

Lake Manasarovar & Mt. Kailash Kora Budget trip



Holy Mount Kailash

The most sacred mountain in the Tibetan Buddhist world is also considered by many to be the centre of the universe. Uncannily symmetrical, this remote and remarkable peak is located in the far west of Tibet, 1200 km from Lhasa. Mt. Kailash (6714m) is not only geographically one of the most important mountains in Asia, it is also the source of four major rivers, namely, the Indus, Sutlej, Karnali and Tsang Po which nourish Asia with water. In Sanskrit Kailash means 'luminous crystal'. Hindus believe Mt. Kailash to be the abode of Lord Shiva and his wife Parvati. Tibetan Buddhists call the mountain Kang Rinpoche, the 'Jewel of Snow', and regard it as the body mandala of Korlo Demchog and his consort, Dorje Phagmo (Chakrasambhava and Vajra Varahi). A pilgrimage to this great sacred and magical landscape is the most precious of pilgrimages for both Tibetan and Indian people, a journey they hope to experience at least once in a lifetime.

Expedition or Inner Purification:

All trips to Mt. Kailash have expedition character. Long drives on dirt roads require a lot of patience, tolerance and little expectations. In return we will see some of the most untouched and beautiful landscapes and we are likely to meet genuinely nice people. Seen as a pilgrimage, the vast open spaces encourage deep personal inner experiences. Therefore, certain undigested events may (and probably will) suddenly pop up in the mind. Consequently, this journey is generally quite the opposite of a usual holiday or trek, where one seeks to forget about home and past. The journey tends to retrieve memories and you may find yourself taking a conscious look at events in your life and realise how much one is connected with everything.

The Budget Trip: Covers minimal necessary needs and leaves space for more privacy. Your Tibetan guide will take care of all arrangements and help you, with accommodation food etc. You will see the most important sights along the way. On top of that your Tibetan guide gives you the time you need to experience and enjoy your journey.

Group Size: Minimum 4, maximum 12 people.

Duration: 20. May – 07. June 2020.

Price: Trip 1775 euro (13350 CNY at a rate of 7.5CNY to the euro)

Visa for Tibet 114 \$ /USA 198\$/ Canada 156\$ payable in KTM on arrival.

Included: Drive to the Nepalese border by private transport (see itinerary); Acclimatization in Nepal with Guide & Porter (max 6 kg per PAX) overnight on Nepal trek, Nepal permits TIM's 20\$ & Langtang 34\$. **Tibet** drive to Mt. Kailash and back to the border; all permits and road tolls in Tibet. Local guide and driver.

Excluded: Anything else! food; accommodation; visa for Tibet; re-entry visa for Nepal; the Kailash circuit fees; porters and yaks, cost of emergency. **Nepal:** food on trek, Transport from the Nepalese border to Kathmandu. Tips and gratitude for staff.

Of course we cannot determine or foresee your spending behavior, however with a moderate way of spending you will need about 200-250CNY / day this will cover food & drinks, entrance fees. A porter on the kora will cost 330CNY / day, the guide will assist you to arrange one if needed. (Normally one should not have more than 5-6kg on the kora the rest luggage can be left in the car).

Remark: Accommodation / activity Add-ons in Nepal: If want us to book a room in a Monastic G.H. cost is: Single 20\$ double 28\$. Airport transfer 10\$ per PAX.

Dates:

19. May, 2020: Latest arrival in Kathmandu; hand over of passport. Better come before to have some rest in Kathmandu if you like.

20. May: Trip starts!

07 June: Trip ends

08 June: Earliest departure evening.

Itinerary – Short

Day 1: Kathmandu – Langtang - Acclimatisation / Tea house

Day 2: Langtang - Acclimatisation / Tea house

Day 3: Langtang - Acclimatisation / Tea house

Day 4: Langtang - Acclimatisation / Tea house

Day 5: Kyirong / H. **Tibet border cross**

Day 6: Paryang / G.H.

