Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Mt Kailash Yatra - 15 Days

Beyond the towering expanse of the Himalayas rises the mystical Mount Kailash—a sacred peak revered across cultures and faiths as the earthly dwelling of Lord Shiva. Untouched by human ascent, Kailash is not merely a mountain; it is a spiritual axis, a symbol of purity, power, and liberation.

For countless generations, pilgrims have journeyed here to perform the holy circumambulation (Kora/Parikrama), a ritual honored in Hindu, Buddhist, Bon, and Jain traditions. This ancient practice is believed to cleanse past karma, elevate consciousness, and guide the soul toward ultimate freedom.

At the foot of this divine peak lies the radiant Lake Mansarovar, its crystal-clear waters reflecting the vast Tibetan sky. Considered one of the holiest lakes in Asia, Mansarovar is believed to purify the mind and spirit, offering blessings of peace, renewal, and enlightenment. The lake is also the legendary source of four mighty rivers—the Indus, Sutlej, Brahmaputra, and Karnali—further deepening its sacred significance.

Ancient texts, including the Skanda Purana, describe Mount Kailash as the cosmic center where earthly existence meets the divine—a place where spiritual energy is at its purest.

With years of experience in high-altitude Himalayan travel, Icicles Adventure is honored to guide pilgrims on this life-changing journey. Our expertise, cultural understanding, and dedication to safety allow travelers to connect deeply with the sacred essence of Kailash and Mansarovar.

Embark on this timeless pilgrimage with us and experience the transformative energy of Shree Kailash Parvat—where earth, sky, and spirit unite.

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PRICE INCLUDES

Arrival / Departure Transfers by private vehicle

5 Nights Accommodation in Kathmandu in a 4 star category hotel.

Sightseeing Tours with entrance fees.

Kathmandu / Timure / Kathmandu by BUS

Luxury Bus on Tibet Side

One Support Truck

Best available 3-star category accommodation at Kerung, Saga, and Darchen.

Guest house accomodation in dormitory in Manasarovar, Dirapuk and Zhuthulpuk

Full Board Vegetarian Meals

English Speaking Tibetan Guide

One Nepali Team Leader & Experienced Support Staff.

All Permits

Complimentary Duffel Bag

Dawn Jacket on returnable basis.

First aid-kit, Medical Oxygen, Pulse oximeter

PRICE EXCLUDES

Services Excluded:

- Insurance: Travel insurance or any other forms of personal insurance.
- Unforeseen Events: Costs arising from natural disasters, political disturbances, or other unforeseen events beyond our control.
- Personal Expenses: Expenses such as alcoholic beverages, laundry, telephone calls, and tips.
- Porterage: Charges for porter and yak services during the Kailash Kora.
- Helicopter ride from Kathmandu to Rasuwagadhi or from Timure to Kathmandu
- Porter Services for Kailash Kora
- Pony Hiring
- Tipping: Tips for guides, drivers, and other staff.
- Miscellaneous: Any expenses not listed in the inclusions

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ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu (1,350m)

Arrive at Tribhuvan International Airport, Kathmandu, where an Icicles Adventure representative will warmly welcome you at the arrival lounge with a placard for easy identification. You will then be escorted to your hotel, a comfortable 45-minute drive (approximately 8 km) from the airport. 4-star hotel

Day 2: Days 2: Yatra briefing in the morning- Half day Guided Sightseeing to Patan Durbar Square & Swoyambhunath

Your tour briefing will be started at 9 a.m. It will take about an hour. Then you will start the tour of some UNESCO World Heritage sites. 11 am we will start the tour to Swoyambhunath and Patan Durbar Square.

