



KAILASH MANSAROVAR YATRA

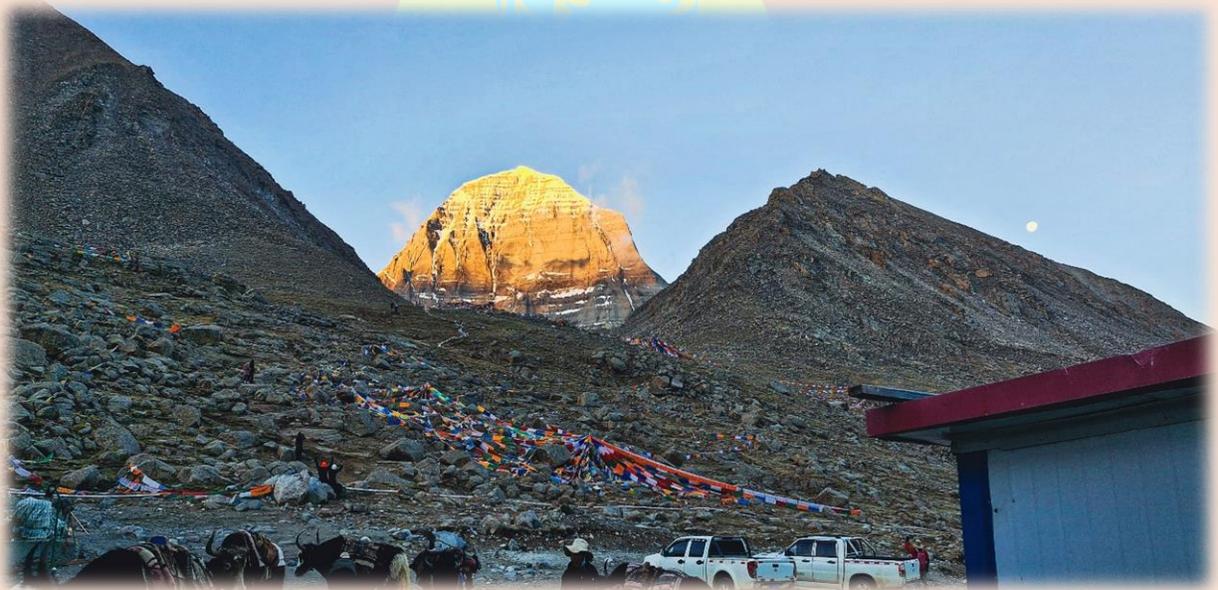
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Kailash Overland Tour 2026



Day 01: Arrive in Kathmandu (1,350m). Meet our tour leader and transfer to the hotel.

Om Namah Shivaya! Welcome to Kathmandu, from where your pilgrimage to the sacred **Kailash** begins. Upon your arrival at TIA, our tour leader will receive you at the airport with the sign of our company. After a short introduction, he will drive you to your hotel in Kathmandu.

Please rest in your room and get used to the religious aura of the city. Then, you can walk around and see the religious monuments found in every nook and corner of Kathmandu Street. In the evening, you can have the first taste of delicious vegetarian cuisine in Kathmandu.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Hotel Soaltee Kathmandu

Day 02: Visa Processing Day in Kathmandu



Early in the morning, our tour leader will organize a group gathering at your hotel to introduce you to other group members. He will collect your documents to process the group Tibet permit visa. Following the Chinese government's rules for Kailash overland tours, each member's fingerprints and documents will be submitted to the embassy for recognition and registration. After completing the visa formalities, the rest of the afternoon is free to explore the spiritual side of Kathmandu. You may visit the religious shrines such as Swayambhunath and Boudhanath, and participate in the evening Pooja at Pashupatinath Temple.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Hotel Soaltee Kathmandu

Day 03: Rest day, visas obtained



Enjoy your hearty breakfast in the calm atmosphere of your hotel. Our team will collect the required Visa on this day. In the meantime, we will visit Pashupatinath temple and perform Rudravishek (worship of Lord Shiva) with the Brahmin to seek blessing from God for our successful pilgrim.

