

Mt. Kailash & Limi valley with Pempa Sherpa extensive for walkers



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.

Limi Valley: Is considered the most beautiful way to leave from the sacred mountain! Limi Is a



remote Trans-Himalayan Valley in north-west Nepal bordering Tibet. It consists of three villages: Til (4100 m) in the west; Jhang (3930 m) in the east; and village, Halji (3700 m), in the middle. These three villages are situated on the banks of the Karnali River. Due to the isolated location, the villages are very untouched by modern life. Century old Buddhist traditions interwoven with shamanistic influences are still a life.

Simple trek - Limi valley Part;

This “light & simple” form of trekking will require that participants like the nature and are outdoor lovers. There will be only the support of some horses to carry 15kg per person. Consequently one has to bring for this part 6-7 days, light weight food and cooker, tent, mat etc. (gear can also be rented with us in KTM) in this way two PAX share the tent and cooking gear/ food and guide Pempa Sherpa will take care of all the organisation with the horse and camp sites, flights etc. Likewise you will be very small and not have a big entourage of guide / cook / and many helpers helper as usual.

This will ensure you a deeply connected experience, very down to earth relying on your own strength, cooking and sharing with your Tent-mate – You just have Pempa as the specialist (licensed guide) helping you when needed and the horseman handling your luggage.

In some villages you will be able to sleep in the local houses or monastery but in most places you will have to camp and be fully self-sufficient. Due to the early season there is not much food up there - not yet grown.

Guide: Pempa Dorjee Sherpa,

Born 1984 in Helambu / Nepal – he is working in treks and as guide since 2005 and since 2010 he is the Sherpa manager of Snowjewel Nepal and has travelled and guided widely throughout Nepal. A father of 2 lovely girls and has done many trips to Tibet with over 30 koras of Mt. Kailash, and several Manasarovar koras. Since he is from Helambu he speaks fluently Tibetan language and is following Tibetan Buddhism since birth. He will be happy to accompany you throughout the journey to share his experience with you.

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 all basic needs and leaves space for more individualistic experience. Pempa and your Tibetan guide will take care of all arrangements; will help you with accommodation and porters on Mt. Kailash if needed. You will see the most important sights along the way. On top of that Pempa and your Tibetan guide give you the time you need to experience and enjoy your journey and will help you wherever necessary.

Group Size small group only: Minimum 4, maximum 9 people.

Duration: May 15th – June 06th 2019.

Price trek: RMB 17'200 ca. 2325 Euro (at a rate of 7,5 CNY to the Euro)

Price for Limi valley permits & 2 flights: up to Kathmandu 473\$ (payable in KTM cash)



Included: drive from Kathmandu to Mt. Kailash and onwards to the Purang border to Nepal/ Hilsa in a private transport; (see itinerary); all permits in Tibet; Tibetan guide, driver; Pempa Sherpa guide. **In Nepal (Langtang region):** Permits; TIMS 20\$ & Langtang 35\$; Guide and porter for 5 days in the acclimatisation part 1 (you can give maximum 10kg to the porter the rest you need to carry yourself or store in the village! **2nd part in Nepal (Limi region):** Horses for luggage max 15kg per pax, camping fees, overnight's in teahouses flight (Simikot to NPJ & NPJ- KTM) special permit for Simikot, staff insurance and expenses such as food, flights & gear etc.

Excluded: visa fee for Tibet 114\$; visa for Nepal; All cost for food, horse and horse driver for personal ride; porter at Mt. Kailash, cost in case of an emergency; airport transfer and hotel in Kathmandu; personal expenses; insurances; tips & gratitude's. notice; Mountain flights from Simikot to Nepal Ganj will only allow 15kg luggage **in total** if you have more then you will have to pay for excess luggage! In case of **flight delay** in Simikot you will have to pay for extra days in the hotel there.

- **Of course we cannot determine or foresee your spending behaviour, however with a moderate way of spending you will need about 200-250CNY/day this will cover food & Drinks. If you need a porter then you have to bring extra 210CNY per day (2018).**

Remark: Nepal Accommodation / activity Add-ons: If want us to book a room in a Monastic G.H. cost is: Single 20\$ double 28\$. Airport transfer 10\$ per PAX. For Nepal programs we can send you a variety of offers from City tour, trekking to Safari, just let us know.

