Trek Curator
www.trekcurator.com

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Kailash Mansarovar Yatra Overland via Kerung - 14 Days

The overland route for the Kailash Mansarovar Yatra via Kerung has long been one of the most popular options among Shiva devotees, especially for those embarking on the sacred Kailash Mansarovar journey. For followers of the Hindu faith, this pilgrimage is not just reverent; it's deeply transformative.

Our Kailash Mansarovar Yatra Overland via Kerung 2027, a carefully curated 14-day itinerary filled with adventure, peace, and spirituality, begins in Kathmandu. From there, you'll embark on a scenic drive to Kyirong, crossing the Nepal–Tibet border and entering the mystical lands that lead to Kailash. This package is ideal for those seeking both spiritual fulfilment and a manageable travel experience, with comfortable drives, breathtaking landscapes, and all key rituals included.

Organized by Trek Curator, this 14-day yatra ensures the Parikrama of both the Holy Lake Mansarovar and Mount Kailash, along with sacred stops. One of them is Shivasthal, a revered site where it is believed that whatever you offer is returned to you in heaven. Crossing Dolma La Pass, the highest elevation of 5612 meters. Even in the face of unpredictable weather, we're committed to ensuring smooth travel and support throughout.

Whether it's your first visit or a long-awaited return. This route is often done via bus, and sturdy Jeeps and vans remain the first choice for many, blending pilgrimage yatra with comfort. Interested in joining the next departure for Kailash Mansarovar Yatra? Let's help you plan and prepare for this transformative journey.

About Mount Kailash and Lake Mansarovar

Mount Kailash, standing tall at 6,638 meters, is not just a mountain; it is a spiritual beacon. Sacred to four major religions, Hinduism, Buddhism, Jainism, and Bon, Kailash is believed to be the earthly

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

manifestation of Mount Meru, the cosmic centre of the universe.

For Hindus, it is the eternal home of Lord Shiva, the God of transformation and destruction. Buddhists associate it with Demchok, the deity of supreme bliss. Jains believe that their first Tirthankara attained liberation here, and Bon followers consider it the soul of their spiritual universe.

Nearby lies Lake Mansarovar, a crystal-clear freshwater lake situated at an elevation of over 4,500 metres above sea level. The name ‘Manas’ means mind, and ‘Sarovar’ means lake. It is said to have been first conceived in the mind of Lord Brahma. Pilgrims bathe in its waters, believing it cleanses lifetimes of sin, while others simply stand in awe of its tranquillity. The reflections of Mount Kailash on the lake, especially at sunrise or sunset, are moments you’ll never forget.

The Three-Day Kailash Parikrama

The Kailash Parikrama, or circumambulation, is the spiritual highlight of the journey. A three-day trek covering 42 Km that demands physical endurance and offers immense spiritual rewards. While challenging, the trek is supported by experienced guides, staff, and yaks, and you can also hire porters and pony horses, making it accessible to travellers.

The trail begins from Darchen, slowly winding along the Lha Chu Valley. This stretch offers your first full view of Mount Kailash’s north face, an awe-inspiring moment that leaves many pilgrims deeply moved. By evening, you’ll reach Dirapuk Monastery, nestled at the base of Kailash.

The second day is the most physically demanding and spiritually intense. You’ll ascend to Dolma La Pass (5,630m), the highest point on the trek, passing Gauri Kund, a sacred glacial lake. The descent to Zuthulpuk tests your endurance but also brings a sense of rebirth. The final leg is a more relaxed descent, giving you time to reflect on the journey and everything you’ve experienced. On reaching Darchen, your vehicles will be waiting to take you back, physically tired perhaps, but spiritually fulfilled.

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Planning for 2027?

Now is the best time to start preparing. We'll handle your permits, travel logistics, and spiritual needs from the border crossings to the Parikrama, and everything in between. Let us help you make this sacred dream a reality.

Note: For Non-Resident Indians (NRIs), two extra days in Kathmandu are required for Visa Processing. Contact our travel expert for more details.

"Want a personalised quote or more details about group departures and travel preparation? Reach out today, and we'll walk you through it step by step."

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

PRICE INCLUDES

- **Documentation**

: Tibet Permits

: Tibet Visas

: Special Kailash Mansarovar Permit

: Applicable Entrance Fees to above-mentioned places

- **Transportation**

: All ground transportation in private vehicles

: Airport Pickup and Drop-Off Service

- **Accommodation**

: 3 □ Standard Accommodation where available

ADDITIONAL INR 22,000.00 PER PERSON | USD 300.00 PER PERSON for an upgrade to 5 □ standard Accommodation.

