



## Mount Kailash

Mt. Kailash and Manasarovar are rooted in antiquity dating back to Vedic era and Manasarovar is believed to have originated from the mind of Lord Brahma, hence called Manas-Sarovar. Four great rivers of Asia- Karnali, Sutlej, Indus and Brahmaputra originate from Kailash region. For those without a specific faith the mountain's physical form and colour makes it a natural symbol of purity.



## Detailed Itinerary

### Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal "KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

### Day 2: Explore Kathmandu

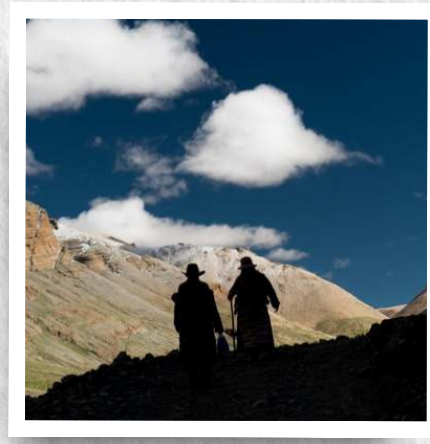
"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of its most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

### Day 3: Ancient cities and hill station

Explore some of the old town out of Kathmandu city and then we head toward Nagarkot a beautiful hill station with lush hill and great mountain views.

The cities in the Kathmandu Valley are made up of 3 ancient cities and Patan is located across the Bagmati River to the south of Kathmandu city. Patan is also known as Lalitpur, the city of fine arts. According to legend the founding of Patan dates back to Pre-Christian times. As opposed to the Malla cities of Kathmandu and Bhaktapur that were mainly influenced by the Hindu religion, Patan was for many years a major Buddhist city. It is believed that it was founded in the third century B.C. by the famous Buddhist emperor, Ashoka, who visited the town while on a pilgrimage from Northern India and built four stupas that enclosed the center of the old town.

Khokana is a tiny traditional village lies about 8 km from south of Kathmandu which has held its own tradition and culture. The village is popular for its oil pressing center where mustard seeds are pressed using traditional methods. Traditional weaving done by elderly ladies, men crushing seeds on the street and courtyards are the daily activities that could be seen in this farming communities.



### Day 4: Bhaktapur City and back to Kathmandu

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## **Day 6: IN LHASA**

After breakfast visit the beautiful Potala Palace which was residence of Dalai lama & Jokhang Temple which is the spiritual center of Tibet, & Barkhor Bazar, a typical Tibetan market.

## **Day 7: LHASA – GYANTSE – XIGATSE/Shigatse**

After breakfast depart for the Tsangpo in Chusul, from where it goes step to the pass of Kampa La (4794 m), which offers a splendid view across the azure waters of Lake Yamdrok Tso (4450 m). Arrive at Gyantse (3900 m) once the center of control of caravans heading to Bhutan and Sikkim. Visit Kumbum stupa, the largest "Chorten" existing in Tibet, with its 73 rooms decorated with frescoes by magnificent 27,000 Figure Buddhist iconography, expression of Newari. The stupa is connected to Palkor Chode Monastery. Continues drive to Shigatse (3900 m, 90 km).

## **Day 8: XIGATSE/Shigatse – SAGA**

After breakfast full day drive to Saga through typical land scape of Tibet.

## **Day 9: SAGA – MANASAROVAR**

A full day drive takes us across the vast dry plains to the small town of Prayang there are several river crossings to negotiate before we see our first view of Mt. Kailash from Horr Chu Pass. We then arrive at the beautiful Lake Manasarovar, just 30km south of Mt Kailash. It is separated from another lake, Rakshas Tal, by a narrow strip of land and the two lakes are linked by a small channel. On the rare occasions when water flows in this channel, it is said to be a good sign for the Tibetan people.

## **Day 10: IN MANASAROVAR – DARCHEN**

To day you can take a round of lake manasarovar and take holi bath in the lake and afternoon we drive for about 35 km towards Mt Kailash and Darchen. This is the starting point for our kora, the 53km trek around the mountain.

## **Day 11: DARCHEN – DIRAPHUK**

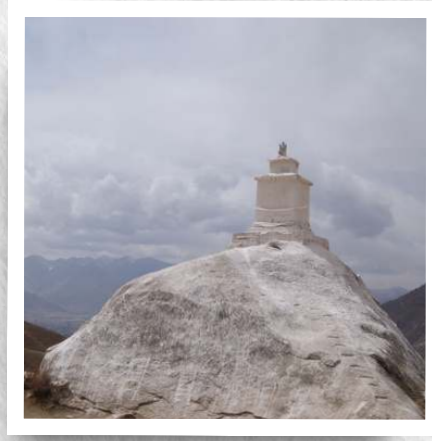
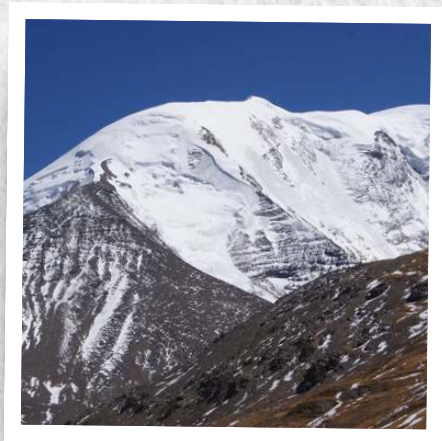
We start our Kora Parikrama today and walk up the LhaChu Valley through beautiful green meadows and streams with Mt Kailash towering above us. We follow the river which enters a narrow canyon with high, steep cliffs and spectacular waterfalls. Continuing up the valley, the north face of Kailash comes into view before we reach the 13th century monastery at Dirapuk.

## **Day 12: DIRAPHUK – ZUTULPHUK**

We now leave the Lha Chu Valley and enter the DrolmaChu Valley, heading up towards a high pass, the Drolma La (5630m). It's a tough climb to the summit which is festooned with prayer flags but from there it is all downhill or flat to Zutul-puk, with views of one of the highest lakes in the world, Thukpe Dzingbu Lake, known as the Lake of Compassion. As well as the monastery at Zutul-puk, there are several meditation caves and another cave containing an image of Milarepa.

## **Day 13: ZUTULPHUK – SAGA**

On the final day of the kora we cross several streams, and follow an impressive gorge. Along the way we are once again treated to magnificent views of Kailash. We then enter the Bharka plain and it's about an hour's walk through this desert-like landscape to Darchen and drive to East bank of Manasarovar. We continue drive back to Saga.



## **Day 14: SAGA – XIGATSE**

Drive back to Shigatse. Remaining of the day will be free for relax or explore the market.

## **Day 15: XIGATSE – LHASA**

Drive back to Lhasa. Remaining of the day will be free for relax or personal activities.

## **Day 16: FLY LHASA – KTM**

Drive to airport and upon arrival transfer to hotel and free time to walk around to local market and shopping

## **Day 17: Drive to Airport**

Drive to airport and farewell.



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