Swayambhunath-famously known as the Monkey Temple, is one of Kathmandu Valley's oldest and most iconic religious sites. Perched atop a hill overlooking the city, it offers panoramic views of Kathmandu and its surrounding mountains. The stupa's white dome, gilded spire, and all-seeing eyes of Buddha symbolize wisdom and compassion, attracting both pilgrims and tourists alike. The site is adorned with prayer wheels, statues, and shrines, and is home to playful monkeys that add to its unique charm. Visitors can walk around the stupa in a clockwise direction, spinning the prayer wheels and absorbing the serene, spiritual atmosphere.
Patan Durbar Square, located in the heart of Lalitpur (Patan), is a UNESCO World Heritage Site renowned for its exquisite Newar architecture. The square is lined with ancient palaces, temples, and courtyards, each showcasing intricate wood carvings, stone sculptures, and historical artistry. Key highlights include the Krishna Mandir, famous for its stone carvings depicting scenes from the Mahabharata, and the royal palace complex, which houses museums and galleries. Patan Durbar Square is a vibrant center of culture, history, and religion, providing visitors with a deep insight into Nepal's artistic and spiritual heritage.

Day 3: Day 3: Early morning at 6 am Pashupatinath Darshan and Doleshower Mahadev Darshan back to hotel for breakfast, rest for few hours and evening participate in aarati at Pashupatinath

Start your day early at 6:00 a.m. with a spiritual visit to Pashupatinath Temple, one of the most sacred Hindu temples dedicated to Lord Shiva. After Darshan at Pashupatinath; next, proceed to Doleshwar Mahadev Temple in Bhaktapur, believed to represent the head of Lord Shiva from Kedarnath. Explore the temple's tranquil surroundings, experience the local devotional practices, and capture the essence of this sacred site nestled in the gentle hills of Bhaktapur.

Return to your hotel for a relaxing breakfast and some well-deserved rest. Take a few hours to refresh and prepare for the evening activities.

In the evening, return to Pashupatinath Temple again to participate in the aarti ceremony, a vibrant and spiritually uplifting ritual performed at sunset. Immerse yourself in the devotional chants, sacred fire offerings, and the rhythmic sounds of traditional instruments, creating a memorable and transformative spiritual experience.

Day 4: Sleeping Vishnu (Budanilkantha temple) visit, final packing and preparation

Begin your day with pilgrimage visit to Sleeping Vishnu Temple. Come back to hotel for. After returning to the hotel, take time for final packing and preparation for your Kailash Yatra. Check your luggage, ensure all necessary

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documents, permits, and personal essentials are in order, and review the itinerary and instructions provided by your guide. By afternoon, we will get your visa granted. This is also a good moment to rest, hydrate, and mentally prepare for the high-altitude journey ahead.

Day 5: Drive from Kathmandu to Timure / Nepal-Tibet Border

Distance: 128 km (80 miles) | Duration: 7–8 hours | Altitude: 1,740?m / 5,709?ft

Your day begins with an early breakfast at your hotel, followed by departure in a private bus or jeep towards Rasuwagadhi, the Nepalese side of the Nepal-Tibet border. The drive is scenic, passing through lush green hills, terraced farmlands, and quaint villages, offering a glimpse into rural Himalayan life. For much of the journey, the road winds alongside the Trishuli River, a major Himalayan river originating from Tibet's high mountains.

As you enter the Langtang region, the route climbs along high mountain roads, revealing spectacular views of deep valleys, cascading waterfalls, and the surrounding peaks. This region is part of Langtang National Park, home to diverse flora and fauna and many popular trekking trails.

You will stop for lunch in Dhunche, a picturesque Tamang village nestled in the hills. Afterward, the journey continues along winding roads, descending to the riverside and navigating a few bumpy stretches. By late afternoon, you will reach Timure, the last settlement on the Nepalese side of the border. Here, you will check in to a guesthouse for your overnight stay, preparing for the next day's entry into Tibet.

Day 6: Drive from Timure to Kerung (2,700?m / 9,100?ft)

Distance: 40?km (25 miles) | Duration: 3–4 hours

Today, you will exit Nepal and enter the Tibet Autonomous Region of China. Your Nepali guide and driver will escort you to the Friendship Bridge, where you will complete border formalities. Upon finishing immigration, you will be welcomed by your Tibetan guide and driver, who will accompany you on the sacred journey toward Mount Kailash.