: Twin Sharing Basis in Kathmandu and Tibet, Group Sharing in Kailash Region

- **Support and Crew**

: Nepali Guide and Tibetan Guide

: Nepali Crew Members in Kailash Region

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

- **Meals**

Breakfast, Lunch, and Dinner (VEG)

: Drinking Water (2 bottles per day)

- **Sightseeing**

: **KATHMANDU** - Pashupatinath Temple, Guheshwori Shaktipeeth, Jalnarayan (Sleeping Vishnu) Temple

: **TIBET** - Lake Mansarovar, Holy Mount Kailash, Milarepa Cave, Drolma La Pass, Yamadwar, Gauri Kunda

- **Equipment**

: Medical Kits

: First Aid

: Oximeter daily check (Pulse and Oxygen Level)

: Enough Oxygen Cylinders

: Other Necessary Equipment

: Stick for Parikrama

- **Clothing**

: Down Jacket on a returnable basis

: Duffle Bag

: Day Backpack

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

: Hat

PRICE EXCLUDES

- Horse and personal helper during Kailash Parikrama/Kora

  Yak and yak handler charges for carrying personal luggage during the trek
- Rescue, evacuation, or medical expenses in case of emergency or separation from the group

  Travel insurance
- Personal expenses such as shopping, drinks, laundry, phone calls, etc.
- Any extra hotel stays or accommodation outside the planned itinerary
- Extra accommodation in Kathmandu due to early arrival or unforeseen circumstances
- Additional costs due to flight delays, cancellations, or weather disruptions
- Extra expenses caused by delays in Tibet permits or visa processing
- Tips and gratuities for guides, drivers, and support staff
- Hotel room upgrades during the trip

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1,400m)

Upon landing at Tribhuvan International Airport, you'll be warmly greeted by our local representatives, who will assist you with the airport formalities and transfer you to your hotel in the heart of the city. The drive to the hotel takes around 20 to 30 minutes, offering a glimpse into the vibrant streets and cultural essence of Nepal.

After check-in, take time to unwind, freshen up, and acclimatize to the mild altitude. Depending on your arrival time, you may choose to explore nearby markets or simply relax and enjoy a quiet evening. Dinner will be served at the hotel, and you'll meet your fellow yatris, an opportunity to connect with those who will share this once-in-a-lifetime pilgrimage.

Day 2: Kathmandu Sightseeing

The day begins early with a wholesome breakfast at your hotel before embarking on a spiritual sightseeing tour across some of Kathmandu's most revered temples. Your first visit is to Pashupatinath Temple, the most sacred Shiva shrine outside India, set on the banks of the Bagmati River. Here, you may witness morning aarti rituals, traditional cremations, and sadhus in deep meditation, all contributing to the temple's profoundly spiritual atmosphere.

From there, you drive to Bouddhanath Stupa, one of the largest stupas in the world and an essential center of Tibetan Buddhism. Pilgrims walk clockwise, spinning prayer wheels and chanting mantras, a powerful visual and spiritual experience. Next, visit the

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Gujeshwari Temple, a Shakti Peeth believed to house the yoni of Goddess Sati, a significant stop for devotees following tantric traditions.

The final stop before lunch is Jal Narayan Temple (Budhanilkantha), home to a serene, sleeping statue of Lord Vishnu floating on a bed of serpents in a pond. This peaceful temple surrounded by lush greenery contrasts with the vibrancy of earlier stops and allows for quiet contemplation.

You'll return to the hotel for lunch and some rest. In the evening, gather in the conference hall for a detailed tour briefing led by your tour leader and guides. This session will cover everything from the overland travel plan, packing checklist, altitude readiness, medical tips, and the spiritual significance of Kailash and Mansarovar. A Q&A session ensures all your doubts are cleared. You'll go to bed well-informed and spiritually aligned, ready for the road journey ahead.

Day 3: Drive from Kathmandu to Syabrubesi (1,460m) – Approx. 145 km / 7-8 Hours

After an early morning breakfast, you'll check out of the hotel and begin your overland journey towards Mount Kailash. Today's drive takes you northward through winding mountain roads, charming villages, and forested hills as you leave behind the chaos of Kathmandu. The journey, while long, is filled with picturesque scenes of terraced fields, distant Himalayan ridgelines, and rural life in Nepal.