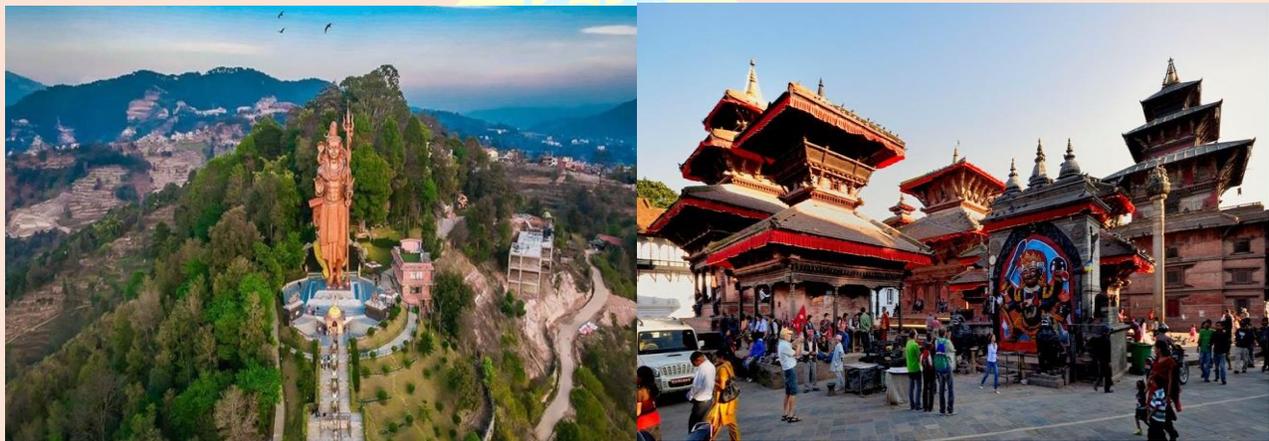
Then, we can take a tour of **Budhanilkantha** temple (temple of sleeping Lord Vishnu) or Doleswor Mahadev, which is considered an important shrine to the Head of Kedarnath, India.

In the evening, we will return to our room and rest for the night.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Hotel Soaltee Kathmandu

Day 04: Visit Kathmandu Valley



After early breakfast, we will go on an excursion to Sanga Mahadev- the second-largest Mahadev statue in the world. Towering at 143 ft, the statue was made from copper, steel, zinc, and concrete. It is located in Suryabinayak, Bhaktapur.

After returning from Sanga, we will take a brief tour of **Kathmandu Durbar Square** and observe the architectural wonder of the former palace.

In the evening, we will return to our accommodation in Kathmandu and pack our backpacks for a long drive the following day.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Hotel Soaltee Kathmandu

Day 05: Drive from Kathmandu Border Timure (1818m) 135km, 6 to 7 hours' drive.

Early in the morning, after our pooja ritual and breakfast, we will drive to Timure, near the Kerung border. Traveling along the well-maintained road of Pasang Lhamu Highway, we will pass by the roaring Trishuli River.

Shortly after, we will arrive at Trishuli River, where we will have our lunch and purchase some snacks for the road. Resuming our travel, we will then pass by the magnificent village of Dhunche, where the enchanting panorama of Manaslu, Annapurna, and Ganesh Himal opens up.

Another hour's drive, and we will arrive at Syabrubesi in the Rasuwa district of Nepal. Most of the travelers stay here overnight, but we will proceed further towards Timure along the downhill road. This will shorten our following day's drive by a few hours.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Hotel

Day 06: Drive from Timure to Kerung (2950meters- 105 km, 2-hour Drive)



We will leave Timure early in the morning and drive to Rasuwagadhi along a beautifully decorated Friendship Highway. Reaching the Nepal-Tibet border on the Nepal side, we will complete the necessary formalities and enter Tibet. Our local Tibetan crew members, including a guide and porter, will receive us here.

They will take our responsibility from here onwards. We will now drive to **Kerung** (Kyirong, Gyirong, Kerong - there are many transliterations). The snowy peaks located on the territory of Tibet and fragments of the Tibetan Plateau will open up as we approach Kerung.

