

Earthbound Expeditions

Holy Kailash Mansarovar Yatra via Lhasa

12 days, from US$2,987 per person

Duration	Group size	Country
12 days	**30 people**	**Tibet**

Holy Kailash Mansarovar Yatra via Lhasa Overview

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This Kailash Mansarovar Yatra via Lhasa is designed for pilgrims who wish to visit Mount Kailash (Kailash Parvat), the abode of Lord Shiva, and Lake Mansarovar, the lake of Brahma.

Mount Kailash and Lake Mansarovar in Tibet form one of the most important Hindu pilgrimage sites in the Himalayan region. The site is dedicated to Lord Shiva, and many devotees hope to visit it once in their lifetime.

Earthbound Expeditions has taken thousands of people from around the world to Kailash Mansarovar since 1999.

You benefit from our knowledge and experience, as we have been taking people safely to Kailash Mansarovar for the last 20 years. We operate the tour ourselves and do not hand groups over to local agents.

Mount Kailash rises from the Tibetan plateau. About 46 km from Kailash lies the large Lake Mansarovar, whose colour changes through the day.

A pilgrimage to Mount Kailash and a bath in Lake Mansarovar are believed to bring salvation (moksha) and to wash away the sins accumulated during a person's life.

Mount Kailash is believed to have formed 30 million years ago, in the early stages of the formation of the Himalayas. It is one of the most revered places in the Himalayas, and saints, gurus, masters, meditators and seekers have travelled there for thousands of years.

Mansarovar and Mount Kailash are among the holiest pilgrimage sites for followers of Hinduism, Jainism, Buddhism, Bon and many other faiths. Each year, thousands of devotees make the journey through the mountains, which can be difficult and demanding, and across the plains of China (Tibet) or Nepal to reach this sacred place.

For Hindus, Mount Kailash is the earthly form of Mt. Meru, the spiritual centre of the universe. Meru is described as a world pillar 84,000 miles high, around which everything else revolves, with its roots in the lowest hell and its summit in the heavens. At the top live Lord Shiva (Paramashiva, Kailashapati and MahaRudra) and his consort Parvati.

For the Jains and other Indian religious groups, Kailash is the site where Shiva achieved enlightenment.
For followers of Bon, an older religion, it is the site where its founder Shenrab is said to have descended from heaven.

For centuries, pilgrims have travelled very long distances to seek enlightenment or cleanse themselves of sin, facing harsh weather and bandit attacks. Today Earthbound Expeditions makes this journey easier for you. We have over 20 years of experience taking pilgrims to Kailash Mansarovar. We provide good hot food, care, good equipment and comfortable hotels throughout the journey.

Our 12-day Lhasa to Kailash and back to Lhasa journey begins with a drive across the Himalayas in western Tibet to Lake Mansarovar. Here you join the many pilgrims who, for centuries, have come to this remote south-western corner of Tibet to walk around the sacred mountain, which is considered the centre of the universe (Sumeru Parvat).

Kailash is very important in the folk religion of Tibet. It is regarded as the soul of the country and as a protector of all Tibetans. It is the source of four great Asian rivers, the Indus, Sutlej, Brahmaputra and Karnali, and stands isolated and prominent among the few mountains around it. It is a remarkable place to visit once in a lifetime.

If you would like to visit Everest Base Camp in Tibet, add days to visit Tirthapuri or the Guge kingdom (Tholing and Tsaparang), or add a day at the north face (to touch Kailash, Charan Sparsh), this is possible at extra cost and requires additional days in your itinerary. Please let us know if you wish to customise the itinerary, and we will be happy to help.

Many companies run tours, and we aim to run and manage ours to a high standard.

Our business is driven by passion rather than profit. We also support social causes: we built 153 classrooms after the earthquake, have built many schools and libraries, and run health camps. Please see https://enepaltrekking.com/csr/our-business-is-more-passion-driven-than-profit/ for details. By travelling with us, you support an organisation with a commitment to corporate social responsibility.

Earthbound Expeditions is recommended by Lonely Planet, TripAdvisor, the New York Times, the Guardian and many other national and international newspapers and magazines. The leader and co-owner of the company, Mr. Rajan Simkhada, has led the trip to Kailash Mansarovar over 18 times, and our support team is trained and professional, with many years of experience on Himalayan expeditions.