We break for lunch en route at a highway restaurant, usually near the town of Trishuli or Betrawati, depending on the timing and road conditions. You'll have a chance to stretch your legs and enjoy a simple yet nourishing Nepali-style meal.

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

As the road narrows and climbs through scenic gorges, the vehicle gradually descends into the Langtang region, where Syabrubesi, a small border village, awaits. Nestled near the confluence of the Bhote Koshi and Langtang Khola rivers, Syabrubesi serves as a quiet transit hub for border-crossing travelers. Upon arrival in the late afternoon or early evening, you'll check in to a modest yet comfortable hotel.

Spend the evening at leisure you might stroll through the village, observe local Tamang culture, or simply rest in preparation for the border crossing and high-altitude travel beginning tomorrow.

Day 4: Drive to Kerung (2,700m) via Rasuwagadhi Border – Approx. 45 km / 2–3 Hours

Your day starts early with a hot breakfast in Syabrubesi, followed by a short but significant drive to the Nepal-China border at Rasuwagadhi, just 15 km away. Here, you will complete the immigration and customs formalities on the Nepal side, cross the Friendship Bridge on foot, and be welcomed by your Tibetan guide and transport team on the other side of the border.

The transition is not just bureaucratic but symbolic — as you step into Tibet (China Autonomous Region), the spiritual gravity of the journey deepens. After clearing Chinese immigration and health checks, you board the Tibetan vehicle, usually a well-equipped tourist bus or Land Cruiser, depending on your group size.

From the border, it's a 30-kilometre drive to Kerung (Kyirong) — a peaceful, windswept valley town surrounded by rugged cliffs and sparse alpine greenery. Upon arrival, you'll check into a local guest house. Since you're now at a higher altitude, the rest of the day is for rest and hydration. Our kitchen staff will serve warm, vegetarian meals and hot

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

fluids to support your body's acclimatization.

Spend the afternoon walking gently in the surrounding area or relaxing indoors. Mobile networks may work sporadically here, so it's the perfect time to disconnect and begin turning inward.

Day 5: Drive from Kerung to Saga (4,640m) – Approx. 165 km / 6–7 Hours

We move deeper into the majestic landscapes of Tibet. Today's drive from Kerung to Saga covers about 165 kilometers, and it is both breathtaking and dramatic in its scenery. The road climbs higher, winding through arid valleys, past salt flats, and across the expansive Tibetan Plateau, where snow-capped peaks begin to appear on the horizon.

We stop en route for lunch at a roadside Tibetan restaurant or a pre-packed lunch arranged by our kitchen team, depending on local availability and group comfort. These mid-journey breaks also offer a chance to enjoy the vast emptiness and silence that characterizes the Tibetan landscape.

As you approach Saga, the terrain shifts again, and the Brahmaputra River (known as Yarlung Tsangpo in Tibet) may come into view, snaking its way through desolate hills and open plains. Saga is a small military town, but also an essential logistics stop for all travelers heading toward Mansarovar and Kailash.

Upon arrival in the late afternoon, you'll check into a basic yet comfortable hotel. Dinner will be served hot by our staff or the hotel kitchen, and you'll receive guidance on how to cope with this new altitude, now above 4,600 meters. It's natural to feel shortness of

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

breath, fatigue, or slight headaches. These are normal signs of altitude adaptation.

Hydration, rest, and light meals remain the top priority today, along with a full night of sleep.

Day 6: Rest & Acclimatization in Saga (2,700m)

Today is completely dedicated to acclimatization, a crucial process that prepares your body to adjust to the thinner air of the Tibetan Plateau. You'll stay in Kerung for the full day, which lies at a relatively moderate elevation that aids in gradual adaptation before ascending to Saga and beyond.

After breakfast, you may join your guide for a light hike around the village. Saga's surroundings are serene and spectacular with views of rocky outcrops, prayer flags fluttering in the breeze, and yaks grazing in the distance. Walking slowly, breathing deeply, and staying hydrated are key parts of today's schedule.

Back at the guest house, enjoy a freshly cooked lunch and rest. Our kitchen team ensures that meals are easy to digest and energizing, typically consisting of rice, lentils, soups, boiled vegetables, and herbal teas. You'll also be reminded to drink plenty of warm water and avoid heavy exertion.