Board your vehicle and begin the drive to Kerung. Unlike the bumpy roads on the Nepalese side, the Tibetan roads are smooth, well-maintained, and offer a comfortable journey. After approximately 3–4 hours, you will arrive at Kerung, a bustling border town with wide streets, modern buildings, and ample amenities.

Kerung offers a variety of hotels and guesthouses with comfortable rooms for your overnight stay. There are several restaurants and shops, including Nepalese eateries where vegetarian meals are available. Your guide can assist in purchasing a Chinese SIM card if you wish to stay connected. Please note that popular Western apps like Google are restricted in China; local apps and search engines are used instead.

Day 7: Kerung Acclimatization & Short Hike (2,700?m / 9,100?ft)

Duration: 3–4 hours | Distance: 3?km / 1.8?miles

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As your journey takes you from lower elevations to the high altitudes of Tibet, proper acclimatization is essential. The thin air at high altitudes can lead to altitude sickness, with symptoms such as breathlessness, headache, nausea, palpitations, or loss of appetite. To ensure a safe and comfortable pilgrimage, an extra day in Kerung has been included for gradual adjustment.

During this acclimatization day, you can enjoy a gentle walk to the outskirts of Kerung, exploring the serene surroundings and preparing your body for higher elevations. Highlights include:

A visit to a sacred Buddhist gompa and Milarepa's meditation cave, offering insight into Tibetan spiritual traditions and a peaceful environment for reflection.
Exploration of Pakba Monastery, a pagoda-roofed Nepali-style temple believed to have been established by Tibetan Emperor Songtsen Gampo over a thousand years ago.
This day allows you to adapt to the altitude while immersing yourself in the local culture, history, and spirituality—laying the foundation for a safe and rewarding journey toward Mount Kailash.

Day 8: Drive from Kerung to Saga (4,640?m / 15,223?ft))

Distance: 180?km (112 miles) | Duration: 6–7 hours

Today, you will experience a significant altitude gain of over 1,500?m as you travel toward Saga, an important town along the Mount Kailash route. Your day begins with an early breakfast at the hotel, followed by departure in your private vehicle.

The road winds through scenic mountain landscapes, initially passing lush pine forests, flowing streams, and cascading waterfalls. As you ascend, the vegetation gradually thins, giving way to brown, arid hills that define the Tibetan plateau. If traveling during summer, you may see fields adorned with bright yellow buckwheat flowers, creating a stunning contrast against the rugged terrain.

En route, you will cross a long tunnel and encounter Pelku Lake, a picturesque spot ideal for photography and taking in the serene surroundings. Continuing onward, the green landscapes gradually vanish, and the terrain becomes predominantly dry and high-altitude as you approach Saga.

Saga, located in Shigatse Prefecture, is a lively town with modern streets, hotels, guesthouses, restaurants, and shops. Upon arrival, check into your lodge with modern amenities, enjoy a meal, and take a short acclimatization walk around the town to help adjust to the high altitude.

Day 9: Drive from Saga to Lake Mansarovar (4,600?m / 15,100?ft)

Distance: 450?km (280 miles) | Duration: 8–9 hours

Today is a special day as you journey to the sacred Lake Mansarovar, one of the most revered pilgrimage sites in Asia. The drive offers breathtaking vistas across the high-altitude Tibetan plateau, characterized by vast desert landscapes, rugged mountains, and serene open skies.

Along the way, you will pass the Yarlung Tsangpo River, the mighty source of the Brahmaputra, flowing gracefully beside the high-altitude terrain. You will also cross Meiyum La Pass, standing at an elevation of 5,211?m, offering

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spectacular panoramic views of the surrounding mountains. On clear days, the snow-capped peaks of the Himalayas, including Everest, Cho Oyu, Makalu, and Shishapangma, can be seen majestically on the horizon, with Nepal lying beyond the distant mountains. A picnic lunch will be arranged en route.

Upon arrival at Lake Mansarovar, take time to meditate by the lakeshore and soak in the serene atmosphere. According to Hindu tradition, the lake was created by Lord Brahma in his mind, and it is considered sacred by followers of Hinduism, Buddhism, Jainism, and Bon. From the lake, you can also enjoy views of the southern face of Mount Kailash.

