Trek Curator
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Kailash Mansarovar Yatra via Lhasa - 13 Days

Experience the spiritual power of Mount Kailash and the serenity of Lake Mansarovar with our expertly guided route through Lhasa.

Embarking on the Kailash Mansarovar Yatra via Lhasa is a sacred journey that beautifully intertwines elements from Hindu, Buddhist, Jain, and Bon traditions. This spiritually enriching and adventurous trek leads you to the majestic Mount Kailash and the serene Lake Manasarovar. The journey begins in Kathmandu, where travelers explore sacred temples before proceeding to Lhasa, the cultural heart of Tibet. According to ancient scriptures, Lhasa is regarded as the spiritual center of the universe.

This journey uniquely merges cultural exploration of Tibetan Buddhism and rituals with the ultimate sacred circumambulation of Kailash, visiting monasteries known to be among the holiest pilgrimages. It also offers a chance to purify your mind, body, and soul through prayers, meditation, and the holy kora. It’s a perfect blend of deep religious significance, thrilling high-altitude adventure, and stunning Himalayan landscapes. Ultimately, it’s where faith meets adventure.

Kathmandu’s Sacred Sites

The Yatra typically begins with visits to sacred sites in Kathmandu. Here, travelers will explore the Pashupatinath Temple, a major pilgrimage site dedicated to Lord Shiva, as well as the Gujeshwari Temple, linked to the goddess Sati, and the Bouddhanath Stupa, one of the largest Buddhist stupas in the world. Additional sites include the beautiful Jalnarayan Temple, featuring a reclining Vishnu, and Swayambhunath Stupa, also known as the “Monkey Temple,” where you can enjoy spectacular views of the Kathmandu valley.

Cultural Experience in Lhasa

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In Lhasa, travelers can immerse themselves in the local culture by visiting the Potala Palace, a UNESCO World Heritage Site and former residence of the Dalai Lama. The Jokhang Temple serves as Tibet's spiritual heart, while Barkhor Street offers a taste of a traditional Tibetan market and pilgrimage circuit.

Lake Manasarovar

Lake Manasarovar is venerated as a source of purity and life, making it ideal for ritual bathing, meditation, and offering prayers. It is believed to cleanse sins and bestow blessings. Visitors also have the opportunity to glimpse Lake Rakshastal, which is associated with the mythological figure Ravana.

Mount Kailash Kora

Day 1: Trek from Yamadwar to Derapuk, featuring breathtaking views of Kailash's north face.
Day 2: Cross the Drolma La Pass (5,630m), the trek's most challenging yet spiritually rewarding segment.
Day 3: Continue to Juthulpuk and complete the sacred circuit.

Why Choose This Tour?

This pilgrimage is considered the ultimate journey for Hindus and Buddhists alike, uniquely combining cultural exploration in Kathmandu and Lhasa with the spiritual adventure of Kailash–Mansarovar. It offers a well-rounded experience of spiritual devotion, cultural immersion, and nature exploration all in one trip. Also, walking around Mount Kailash is a once-in-a-lifetime experience cherished by pilgrims and travelers from around the globe. Additionally, participants can engage in puja meditation and take a holy dip in Mansarovar. The tour also provides expert guidance from a professional support team, ensuring safe and smooth trekking logistics and safety.

Start your Yatra today – Reserve your place on this sacred path!

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PRICE INCLUDES

- Accommodation: Hotels in Kathmandu, Lhasa, Shigatse, Saga, and guesthouses during the trek
- Meals: Daily breakfast, lunch, and dinner during the trek and tour days
- Transportation: Airport transfers, Kathmandu-Lhasa-Kathmandu flights, road transfers in Tibet (Lhasa to Kailash and back)
- Permits & Fees: Tibet Travel Permit, Kailash Entry Permit, Sagarmatha National Park Permit, and all necessary government fees
- Guides: Experienced English-speaking local guides and trekking support team
- Trekking Support: Porters and/or horses for carrying luggage during Kailash Kora trek
- Sightseeing: Entrance fees to all listed temples, monasteries, and cultural sites in Kathmandu and Lhasa
- Medical Support: Basic first aid kit and altitude sickness management assistance
- Spiritual Activities: Guided puja ceremonies, meditation sessions, and ritual bathing at Lake Manasarovar
- Travel Insurance: Emergency evacuation and rescue insurance during the trek (if provided)
- Cultural Experiences: Participation in Tibetan rituals, local market visits, and spiritual tours
- Arrival & Departure Assistance: Meet and greet services at airports

PRICE EXCLUDES

- International Airfare: Flights to and from Kathmandu (arrival and departure city)
- Visa Fees: Indian visa or Nepal entry visa, Tibet visa fees (unless arranged by the operator)

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- Personal Expenses: Laundry, phone calls, tips, souvenirs, and extra snacks/drinks
- Travel Insurance: Comprehensive travel insurance covering trip cancellation, medical evacuation (unless included)
- Altitude Sickness Medication: Such as Diamox or other prescription drugs
- Optional Activities: Any optional tours or side trips not mentioned in the itinerary
- Single Supplement: Extra charges for solo travelers requiring a single room
- Excess Baggage Fees: At airports or during flights
- Tips & Gratitudes: For guides, porters, drivers, and hotel staff (customary but voluntary)

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu

Upon arriving at Tribhuvan International Airport in Kathmandu (1,400m), you will be warmly welcomed by our representative, who will then take you to your hotel. After checking in, take some time to freshen up and acclimatize to the altitude. If time allows, feel free to explore the nearby local markets (Thamel) or simply unwind and enjoy a peaceful evening. Dinner will be served at the hotel, where you'll have the chance to meet fellow yatris—an opportunity to connect with others who will share this memorable pilgrimage. You'll spend the night at the hotel in Kathmandu.