The afternoon is kept light. You can spend time journaling, meditating, or simply sharing stories with fellow yatris. Our tour leader may also offer a short spiritual talk or breathing session to help calm the mind and center the body ahead of the higher climbs.

Day 7: Drive from Saga to Lake Mansarovar (4,590m) – Approx. 450 km / 7–8 Hours

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Today marks one of the most spiritually significant legs of your journey the drive to Lake Mansarovar, the sacred freshwater lake nestled in the shadow of Mount Kailash. The day starts early with breakfast in Saga, and we begin a long but visually captivating drive across the expansive Tibetan plateau.

The route takes you through Paryang, a remote settlement where you'll stop briefly for refreshment and to stretch your legs. The terrain becomes increasingly stark and surreal windswept plains, distant snow peaks, and herds of wild antelope grazing freely under the vast, cobalt-blue sky. It's as if you're driving through a dream.

As you approach Lake Mansarovar, the first glimpse of Mount Kailash may appear far in the distance a sacred and humbling moment for every pilgrim. Your arrival at the lake is often timed around mid to late afternoon. Here, you'll pause on the banks of this holy body of water, believed by Hindus to be the source of creation, and by Buddhists, Jains, and Bonpo followers to be the axis mundi, or the center of the universe.

Depending on weather and timing, you may also take a short walk along the lake or perform ritual puja (prayer offering), meditation, or simply sit in silence as the serene waters reflect the sky and mountains. Some yatris may even take a ritual dip or sprinkle water on their heads a deeply symbolic act of purification.

You'll stay in a guesthouse or fixed tent camp near Chiu Gompa, an ancient monastery perched atop a hill overlooking the lake. Dinner is served hot and nourishing, with the chill of high altitude now fully present. The night by Lake Mansarovar is cold and quiet, with a celestial sky stretching endlessly above.

Day 8: Lake Mansarovar Exploration and Drive to Darchen (4,575m) – Approx. 60 km / 2 Hours

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Today offers both spiritual engagement and gentle travel. You'll begin the morning with a short exploration around Lake Mansarovar, especially around Chiu Gompa Monastery, where you can climb the hill for panoramic views of the lake, snow-capped Gurla Mandhata, and distant Kailash. This is also a moment to perform your personal puja, offer water, flowers, incense, or prayers connecting with your chosen deity or inner self.

After a simple breakfast, the group continues toward Darchen, the base town located just north of Lake Mansarovar and directly south of Mount Kailash. Though the drive is short, the spiritual weight of the journey deepens as Kailash appears closer its iconic pyramid shape rising starkly against the barren landscape.

Darchen, once a small nomadic settlement, is now a modest town with hotels, shops, and facilities catering to pilgrims. After checking into your hotel, you'll rest and prepare for the three-day Kailash Parikrama (Kora) the most challenging and transformative phase of the yatra. Our staff will assist you with packing a small duffle bag for the trek while main luggage stays behind in the vehicle.

Those who need to hire a horse or porter for the kora will be assisted in the afternoon, with arrangements finalized locally. You'll also meet your Tibetan trek guide and get last-minute instructions for tomorrow's trek. Sleep early tonight the Kora begins at dawn.

Day 9: Drive to Yamadwar and Trek to Derapuk (4,920m) – First Day of Kailash Kora – 12 km / 6-7 Hours

Today is the start of the Kailash Parikrama, a sacred 3-day circuit around the holy mountain, performed by devotees seeking liberation from karmic cycles. You'll wake early, have a light but energizing breakfast, and drive approximately 7 km to Yamadwar "The Gateway of the God of Death." This symbolic place marks the beginning of the

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Kora. It is believed that passing through Yamadwar frees you from the fear of death, allowing you to begin the spiritual cleansing of the Parikrama with a purified heart.

At Yamadwar, you'll catch your first close-up view of Mount Kailash an awe-inspiring moment where many pilgrims bow, cry, or stand in silent reverence. After a short ceremony or prayer, the trek begins. Today's trail is relatively moderate, following the Lha Chu Valley alongside the flowing river with views of waterfalls, cliffs, and majestic glaciers.

You'll walk steadily for about 6 to 7 hours (depending on your pace), covering 12 km to reach Derapuk Monastery, located at the foot of the north face of Mount Kailash. This spot is considered the most spiritually potent location of the entire yatra the north face of Kailash appears impossibly close and imposingly divine. You may witness devout pilgrims prostrating every few steps or whispering mantras with tearful eyes.