We will settle for the night at one of the charming Tibetan guest houses and enjoy the Tibetan delicacy in the dinner.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Pilgrim INN Hotel

Day 07: Acclimatization day at Kerung

Resting at an elevation of nearly 3000 m is a must when traveling from the lowlands such as Kathmandu. We will, therefore, wake up late, enjoy a hearty breakfast, and then go out to explore one of the oldest monasteries of Pakpa (7th century AD) situated in the heart of Kerung.

The monastery is built in the magnificent Nepali-style pagoda temple that boasts the rich history of Nepal and Tibet. According to the legend, Songtsen Gampo himself built this monastery, and there is a remarkable replica of Bhrikuti- the daughter of Nepal.

We will then explore Kerung town and its bustling market and get acquainted with the way of life of the local residents. There are also dozens of restaurants that serve Nepalese, Tibetan, Muslim, and other ethnic cuisines.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Pilgrim INN Hotel

Kailash
MANSAROVAR
YATRA

Day 08: Drive to Saga (230KM – 6 HOURS) 4450M.



Leaving Kerung, we will now drive further up the luxurious road connecting the Himalayan gorges and the Tibetan plateau. Little by little, firs and pines will be replaced by poplars, then by a treeless alpine landscape. The trail will take us to the massive Thong La and La Lung Passes between the beautiful peaks.

Further on the trail, we will pass by the magical alpine Lake of Peiku Tso. Along the way, we visit a Buddhist monastery and three meditation caves of the most famous yogi of Tibet - Milarepa. After a short break, we will cross the bridge over the Brahmaputra River and arrive at the decorated town of **Saga**.

Please rest after checking in the guesthouse to ensure proper adaptation to more than 4000 m altitude.

Meals: Vegetarian Breakfast, Lunch, Dinner

Accommodation: Vienna Sanhao Hotel

Day 09: Drive from Saga to Manasarovar (4,560m), 6 to 7 hours' drive.



Today, we will head further to reach **Lake Mansarovar** and will witness the mystical Mont Kailash. We will meet other fellow travelers along the route and travel with them, sharing our experiences.

From Saga, we will drive by the Tibetan Plateau, where there are no forests, no groves, and no single trees, but the landscape is fantastically diverse. The endless Tibetan sky, glaciers, and snow-capped peaks of the Himalayas, lakes, swamps, and sandy desert can be placed in one frame.

We will be in the historic Old Dzongba in no time. The small town shines with colorful Mani Walls and its old monasteries. Continuing further, we will arrive at Paryang, enriched with sand dunes and a picturesque inter-mountain basin.

The path now leads along the majestic Horchu River, where the Chinese military has set up their checkpoint. After having our permits and visas checked, we will move further and cross the mighty 5211 m high Mayumla Pass.

From here, it is only a two-hour drive to reach Lake Mansarovar, where we will retire in the cozy guesthouse and rest.

Meal: Veg. Breakfast, Lunch, Dinner

Accommodation: New Guesthouse

Day 10: Puja at Lake Manasarovar, then drive 40 km (1 hr) to Darchen (4,550m).



Waking up early in the calm and revered atmosphere of Lake Mansarovar cannot be expressed in words. The Lake is mentioned in the epic Hindu scripture Ramayana. In Hindu belief, it was created by God Brahma (creator of the Universe).

It is also believed that Lord Shiva and Parvati purified themselves in its sacred water. Buddhists believe it is where Gods transported Buddha after his birth to cleanse him.

The Lake lies at the foot of Mount Kailash, surrounded by Swastika Mountain (Gurla Mandhata) and Chiu Monastery of Guru Rimpoche (Padmasambhava). It is separated from the saltwater lake of Rakshastal (Demon's Lake).

The circumnavigation of Mount Kailash is incomplete without the parikrama of Lake Mansarovar. We will bathe in its water (direct bathing prohibited), perform puja on the shores, and begin the circumambulation of the Lake (4–5 hours).

If energy permits, we can explore Chiu Gompa, translated as Little Bird. The monastery is said to be Guru Padmasambhava's meditation spot.

After the monastery visit, we will now drive to **Darchen**, nestled at the majestic foothills of the revered Kailash. Within an hour, we will arrive at Darchen - the starting point of the sacred Kora around Mount Kailash. After dinner, our tour guide will conduct a group briefing before starting Kora.

