



Bridge Nepal Treks & Travels

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MOUNT KAILASH MANSAROVAR YATRA 11 Nights and 12 Days

Price	2450.00
Duration	11 Nights and 12 Days
Location	Nepal

Tour Overview

Tour Overview of Mount Kailash Mansarovar

The Mount Kailash Mansarovar Yatra is one of the most sacred and life-changing pilgrimages in the world. Revered as the holy abode of Lord Shiva, Mount Kailash holds deep spiritual importance for Hindus, Buddhists, Jains, and Bon followers. Together with the sacred Lake Mansarovar, this journey offers a rare combination of devotion, adventure, culture, and breathtaking Himalayan landscapes.

This 12-day journey begins in Kathmandu, the spiritual heart of Nepal, before flying across the Himalaya to Lhasa, the capital of Tibet. From there, the route continues through ancient Tibetan towns, high mountain passes, turquoise lakes, vast plateaus, and remote valleys before reaching the holy region of Lake Mansarovar and Mount Kailash.

The highlight of the journey is the sacred Kailash Parikrama, a three-day trek around Mount Kailash. Pilgrims walk through remote valleys, cross the challenging Dolma La Pass at 5,645 metres, and pass sacred sites such as Gauri Kund. For many, this is not only a journey across land, but a journey of faith, purification, inner strength, and

spiritual awakening.

IMPORTANT TRIP INFORMATION

ALTITUDE & HEALTH

This journey reaches very high altitude, with the highest point being Dolma La Pass at 5,645 meters. Pilgrims should be physically and mentally prepared for thin air, cold weather, long driving days, and basic accommodation in remote areas. People with heart disease, severe asthma, uncontrolled blood pressure, serious diabetes, or other major medical conditions should consult their doctor before booking this trip.

TRAVEL INSURANCE

Travel insurance is mandatory for this pilgrimage. The insurance should cover high-altitude travel, medical treatment, emergency rescue, trip cancellation, and evacuation where applicable.

ACCOMMODATION

Accommodation in Kathmandu, Lhasa, Shigatse, and Saga is generally in hotels or standard guesthouses. Accommodation near Mansarovar, Dirapuk, and Zuthulphuk is basic due to the remote location and limited facilities.

MEALS

Meals during the Tibet section are included as per the package. Food will usually be simple, vegetarian-friendly, and suitable for high-altitude travel. Pilgrims are advised to carry light dry snacks, energy bars, and personal food items if needed.

PERMITS & VISA

Tibet travel requires special permits and a China/Tibet group visa. All permit and group visa arrangements will be handled by Bridge Nepal Treks & Travels as per the required procedures.

Trip Highlights

- Experience one of the world's most sacred pilgrimages to Mount Kailash
- Visit Lake Mansarovar, believed to be a holy lake of spiritual purification
- Complete the sacred Kailash Parikrama / Kora around Mount Kailash
- Cross the challenging Dolma La Pass at 5,645 meters
- Witness the magnificent north face of Mount Kailash from Dirapuk
- Explore Lhasa, the cultural and spiritual heart of Tibet
- Enjoy scenic views of Yamdrok Lake, glaciers, high passes, and Tibetan plains
- Travel through ancient Tibetan towns including Shigatse and Saga
- Perform puja, meditation, and spiritual rituals at Lake Mansarovar
- Experience Tibetan culture, monasteries, landscapes, and remote settlements

- Fully supported pilgrimage with Tibetan guide and Nepali tour leader
- Oxygen cylinder and first-aid support available during the journey

Detailed Itinerary

DAY 1: ARRIVAL IN KATHMANDU - 1,400M

Welcome to Nepal! Upon arrival at Tribhuvan International Airport in Kathmandu, you will be warmly received by our representative and transferred to your hotel. After hotel check-in, take some time to rest and recover from your international journey.

Later in the day, our team will provide a detailed briefing about the Kailash Mansarovar Yatra. The briefing will cover the travel route, required documents, Tibet visa process, high-altitude precautions, packing suggestions, and the spiritual and physical preparation required for the pilgrimage.

Activities:

- Airport pickup and private transfer to hotel
- Hotel check-in and rest after arrival
- Welcome meeting with Bridge Nepal Treks & Travels team
- Yatra briefing and document checking
- Preparation guidance for Tibet travel and high altitude
- Free time for personal shopping and pilgrimage items

Overnight Stay: Kathmandu Hotel

DAY 2: TIBET VISA & PERMIT PROCESSING IN KATHMANDU

Today is reserved for Tibet/China group visa and permit-related formalities. Your passport and required documents will be processed through the concerned authorities as per Tibet travel regulations. Our team will assist with the process and guide you through the necessary steps.

