

## Standard Tour Mount Kailash



### Holy Mount Kailash

The most sacred mountain in the Tibetan Buddhist world is considered by many to be the centre of the universe and to repeat, the crown of our planet.

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. For Hindus, to make the arduous pilgrimage to Kailash and have the darshan (divine view) of Shiva's abode is to attain release from the clutches of ignorance and delusion.

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 Vajravarahi). 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.



**“Where Mount Kailash is considered the father-mountain, the active principle of skillful means, Lake Manasarovar is the mother-lake, the principle of transcendent reality.”  
J. Snelling – The Sacred Mountain**



### Overview

From Kathmandu or from Chengdu, China we fly to Lhasa for our steady acclimatization to the culture, altitude, the journey ahead and one another – this will include walks to carefully selected sites that will support both our inner and outer journey. From Lhasa, we move into the core of this journey: an unhurried four-day circuit trek (kora) among Tibetan pilgrims around holy Mt. Kailash and a visit to the beautiful Lake Manasarovar. We enjoy silence and nature, spectacular panoramic views, as well as our group interactions.



### Expedition or Inner Purification

All trips to Mt. Kailash have an expedition nature about them. This expedition, more than all the tours – it may hold a sense of pilgrimage. We have come a long way to have reached the sacred mountain - through vast open spaces is likely to catalyze a variety of deep personal inner reflections and experiences. Long drives and very simple accommodations require a lot of patience, tolerance and little expectation. In return we will see some of the most untouched and beautiful landscapes, visit some of the most auspicious locations on the planet and are likely meet many genuinely kind and considerate people.

The reverence and silence held at many of the locations you will visit, will continuously give us the opportunity to return to our conscious awareness...and see where it wants to take us.

**The Standard Tour:** Covers all necessary needs and leaves space for more privacy. The Tibetan guide will take care of all arrangements; accommodation and entrances fees are organized and paid for except for Lhasa – here we have consciously left it open in case one does not feel well one can take a break. 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 and will help you wherever necessary.

### Tour Operator:



Roger Pfister, Swiss, born in 1960 has been based in Boudhanath, Kathmandu in Nepal since 1995. During this time he has owned and operated Snow Jewel, leading expeditions to remote locations in Nepal and Tibet. In addition, he has worked for over five years as a volunteer for the British operated not-for-profit ROKPA Nepal. Roger has practiced extensively in both the Tibetan and Theravada traditions, completing annual Vipassana retreats in Thailand at Wat Ram Poeng and in India at Bodgaya and Sarnath with Christopher Titmuss. During his time in Nepal, he spent two

years in study at Ka-Nying Shedrup Ling, the official seat of very venerable Chokyi Nyima Rinpoche, as well as Pullahari Monastery under the guidance of Khenpo Tsultrim Gyatso Rinpoche. His inaugural trip to Mt. Kailash was during the spring of 1996 and since then he has made over 100 circuits of the mountain and 14 of Lake Manasarovar.

**Group Size:** Minimum 7, maximum 16 people. **Duration:** June 05<sup>th</sup> – 20<sup>th</sup> 2019.

**Price:** RMB 14'900 ca. 1910 Euro (at a rate of 7,8 to the Euro) plus flight KTM –LXA 300-390 Euro

**Single room** mark-up 390 Euro (only guaranteed in 90- 95% of the places.

**Included:** Airport transfer KTM- LXA; drive in Tibet from Lhasa to Mt. Kailash, Lake Manasarovar and back to Nepal, Kathmandu (see itinerary); all overnight; all permits and road tolls in Tibet; local guide, drivers; Entrance fee of Gyanste monastery 50CNY, Sakya 50CNY, Mt. Kailash 150CNY, Manasarovar 150CNY.

**Excluded:** visa fee for Tibet 114\$; entrance-fees in Lhasa (Potala 200Cny/ Jokhang 85CNY), visa for Nepal; All cost for food, porter, horse and horse driver for personal ride; cost in case of an emergency; airport transfer and hotel in Kathmandu; personal expenses; insurances; tip.

**Of course we cannot determine or foresee your spending behaviour, however with a moderate way of spending you will need about 100-150CNY/day this will cover food & Drinks. If you need a porter then you have to bring extra 210CNY per day (2018).**

**Note: 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:**

**September 01:** Arrival in Kathmandu; hand over of passport Chinese visa form, 10- 17.00  
 Sept. 02-04: Tibet group visa; at 13.00 p.m. briefing for the tour / Free day

#### **Itinerary – Short**

Our journey is planned to start in Kathmandu however you can come from Chengdu. For this, Chinese visas will have to be arranged in your home country.

Day 1: Sept. 05 Kathmandu or Chengdu Flight to Lhasa, 3\* hotel  
 Day 2: 06 Lhasa – Barkhor, rest & acclimatization  
 Day 3: 07 Lhasa – Jokahng Linkhor, Jagpori by foot with guide  
 Day 4: 08 Visit Potala, Lhukang by foot  
 Day 5: 09 Lhasa – Gyantse  
 Day 6: 10 Gyanste - Sakya  
 Day 7: 11 Sakya – Saga  
 Day 8: 12 Saga – Darchen  
 Day 9: 13 Darchen – Excursion to Manasarovar  
 Day 10-12: 14-16 Saga – Darchen  
 Day 13: 17 Kora Trekking – Paryang  
 Day 14: 18 Paryang - Upper Kyirong  
 Day 15: 19 Upper Kyirong – Rasuwa Nepal  
 Day 16: Sept. 20 Rasuwa – Kathmandu **End of service**  
 Day 17: Sept 21 **Rest day or fly back home**

