

Earthbound Expeditions

# Holy Kailash Mansarovar Yatra / Tour via Kerung / Naylam

13 days, from US$2,747 per person

| Duration | Group size | Country |
| --- | --- | --- |
| **13 days** | **20 people** | **Tibet** |

# Holy Kailash Mansarovar Yatra / Tour via Kerung / Naylam Overview

Kailash Mansarovar overland yatra from Kathmandu, Nepal

## Kailash Mansarovar overland yatra from Kathmandu, Nepal

This 13-day Kailash Mansarovar Yatra follows the route from Kathmandu to Kerung or Nyalam, Saga, Mansarovar and Kailash, and returns to Kathmandu by the same route.
The pilgrimage takes you to two of the most important religious sites in Tibet, Mount Kailash and Lake Mansarovar, which are sacred to followers of Hinduism, Buddhism, Jainism and the Bon religion. Earthbound Expeditions has taken thousands of people to Kailash Mansarovar since 1999.
You can read reviews from our travellers on TripAdvisor.

In 2023 we resumed our Tibet tours and organised trips to Kailash Mansarovar. You can see photos on our Facebook page:
https://www.facebook.com/earthboundexpd. We have also prepared a short video about the Kailash Mansarovar journey, which you can watch on YouTube: https://www.youtube.com/watch?v=4ZWwbTq0nZU

Earthbound Expeditions has designed this 13-day itinerary, which starts in Kathmandu with darshan at Pashupatinath and continues to Kailash Mansarovar overland via the Nepal and China border at Kerung or Nyalam, returning by the same route. This is the shortest, least expensive and most reliable classic route to the Kailash Mansarovar area.
We can also organise the Kailash tour via Lhasa, or via Simikot and Hilsa in west Nepal.
If you wish to join the Kailash Mansarovar Yatra via Lhasa and be in the Mansarovar and Kailash area on a full moon day, please email us. We have fixed departure dates for the 2024 Kailash Mansarovar tour on a group basis, and private groups can also be arranged. You can plan a Kailash Mansarovar tour with us from the USA, the UK or anywhere else in the world. Please contact us by email or WhatsApp on +977 9851017772 for details.
While you wait for your China visa and Tibet permit in Kathmandu, you can join our Muktinath tour or Gosainkunda trek, which helps with acclimatisation and lets you see more of Nepal.

Mount Kailash (6,638 m), known to Hindus as Kailash Parvat, is the most sacred mountain in Asia. Hindus believe that Kailash Parvat is the abode of Lord Shiva, which is why he is known as Kailashpati Mahadev. The peak is also sacred to Buddhists, Jains and followers of Bon. Lake Mansarovar lies on the Tibetan plateau beside Mount Kailash and is connected to nearby Lake Rakshastal by the natural Ganga Chhu channel. Its colour changes through the day. A pilgrimage to Mount Kailash and a holy bath in Lake Mansarovar are believed to bring salvation (moksha) and to remove all the sins acquired during a lifetime.

Several routes lead to Kailash and Mansarovar. On this trip we cross the China border at Kerung. The journey to Mt. Kailash Mansarovar is much easier today than in the past, but some people still find it challenging, particularly the circumambulation of the mountain (the parikrama or kora of Kailash). Please prepare yourself well, both mentally and physically, before joining the Kailash Mansarovar journey. If you have difficulty with the Kailash parikrama, you can hire a horse or yak to ride at extra cost.

Besides the Mt. Kailash and Lake Mansarovar parikramas, the main highlights of this journey are Tirthapuri, the place of Vishnu where the Sutlej river flows; Gauri Kund, the lake of compassion; Yama Dwar, the starting point of the Mt. Kailash parikrama; Shivasthal; Ashtapad, at the foot of the sacred mountain; Tarboche, the flagpole; and the sky burial site.

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 Lake Mansarovar for bathing in a shower tent before the puja and havan, and we prepare prasad. We also bring the havan samagri.

You benefit from our knowledge and experience, as Earthbound Expeditions has been taking people safely to Kailash Mansarovar for the last 24 years. We operate the tour ourselves and do not hand groups over to local agents.

Many companies run tours, and we aim to run and manage ours safely, to a high standard and in a spiritual way.

Our business is driven by passion rather than profit. We also support social causes: we played a key role in building over 155 classrooms after the earthquake, have built many schools and libraries, run health camps, help children with their education and create jobs for local people. 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, 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.

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**

### Arrive in Kathmandu (1300 m)

Check in to the hotel. In the evening, we give a short briefing about the Kailash Mansarovar tour.

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

**Day 2**

### Pashupatinath Temple and drive to Nagarkot

After breakfast, attend puja and rudra abhishekam at Pashupatinath Temple and visit the Sleeping Vishnu. After the temple tour, drive to the hill station of Nagarkot for the views and acclimatisation.

