

## Mt. Kailash Guge Kingdom Tour - 23 Days

Mt. Kailash guge kingdom trek or kailash mansarovar yatra is the perfect blend of religious Mt. Kailash and the cultural guge kingdom tour along with the visit to scared Mansarover Lake. This spiritual kailash mansarovar yatra holds the prime importance for both Hindus and Buddhists. For hindus, Mt. Kailash is the home of Lord Shiva whereas for Buddhists it can be considered as the holy place where Lord Budhha had visited in 5th century. Guge kingdom plays a vital role in preservation of Tibetan Buddhism.

We embark for this kailash mansarovar yatra after taking a flight to Lhasa and sightseeing around the city. After visiting the famous monasteries, landmarks and palaces, we drive towards the scared Mt. Kailash and holy Mansarovar lake. It is believed that taking a dip on holy mansarover lake washes all our sins and purifies our soul. Further diving towards Zanda and Tsaparang we reach the Guge kingdom and drive back to tholing by evening after exploring Guge valley, Tsaparang castle and tholing monastery. The scenic trip continues towards Paryang, saga, Nyalam and finally concludes at Kathmandu.

This kailash mansarovar yatra includes overland driving and trekking in remote areas of Tibet. All the travelers with moderate level of physical fitness can join this ultimate Tibet Trip organized by Icicles Adventure Treks and Tours.

## PRICE INCLUDES

- Airport drop and pick up by car.
- Sightseeing tour in Kathmandu valley as per above programs.
- two night's hotel in Kathmandu inclusive of breakfast Land Transfer by Jeep in Tibet Part.
- Chinese visa and Tibet travel permit.
- Tibetan English speaking guide during the tour/trek.
- Twin sharing accommodation as per tour program.
- Camping gears for Kailash tour like two men tent/dining tent/kitchen tent/toilet tent & all kitchen gears.
- Meal (Breakfast, Lunch, Dinner) during trip in Tibet.
- Yak and Yak men for Mt. Kailash Cora, supported , cook, helpers.
- Staff insurance.
- Monasteries entry permits, Lhasa city tour, Lhasa – Kathmandu flight as per the above itinerary
- Pick up from friendship bridge to Kathmandu by jeep.

## PRICE EXCLUDES

- Cold drinks/alcoholic beverages
- Nepal visa, Nepal Re- entry visa
- Travel insurance
- tips for guide, porters, driver, and yak men.

## ITINERARY IN DETAIL

### **Day 1: Arrival in Kathmandu airport (1345meters)**

Our airport representative will be receiving you at Tribhuvan International airport, Kathmandu and s/he will be displaying an icicles adventure treks and tour signboard outside the airport terminal. You will be then transferred to your respective hotel in our private tourist vehicle. Overnight at Hotel.

### **Day 2: Obtain Chinese Visa and Kathmandu Valley Sightseeing Tour**

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Darbar square, Swayambhunath Temple, Boudhanath Stupa & Pashupatinath Temple. Overnight at Hotel. (Breakfast Included)

### **Day 3: Fly to Lhasa airport picking up, have a good rest in the afternoon**

Overnight at hotel. (Breakfast, Lunch and Dinner Included)

### **Day 4: Sightseeing in Lhasa, visit Potala Palace, Jokhang Temple & Barkhor Market**

Overnight at Hotel. (Breakfast, Lunch and Dinner Included)

### **Day 5: Sightseeing in Lhasa, visit Drepung Monastery and Sera Monastery, Samie Monastery**

Overnight at hotel (Breakfast, Lunch and Dinner Included)

### **Day 6: Drive to Gyantse via Yamdrok Lake visits the famous Gyantse Kumpum (300km, 7hours)**

Overnight at guest house. (Breakfast, Lunch and Dinner Included)

### **Day 7: Visit Tashilumpo Monastery and Sakya Monastery**

Overnight at guest house. (Breakfast, Lunch and Dinner Included)

Drive to Shigatse to visit Tashilumpo Monastery, afternoon drive to Sakya, visit Sakya Monastery (240kms, 5hours). Overnight at Hotel. (Breakfast, Lunch and Dinner Included)

### **Day 8: Drive from Lhatse to Saga (300kms, 9hours, and 4450m high)**

Overnight at guest house. (Breakfast, Lunch and Dinner Included)

### **Day 9: Drive from Saga to Paryang**

through the windswept territory passing many villages and camps of Yak herders with the distance view of snow capped mountains (250km, 7-8hours, 4600m high). Overnight at Guest House. (Breakfast, Lunch and Dinner Included)

### **Day 10: Drive from Paryang to Lake Manasarovar**

through open territory with a view of distant mountains, Yak herders camp, if lucky might come across a herd of Kang (Wild Ass (294km, 8hours, 4558m high), you will have the first sight of Holy Kailash and Manasarovar. Overnight at guest house. (Breakfast, Lunch and Dinner Included)

### **Day 11: Rest Day**

Rest and sightseeing at Lake Manasarovar. Overnight at guest house. (Breakfast, Lunch and Dinner Included)

**Day 12: Drive from Lake Manasarovar to Darchen (60km, 2hours, 4560m high)**

prepare for trekking. Overnight at guest house. (Breakfast, Lunch and Dinner Included)

**Day 13: Trek from Darchen to Derapuk Monastery, 20km, takes about 5 - 6hours. Overnight at tent.**

(Breakfast, Lunch and Dinner Included)

The first day's parikrama is a gradual walk with multitudes of other local pilgrims chanting and praying. The trail leads to few ups and downs till we reach our camp at Derapuk (4,750 m.). Overnight at Tent.

**Day 14: Trek from Derapuk Monastery to Zuthulphuk Monastery by crossing Dolma-la Pass, 15KM, takes about 6 - 7hours**

Overnight at tent. (Breakfast, Lunch and Dinner Included)

**Day 15: Trek back to Darchen, 14Km, 4- 5hours**

The winding gradual tracks finally ends our holy pilgrimage 5 hours, overnight at guest house. (Breakfast, Lunch and Dinner Included)

**Day 16: Drive from Darchen to Zanda (250 Km, 7-8hours)**

overnight at tent. (Breakfast, Lunch and Dinner Included)

You will have a chance to have Tirthapuri hot-spring on the way.

**Day 17: Morning drive to Tsaparang (Guge Kingdom, 23km)**

Morning drive to Tsaparang (Guge Kingdom, 23km), and drive back to Tholing by the evening. Overnight at Guest House. (Breakfast, Lunch and Dinner Included)

**Day 18: Drive back to Darchen (250km, 7-8hours)**

Overnight at Guest House. (Breakfast, Lunch and Dinner Included)

**Day 19: Drive from Lake Manasarovar to Paryang (4540m)**

Overnight at guest house.

**Day 20: Drive from Paryang to Saga (4640m)**

Overnight at hotel. (Breakfast, Lunch and Dinner Included)

**Day 21: Drive from Saga to Nyalam (3800m)**

Overnight at Hotel. (Breakfast, Lunch and Dinner Included)

**Day 22: Drive Nyalam to Kathmandu. 125 km. 6-7 hrs**

Overnight at hotel. Breakfast Included)

**Day 23: Departure transfer to the airport. Farewell Breakfast Included)**