



Bridge Nepal Treks & Travels

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Kailash Mansarovar Yatra 2026 | Sacred Journey to Mount Kailash & Lake Mansarovar

Price	2500.00
Duration	13Nights and 14 Days
Location	Nepal

Tour Overview

Tour Overview of Kailash Mansarovar Yatra

The Kailash Mansarovar Yatra is one of the most sacred and spiritually powerful journeys in the world. This 14-day overland pilgrimage takes you from Kathmandu to the divine landscapes of Tibet, where Mount Kailash and Lake Mansarovar stand as symbols of faith, purity, and inner peace.

The journey begins in Kathmandu, Nepal, with preparation, sightseeing, and visa formalities before crossing into Tibet through the Rasuwagadhi-Kerung border. As the route ascends into the Tibetan plateau, travelers experience dramatic changes in landscape from green hills and river valleys to vast high-altitude deserts and snow-covered Himalayan horizons.

A major highlight of the journey is the holy Lake Mansarovar, where pilgrims perform prayers, rituals, and meditation in a deeply peaceful spiritual environment. The journey continues to Darchen, the base of Mount Kailash, followed by the sacred three-day Kailash Kora (parikrama), which is believed to cleanse sins and bring spiritual liberation.

This tour is not just a travel experience it is a deeply emotional and spiritual transformation. It combines devotion, adventure, and the raw beauty of the Himalayas into one unforgettable pilgrimage.

Organized by Bridge Nepal Treks and Travels, this journey is carefully planned with safety, comfort, and spiritual value, ensuring pilgrims experience a meaningful and well-supported yatra to one of the holiest destinations on earth.

Safety & Altitude Information – Kailash Mansarovar Yatra

At Bridge Nepal Treks and Travels, safety is our highest priority throughout the Kailash Mansarovar Yatra. Due to the high-altitude terrain and remote environment, the journey is carefully planned with proper acclimatization, experienced guidance, and continuous monitoring to ensure a safe and smooth pilgrimage experience.

Altitude Overview

This journey gradually ascends from Kathmandu (1,400m) to extreme high-altitude regions in Tibet: Kathmandu: 1,350m

Kathmandu (1,350m) to extreme high-altitude regions in Tibet:

Kathmandu: 1,350m

Kerung: 2,700m

Saga: 4,450m

Lake Mansarovar: 4,590m

Kailash Kora Highest Point (Dolma La Pass): 5,630m

Such altitude gain requires proper adjustment, which is why the itinerary includes rest and acclimatization days.

Altitude Acclimatization Plan

To ensure safety, the itinerary is designed with a gradual altitude increase:

Slow travel progression to higher elevations

Scheduled acclimatization day in Kerung

Rest stops during long driving days

Proper hydration and light meals

Monitoring of body response at high altitude

This helps the body adapt naturally and reduces the risk of altitude sickness.

Health & Safety Management

Experienced tour leaders and trained staff accompany the group

Regular health monitoring during the journey

First aid support available throughout the trip

Oxygen supply carried for emergency use

Immediate response plan in case of altitude-related symptoms

Emergency Preparedness

Coordination with local medical facilities in Tibet

Vehicle backup support for emergency evacuation

Communication system for remote area assistance

Option for helicopter evacuation (if required)

Important Guidelines for Travelers

Walk slowly and avoid overexertion at high altitude

Drink plenty of water to stay hydrated

Avoid alcohol and smoking during the journey

Follow guide instructions at all times

Report any discomfort immediately to the team

Our Commitment

With Bridge Nepal Treks and Travels, your journey is managed with strict safety standards, professional planning, and experienced leadership. We ensure that every pilgrim travels with confidence, care, and peace of mind while focusing on the spiritual essence of the Kailash Mansarovar Yatra.

Trip Highlights

- A sacred journey to Mount Kailash and Lake Mansarovar, the holiest pilgrimage site in the Himalayas
- Experience the divine presence of Mount Kailash, believed as the abode of Lord Shiva
- Holy bath, prayers, and meditation at Lake Mansarovar (4,590m)
- Scenic overland journey from Kathmandu to Tibet through breathtaking Himalayan landscapes
- Cross the high Tibetan plateau with stunning mountain and lake views
- Complete the sacred Kailash Kora (Parikrama) around Mount Kailash
- Cross the challenging Dolma La Pass (5,630m), the highest point of the journey
- Visit ancient monasteries and spiritual sites along the route
- Unforgettable views, peaceful environment, and powerful spiritual energy
- Fully organized and safely managed Yatra(Tour) by Bridge Nepal Treks and Travels

- Comfortable accommodation, meals, permits, and logistics handled professionally
- A once-in-a-lifetime spiritual experience filled with faith, peace, and devotion

Detailed Itinerary

Day 1: Arrival in Kathmandu

Upon arrival in Kathmandu, you will be warmly welcomed by our team and transferred to your hotel. This day is designed for rest after your international journey. In the evening, a detailed briefing about the Kailash Yatra will be provided. Our team will also assist you with document checks and final preparation. You will stay in a comfortable hotel in Kathmandu.

