-route around Mount Kailash is Drolma La Pass (5,630m/18,472ft). During the trek, there are great views of Tibet's high mountains including Mt. Shishapangma (8,012m/26,287ft). This tour basically starts and ends in Kathmandu driving through the scenic countryside of Nepal. We cross the Friendship Bridge at Kodari that spans the Bhote Koshi River and marks the Nepal-Tibet border. Border formalities need to be completed while on entry and exit of both Tibet (China) and Nepal.

### Season for Tibet Travel:

Tibet travel is ideally good for the period of March through October. The best times considered to visit are spring, early summer and late autumn. Because of Tibet's high altitude, it is wiser to get prepared before starting the journey. Due to the large temperature differences during the day, warm clothes should be taken to keep away the cold. Since the land also receives a great deal of sunshine; sunglasses, sunscreen and a sun hat are indispensable items that are required while travelling in Tibet.

### High Altitude Warning:

The days can be very sunny and bright. It can also snow, rain, hail and become very cold so that cloths are required for all conditions. The trekkers should eat as much as and as often as possible. Alcohol, cigarettes and sleeping pills all thin the blood and must be avoided while at altitude. If there is any symptom of altitude sickness seen, in fact, very little can be done except stop, descend and rest. The Tent at night shouldn't be zipped all the way down. Heat exhaustion can result from lack of air circulation. Our expedition crew will accompany the trek for the entire schedule.

### Experience Required:

Trekking in Tibet is more demanding than the vehicle tours. However, treks in Tibet are more suitable for passionate trekkers who have courage to walk at least 6-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. But, if you have passions, good health with average physical fitness and self confidence, trekking in tibet can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions

such as heart, lungs or any other serious disease should inform Trekking Encounters before booking this trip.

**Note:**

- Only Private Tours are available.
- Tour is available on Budget & Standard category.
- Tour includes Full Board meals and accommodations at Camps and Guest-Houses.
- Operation of Tibet Tours is subjected by the Chinese authority.

**Cost Includes:**

- Tibet Travel Permit
- Chinese visa fee (Normal)
- Mt. Kailash circuit fee
- All accommodations on a twin share basis at Guest House/Camps (Tents)
- All Camps with Full Board (3 Vegetarian Meals) basis as per mentioned in the itinerary at our own kitchen
- All transport by non-A/C comfortable Jeep/Mini-Coach in Nepal and comfortable 4WD Land Cruiser in Tibet: Four persons maximum in ONE Jeep
- Kitchen crew including an experienced Cook
- One Support Truck for carrying Sherpas, food and camping equipment
- Yak porters for 3 days
- An English speaking Tibetan Guide
- Food and camping equipment such as Sleeping Tents, Mattresses, Toilet Tent, Kitchen Tent etc.
- Monasteries' entrance fees
- One portable oxygen cylinder to each for emergency (800ml)

**Cost Excludes:**

- Hotel and meals in Kathmandu
- Nepal visa fee
- Urgent and additional visa fee to the US citizens
- Personal warm gears like sleeping bag and jacket, Sun hat, Sun glasses, Sun cream etc.
- Alcoholic beverages & bar bills
- All expenses of personal nature, phone calls, laundry etc.
- Charge of photography
- Tips to the staff
- Additional porter cost due to landslides, other natural calamities and while crossing Friendship Bridge
- Rescue, Evacuation and Cost of Insurance
- Additional portable oxygen cylinder

**Add-Ons:**

**Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

#### **Day 01 : Drive Kathmandu to Nyalam (3,700m/12,139ft).**

Early morning drive to Kodari (Nepal-Tibet border). After completing immigration and custom formalities, drive uphill to Zhangmu immigration post and again complete the custom formalities then further drive to Nyalam, 6-7 hrs, 156km. Stay overnight (O/N) at Guest House/Camp (Full Board).

#### **Day 02 : Drive Nyalam to Paiko Tso Lake (4,350m/14,272ft).**

Drive to Paiko Tso Lake, 7-8 hrs. Stay O/N at Camp (Full Board).

#### **Day 03 : Drive Paiko Tso Lake to Zhongba (4,700m/15,420ft).**

Drive to Zhongba (4700m), 6-7 hrs. Stay O/N at Camp (Full Board).

#### **Day 04 : Drive Zhongba to Mayum La pass (5,200m/17,061ft).**

Drive to Mayum La pass, 6-7 hrs. Stay O/N at Camp (Full Board).

#### **Day 05 : Mayum La pass to Lake Manasarovar (4,550m/14,928ft).**

Drive to Lake Manasarovar, 6-7 hrs. Stay O/N at Camp (Full Board).

#### **Day 06 : Drive Lake Manasarovar to Darchen (4,560m/14,961ft).**

Explore Lake Manasarovar. Drive to Darchen, 1hr. Stay O/N at Camp (Full Board).

#### **Day 07 : Trek Darchen to Diraphuk (4,890m/16,044ft).**

Start trek (circumference to Mt. Kailash), 6-7 hrs. Stay O/N at Camp (Full Board) at Diraphuk.

**Day 08 : Trek Diraphuk to Zutul Puk (4,790m/15,715ft) crossing over Drolma La Pass (5,630m/18,472ft).**

Continue trek (circumference to Mt. Kailash) over Drolma La Pass (5,630m/18,472ft), 6-7 hrs. Stay O/N at Camp (Full Board) at Zutul Puk.

**Day 09 : Trek Zutul Puk to Darchen.**

Trek ends at Darchen, 6-7 hrs. Stay O/N at Camp (Full Board).

**Day 10 : Drive Darchen to Tirthapuri (4,300m/14,108ft).**

Drive to Tirthapuri, 3 hrs. Enjoy and relax at natural hot water spring. Stay O/N at Camp (Full Board).

**Day 11 : Drive Tirthapuri to Nyogze (4,350m/14,272ft).**

Drive to Nyogze, 6-7 hrs. Stay O/N at Camp (Full Board).

**Day 12 : Drive Nyogze to Paryang (4,450m/14,600ft).**

Drive to Paryang, 5-6 hrs. Stay O/N at Camp (Full Board).

**Day 13 : Drive Paryang to Saga (4,400m/14,436ft).**

Drive to Saga, 6-7 hrs. Stay O/N at Camp (Full Board).

**Day 14 : Drive Saga to Upper Nyalam (3,750m/12,303ft).**

Drive to Upper Nyalam, 7-8 hrs. Stay O/N at Guest House/Camp (Full Board).

**Day 15 : Drive Upper Nyalam to Kathmandu.**

Drive to Kathmandu (6-7 hrs), 156km. Completion of necessary border formalities is required at the Zhangmu and Kodari border. Driving involves the scenic countryside of Nepal.

**Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.**