While pilgrims may use the lake's water for ritual purification, bathing or swimming is strictly prohibited.

Overnight: Guesthouse with dormitory accommodation near Lake Mansarovar.

Day 10: Drive from Lake Mansarovar to Darchen (4,700?m / 15,421?ft)

Distance: 30?km (19 miles) | Duration: 1–2 hours

Begin the day early with preparations for a puja and havan ceremony near the shores of Lake Mansarovar. This sacred ritual is a spiritual highlight of the pilgrimage, after which you can enjoy a hearty breakfast.

For those interested in a short hike, you may ascend to Chiu Gompa, an ancient Buddhist monastery perched on a small hill overlooking the lake. According to Tibetan Buddhist tradition, Guru Padmasambhava, revered as the Second Buddha, meditated here during the last seven days of his life. From Chiu Gompa, enjoy enchanting views of Lake Mansarovar and the majestic Mount Gurla Mandata.

As you begin the drive to Darchen, the base town for the Kailash Parikrama, you will pass the Ganga Chu River, which flows into Lake Mansarovar and forms the Sutlej River. Mount Kailash itself is the source of four major rivers in the Indian subcontinent: the Brahmaputra, Sutlej, Indus, and Karnali.

On the route, you will also see Rakshas Tal (Lake of Demons), a stark contrast to Mansarovar. While Mansarovar is calm and teeming with life, Rakshas Tal is a brackish, saline lake with turbulent waters and no aquatic life, creating a dramatic and mysterious landscape.

Upon arrival in Darchen, a small settlement at the foot of Mount Kailash, check into a comfortable modern hotel. From here, you can admire breathtaking views of the south face of Mount Kailash along with the striking white pyramid of Mount Gurla Mandata.

Day 11: Kailash Parikrama Day 1: Darchen ? Yam Dwar ? Dirapuk (4,950?m / 16,420?ft) Drive: 20 minutes (7?km) | Hike: 15?km

Today marks the first day of the Kailash Parikrama (Kora), the sacred circumambulation around Mount Kailash. Begin the day early, packing the essentials needed for the hike. After a hearty breakfast, board your vehicle for a short drive to Yam Dwar, the symbolic gateway to Mount Kailash.

According to Hindu mythology, the Pandavas passed through Yam Dwar, guarded by Yamaraj, the god of death, on their journey to heaven. Pilgrims traditionally perform one, three, or seven parikramas around the gateway before

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crossing, and it is customary not to look back after entering, as it is believed to bring misfortune.

From Yam Dwar, the trail is gentle and manageable, allowing you to focus on the spiritual experience and the stunning surroundings. Early in the trek, you will enjoy a close-up view of the west face of Mount Kailash, with the lower peaks—Nandi and Arawat—visible along the way. The rock formations are said to resemble the sacred bull Nandi and the celestial elephant Arawat, while on the summit wall, you may spot the face of Buddhist saint Milarepa, identified by Hindus as Lord Hanuman.

About halfway along the trail, you can stop at small teahouses for refreshments and enjoy a picnic lunch amidst the pristine landscape. The wide open valleys are home to wild animals such as blue sheep, horses, and yaks, grazing peacefully in their natural habitat.

After covering approximately 15?km, you will reach Dirapuk, your stop for the night. A short hill climb precedes the settlement, rewarding you with a spectacular view of the north face of Mount Kailash. Accommodation is in a dormitory shared with fellow pilgrims, typically featuring four to five beds. Tonight, rest and reflect on the spiritual journey ahead.

Day 12: Kailash Parikrama Day 2: Dirapuk ? Dolma La Pass ? Zuthulpuk (4,835?m / 15,860?ft)

Trek Distance: 22?km (13.7 miles) | Duration: 8–10 hours | Highest Point: Dolma La Pass 5,630?m / 18,471?ft

Today is the longest and most challenging day of the Kailash Parikrama, as you traverse multiple mountain passes, including the highest point of your journey, Dolma La Pass at 5,630?m.