Dinner is served in the trekking guesthouse, where you'll share the day's reflections with fellow travelers. The night will be cold and quiet, and though sleep may be light due to altitude, the spiritual weight of the experience blankets everything.

Day 10: Trek from Derapuk to Zuthulpuk via Drolma La Pass (5,630m) – Second Day of Kailash Kora – Approx. 22 km / 9–10 Hours

Today is both the most challenging and spiritually rewarding day of the entire Kailash Parikrama. After a very early start and a light breakfast, you'll begin your ascent towards Drolma La Pass, the highest point of the trek at 5,630 meters. This segment demands physical stamina, mental resilience, and most importantly, spiritual devotion.

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

As you leave Derapuk, the path begins with a steady incline. Yaks, porters, and fellow pilgrims share the trail, all moving in quiet determination. The trail becomes steeper and rockier, snaking past Shiva-sthal, a powerful spiritual site where pilgrims traditionally leave behind old clothes, hair strands, or items symbolic of their past karma with the belief that what is left here is burned in Yama's fire and the soul moves forward purified.

From Shiva-sthal, the path turns rugged and windswept as you push through thinning air toward Drolma La, often adorned with prayer flags flapping wildly in the wind. At the top, you'll pause briefly to take in the vastness a sea of colored flags, icy peaks, and an overwhelming sense of divine presence. This is the spiritual climax of the journey, where pilgrims pray for liberation and blessings.

The descent from Drolma La is steep and can be slippery, often covered with patches of snow even in summer. Just below the pass lies Gauri Kund (also known as Parvati Kund) a glacial turquoise lake believed to be where Goddess Parvati bathed. Though access to the lake is limited, a distant view is enough to stir deep reverence.

The remaining trail to Zuthulpuk is long but gentler, passing through vast stone valleys and grassy banks. You'll walk alongside the river, eventually reaching the guesthouse near Zuthulpuk Monastery, known for the cave where Milarepa, the Tibetan yogi saint, meditated.

By the time you arrive, you'll be physically exhausted but spiritually uplifted. Dinner will be hot and simple, served at the guesthouse by our support team, and you'll sleep early body aching, and heart full.

Day 11: Finish Kailash Kora and Drive back to Saga – Third Day of Kailash Kora – Trek 8 km / Drive Approx. 460 km

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

The final day of the Parikrama begins with a relaxed morning the toughest part is behind you. After breakfast, you'll set off for the last leg of the kora, an 8-kilometer walk on a relatively flat and open trail along the river valley.

As you walk, Mount Kailash slowly disappears behind you, as if bidding farewell. You'll reflect on the intensity and transformation of the last two days the pain, the silence, the prayer, and the raw contact with nature and divinity.

By mid-morning, you'll reach the end point where your vehicles await. After regrouping and a quick break, you'll board the bus or jeep for the long drive back to Saga. This drive takes around 7 to 8 hours, retracing your steps through Darchen and along the same desert-like plains and glacial river crossings. You'll stop for lunch en route and stretch as needed.

Upon arriving in Saga in the evening, you'll check into your hotel, welcomed again by familiar surroundings and warm food. It's a time to share stories, reflect on your pilgrimage, and finally rest in a soft bed after three unforgettable days on the trail.

Day 12: Drive from Saga to Kerung – Approx. 165 km / 6–7 Hours

After breakfast, the journey continues back toward the Nepal border. The drive to Kerung retraces the route you took days ago but now, with Mount Kailash behind you, the road feels different. The spiritual work is done, and most pilgrims feel a quiet sense of peace, accomplishment, and deep reflection.

You'll travel through the same wide-open landscapes, with snow-capped peaks in the distance and dry river beds shimmering under the high-altitude sun. Stops are made for tea, snacks, and bathroom breaks. Our team ensures you stay hydrated and comfortable as the altitude begins to decrease.

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Upon arrival in Kerung, you'll check into a local guesthouse. The afternoon is free for rest or a short stroll around the quiet town. With better oxygen levels and milder temperatures, most pilgrims begin to feel physically better by this stage.

It's also a time to prepare for the final border crossing tomorrow. Our team will guide you through any remaining formalities and ensure your bags are in order.