### Itinerary - Detailed

- Day 1:** Early morning transfer to airport, flight to Lhasa with beautiful Everest views. In Lhasa, our Tibetan guide will pick us up from Gongar airport and take us to the Yak Hotel, located in the middle of the Tibetan old part of the city, just 5 minutes' walk from Potala and Jokhang.
- Days 2-4:** Lhasa – Sightseeing: by foot we will explore Lhasa and visit the heart of Tibet - the Jokhang Temple and the Potala Palace of the Dalai Lamas. We will also visit other less famous, but no less important places and temples.
- Day 5:** From Lhasa to Gyantse. We drive via Kambala Pass (4794m) along Yamdrok Tso (Scorpion Lake, 4488m) and Karola pass (5045m) with a beautiful glacier. Later, we will reach Gyantse's monastery with the famous Kumbum. Hotel; double room with shower (280km, 7-8h).
- Day 6:** Gyantse to Sakya; Morning 9 am we will visit the Gyanste Kumbum and the monastery which holds the very precious 14th century clay statues with Yoga mudras (postures). After lunch we drive through Shigatse to Sakya where we stay in a hotel; double room with shower. (241km, 5-6h).
- Day 7:** Sakya to Saga. In the morning we will visit the Sakya monastery, afterwards travelling on to Saga. We drive through a magnificent hill landscape. (8h drive 460 Km). Overnight in simple pilgrim's guesthouse (public bath).
- Day 8:** Saga – Darchen (4'560m). 9-10h drive (540km). We cross several high passes and enter the high desert of Western Tibet – through beautiful landscape from Paryang to Darchen. After crossing the Mayumla pass (5216m), we drive along the shores of Gung Gyu Lake, before getting our first glimpse of holy Mount Kailash. We stay in a guesthouse (public bath) at the foot of Mount Kailash.
- Day 9:** Today you make an excursion to Lake Manasarovar; Hot springs and Chiu Gompa just about 30km drive and will return to Darchen after the visit.



**Day 10:** Beginning of the Kailash kora. This is a medium trek (20km, 6-8h), slightly uphill. From the south, we reach Tarpoche, the so-called centre of the universe. Then, we pass Chuku monastery (those who have lots of energy can go for a short visit) and the west face of Kailash. Our camp is right below Dirapuk monastery at 4900m with awesome views of Mt. Kailash's north face.

**Day 11:** Rest day at Mt. Kailash's north face for acclimatisation. Those who would like



to can visit the Dirapuk monastery (famous yogi Gyalwa Gotsangpa meditated there in a cave for long time), make an excursion to the north face (2h), stroll into a side valley (1-2h) or simply enjoy Mt Kailash's power in the camp right below Dirapuk monastery at 4900m.

**Day 12:** This day is the core of the kora and it has been lined up to coincide with June's full moon. This is a difficult trek (15km, 8-10h), where we need the energy reserves built up from the day before. For the first 2-5h, we slowly ascend towards the Tara-Pass/Drölma-La (5630m). After a break we steeply descend to the valley (1-2h). From here it is another 2-3h slightly downhill to the camp, just 3km before Zutulpuk monastery (4790m).

**Day 13:** This day is fairly easy (11km, 3-4h). We pass Zutulpuk monastery and hike slightly downhill back to Darchen where we have lunch. Then drive 240 km 4-5h, to Paryang village, simple guesthouse (no bath).

**Day 14:** In the morning we will drive to Upper Kyirong where we have magnificent view of the Langtang range and Ganesh Himal if the weather is clear. Hotel.

**Day 15:** Early Morning we descend 60Km from the high desert and enter the lush green. Along the way we visit the enlightenment cave of Milarepa. In Lower Kyirong/Rasuwa we leave the Tibetan crew and cross the border and walk or drive one kilometer to our hotel in Nepal. Room with bath.

**Day 16:** Drive from Rasuwa back to Kathmandu. 160Km will take around 7-9 hours depending on the route condition. **End of service**

## 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. The itinerary has been designed to allow sufficient time for acclimatisation.
- Accommodation will occasionally be in shared rooms (small dormitories). During the Kailash kora we stay in tents for two people each. 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

#### Chinese visa

Entry from Main Land China, best from Chengdu; One will have to make the visa back home and we will send a booking confirmation for the duration of the trip, with which you can apply for a Chinese tourist visa. After receiving the Chinese visa you will need to send a scan to Roger at Snow Jewel, so they can make you a Tibet Travel Permit in Lhasa which will be handed over to you up on arrival in China.

#### Visa Nepal

Entry from Nepal, Nepalese visa is best applied upon arrival in Kathmandu. You will need a passport photo. At arrival 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 Nepal

Entering Tibet from Nepal: One can only travel by so called "Group visa" any other valid Chinese visa will be deleted by the Chinese embassy! We will obtain this for you in Kathmandu. For this, we need one passport photo and a completed visa application form. Please download, print and fill out: <http://snowjewel.com/visalinks.html>. The visa costs US\$ 114 in cash, payable upon arrival when handing over the passport. (US citizens must pay US\$ 198.)

Passport Validity: Minimum 6 months from date of entry.

#### Recommended Reading:

1. The sacred life of Tibet: By Keith Downman
2. Power places of Tibet: By Keith Downman
3. The way of the white clouds: By Lama Govinda
4. The Sacred mountain: By John Snelling
5. Walking to the holy mountain: By Wendy Rowe
6. Kailash Manasarovar: By Swami Pranavananda
7. Tibet Hand Book: By Gurme Dorje



May all beings be happy!