Day 2: Full-Day Sightseeing in Kathmandu

Get ready for a full day of exploration in Kathmandu! After a hearty breakfast, you'll be picked up from the hotel and head to the sacred Pashupatinath Temple, a major site for Shiva worship. Here, you'll have the chance for darshan and may witness morning aarti rituals, traditional cremations, and sadhus in deep meditation. Next, visit the Boudhanath Stupa, a significant spiritual hub for Tibetan Buddhists. Your sightseeing will culminate at the Swayambhunath Stupa, also known as the "Monkey Temple," where you can enjoy spectacular views of the Kathmandu valley. Also, you will visit the Gujeshwari Temple, linked to the goddess Sati, and the Jalnarayan Temple, featuring a reclining Vishnu . After the day's adventures, you will return to your hotel and take a moment for any last-minute shopping for warm clothes, snacks, or essential items. In the evening, you will attend a comprehensive pre-yatra orientation session, where you'll receive important information regarding the yatra and gather necessary documents

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(passport, photos, travel insurance). You'll also receive valuable tips on altitude sickness, clothing, safety, and food. After the session concludes, dinner will be served.

Day 3: Kathmandu to Lhasa

Rise early according to your flight time, as you'll be picked up from the hotel and taken to the airport. Enjoy a scenic flight from Kathmandu to Lhasa (Gonggar Airport), where, weather permitting, you might catch glimpses of Mt. Everest, Kanchenjunga, and Makalu. After approximately 1.5 hours, upon landing at Gonggar Airport in Lhasa (3,650m), you'll be transferred to your hotel for check-in. The rest of the day is free for rest and acclimatization—remember to hydrate and avoid physical exertion to prevent altitude sickness. A light evening walk is optional. You'll spend the night in Lhasa.

Day 4: Full-Day Sightseeing in Lhasa

Today, immerse yourself in the rich culture of Lhasa. Visit the iconic Potala Palace, a UNESCO World Heritage Site and former residence of the Dalai Lama, which houses sacred shrines and relics. Then, explore Jokhang Temple, Tibet's most revered spiritual center, filled with pilgrims prostrating in devotion. Your day wraps up with a stroll through Barkhor Street, the traditional marketplace where you can shop for Tibetan souvenirs, prayer wheels, and thangka paintings. If time permits, consider visiting a local Tibetan medicine center or monastery before returning to your hotel to prepare for the next day's journey.

Day 5: Lhasa to Shigatse

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After breakfast, set off on a scenic drive to Shigatse. You'll be treated to beautiful views along the Yarlung Tsangpo River and traverse the Kambala Pass (4,800m). If time allows, stop by Yamdrok Lake, a stunning turquoise body of water considered one of Tibet's holiest lakes. You may also visit Pelkor Monastery and Gyantse Kumbum in Gyantse. After a 5 to 6-hour drive, you'll arrive in Shigatse (3,800m), Tibet's second-largest city. Time permitting, explore Tashilhunpo Monastery, the seat of the Panchen Lama, before settling in for the night.

Day 6: Shigatse to Saga

Prepare for an early departure this morning as you embark on a long drive of approximately 450 km. Enjoy the breathtaking views of the Tibetan plateau, driving along the Brahmaputra River (Yarlung Tsangpo) while crossing high-altitude passes and vast plains. A stop at Lhatse for meals will provide a much-needed break. Surrounded by stunning landscapes with vistas of the Himalayas, rivers, and nomadic settlements, you'll reach Saga (4,640m) in the evening, where you can rest in your hotel to acclimatize. Overnight stay in Saga.

Day 7: Saga to Manasarovar

After breakfast, you'll set out on a scenic drive through the stark, barren landscapes of Paryang, navigating high passes that offer stunning views of the snow-capped peaks. As you near Horchu, you'll catch your first glimpse of the majestic Mount Kailash from a distance. After approximately 8 to 9 hours on the road, you'll arrive at Lake Manasarovar, a sacred site for Hindus, Buddhists, Jains, and Bon followers, believed to be a wellspring of spiritual power. Here, you can engage in various spiritual rituals (puja), meditate, or take a holy bath, weather permitting. Collecting some of the lake's

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holy water in a bottle or small container is a recommended practice. Later, you'll visit the nearby Rakshas Tal, a lake associated with the demon king Ravana. You'll spend the night at a guesthouse or camp near Manasarovar.