Meals, transport and equipment for the Kailash Mansarovar Yatra

For the Kailash Mansarovar tour, we arrange your Tibet travel permit. We provide a duffel bag, down jacket, sleeping bag, beanie and buff. Our trained cook prepares hot meals every day (South Indian, North Indian and some Western food). You have caring staff, a good bus and a support truck. We perform puja and havan at Mansarovar. On the shore of the lake, we provide hot water from Mansarovar for bathing in a shower tent before the puja and havan, and we prepare prasad. We also bring the havan samagri.

The Kailash and Mansarovar parikrama (kora)

We drive all the way to Mansarovar by bus. The Mansarovar parikrama is done by bus (provided by the Ngari Kailash tourism authority). For the Kailash parikrama (kora), we drive to Tarboche (Yama Dwar) and walk from there for 3 days. The total walking distance around Kailash is about 40 km over 3 days. The first day to Diraphuk is about 14 km, the second day via the Dolma La pass to Zuthulphuk is about 18 km, and the third day is about 8 km to the end point of the parikrama.
If you cannot walk, you can ride a horse, or return to Darchen from Yama Dwar and wait there for the others to complete the Kailash kora.

Itinerary

Day 1

Fly to Lhasa from Chengdu, Beijing, Shanghai, Guangzhou or another city

Fly to Lhasa, the capital of Tibet and its holy city, from Chengdu, Beijing, Shanghai, Guangzhou or another city in China. We recommend that you spend a night in one of these cities first. We arrange your permit to enter Tibet and your hotel in the city where you stay overnight. On arrival at Lhasa airport, our representative takes you to your hotel to rest.

Altitude: 3,656 m On foot: None, arrival day Night: Hotel, Lhasa Meals: Dinner

Day 2

Lhasa sightseeing tour

Lhasa has more sites than can be visited in a single day. Its best-known landmark is the Potala Palace, built in 637 AD, which contains over 1000 rooms and 10,000 shrines. You visit the Norbulingka, or Summer Palace, often called the Park of Treasures, which was a residence of the Dalai Lama. Depending on the time available, we also visit monasteries around Lhasa, such as Sera and Drepung. After the tour, we go to the Barkhor bazaar, where you can shop for souvenirs. After breakfast, drive to Shigatse. Shigatse is the second largest city in Tibet, and its main attraction is the Tashilhunpo Monastery. You can walk up to the Shigatse Dzong, which resembles the Potala and stands on a hilltop with wide views from the top. You also visit the Tashilhunpo Monastery, the seat of the Panchen Lama.

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast, Lunch, Dinner

Day 3

Drive to Shigatse (3900 m)

Drive to Shigatse (3900 m), the second largest city in Tibet. In the evening, visit Tashilhunpo Monastery, the seat of the Panchen Lama. Overnight in a hotel.

Altitude: 3,900 m On foot: None, 6–7 hr drive Night: Hotel, Shigatse Meals: Breakfast, Lunch, Dinner

Day 4

Drive from Shigatse to Saga

We leave early in the morning for Saga, about 450 km from Shigatse. It is a long drive, so we make regular stops on the way.

Altitude: 4,640 m On foot: None, 8–9 hr drive Night: Hotel, Saga Meals: Breakfast, Lunch, Dinner

Day 5

Drive from Saga to Lake Mansarovar via Dongba and Prayang

In the morning, we leave Saga for Lake Mansarovar, a distance of 470 km. The road is in good condition, and the drive takes 9 to 10 hours. The route to the Mayum La pass includes several river crossings and has panoramic views of the Himalayas. Today you have your first view of Lake Mansarovar and of Mt. Kailash from the Horr Chu pass. We stay overnight at Chiu Gompa.

Altitude: 4,590 m On foot: None, 9–10 hr drive Night: Guesthouse, Chiu Gompa Meals: Breakfast, Lunch, Dinner

Day 6

Rest day at Lake Mansarovar, puja and havan

We spend a day at Lake Mansarovar, which helps with acclimatisation. You can bathe in the lake and perform puja and havan. In the evening, pack and prepare for the three-day Kailash kora (parikrama).