During the day, you may use your free time for sightseeing, shopping, currency exchange, or purchasing essential pilgrimage items such as warm clothing, walking sticks, medicines, dry food, thermos, gloves, and spiritual offerings.

Kathmandu is also home to many sacred sites. Depending on available time, you may visit Pashupatinath Temple, Bouddhanath Stupa, or other nearby pilgrimage places for blessings before beginning the sacred journey.

Activities:

- Tibet/China group visa and permit processing
- Document verification and travel preparation
- Free time for pilgrimage shopping in Kathmandu
- Optional visit to Pashupatinath Temple

- Optional visit to Bouddhanath Stupa
- Final packing and preparation for Tibet journey

Overnight Stay: Kathmandu Hotel

DAY 3: FLY KATHMANDU TO LHASA - 3,650M

After breakfast, transfer to Tribhuvan International Airport for your scenic flight from Kathmandu to Lhasa. This spectacular trans-Himalayan flight offers beautiful views of snow-capped mountains, deep valleys, and the vast Tibetan plateau.

Upon arrival in Lhasa, you will be welcomed by the local Tibetan guide and transferred to your hotel. Since Lhasa is situated at 3,650 meters, the rest of the day is kept light for acclimatization. Drink plenty of water, walk slowly, and avoid unnecessary physical exertion.

Activities:

- Breakfast at hotel in Kathmandu
- Airport transfer for Kathmandu-Lhasa flight
- Scenic trans-Himalayan flight to Tibet
- Arrival in Lhasa and immigration formalities
- Meet Tibetan guide and transfer to hotel
- Rest and acclimatization in Lhasa

Overnight Stay: Lhasa Hotel

DAY 4: LHASA SIGHTSEEING & ACCLIMATIZATION

Today is dedicated to exploring the cultural and spiritual heritage of Lhasa. The sightseeing programme may include important monasteries, ancient Tibetan landmarks, and heritage sites that reflect the deep Buddhist traditions of Tibet.

This day is also important for acclimatization. Walking slowly, taking proper rest, and allowing the body to adjust to the altitude will help prepare you for the higher regions ahead.

Activities:

- Breakfast at hotel
- Guided sightseeing in Lhasa
- Visit famous monasteries and Tibetan heritage sites
- Learn about Tibetan history, religion, and culture
- Light walking for acclimatization
- Free evening for rest and preparation

Overnight Stay: Lhasa Hotel

DAY 5: DRIVE LHASA TO SHIGATSE - 3,840M VIA YAMDROK LAKE

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After breakfast, begin the scenic overland journey from Lhasa to Shigatse. The route passes through beautiful Tibetan landscapes, high mountain passes, rivers, traditional settlements, and wide open valleys.

One of the major highlights of the day is Yamdrok Lake, one of Tibet's most beautiful turquoise lakes.

Surrounded by snow-covered peaks and highland scenery, the lake offers breathtaking photo opportunities and a peaceful spiritual feeling.

Continue the drive to Shigatse, Tibet's second-largest city and an important cultural center.

Activities:

- Morning departure from Lhasa
- Scenic drive through Tibetan countryside
- Cross high mountain passes
- Visit or view beautiful Yamdrok Lake
- Photo stops with lake, glacier, and mountain views
- Continue drive to Shigatse
- Evening rest at hotel

Overnight Stay: Shigatse Hotel

DAY 6: DRIVE SHIGATSE TO SAGA - 4,640M

Today's journey takes you deeper into the vast Tibetan plateau. The landscape becomes more remote, open, and dramatic as the road passes through high-altitude terrain, traditional Tibetan villages, and wide grasslands.

This is an important day for gradual altitude gain. Saga is located at around 4,640 meters, so it is important to stay hydrated, eat light, and rest properly after arrival.

Activities:

- Breakfast at hotel
- Morning departure from Shigatse
- Long scenic drive across Tibetan plateau
- Views of remote valleys, rivers, and mountain ranges
- Pass traditional Tibetan settlements
- Arrive in Saga and check in
- Rest and acclimatization

Overnight Stay: Saga Hotel / Guesthouse

DAY 7: DRIVE SAGA TO LAKE MANSAROVAR - 4,590M

Today is one of the most spiritually meaningful days of the journey. After breakfast, continue the drive through the high Tibetan plateau towards the holy Kailash region. As the journey progresses, the landscape becomes more sacred and powerful.