Day 8: Exploration of lake Manasarovar and Drive to Darchen

Begin your day with morning meditation and an optional short kora (circumambulation) around the lake. Next, you'll visit Chiu Monastery, perched on a hilltop that overlooks the lake, providing panoramic views. Engage in further spiritual activities such as chanting, reading scriptures, or participating in group prayers. Afterward, you'll enjoy a brief drive to Darchen (4,670m), the base for the Mount Kailash Kora (circumambulation). During your time here, you'll prepare for the 3-day trek ahead, receiving a briefing on what to expect. You can hire yaks, porters, or horses if needed, followed by a final health check and oxygen level assessment. You will spend the night in Darchen.

Day 9: Darchen to Yamadwar then Trek to Derapuk

A short drive will take you to Yamadwar, known as the Gateway to the God of Death, marking the symbolic start of the kora. You'll perform prayers here before embarking on your first day of parikrama. The trek to Derapuk (4,900m) offers breathtaking views of the North Face of Mount Kailash. Although the trek is challenging, the spiritual experience is incredibly uplifting, featuring mostly flat terrain with gradual ascents. You'll overnight at a guesthouse or tent in Derapuk.

Day 10: Trek to Juthulpuk via Drolma La Pass

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This day is considered the most challenging of the journey. You'll ascend to the Drolma La Pass (5,630m), the highest point of the trek, where you'll pause to offer prayers that symbolize liberation. From there, you'll descend to Gauri Kund, a sacred lake associated with Goddess Parvati, where it's believed she bathed. Continuing to Zuthulpuk (4,790m), you'll pass meditation caves used by saints and monks. Overnight accommodations will be basic at Zuthulpuk.

Day 11: Finish Kailash Kora, Drive back to Saga

On this day, you'll trek for about three hours to reach the endpoint of the kora near Darchen. A vehicle will be waiting to transport you back, kicking off your return journey. You'll drive back to Darchen to gather your belongings and then continue to Saga. Along the way, you'll have lunch and some time to reflect on your spiritual and physical transformation. Take the chance to explore nearby sites or interact with locals, and you'll spend the night in Saga.

Day 12: Drive from Saga to Kathmandu

Early in the morning, you'll head to Kathmandu, driving via the Kyirong Border. Enjoy a scenic drive across the Tibetan plateau, passing small villages and picturesque valleys. You'll stop for lunch either at Paryang or Old Dzongba and will then continue your drive towards Kyirong Town, near the Nepal-China border, winding through mountain roads, rivers, and dramatic Himalayan scenery. After reaching Kyirong, you'll proceed to the Rasuwagadhi Border Checkpoint, completing immigration and customs procedures on both sides. Cross the Friendship Bridge into Nepal on foot, then catch a Nepalese vehicle at the border to continue your journey to Kathmandu via Syabrubesi, Dhunché, and the Trishuli Highway.

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Day 13: Departure

Depending on your flight schedule, enjoy breakfast and perhaps do some last-minute shopping or a stroll through Thamel for souvenirs or prayer items. Make sure all your belongings, including personal items and holy water, are packed and ready. Our representative will arrange your airport drop-off about 3–4 hours before your flight, assisting with check-in and immigration if needed. Fly back home, carrying with you the memories of a deeply spiritual and transformative journey.

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FREQUENTLY ASKED QUESTIONS

1. What makes the Kailash Mansarovar Yatra via Lhasa unique?

This sacred pilgrimage is a profound journey that intertwines the traditions of Hinduism, Buddhism, Jainism, and Bon. It encompasses spiritual rituals at the revered Mount Kailash and serene Lake Manasarovar, alongside a cultural exploration of Lhasa, including visits to the iconic Potala Palace and Jokhang Temple.

2. How challenging is the Yatra, and who can participate?

The Yatra involves traveling at high altitudes (reaching up to 5,630 meters) and includes moderate trekking. Individuals in good health and with average fitness levels can participate, provided they obtain medical clearance before the trip.

3. What health and safety measures are in place?

Trained staff will monitor your daily health and oxygen levels. Emergency oxygen cylinders and first-aid supplies are readily available. To combat altitude sickness, acclimatization days are strategically included, and we strongly recommend travel insurance with evacuation coverage. Staying properly hydrated and acclimated is essential for a safe experience.

4. When is the best time to undertake this journey?

The ideal time for this pilgrimage is from May to September, when Tibet experiences relatively stable weather. It’s best to steer clear of the winter months due to the possibility of snow and road closures.

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5. How is emergency evacuation managed?

In the event of severe altitude sickness or other medical emergencies, ground evacuation will be organized. Additionally, helicopter rescue services are available in the Nepal region for an extra fee. We work closely with local authorities to ensure rapid medical assistance when needed.

6. How far in advance should I make my booking?

It’s advisable to book your trip at least 3 to 4 months ahead of your departure since permits are limited. Early booking guarantees your inclusion on the Chinese group permit list.

7. What is the typical group size?

You can expect groups to consist of about 20 to 40 pilgrims, all supported by comprehensive logistical assistance.

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