Activities:

Airport pickup and hotel transfer
Tour briefing and information session
Document and permit preparation
Rest and recovery
Short walk around hotel area (optional)

Trip Duration: 30-45 minutes transfer

Night Stay: Hotel in Kathmandu

Altitude: 1,350m

Day 2: Kathmandu Sightseeing & Visa Process

Today you will explore important spiritual sites in Kathmandu while preparing visa documents for Tibet. This helps you connect spiritually before the journey begins. The day includes visits to sacred Hindu temples and administrative procedures. Our team will guide you through the Chinese visa submission process. Overnight stay in Kathmandu.

Activities:

Visit Pashupatinath Temple
Visit Budhanilkantha (Sleeping Vishnu)
Submit documents for Chinese Group Visa
Tour briefing and preparation
Leisure time in Kathmandu

Trip Duration: 4-6 hours sightseeing

Night Stay: Hotel in Kathmandu

Altitude: 1,350m

Day 3: Free Preparation Day in Kathmandu

This is a full preparation day before the long journey to Tibet. You will finalize your packing, gear, and travel essentials. Our team will conduct a final check to ensure everything is ready. This is also a good day for rest and mental preparation. Overnight stay in Kathmandu.

Activities:

Final packing and equipment check

Health and travel readiness check

Shopping for last-minute items

Rest and relaxation

Group meeting and instructions

Trip Duration: Free day

Night Stay: Hotel in Kathmandu

Altitude: 1,350m

Day 4: Drive Kathmandu - Syabrubesi (1,550m)

The journey begins with a scenic drive through hills, rivers, and countryside landscapes. You will follow the Trishuli River, enjoying beautiful views along the way. The road gradually becomes more mountainous as you approach Syabrubesi. This is the gateway to the Langtang region. Overnight stay in a local lodge.

Activities:

Scenic drive along Trishuli River

View of hills, villages, and waterfalls

Lunch stop on the way

Arrival in Syabrubesi

Short rest and acclimatization

Trip Duration: 6-8 hours drive

Night Stay: Lodge in Syabrubesi

Altitude: 1,550m

Day 5: Drive Syabrubesi - Kerung (2,700m, Tibet)

Today you cross the Nepal-China border and enter Tibet. After completing immigration formalities, the journey continues to Kerung. The landscape changes dramatically into dry Himalayan terrain. This is your first night in Tibet. Overnight stay in Kerung.

Activities:

Drive to Rasuwagadhi border
Immigration and customs clearance
Enter Tibet (China side)
Drive to Kerung town
Rest and acclimatization

Trip Duration: 5-7 hours

Night Stay: Hotel in Kerung

Altitude: 2,700m

Day 6: Acclimatization Day in Kerung

This day is important for altitude adjustment before going higher into Tibet. You will take a short walk around Kerung valley. The body gradually adapts to high altitude conditions. Our team monitors your health and well-being. Overnight stay in Kerung.

Activities:

Short hike around Kerung valley
Rest and hydration
Health monitoring
Acclimatization exercises
Free time for relaxation

Trip Duration: Rest day

Night Stay: Hotel in Kerung

Altitude: 2,700m

Day 7: Drive Kerung - Saga (4,450m)

Today you travel across the vast Tibetan plateau. The scenery becomes open, dry, and extremely beautiful with high-altitude lakes and mountains. You will gradually gain elevation. This is one of the most scenic drives of the journey. Overnight stay in Saga.

Activities:

Drive across Tibetan plateau

Scenic photography stops

View of lakes and mountains

Gradual altitude gain

Arrival in Saga

Trip Duration: 6-8 hours drive

Night Stay: Hotel in Saga

Altitude: 4,450m

Day 8: Drive Saga - Lake Mansarovar (4,590m)

This is one of the most spiritual days of the journey. You will see your first view of Mount Kailash. Upon reaching Lake Mansarovar, pilgrims perform holy rituals and prayers. The environment is peaceful and deeply spiritual.

Overnight stay near Mansarovar.

