



Earthbound Expeditions

Gurla Mandata Expedition

30 days, from US\$8,397 per person

Duration

30 days

Group size

Unlimited People

Country

Tibet

GRADE B [DIFFICULT CLIMBING] TIBET The spectacular Gurla Mandata Massif makes up part of the western section of The Himalayan Himal, lying in the Burang (Purang) county of west Tibet. It is close neighbors to the sacred Mount Kailash...

Day by day

Day 1

Arrival Kathmandu – Hotel

Welcome to Nepal. You will receive on your arrival by one of our representatives at Kathmandu airport. You will be transported to your hotel, check into the room and spend relaxing time until we meet again in the evening for the 'Gurla Mandata Expedition' Journey short briefing. Overnight at the hotel.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu sightseeing

For two entire days, we will spend on a tour of the Kathmandu valley. You will visit the significant UNESCO World Heritage Sites which includes: Pashupatinath – a pilgrimage for Hindus where you can watch as the Hindu dead bodies are cremated most uniquely in the world. Swoyambhunath – the ancient Buddhist Stupa in Kathmandu Valley, a delightful abode for lots of monkeys hence also acknowledged as Monkey Temple. It's also a perfect vantage point to see Kathmandu valley. Boudhanath, the biggest Buddhist temple in the world, is a site for Tibetan Buddhism where we can visit monasteries; watch the Holy Monks chanting and ritual going around the temple. And lastly, the Patan Durbar Square–A Medieval Royal Palace area which is also known as the city of fine arts, we can see the most beautiful example of metal and stone carving back to 14th century and even the fantastic Nepali Architecture. Overnight at the hotel in Kathmandu.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Drive Via Zhagmu

Today we depart from Kathmandu early in the morning towards Tibet border through beautiful villages, terraced fields and amazing sceneries along the way. First, we drive to the Tibetan border where we clear immigration formalities and then drive up to the Zhagmu town. We rest for the nights at the hotel in several villages.

Altitude: 2,300 m On foot: None, 6–7 hr drive Night: Hotel, Zhangmu Meals: Breakfast, Lunch, Dinner

Day 4

Rest Day prepare load for base camp

After a couple of days of driving and trekking, we rest and prepare for expedition in the base camp of Gurla Mandata. The preparation is must necessary before we move further for the big adventure of a lifetime. The professionals will organize everything for the coming days and make you mentally prepare. Overnight at the camp,

Altitude: 5,600 m On foot: Optional 2–3 hrs Night: Tented camp, Gurla Mandhata Base Camp Meals: Breakfast, Lunch, Dinner

Day 5

Climbing period.

From day nine to twenty, the days are spent climbing the gorgeous Gurla Mandata. The climbing period will be challenging both physically and mentally. The highest elevation of Gurla Mandata is 7,694 meters. Gurla Mandata was first surmounted in 1985 by a Sino-Japanese expedition. The climbing is relatively safe with the route crossing the left side of the glacier to reach the plateau under the summit's ridge. The scenery is magnificent down below the stretches, and the arid Tibetan plateau is enhanced in beauty by the sparkling lake Mansarovar and Rakyas with Mount Kailash as the backdrop.

Altitude: 7,694 m at the summit On foot: 10–12 hrs on summit day Night: Tented camp, the high camps Meals: Breakfast, Lunch, Dinner

Day 6

Back to Base Camp of Gurla Mandata

After summiting the Mount Gurla Mandata, on the 21st day, we get back to base camp, which is at the foot of the glacier at 5,600 meters. Overnight at the field.

Altitude: 5,600 m On foot: 5–6 hrs Night: Tented camp, Gurla Mandhata Base Camp Meals: Breakfast, Lunch, Dinner

Day 7

Trek around Holy Mount Kailash

After adventurous climbing to Gurla Mandata, today we have a holiest trek around the beautiful Mount Kailash. Wonderful lake Mansarovar, snowcapped Mt. Kailash, awe-aspiring Tibetan plateau and a large number of different monasteries are the top highlights you get to explore in this holy place.

Altitude: 5,630 m at the Dolma La On foot: 6–9 hrs a day Night: Tented camp, Kailash kora Meals: Breakfast, Lunch, Dinner

Day 8

Drive to the Nepal – Tibet border

After exploring the holy Mount Kailash, Lake Mansarovar and other religious sites for three days, today we drive towards Nepal–Tibet border passing through many beautiful villages and resting in a guesthouse for overnight on the way.

Altitude: 4,640 m On foot: None, 9–10 hr drive Night: Guesthouse, Saga Meals: Breakfast, Lunch, Dinner

Day 9

Drive back to Kathmandu, farewell party

On the 29th day of the trek, we leave the Himalayas behind and drive back to Kathmandu city. In the evening, we will have a farewell party in one of the cultural restaurant of the valley and take some moment to cherish the moments you had on this expedition. Last overnight in Nepal at Kathmandu.

Altitude: 1,400 m On foot: None, 10–12 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 10

Final Departure

The adventurous 'Gurla Mandata Expedition' of yours in Nepal concludes today. We will gratefully drop you at the International airport 2–3 hours before your flight schedule. You will be flying back home with lots of memories from this spiritual journey to cherish for the rest of your life.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- All airport pickups and drops, services in Kathmandu
- 3/ 4 / 5 star hotel accommodation in Kathmandu. (Depending on the package you choose)
- Kathmandu valley sightseeing with guides and entrance permits.
- Tibet Visa and permit.
- Tents, sleeping mats and camping gears.
- Kitchen, toilet, dinning and bathing tent. [We normally provide twin sharing tent and if you would like to have single tents, please let us know in advance]
- All entrance fees in Tibet.
- All the staffs with their insurance (Cook, kitchen boy, helping Sherpa)
- Transportation by four wheel drive. [Land cruiser - latest model - 4 people in each jeep]
- Truck for luggage's and equipments.
- Gambo bag [High altitude chamber]
- Oxygen bag.

Not included

- International airfare
- Bar bills (soda pop, beer, water etc) and other personal expenses.
- Nepal re-entry visa [For NRIs, European and Americans]
- Emergency rescue charges if necessary.
- Tips and gratitude's to staffs.
- Photography charges, where applicable in Tibet.