Altitude: 2,175 m  On foot: Easy walking, 1–2 hrs  Night: Hotel, Nagarkot  Meals: Breakfast, Lunch, Dinner

**Day 3**

### Sunrise at Nagarkot and drive to Kathmandu

Watch the sunrise and mountain views from Nagarkot, then drive back to Kathmandu. On the way, visit Doleshwor Mahadev (the head of Kedarnath) and Patan Durbar Square (the old palace) before returning to Kathmandu.

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

Day 4

### Drive from Kathmandu to the Kerung or Nyalam border

We leave Kathmandu very early in the morning by reserved tourist bus for the Nepal and China border (Timure and Syabrubesi). We meet our Tibetan guide and drive to Kerung in a Chinese vehicle.

Altitude: 2,800 m  On foot: None, 8–9 hr drive  Night: Hotel, Kerung  Meals: Breakfast, Lunch, Dinner

Day 5

### Acclimatisation day in Kerung or Nyalam

We take short day hikes to help with acclimatisation.

Altitude: 2,800 m  On foot: Optional 2–3 hrs  Night: Hotel, Kerung  Meals: Breakfast, Lunch, Dinner

Day 6

### Drive from Kerung to Saga or New Dongba (4500 m)

Drive across Tibet, with views of Mt. Shishapangma (8021 m), Gauri Shankar and other high mountains.

Altitude: 4,500 m  On foot: None, 5–6 hr drive  Night: Hotel, Saga  Meals: Breakfast, Lunch, Dinner

Day 7

### Drive to Lake Mansarovar, overnight near Chiu Gompa

Today you have your first view of Lake Mansarovar and darshan (view) of Mt. Kailash from the Horr Chu pass. We complete the lake parikrama by bus.

Altitude: 4,590 m  On foot: None, 8–9 hr drive  Night: Guesthouse, Chiu Gompa  Meals: Breakfast, Lunch, Dinner

Day 8

### Full day at Lake Mansarovar, puja and havan

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

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

Day 9

### Drive to Darchen and Tarboche, trek to Diraphuk

We drive to Darchen and then to Tarboche (Yama Dwar), and trek up to Diraphuk Gompa, which has a close view of the north face of Mount Kailash.

Altitude: 4,900 m  On foot: 12 km, 6–7 hrs  Night: Guesthouse, Dirapuk  Meals: Breakfast, Lunch, Dinner

Day 10

### Trek to Zuthulphuk Gompa, second day of the parikrama

We trek up to the Dolma La pass (5600 m), offer short prayers at the pass, and descend towards Gauri Kund before continuing to Zuthulphuk Gompa. If you cannot walk, a horse or yak ride is available at extra cost.

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

Day 11

### Trek from Zuthulphuk to Darchen and drive to Saga

Trek from Zuthulphuk to Darchen, where the Kailash parikrama ends. On the same day, we drive to Saga.

Altitude: 4,500 m  On foot: 12 km, 3–4 hrs  Night: Hotel, Saga  Meals: Breakfast, Lunch, Dinner

Day 12

### Drive to the Kerung border and on to Kathmandu

Drive to the Kerung or Nyalam border between Nepal and Tibet and continue to Kathmandu. Overnight in a hotel in Kathmandu.

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

Day 13

### Departure

After breakfast, you depart for home, or you can extend your trip to Muktinath, Pokhara or Chitwan National Park.

Altitude: 1,300 m  On foot: None, departure day  Night: No overnight  Meals: Breakfast

## What's included

- Arrival and departure transfers by air-conditioned coach.
- Twin-share accommodation in 3-star hotels with full board meals (hotel upgrades possible at extra cost).
- Sightseeing tours with monument entrance fees.
- Bus from Kathmandu to Timure and back.
- Luxury bus for the Tibet tour.
- One support truck.
- Best available accommodation at Kerung, Saga, Lake Mansarovar, Darchen, Diraphuk and Zuthulphuk during the Kailash journey.
- Full board vegetarian meals prepared by our experienced cook and staff.
- Boiled water free of charge.
- English-speaking Tibetan guide.
- One team leader and experienced support staff.
- All travel permits.
- Tibet and China visa fee.
- Duffel bag, beanie and snood, free of charge.
- Down jacket and sleeping bag, to be returned after the trip.
- First aid medical kit.
- Oxygen bottle and PAC (portable altitude chamber).
- One bottle of holy water from Lake Mansarovar.

### Not included

- International flights and travel insurance.
- Evacuation costs in the event of an emergency.
- Hire of a horse, pony or porter during the 3-day Kailash parikrama.
- Personal expenses.
- Any other expenses not mentioned above.

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