Day 13: Drive from Kerung to Kathmandu – Approx. 165 km to border + 155 km to Kathmandu / Total 9–10 Hours

Your final full day on this sacred journey begins early, as you prepare to cross back into Nepal. After breakfast in Kerung, you'll drive toward the Rasuwagadhi border, navigating the winding mountain roads that descend gradually from the arid Tibetan plateau to the green hills of the Himalayan foothills.

As you approach the Tibet-Nepal border, our Tibetan team will assist you with Chinese immigration formalities. You'll then walk a short distance across the Friendship Bridge, where our Nepali team will receive you on the other side and guide you through the immigration process in Rasuwagadhi.

After clearing the border, you'll board your Nepali vehicle and continue the drive through Syabrubesi, passing small hamlets, terraced fields, and cascading waterfalls a lush contrast to the dry and windswept Tibetan terrain. Along the way, you'll stop for lunch in a local roadside restaurant, enjoying familiar Nepali flavors and fresh produce.

The drive back to Kathmandu, though long and winding, offers beautiful scenery deep gorges, hanging bridges, river valleys, and forests echoing with birdsong. By late evening, you'll arrive in Kathmandu, where a comfortable hotel and a warm welcome

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

await you.

There’s a sense of both relief and nostalgia as you check-in. You’ll likely feel lighter physically, mentally, and spiritually carrying with you memories that will linger long after you’ve unpacked your bags. A celebratory dinner may be arranged, or you might simply choose to rest and reflect.

Day 14: Departure from Kathmandu – Transfer to Airport

Your final day in Nepal begins with a peaceful morning and a leisurely breakfast at the hotel. Depending on your flight time, you may have some free time for last-minute shopping be it prayer flags, Tibetan singing bowls, or rudraksha malas, or to simply walk through Kathmandu’s old quarters one last time.

Our representative will assist you with check-out and transfer you to Tribhuvan International Airport, ensuring a smooth departure process. As you drive through the city’s busy streets, the experience of the past two weeks may replay in your mind the surreal landscape of Tibet, the solemn serenity of Lake Mansarovar, the raw energy of the Kailash Kora, and the connections you made with people from all walks of life.

This journey, while measured in days and kilometers, touches something timeless within. You return home not only with photographs and souvenirs but with a deeper sense of self, purpose, and inner clarity.

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

FREQUENTLY ASKED QUESTIONS

1. What What is the Kailash Mansarovar Yatra Overland via Kerung?

This journey is a 14-day spiritual pilgrimage that begins in Kathmandu, Nepal. It involves crossing the Nepal-Tibet border at Kerung and continues all the way to Mount Kailash and Lake Manasarovar.

2. Why choose the Overland route via Kerung?

This route is the quickest and most comfortable way to reach Mount Kailash. It’s perfect for those who prefer traveling by road rather than taking flights to Lhasa, and it allows for a gradual increase in altitude, making it suitable for many pilgrims.

3. What is the best time to undertake the Kailash Mansarovar Yatra via Kerung?

The ideal time for the Yatra is from May to September. During these months, the weather tends to be more stable, the roads are open, and visibility around Mount Kailash is at its best.

4. How physically fit do I need to be for the Yatra?

Participants should have moderate fitness levels, as you’ll need to walk 10–12 kilometers each day at high altitude.

5. What kind of altitude sickness might I experience, and how is it managed?

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Common symptoms of altitude sickness can include headaches, nausea, and dizziness. To manage this, the itinerary includes acclimatization days in Kerung. Additionally, oxygen cylinders and first aid kits are provided, and guides will monitor your health daily.

6. Can senior citizens join the Yatra?

Absolutely! Many senior pilgrims complete the Yatra. However, it’s essential to have a medical fitness certificate, and we strongly recommend hiring a horse or porter for the Parikrama for added support.

7. What currency should I carry?

You should bring Chinese Yuan (CNY) for use in Tibet and Nepalese Rupees (NPR) while in Nepal. Currency exchange services are available in both Kathmandu and Saga.

8. Is there a helicopter option on the Kerung route?

Unfortunately, there is no helicopter option on the Kerung overland path. The helicopter service is only available via the Simikot–Hilsa route, which follows a different itinerary.

9. How do I book and confirm my participation?

To book your spot, simply visit Trek Curator’s website or contact the travel team. A booking deposit will secure your seat, and the remaining payments can then be arranged according to the group schedule.

© 2026 Trek Curator