Meal: Veg. Breakfast, Lunch, Dinner

Accommodation: Oguantiandi Hengyang Hotel

Day 11: Trek from Darchen to Dirapuk (4,950m), 13km walk.



We will begin our Parikrama/Kora from today. Today, we have to walk for 13 km and reach the northern face of Kailash by evening. The path lies along the western slope of Kailash. The trail is quite easy, stretching out in a straight line with gentle ups and downs.

After walking for about 5 km, we will reach Tarboche- the entrance gate to Kailash. The gate is known as Yamadwar by Hindu believers. Tibetan followers hang many Tibetan flags here every year to celebrate Sagadawa (white month).

It is elevated at 15,500 ft above sea level. According to Hindu beliefs, the gate is guarded by the Lord Yama (God of Death), who lets only pure souls pass through this gate.

From Tarboche, we now head along the 13 km trail to reach **Dirapuk** monastery. The monastery provides accommodation in shared lodging. During the busy season, it also provides a camping ground for pilgrims. The monastery gazes directly at the North face of Kailash.

Our first day of Kora ends upon reaching Dirapuk, which signifies the birth of a new phase in spiritual existence.

Meal: Veg. Breakfast, Lunch, Dinner

Accommodation: New White Building

Day 12: Trek from Dirapuk to Zutulpuk (4,850m), 20km walk.



Today is the second day of our Kora, marked by the transition from Dirapuk monastery to **Zutulpuk**. Today, we will have a strenuous walk of about 20 km characterized by the massive Dolma La Pass crossing at 5630 m.

Therefore, we will wake up early in the morning and cross the Jarok Donkhang. Then, we will begin our trek along the uphill trail and reach the sacred ground of the Shiva Tsal cemetery.

According to popular belief, leaving the old remnants here means leaving behind the sins of past lives and entering into a new life without any negative Karma. We will also leave our old belongings, which can be anything from old clothes, a drop of blood, or locks of hair.

We will then move forward towards the Pass, which is believed to be the holy abode of Goddess Tara, aka Dolma. She is also regarded as the consort of Lord Shiva in Hinduism.

At the top of the Pass, we offer our prayers and hang the prayer flag. We will now climb down from the Pass and arrive at Lake Gauri Kunda, aka Tso Tuksche. It sits proudly at a breathtaking altitude of 5608 meters. This lake supposedly possesses transformative powers and is associated with Goddess Parvati.

Upon their return, the pilgrims collect a bottle of its sacred water to purify their homes and offices. We will now partake in a steep descent and reach the Axe of Karma, which literally translates into cutting off the negative Karma.

After crossing this section, we will hike along the rocky path and reach the Zutulpuk monastery. This monastery is also named the Cave of Miracles in Tibetan legends. Accordingly, it is here where the legendary Buddhist sage performed numerous miracles and sought deep meditation.

The monastery offers modest accommodation with shared rooms. In case of busy season and full rooms, they will also provide us with space for camping. If, at the time of our Kora, the authorities allow passage to the Eastern face of Kailash, we move forward towards it as much as possible.

This day of Parikrama signifies getting rid of bad, evil, and negative Karma and the symbolic rebirth of our souls.

Meal: Veg. Breakfast, Lunch, Dinner

Accommodation: Guesthouse

Day 13: Trek to Chasang from Zutulpuk, drive to Darchen, and drive to Saga 7 to 8 hours' drive

Today is the final leg of our Kailash Parikrama. Within two hours, we will complete the remaining stretch and reach the village of Chasang. From here, we will then drive to Darchen. This section of our journey is very simple and easy.

As we walk along the well-trodden path, we will be greeted by the magnificent view of Mount Kailash. The picturesque Barkha Valley will gently lead us downwards towards Chasang from where we will then drive to Darchen.

From Darchen, we will drive along the well-paved road to the town of Saga, where we will once again find the comfort of a hot shower and a tasty meal.