Day 7: Paryang- Darchen/G.H.

Day 8-10: Kailash Kora / trekking / G.H.

Day 11: Kailash Kora / Drachen – Chiu gompa / G.H.

Day 12-16: Lake Manasarovar kora & rest day / G.H.

Day 17: Chiu to Tarpoche Festival Full moon – drive to Paryang

Day 18: Paryang–Kyirong / H.

Day 19: Kyirong – Rasuwa Border **trip ends!** Bus to KTM. Optional private Transport.



Day 1: Early morning transfer by private transport to the Langtang area near Nepalese border, 134km, 6-7h drive, after lunch break 3,5-4,5 h walk up the mountain to 3300m. Tea house trek.

Day 2/3/4: During these two days we offer short treks, so that one can adjust to the altitude or simply rest & acclimatise. Day 4: afternoon, trek down to 3300m in about 1 h.



Day 5: Early morning 3,5h trek down to where we meet with our Bus/Car which will take us Rasuwa border 1,5 h drive. After crossing the border, we meet up with the Tibetan Guide/ Driver and begin the overland journey in Tibet to Kyrong 2800m 1h drive, you stay the night in a Hotel.

Day 6: 8h drive from Kyrong via Saga to Paryang (4560m). We cross over a pass of 4800m and will enter the high desert of western Tibet. We pass Paryang with a nice Himalayan view in the grasslands. Through the most beautiful landscape to Paryang simple /pilgrim guesthouse. (no bath)

Day 7: 5-6h drive to Darchen (4560m). After crossing the Mayumla pass (5216m), we drive along the shores of Gung Gyu lake, before getting the first glimpse of the holy Mt. Kailash. In Darchen we stay in a Guesthouse (public bath).

Day 8-10: Kailash kora 4 days to ensure better acclimatisation and success, together with the guide.



Day 11: Last the easy part is coming, we walk 3-4h to Darchen where we have lunch in a simple restaurant and take a shower (public shower). Drive over to Chiu gomba where we can have a bath in the hot springs!

Day 12-16: Lake Manasarovar kora 4 days. This is so beautiful and cannot be put in words; however, see some pictures of the vastness so you can imagine yourself.



Day 17: drive to Darchen 45 minutes and join the Saga Dawa Festival @ Tarpoche; from 9 am to around 12 lunchtime there will be plenty of Pilgrims joining the festival..... after that drive to Paryang 4-5h same place. G.H.



Day 18: Drive back from Payang - Kyirong 9 h drive. G.H.

Day 19: Short drive to immigration 45 minutes. Border crossing @ 10 am. **End of service!** From here you can take the bus, or if you wish for additional cost we can arrange a private transport for you. Drive around 8 h to Kathmandu 160Km.

General Information

Please Note

- We will not be responsible for extra cost incurred by landslides, road blockages and other weather-related or political problems.
- You are responsible for your own health. Our arrangements are designed to allow sufficient time for acclimatisation.
- Accommodation will occasionally be in shared rooms (small dormitories). During the Kailash kora accommodation will be very simple. We assume your preparedness to share rooms/tents with others, regardless of gender.
- We reserve the right to increase the tour price should the Euro in relation to the Chinese Yuan (RMB) depreciate significantly.

Visa and Passport Information: Passport Validity: Minimum 6 months from date of entry.

Visa Nepal Is best applied upon arrival in Nepal. You will need a passport photo. For your first entry in a calendar year you get a 30 day or 90 day multiple-entry visa valid from the date of entry. The visa costs US\$ 40 or US\$ 100, respectively.

Tibet Group Visa :Will be obtained in Kathmandu. For this, we need one passport photo and a filled in Visa form. Visa- Fee US\$ 114 in cash, payable upon arrival when handing over the passport. (US citizens must pay US\$ 198 Canadian 156\$.)

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May all beings be happy!