Activities:

First view of Mount Kailash

Arrival at Lake Mansarovar

Holy bath and puja rituals

Meditation and prayer

Lakeside exploration

Trip Duration: 6-7 hours drive

Night Stay: Guesthouse near Mansarovar

Altitude: 4,590m

Day 9: Mansarovar - Darchen (4,670m)

After morning prayers at Mansarovar, you drive to Darchen, the base camp of Mount Kailash. This is the preparation day for the sacred Kora (parikrama). You will rest and prepare for trekking. Overnight stay in Darchen.

Activities:

Morning puja at Mansarovar

Drive to Darchen

Trek preparation

Rest and acclimatization

Explore Darchen town

Trip Duration: 2-3 hours drive

Night Stay: Hotel in Darchen

Altitude: 4,670m

Day 10: Kora Day 1 - Darchen to Dirapuk (4,900m)

The sacred Kailash Parikrama begins today. You will trek along beautiful valleys with stunning views of Mount Kailash. This is a spiritually powerful experience. Overnight stay at Dirapuk monastery area.

Activities:

Start Kailash Kora

Trek along valley trails

View North Face of Mount Kailash

Photography and rest stops

Arrival at Dirapuk

Trip Duration: 5-6 hours trek

Night Stay: Guesthouse in Dirapuk

Altitude: 4,900m

Day 11: Kora Day 2 - Dirapuk to Zuthulpuk (5,630m Pass)

This is the most challenging day as you cross Dolma La Pass. The trail is steep but spiritually rewarding. You will also visit Gauri Kund before descending. Overnight stay at Zuthulpuk.

Activities:

Cross Dolma La Pass (5,630m)

Visit Gauri Kund

High-altitude trekking

Scenic descent

Arrival at Zuthulpuk

Trip Duration: 8-10 hours trek

Night Stay: Guesthouse in Zuthulpuk

Altitude: 4,790m

Day 12: Kora Completion - Return to Darchen - Drive to Saga

You complete the final section of the Kora and return to Darchen. After completion, you drive back towards Saga. This marks the successful completion of the sacred journey around Mount Kailash.

Activities:

Final Kora trek section

Return to Darchen

Drive back to Saga

Rest and recovery

Scenic return journey

Trip Duration: 6-8 hours trek + drive

Night Stay: Hotel in Saga

Altitude: 4,450m

Day 13: Drive Saga - Kerung

Today you begin your return journey through the Tibetan plateau. The drive is long but scenic. You gradually descend in altitude.

Overnight stay in Kerung.

Activities:

Scenic drive through Tibet

Photography stops

Gradual descent

Arrival in Kerung

Rest and relaxation

Trip Duration: 6-7 hours drive

Night Stay: Hotel in Kerung

Altitude: 2,700m

Day 14: Kerung - Kathmandu Return

You cross back into Nepal and drive to Kathmandu. The journey ends with a farewell dinner and beautiful memories of Kailash Mansarovar Yatra.

Activities:

Border immigration formalities

Drive back to Kathmandu

Farewell dinner (optional)

Tour completion

Hotel transfer

Trip Duration: 7-9 hours drive

Night Stay: Hotel in Kathmandu or departure

Altitude: 1,350m

Included Services

- Airport pickup and drop-off service in Kathmandu with private vehicle
- Hotel accommodation in Kathmandu
- Accommodation during the entire Kailash Mansarovar Yatra
- Daily vegetarian meals during the journey
- Private transportation as per the itinerary
- Chinese Group Visa and Tibet Travel Permits
- Experienced tour leader and support team
- Sightseeing in Kathmandu as mentioned in the itinerary
- Kailash Kora (Parikrama) arrangement and guidance
- First aid kit and basic medical support
- yatra(Tour) completion certificate
- All government taxes and service charges
- All government taxes and service charges

Excluded Services

- International flight tickets and Nepal entry visa fee
- Travel and medical insurance
- Personal trekking equipment and clothing
- Horse, porter, or personal assistance during the Kailash Kora (available on request)
- Emergency evacuation or rescue expenses

- Tips for guides, drivers, and support staff
- Any services not mentioned in the "Included" section

Fixed Departure Dates

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Frequently Asked Questions

Q: What is the Kailash Mansarovar Yatra?

Kailash Mansarovar Yatra is a sacred pilgrimage to Mount Kailash and Lake Mansarovar in Tibet. It is considered one of the holiest journeys for Hindus, Buddhists, Jains, and followers of Bon religion.

Q: How many days does the tour take?

This itinerary is a 14-day overland journey starting and ending in Kathmandu, Nepal.

Q: Where is Mount Kailash located?

Mount Kailash is located in the Tibet Autonomous Region of China and is one of the most revered spiritual mountains in the world.