Upon reaching the Lake Mansarovar area, pilgrims may get the first view of the sacred region of Mount Kailash and Lake Mansarovar. The lake is believed to be a symbol of purity and divine energy. Spending time near the lake is a deeply emotional and spiritual experience for many devotees.

Activities:

- Morning departure from Saga
- Scenic drive across high-altitude Tibetan plains
- First views of the sacred Kailash Mansarovar region
- Arrival near Lake Mansarovar
- Spiritual time by the holy lake
- Evening prayer, meditation, or quiet reflection
- Enjoy views of Lake Mansarovar and surrounding mountains

Overnight Stay: Guesthouse near Lake Mansarovar

DAY 8: HOLY MANSAROVAR PARIKRAMA & DRIVE TO DARCHEN - 4,670M

Early morning is reserved for holy rituals at Lake Mansarovar. Pilgrims may perform puja, meditation, chanting, and other spiritual activities by the lake. An optional holy bath may be taken depending on weather, health condition, and local regulations.

After the spiritual activities at Mansarovar, continue the journey towards Darchen, the base camp of Mount Kailash. Darchen is the starting point for the sacred Kailash Parikrama.

Activities:

- Early morning spiritual activities at Lake Mansarovar
- Puja, meditation, chanting, and prayer
- Optional holy bath depending on conditions
- Lake Mansarovar Parikrama by vehicle
- Drive to Darchen, the base of Mount Kailash
- Final preparation for Kailash Parikrama
- Briefing about trek, altitude, and safety

Overnight Stay: Darchen Guesthouse / Hotel

DAY 9: KAILASH PARIKRAMA BEGINS - TREK DARCHEN TO DIRAPUK - 4,900M

Trek: 12-14 km | Walking Time: 6-7 Hours

Today marks the beginning of the sacred Kailash Parikrama / Kora. After breakfast, drive or proceed to the starting point of the trek and begin walking towards Dirapuk.

The trail passes through the beautiful Lha Chu Valley with striking views of Mount Kailash. As the journey continues, pilgrims slowly approach the magnificent north face of Mount Kailash, one of the most powerful and sacred views of the entire pilgrimage.

The walk is moderate but the altitude makes it demanding. Pilgrims are advised to walk slowly, maintain steady breathing, and follow the guidance of the tour leader and local guide.

Activities:

- Early breakfast in Darchen
- Begin Kailash Parikrama / Kora
- Trek through Lha Chu Valley
- Spiritual walking around Mount Kailash
- View the north face of Mount Kailash
- Rest stops for water, snacks, and photography
- Arrive at Dirapuk and check in at guesthouse

Overnight Stay: Dirapuk Guesthouse

DAY 10: TREK DIRAPUK - DOLMA LA PASS - ZUTHULPHUK

Dolma La Pass: 5,645m | Zuthulphuk: 4,790m | Trek: 18-20 km | Walking Time: 8-10 Hours

This is the most challenging and spiritually powerful day of the entire Yatra. The trek begins early in the morning and gradually climbs towards Dolma La Pass, the highest point of the journey at 5,645 meters.

Crossing Dolma La is considered a deeply sacred act. The climb is physically demanding due to the altitude, cold weather, and steep trail. After reaching the pass, the route descends past the sacred Gauri Kund before continuing towards Zuthulphuk.

This day requires patience, determination, and strong mental focus. Pilgrims should follow the guide's instructions carefully and avoid rushing.

Activities:

- Very early morning start from Dirapuk
- Gradual uphill trek towards Dolma La Pass
- Cross the sacred Dolma La Pass at 5,645 meters
- Spiritual prayer and reflection at the pass
- Descend towards Gauri Kund area
- Continue walking through rocky and remote terrain
- Arrive at Zuthulphuk Guesthouse for overnight rest

Overnight Stay: Zuthulphuk Guesthouse

DAY 11: COMPLETE KAILASH PARIKRAMA & DRIVE TO SAGA

Trek: Approx. 8 km | Walking Time: 2-3 Hours

After breakfast, begin the final section of the Kailash Parikrama. The trail is comparatively easier today and takes around 2-3 hours to complete. After finishing the sacred Kora, meet the waiting vehicles and drive back towards Saga.

Completing the Kailash Parikrama is an emotional and unforgettable moment for pilgrims. It marks the successful completion of one of the holiest spiritual circuits in the world.