Dates

May 13: Latest arrival in Kathmandu; hand over of passport and one photo (Nepal permit) filled in.
 May 14: Tibet visa; 13.00 Briefing for the trip with Pempa
 June 09: Earliest departure,

Itinerary – Short 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: Upper Kyirong / H.
 Day 6: Paryang / G.H.
 Day 7: Paryang- Menshi/G.H.
 Day 8: Excursion Thirthapury /G.H.
 Day 9: Menshi - Darchen
 Day 10-12: Kailash Kora / trekking / G.H.
 Day 13: Kailash Kora / Chiu Gompa / G.H.
 Day 14: Chiu Gompa - Lake Manasarovar / rest day / G.H.
 Day 15: Chiu – Purang – cross border to Hilsa / to Mane Peme camp/ trek 5h / 3990m
 Day 16: Mane Peme – Halji camp / trek 6h/ 3360m
 Day 17: Halji to Takchhe / camp/ trek 7h/ 4330m
 Day 18: Takchhe to Nyayula base camp/camp / trek 6h/ 4800m
 Day 19: Nyayula to Chongsa Khola / camp/ trek 8h/ 3620m
 Day 20: Chongsa Khola to Fedi / camp/ trek 6h/ 4300m
 Day 21: Fedi to Kermi / camp/ trek 7h/ 4670m
 Day 22: Kermi to Simikot / G.H./ trek 7h/ 2950m
 Day 23: Simikot flight to NJP and onwards to KTM **end of service.**
 Day 24: 1-3 Buffer days in case of flight delay!

Itinerary - Detailed

- Day 1:** Early morning 5AM 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:** Rest and acclimatisation day late afternoon walk 1,5 h up to 3900M.
- Day 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 5 AM 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. We begin our overland journey in Tibet to Upper Kyrong 4300m 2-3h drive, with a marvellous view over the Himalaya. We stay the night in a simple 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:** 6-7h drive to Menshi (4450m). 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 Menshi we stay in a Guesthouse (public bath).
- Day 8:** Today, we make a day excursion to Thirthapury ca. 70Km 1,5h drive from Darchen. In this most spectacular Monastery complex here we make a visit the monastery and walk the Kora. Drive 1,5h back to Darchen.
- Day 9:** Today, we drive to Darchen ca. 70Km 1,5h drive where we have time to prepare our self for the kora.
- Day 10-11:** Begin of the Kailash kora. First, the trek brings us to Tarpochen, the so-called centre of the universe, and continuing along we pass Chuku monastery (those who have lots of energy can go for a short visit). After a 6-7h casual walk, we will stay just below the north face of Mt. Kailash near Dirapuk monastery (4900m) where we have one full rest day for acclimatisation. During the rest day we will have time to do some side excursions to the north face for two hours and/or to Dirapuk monastery where we can find a small cave in which the famous yogi Gyalwa Gotsangpa practiced meditation for a long time!
- Day 12:** Now the heart of the kora begins. We slowly start to walk up to the Tara-Pass/Drölma-La (5630m) where we have a break before we descend to the valley. From here we trek all the way down to the Zutulpuk monastery (4790m). This will be a solid 8h hike and we will need all the energy reserves we have built up from the rest day before.
- Day 13:** Last the easy part is coming, we walk 3-4h to Darchen where we have lunch in a simple restaurant and to Chiu gompa sleep in the Guest house.

- Day 14:** full day rest at the shore of Lake Manasarovar and have a bath in the hot springs there.
- Day 15:** Early morning 8 am drive to Purang 68km around 1h, in Purang make the necessary paperwork to cross over to Nepal. Drive to the border near Hilsa 23km 30 minutes and cross over to Nepal Hilsa. Here the time goes back 2h 15 minutes! We meet the horseman that will take our luggage after lunch, trek around 5 hours to Mani Peme/ camp.
- Day 16:** Mane Peme – Halji camp / trek 6h/ 3360m
- Day 17:** Halji to Takchhe / camp/ trek 7h/ 4330m
- Day 18:** Takchhe to Nyayula base camp/camp / trek 6h/ 4800m
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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

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\$.)

Passport Validity: Minimum 6 months from date of entry.

Contact Information:

Roger Pfister, Snow Jewel
P.O. Box 7003, Boudha, Kathmandu, Nepal
Phone: 00977-1-448 23 51
Mobile Nepal: 00977-9851 021 989
Email: roger@snowjewel.com
Webpage: www.snowjewel.com



May all beings be happy!