Start early in the morning, crossing the river near Dirapuk Monastery as you begin your ascent. The trail initially climbs gently, passing pristine streams, snow-clad peaks, and lush grassy meadows (in summer). Along the way, you will enjoy close-up views of the eastern face of Mount Kailash.

The climb to Dolma La Pass becomes progressively steeper and rocky. Take careful steps as the trail is uneven with sharp stones. The pass is considered sacred and is adorned with hundreds of colorful prayer flags fluttering in the wind. Pilgrims practicing the Bon tradition may be seen circumambulating anti-clockwise, while Hindus, Buddhists, and Jains complete the Kora in a clockwise direction.

At the summit, pause to offer prayers and gratitude, take in the sweeping panoramic views, and capture memorable photographs before beginning the descent to Zuthulpuk. Along the way, you will encounter the turquoise Gauri Kund, the holy “Lake of Compassion and Bliss.”

Once at the base of Dolma La, stop at a teahouse for lunch and rest. From here, the remaining 15?km of the trek is gentle and mostly flat, allowing you to walk at a steady pace while enjoying the breathtaking landscape.

Upon arrival at Zuthulpuk, check into a comfortable guesthouse for your overnight stay and reflect on the spiritual and physical accomplishments of this demanding day.

Overnight: Guesthouse at Zuthulpuk.

Day 13: Kailash Parikrama Day 3: Zuthulpuk ? Zongdui ? Drive to Saga (4,640?m / 15,223?ft)

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Trek Distance: 8?km (5 miles) | Trek Duration: 2 hours | Drive Distance: 504?km (313 miles) | Drive Duration: 8–9 hours

Today marks the final day of the Kailash Parikrama (Kora). The trek is short and easy, following a gentle descent along the hillside above a picturesque river canyon. As you walk, enjoy breathtaking views of the mountains, open pastures, and the serene high-altitude landscape.

Within a couple of hours, you will arrive at Zongdui, where your circumambulation of Mount Kailash officially concludes. Completing the Kora is considered a once-in-a-lifetime spiritual achievement, believed to renew the mind, body, and soul, leaving you with a profound sense of peace and spiritual rejuvenation.

From Zongdui, board your vehicle and begin the drive back toward Darchen, retracing the scenic route through the high-altitude desert. Continue onward to Saga, enjoying the stunning vistas of snow-capped Himalayan peaks, mountain lakes, and expansive valleys along the way.

Upon arrival in Saga, check into your hotel or lodge, rest, and relax after the physically demanding yet spiritually rewarding journey.

Day 14: Drive from Saga to Kathmandu (1,350?m / 4,429?ft)

Distance: 370?km (230 miles) | Duration: 9–12 hours

Today, you will leave Tibet and re-enter Nepal, concluding the overland portion of your Kailash pilgrimage. The drive offers a stunning contrast in landscapes—from the cold, arid high-altitude desert of Tibet to the lush green forests and rolling hills of Nepal. After days in the stark plateau, the verdant scenery will feel refreshing and rejuvenating.

At the border, your Tibetan guide and driver will escort you to the immigration office. Take a moment to express your gratitude for their support during your sacred journey before bidding them farewell. After completing immigration formalities, cross the Friendship Bridge and re-enter Nepal, where your Nepali guide and driver will be waiting to assist you.

Once your visa is checked, board your vehicle for the scenic drive back to Kathmandu, enjoying the tranquil landscapes along the way. Upon arrival, check into your hotel and relax after a long but rewarding journey, reflecting on the profound experiences of your Mount Kailash pilgrimage.

Day 15: Contingency Day – Extra Day

This day is reserved as a flexible buffer to accommodate unforeseen circumstances such as weather delays, roadblocks, or other travel disruptions. If your journey proceeds as planned, you can use this day to relax and recharge at your hotel or enjoy some independent exploration of Kathmandu, discovering its temples, markets, and cultural highlights at your own pace or for souvenir shopping, etc.