Meal: Veg. Breakfast, Lunch, Dinner

Accommodation: Vienna Sanhao Hotel

Day 14: Drive from Saga to Kerung (Tibet-Nepal border) (270km) 4-5 Hours. (alt. 2950m)

Completely rejuvenated with the holy Parikrama of Kailash, we will enjoy today's drive and the beautiful views of Shishapangma and Lake Paiku Tso (4591m).

We will make our way to Kerung- the Tibet-Nepal border, where our local Tibetan crew members will bid farewell to us by organizing a cultural program.

Meal: Veg. Breakfast, Lunch, Dinner

Accommodation: Hotel

Day 15: Drive from Kerung to Kathmandu, 125km (Cross Tibet-Nepal border and drive to Kathmandu). 6 to 7 hours' drive.

After enjoying a satisfying breakfast, we will drive to Kathmandu in a comfortable bus. As we reach the Nepal-Tibet border, we will complete the necessary formalities and enter Nepal. Here, we will heartily thank our Tibetan crew members and meet our Nepali team, who will drive us back to Kathmandu via Syabrubesi.

At Kathmandu, we will drive you to your hotel, where you can relax and recollect the overwhelming journey you have just accomplished.

In the evening, you can roam around the charming Thamel Bazaar and shop for souvenirs from Nepal.

Meal: Veg. Breakfast, Lunch, Dinner

Accommodation: Hotel

Day 16: Final transfer to the international airport for the flight back home.

After breakfast and group farewell, we will drive you to TIA for your flight home. Our next tour begins immediately, so if you would like to join, please inquire to our guide.

Day	Program	April	May	May	June	June	June	June	July	July	Aug	Aug	Sep	Sep	Sep
01.	Arrival Kathmandu	23*	04	23*	02	07	14	21*	06	21*	03	20*	31	07	18*
02.	Kathmandu	24	05	24	03	08	15	22	07	22	04	21	01	08	19
03.	Kathmandu	25	06	25	04	09	16	23	08	23	05	22	02	09	20
04.	Kathmandu	26	07	26	05	10	17	24	09	24	06	23	03	10	21
05.	Nepal/China Border	27	08	27	06	11	18	25	10	25	07	24	04	11	22
06.	Kerung/Nyalam	28	09	28	07	12	19	26	11	26	08	25	05	12	23
07.	Kerung/Nyalam Rest	29	10	29	08	13	20	27	12	27	09	26	06	13	24
08.	Saga	30	11	30	09	14	21	28	13	28	10	27	07	14	25
09.	Mansarovar	01*	12	31*	10	15	22	29*	14	29*	11	28*	08	15	26*
10.	Darchen	02	13	01	11	16	23	30	15	30	12	29	09	16	27
11.	Derapuk	03	14	02	12	17	24	01	16	31	13	30	10	17	28
12.	Zuthulpuk	04	15	03	13	18	25	02	17	01	14	31	11	18	29
13.	Saga	05	16	04	14	19	26	03	18	02	15	01	12	19	30
14.	Kerung/Nyalam	06	17	05	15	20	27	04	19	03	16	02	13	20	01
15.	Kathmandu	07	18	06	16	21	28	05	20	04	17	03	14	21	02
16.	Departure	08	19	07	17	22	29	06	21	05	18	04	15	22	03

Meal: Breakfast

Tour Cost per person: \$4999/- USD

(Applicable from arrival in Nepal onwards).

Fixed Departure Date 2026 for Foreigners Passport holders

***Indicates Full Moon Days at Mansarovar**

*** Indicates Tour Arrival Date for Full Moon Days**

To process your Tibet Group Visa, we need:

Visa Processing Requirements:

- Clear, color-scanned copy of your passport (valid for at least six months)
- 50% advance payment

Packing List for Your Kailash Yatra

Clothing:

- Base Layers: Moisture-wicking thermal tops and bottoms.
- Mid Layers: Fleece jackets or sweaters for insulation.
- Outer Layers: Waterproof and windproof jacket and pants.

- Trekking Pants: Quick-dry and comfortable.
- Warm Hat: For cold weather.
- Gloves: Insulated and waterproof.
- Scarves/Balaclava: To protect your face from cold winds.
- Sun Hat: For sun protection during the day.
- Socks: Several pairs of moisture-wicking, warm socks (both thin and thick).
- Footwear: Sturdy trekking boots, well-broken-in and waterproof.