Q: What is the altitude of Mount Kailash and Lake Mansarovar?

Lake Mansarovar is located at 4,590 meters, while the highest point of the Kailash Kora is Dolma La Pass at 5,630 meters.

Q: Is previous trekking experience required?

No previous trekking experience is required. However, good physical fitness and the ability to walk for several hours a day are recommended.

Q: How difficult is the Kailash Mansarovar Yatra?

The journey is moderately challenging due to the high altitude and long travel days. The Kailash Kora requires endurance and determination.

Q: What is the Kailash Kora (Parikrama)?

The Kailash Kora is a sacred circumambulation around Mount Kailash. It takes three days and covers approximately 52 kilometers.

Q: Can I visit Kailash Mansarovar without doing the Kora?

Yes. Pilgrims who are unable to complete the Kora can stay in Darchen and visit Lake Mansarovar while other group members perform the trek.

Q: Is altitude sickness a concern?

Yes. Since the journey reaches altitudes above 5,000 meters, altitude sickness is possible. Our itinerary includes acclimatization days to help reduce the risk.

Q: What is the best time for Kailash Mansarovar Yatra?

The best time is from May to September, when weather conditions are generally more favorable for travel and trekking.

Q: What documents are required for this tour?

You will need a valid passport with at least six months' validity. Our team will assist with the Chinese Group Visa and Tibet Travel Permit process.

Q: How long does it take to obtain the permits?

Permit and visa processing usually takes 5 to 6 working days. Therefore, early booking is highly recommended.

Q: Are accommodation facilities available during the journey?

Yes. Accommodation is provided in hotels, guesthouses, and lodges depending on the location and available facilities.

Q: What kind of food is available during the tour?

Pure vegetarian meals are provided throughout the Kailash Mansarovar Yatra. You can enjoy simple and healthy foods such as rice, dal, vegetables, chapati, noodles, soup, tea, and other vegetarian dishes. As this is a sacred

pilgrimage, vegetarian food is served during the entire journey

Q: Is drinking water available during the trip?

Yes. Bottled and boiled drinking water is available at most stops. We recommend carrying a reusable water bottle.

Q: Do I need travel insurance?

Yes. Comprehensive travel insurance covering high-altitude travel, medical emergencies, and evacuation is strongly recommended.

Q: Is there mobile network and internet access?

Mobile network and internet services are available in major towns, but connectivity will be limited or unavailable in remote areas.

Q: What should I pack for the Yatra?

Warm clothing, trekking shoes, gloves, sunglasses, sunscreen, personal medications, rain protection, and a daypack are essential.

Q: Can senior citizens join this pilgrimage?

Yes, Many senior pilgrims successfully complete the journey every year. However, a medical check-up before booking is highly recommended.

Q: What is special about Lake Mansarovar?

Lake Mansarovar is one of the world's highest freshwater lakes and is considered sacred. Pilgrims visit for prayers, meditation, and spiritual purification.

Q: Why is Mount Kailash so important?

Mount Kailash is believed to be the abode of Lord Shiva in Hinduism and holds great spiritual significance for multiple religions.

Q: Will there be guides during the journey?

Yes. Experienced tour leaders, guides, and support staff accompany the group throughout the pilgrimage.

Q: Is emergency support available?

Yes. Our team closely monitors the health and safety of all pilgrims and provides support whenever needed during the journey.

Q: How can I prepare physically for the Yatra?

Regular walking, light hiking, breathing exercises, and cardiovascular activities a few weeks before the trip can help improve fitness and endurance.

Q: Is the Kailash Mansarovar Yatra suitable for families?

Yes. Families can join the Yatra together, provided all members are physically fit and prepared for high-altitude travel.

Q: What is the most rewarding part of the journey?

For many pilgrims, the most rewarding moments are the first view of Mount Kailash, the holy rituals at Lake Mansarovar, and completing the sacred Kailash Kora, creating memories and spiritual experiences that last a lifetime.

Q: Why choose Bridge Nepal Treks and Travels for Kailash Mansarovar Yatra?

Bridge Nepal Treks and Travels is a government-registered travel company in Nepal with experienced pilgrimage specialists, professional support staff, reliable logistics, and a strong commitment to safety, comfort, and spiritual fulfillment. We take care of every detail so you can focus on your sacred journey.

Q: How Can I book this Kailash Mansarovar Yatra?

You Can simply book this Yatra by contacting Bridge Nepal Treks and Travels through WhatsApp, email, or phone. After confirming your travel dates, you can secure your seat with an advance payment or cash on arrival in Kathmandu and our team will assist you with all permit and travel arrangements.

- About The Trek

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