Altitude: 4,590 m On foot: Optional 2–3 hrs Night: Guesthouse, Chiu Gompa Meals: Breakfast, Lunch, Dinner

Day 7

Drive from Mansarovar to Darchen and Tarboche, trek to Diraphuk

The day begins with a morning puja and havan. After breakfast, we drive to Darchen. The route to Diraphuk has impressive scenery. On the first day of the parikrama, we drive to Tarboche and then trek to the north face of Kailash (Diraphuk Gompa). We walk west in a clockwise direction, and after a few kilometres the trail climbs to a cairn at 4730 metres, from where you can see the south face of Mount Kailash. Yaks carry the camping equipment. The Kailash parikrama covers about 18 km today.

Altitude: 4,900 m On foot: 6–7 hrs Night: Guesthouse, Dirapuk Meals: Breakfast, Lunch, Dinner

Day 8

Trek from Diraphuk over Dolma La to Zuthulphuk Gompa

Today is the second day of the Kailash parikrama and the most demanding one. We trek up to the Dolma La pass, 5600 metres above sea level, where we say our morning prayers. The weather at Dolma La is unpredictable, so be prepared for all conditions. On the way, we have darshan of Gauri Kund, where Hindus worship and bathe in the lake. Lunch is served as usual, and we camp in front of the Medicine Buddha Mountain near Zuthulphuk Gompa. If you have difficulty walking, a horse or yak ride is available at extra cost. Note: those doing the Inner Kora go to Darchen. Overnight in camp tents.

Altitude: 4,790 m On foot: 22 km, 8–10 hrs Night: Tented camp, Zuthulphuk Meals: Breakfast, Lunch, Dinner

Day 9

Trek from Zuthulphuk, drive to Darchen and Saga

Today is the third day of the parikrama. After breakfast, we trek around 10 km to complete the three-day circuit of Mt. Kailash. At the end of the trek, our jeeps wait to drive us to Darchen, where we collect the passengers who did not do the Kailash parikrama. We then drive to Saga.

Altitude: 4,640 m On foot: 10 km, 3–4 hrs Night: Hotel, Saga Meals: Breakfast, Lunch, Dinner

Day 10

Drive from Saga to Shigatse

After breakfast, we say goodbye to the Nepali staff, who return to Nyalam and Kathmandu, and you drive to Shigatse via Lhatse. If the weather is clear, you can see Mt. Everest on the way. It is a long drive, so bring enough snacks.

Altitude: 3,900 m On foot: None, 8–9 hr drive Night: Hotel, Shigatse Meals: Breakfast, Lunch, Dinner

Day 11

Drive from Shigatse to Lhasa

In the morning, visit the monastery and then drive to Lhasa. On the way, you cross a high pass and pass Yamdrok Tso lake.

Altitude: 3,656 m On foot: None, 6–7 hr drive Night: Hotel, Lhasa Meals: Breakfast, Lunch, Dinner

Day 12

Departure

Today you depart from Lhasa. You can travel on to mainland China or fly to Kathmandu.

Altitude: 3,656 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers in China and in Tibet.
- Twin-share accommodation in 3-star hotels (Chengdu, Beijing, Shanghai, Guangzhou or another city).
- Accommodation in Tibet in guesthouses and hotels.
- Full board with hot vegetarian meals (breakfast, lunch and dinner) prepared by our experienced cook (South Indian, North Indian, Gujarati and some Western food).
- Special Tibet travel permits and entrance fees.
- Transport in Tibet by van or coach.
- Support truck to carry the luggage and all camping gear.
- All staff (guide, cook and other support staff from Nepal).
- Camping equipment when needed.
- Yaks and yak handlers to carry supplies during the parikrama (a horse or yak for riding costs extra).
- Oxygen cylinder and Gamow bag (portable altitude chamber, PAC).
- The portable altitude chamber is equipment that relieves the symptoms of altitude sickness. Using it reduces the risk of death from altitude sickness.

Not included

- International flights to Lhasa and return.
- Personal insurance and emergency rescue charges.
- China visa fee.

- Extra porter and transport charges in the event of landslides or emergencies.
- Personal clothing and accessories, and costs arising from unforeseen events such as landslides, political disturbance, re-routing or cancellation.
- Single supplement and bar bills (soft drinks, mineral water, alcohol, etc.).
- Personal porter, or horse or yak to ride during the parikrama.
- Personal medical and evacuation insurance.
- Laundry and other personal expenses.
- Tips for the staff, which are expected, and any other expenses not mentioned above.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/holy-kailash-mansarovar-yatra-via-lhasa