Gear:

- Backpack: A comfortable, durable backpack with rain cover.
- Trekking Poles: Useful for stability on uneven terrain.
- Headlamp/Flashlight: With extra batteries.

Health and Safety:

- Personal Medications: Any prescription or over-the-counter medicines you need.
- Altitude Sickness Medication: Consult your doctor before the trip.
- Water Bottle/Water Purification Tablets: Staying hydrated is crucial.
- Sunscreen: High SPF for protection against sunburn.
- Lip Balm: With sunblock.

Documentation and Essentials:

- Passport and Visa: Ensure these are valid and stored securely. (Passport must be at least 6 months valid from the travel date).
- 2. Permits: Necessary for the Yatra (We will manage).
- 3. Travel Insurance: Covering high-altitude trekking and medical emergencies.
- 4. Cash: In local currency and small denominations.

Miscellaneous:

- Camera/Phone: For capturing memories (with extra batteries).
- Chargers and Power Bank: For electronics.
- Snacks: High-energy foods like nuts, dried fruits, and granola bars.
- Towel: Quick-dry.
- Toiletries: Minimal items like toothbrush, toothpaste, and biodegradable soap.
- Plastic Bags: For keeping dirty or wet clothes separate.
- Raincoat

Special Considerations:

- Personal Identification: Copies of important documents.
- Emergency Contact Information: For family or friends.
- Notebook and Pen: For journaling or notes.
- Passport Size Photograph

Note: Duffel Bag and Down Jackets will be provided by our team

Do's & Don'ts for Kailash Mansarovar Yatra

Things You Must Do:

- Pack snacks such as mint, chocolates, glucose, etc., for energy during the journey.
- Engage in physical fitness activities like aerobics, yoga, or light exercise to prepare your body.
- Bring warm, woolen clothing including caps, thermals, jackets, and gloves to stay comfortable in cold temperatures.
- Carry high-quality sunglasses and sunscreen to protect against sunburn.
- Maintain a steady pace during the Kailash Parikrama, don't rush, and listen to your body.
- Pack rough, durable bags and only the essentials needed for the trek.
- Keep your required identification documents with you at all times throughout the trip.
- Remember to maintain team spirit, walk together, and help fellow members in case of emergency or need.

Things You Shouldn't Do:

- Avoid traveling if you have medical conditions such as asthma, high blood pressure, or breathing problems.
- Never sleep with your shoes or boots on to avoid discomfort and maintain hygiene.
- Do not carry excessive luggage or extra clothes; pack light.
- Refrain from drinking alcohol or smoking during the journey.
- Don't neglect proper nutrition and ensure you drink plenty of water throughout the trek.
- Avoid carrying books related to the Dalai Lama or similar religious texts.

Cost Includes

- 05 Nights Hotel Accommodation in Kathmandu.
- With vegetarian meal.
- All meals include during the tour. In Tibet part will serve food in buffet.
- Tibet Group visa and travel permit fee.
- All entrance fee during the trip
- All transportation by bus.
- Duffel bags for the trip.
- 01 Nights Hotel Accommodation in border.
- Big bottle oxygen cylinder on the bus for emergency use.
- 09 nights' accommodation in Tibet Part.
- Service of our trekking equipment and Sherpa staff.
- Kathmandu Temple Tours.
- Arrival and departure transfer.
- All trekking and camping equipment including oxygen cylinders

- All government charges and taxes

Cost Excludes

- Yak, Porter and Horse for person use.
- Using extra night at Hotel expect mentioned on the itinerary.
- Rescue/ evacuation or all the extra cost because of partition from the main group or serious health condition.
- Any International flight.
- Any extra transportation/Accommodation/visa cancellation charge (who separate from the main group and early return)

(***Note:** Accommodation will be provided as per the itinerary. In the case of permit or visa-related issues on the Tibet side, any additional expenses incurred for extra hotel nights or flight tickets shall be the sole responsibility of the clients.)

Have a Safe & Joyful journey!



KAILASH MANSAROVAR YATRA

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