Activities:

- Breakfast at Zuthulphuk
- Final short trek of Kailash Parikrama
- Complete the sacred Kailash Kora
- Meet vehicles at the ending point
- Drive back towards Saga
- Rest after the completion of Parikrama
- Evening relaxation and sharing of pilgrimage experience

Overnight Stay: Saga Hotel / Guesthouse

DAY 12: DRIVE SAGA TO KYIRONG BORDER AND RETURN TO KATHMANDU

After breakfast, drive towards the Kyirong border, passing through scenic valleys and highland landscapes.

Upon reaching the Nepal-Tibet border, complete Chinese and Nepali immigration formalities.

After crossing the border into Nepal, continue the drive back to Kathmandu. The road passes through beautiful hill landscapes, rivers, and villages before reaching the capital city. Upon arrival in Kathmandu, the sacred Kailash Mansarovar Yatra officially concludes.

Activities:

- Breakfast in Saga
- Drive towards Kyirong border
- Complete Tibet/China immigration formalities
- Cross into Nepal
- Continue drive to Kathmandu
- Arrival in Kathmandu
- End of pilgrimage services

Overnight Stay: End of Trip

Included Services

- Tibet/China Group Visa Fee
- Tibet Travel Permit and Kailash Permit
- Airport transfers in Kathmandu and Lhasa
- Kathmandu to Lhasa flight ticket

- All transportation in Tibet by comfortable tourist vehicle
- Accommodation in hotels and guesthouses during the journey
- Daily breakfast, lunch, and dinner during the Tibet section
- English-speaking Tibetan guide
- Experienced Nepali tour leader for group departures
- Lake Mansarovar and Mount Kailash entry fees
- Yak and yakman service during Kailash Kora on shared basis
- First-aid kit and oxygen cylinder in vehicle
- All government taxes and service charges
- Full assistance from Bridge Nepal Treks & Travels throughout the trip

Excluded Services

- International airfare to and from Nepal and Nepal visa fee
- Travel insurance, which is mandatory
- Personal expenses such as laundry, phone calls, drinks, snacks, and shopping
- Tips for guides, drivers, porters, yakmen, and support staff
- Additional hotel nights due to flight delays, visa issues, weather, or road conditions
- Emergency rescue and evacuation expenses
- Personal riding horse during Kailash Parikrama
- Extra oxygen bottle for personal use if required
- Any expenses not specifically mentioned under "Included Services"

Fixed Departure Dates

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Frequently Asked Questions

Q: How difficult is the Kailash Mansarovar Yatra?

The journey is moderate to challenging. Long driving days, high altitude, cold weather, basic accommodation, and the Dolma La Pass crossing make the journey physically demanding. However, with proper preparation and slow pacing, many pilgrims successfully complete the Yatra.

Q: What is the highest point of the trip?

The highest point is Dolma La Pass at 5,645 meters during the second day of Kailash Parikrama.

Q: Is the Kailash Parikrama compulsory?

The Parikrama is the spiritual highlight of the journey, but it depends on the pilgrim's health, weather, and local conditions. Those unable to walk may remain in Darchen or arrange a horse at additional personal cost, subject to availability.

Q: Is a personal horse included?

No. A personal riding horse during Kailash Parikrama is not included. It can be arranged at extra cost, subject to availability and local rules.

Q: Is yak service included?

Shared yak and yakman service during the Kailash Kora is included as mentioned in the package. This is generally for carrying common luggage or group support items, not necessarily individual riding.

Q: What kind of accommodation is available during Parikrama?

Accommodation at Dirapuk and Zuthulphuk is basic guesthouse style with shared rooms and limited facilities. Pilgrims should be prepared for simple conditions.

Q: What is the best season for this Yatra?

The best season is from May to September, when weather and road conditions are generally more suitable for the Kailash Mansarovar route.

Q: Do I need travel insurance?

Yes, travel insurance is mandatory. It should cover high-altitude travel, emergency medical treatment, trip interruption, and evacuation.

Q: What should I pack for the Yatra?

Warm jacket, thermal innerwear, gloves, woolen cap, comfortable trekking shoes, sunglasses, sunscreen, personal medicines, water bottle, dry snacks, walking stick, rain protection, and basic toiletries are recommended.

Q: Can elderly pilgrims join this Yatra?

Elderly pilgrims may join if they are physically fit and cleared by their doctor. High altitude can be risky, so medical consultation before booking is strongly recommended.

Q: Why choose Bridge Nepal Treks & Travels?

Bridge Nepal Treks & Travels provides complete pilgrimage support, including permits, visa coordination, transportation, accommodation, guide services, oxygen support, and experienced trip handling. Our goal is to make your sacred Kailash Mansarovar Yatra safe, organized, meaningful, and memorable.

Q: How many days are required for the Kailash Mansarovar Yatra via Tibet?

This package is designed as a 12-day journey from arrival in Kathmandu to return from Tibet via Kyirong. The duration includes visa processing, acclimatization in Lhasa, overland travel, Lake Mansarovar, Kailash Parikrama, and return to Kathmandu.

Q: Which route does this package follow?

The journey follows the Kathmandu-Lhasa-Shigatse-Saga-Lake Mansarovar-Darchen-Dirapuk-Zuthulphuk-Saga-Kyirong-Kathmandu route. It combines a Kathmandu to Lhasa flight with an overland return through Tibet and the Kyirong border.

Q: Is Kathmandu to Lhasa flight included in the package?

Yes, the Kathmandu to Lhasa flight ticket is included in the package cost as mentioned under included services. International airfare to and from Nepal is not included.

Q: Do Indian passport holders need a Nepal visa?

Indian passport holders generally do not require a Nepal visa, but they must carry valid government-issued travel documents. Other nationalities should check Nepal visa requirements before travel.

Q: What passport validity is required for Tibet/China visa processing?

A passport should normally be valid for at least six months from the date of travel and must have enough blank pages for visa and immigration formalities. Exact requirements may depend on current regulations.

Q: When should I book this Yatra?

Early booking is strongly recommended because Tibet permits, China group visa, flight seats, and group departure arrangements require advance processing. Booking at least 45 to 60 days before departure is advisable.

Q: Can solo travelers join this trip?

Yes, solo travelers can join a fixed group departure. The quoted group joining price is based on a minimum group size of 10 to 15 participants.

Q: Are meals vegetarian during the Yatra?

Vegetarian meals can usually be arranged during the Tibet section. Food in remote areas is simple, so pilgrims are advised to carry personal dry snacks, energy bars, tea bags, or preferred food items.

Q: Is drinking water provided during the trip?

Safe drinking water arrangements may vary by location. Pilgrims should carry a reusable water bottle and water purification tablets if needed. Bottled water can usually be purchased in major towns.

Q: Is oxygen support available?

Yes, an oxygen cylinder is carried in the vehicle for emergency support. However, oxygen is for emergency use and should not be considered a substitute for proper acclimatization and medical fitness.

Q: What happens if someone gets altitude sickness?

The guide and tour leader will assess the situation and take necessary action, which may include rest, oxygen support, descent, medical consultation, or evacuation depending on severity. Travel insurance is essential for such situations.

Q: Can I take a holy bath in Lake Mansarovar?

A holy bath may be possible depending on weather, health condition, local rules, and guide instructions. Pilgrims should avoid taking risks in cold conditions and should follow safety guidance at all times.

Q: Is mobile network or internet available during the trip?

Mobile network and internet may be available in larger towns such as Lhasa, Shigatse, and Saga, but connectivity can be limited or unavailable near Mansarovar, Dirapuk, and Zuthulphuk.

Q: What currency should I carry?

Chinese Yuan is used in Tibet. Pilgrims should carry some cash for personal expenses, snacks, hot drinks, tips, horse service, and emergency needs. Currency exchange should be planned before entering remote areas.

Q: Are there charging facilities during the journey?

Charging is usually available in hotels and some guesthouses, but it may be limited in remote areas. Carrying a power bank is highly recommended.

Q: What kind of toilets are available during the Yatra?

Hotels in cities generally have better facilities, while guesthouses and remote areas may have basic shared toilets. Pilgrims should be mentally prepared for simple facilities during the Kailash region.

Q: Can children join the Kailash Mansarovar Yatra?

The journey is not generally recommended for young children because of high altitude, long travel days, cold weather, and basic facilities. Families should consult a doctor before planning with children.

Q: What happens if the route is affected by weather or government restrictions?

The itinerary may change due to weather, road conditions, border rules, permit regulations, or government restrictions. In such cases, the tour leader and local guide will make the safest possible arrangements.

Q: Is the package cost fixed?

The package cost is based on the listed services and minimum group size. Final pricing may change due to airfare, permit fees, exchange rate, government rules, fuel cost, or service availability at the time of booking.

Q: What documents are required for booking?

Generally, a valid passport copy, passport-size photographs, completed booking details, and advance payment are required. Additional documents may be requested for Tibet/China visa and permit processing.

- About The Trek

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