

Only Mountains – Special Tour to Mount Kailash



Picture, 2016/ OM

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.

“OM Only Mountains with Roger” The cornerstones of this tour are a circuit trek (kora) around sacred Mount Kailash (6.714m), a visit at Mount Everest (8.850m), and, in between, a visit at the base of “power mountain” Gurla Mandata (7.728m).

The core of this journey is the experience of mountains and nature. While walking, resting and just being we can feel the strength of the Himalaya. During the best time of the year, we enjoy silence and nature, spectacular panoramic views, as well as interaction within the group.

Expedition or Inner Purification



All trips to Mt. Kailash have an expedition nature about them. This expedition, more than any tour – holds a deep sense of pilgrimage. Our journey, through vast open spaces, is likely to catalyze a variety of deep personal inner reflections and experiences. Long drives and 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 we will visit, will continuously give us the opportunity to return to our conscious awareness...and see where it wants to take us.

Tour Leader:



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.

Special Tours are designed for people who want to leave the effort of making arrangements to others. We plan to see the most important sights along the way. It meets a full service standard and gives you the time you need to experience and enjoy your journey. Throughout the tour, you will be taken care of by professionals: your tour leader, a Tibetan guide, Sherpa's, cook and drivers.

Group Size small group only! Minimum 7, maximum 12 people.

Duration: September 27 – October 12. September.

Price: € 2790 (equivalent of 20600 CNY @ rate of 7,5 towards the CNY)

Included: drive from Kathmandu to the border in a private bus with Nepalese guide; drive from the border to Mt. Kailash, Lake Manasarovar and back to the border with private bus and support truck (see itinerary); all permits and road tolls in Tibet; local guide, drivers and cook; two vegetarian meals daily (breakfast and dinner) and picnic lunch during the whole tour; all fees for sightseeing, Kailash circuit, grassland fee, yak and yak driver for your luggage; camping gear; transport from the Nepalese border in private bus back to Kathmandu; all overnight stays in basic accommodation (pilgrim guesthouses) or tents.

Excluded: visa fee for Tibet; visa for Nepal; horse and horse driver for personal ride; cost for visa split from the group visa in case of an emergency; alcohol and soft drinks when eating in restaurants; airport transfer and hotel in Kathmandu; personal expenses; insurances; tip.

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. For Nepal programs we can send you a variety of offers from City tour to trekking, just let us know.



2016

Dates

19. Sept.: Arrival in Kathmandu; hand over of passport and Chinese visa form from 08-18:00.
20. Sept. 13.00 briefing for the tour/ Tibet Group-Visa process
- 21/22. Sept.: Tibet visa process; free days' passport is ready 22. Sept. by 16:00
13. Oct.: Earliest departure.

Itinerary – Short

- Day 1: Kathmandu - Kodari/Zhangmu - Nyalam / Guesthouse (G.H.)
- Day 2: Nyalam / acclimatisation, excursion with land cruisers / G.H.
- Day 3-4: Nyalam / acclimatisation or trekking / G.H.
- Day 5: Nyalam - Saga / G.H.

Day 6:	Saga – Menshi / G.H.
Day 7:	Menshi - Mt. Kailash / G.H.
Day 8:	Visit of Lake Manasarovar / rest day / G.H.
Day 9-11:	Kailash Kora / trekking / camp
Day 12:	Kailash Kora / drive to Lake Manasarovar / G.H.
Day 12:	Lake Manasarovar / rest day / G.H.
Day 13:	Manasarovar - Saga / G.H.
Day 14:	Saga – Tingri / G.H.
Day 15:	Tingri - EBC – Tingri / G.H.
Day 16:	Tingri – Nyalam – Kathmandu

Itinerary - Detailed

- Day 1: Early morning transfer (130 km, 5h) with private bus to Kodari (Nepalese border) with breakfast along the way. After the Nepalese immigration, we walk over the Friendship Bridge where the Tibetan guide and driver are waiting for us. We then drive another 8 km and complete the border formalities in Zhangmu. After lunch, we drive 60km (1.5h) to Nyalam at 3700m. Here we stay three days (four nights) for acclimatisation.
- Day 2: This day is primarily a rest day. After lunch, we make a short visit to the famous Milarepa cave by bus (15km) and walk about 2-3km through nomad villages and then drive back to the hotel. If you don't feel well, simply relax!
- Day 3: Easy 3-5h acclimatisation trek to the Phukaro cave with picnic and nice view into the valley.
- Day 4: Medium 6-8h acclimatisation trek to the lake Dara Tso at 4300m. Lunch picnic at the lakeshore with nice panoramic mountain view.
- Day 5: 7-8h drive (270km) from Nyalam to Saga (4500m). We first cross the Tongla pass (5120m) with a marvellous view over the Himalaya. We then drive past the base of Shisha Pangma (8012m) through a paradise-like environment along lake Peiku Tso (4591m). We stay the night in a guesthouse.
- Day 6: 8h drive (549km) 7-8 h. from Saga via Paryang (4600m) onwards to Menshi. We cross several high passes and enter the high desert of Western Tibet. 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. We stay overnight in simple pilgrims G.H. with a nice Tibetan family (public bath).
- Day 7: 1 h. drive (30km) Darchen. This after a relaxed morning where we first visit Thirthapury - The holy hot springs, here we walk the small kora around the idyllic monastery complex and then drive on to Darchen, Mt. Kailash, we stay in a pilgrim hotel (public bath).
- Day 8: Today, we will drive (35km, 30 minutes) to Chiu monastery at Lake Manasarovar (4560m) where we can have a bath in the hot springs. Here we have the most amazing view of Lake Manasarovar, Gurla Mandata (7728m) and Mt. Kailash. We can relax, enjoy the panoramic view, explore the lakeshore, collect stones and shells, then back to Darchen.

- Day 9: Begin 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 10: Rest day at Mt. Kailash's north face for acclimatisation. Those who like, 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 11: This day is the core of the journey. This is a difficult trek (18km, 8-10h), where we need the energy reserves built up 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 3-4h slightly downhill to the camp, just 3km before Zutulpuk monastery (4790m).
- Day 12: This day is fairly easy (11km, 3-4h). We pass Zutulpuk monastery and hike slightly downhill back to Darchen where we have lunch in a simple restaurant. Afterwards, we will rest and digest the kora.
- Day 13: Drive back to Paryang and Saga. We stay at the same place as on the way from the border to Kailash.
- Day 14: After crossing the Bramaputra river, we will travel along Piaku Tso, we may see Shisa Pangma (8048m). In Tingri (4390m), with fantastic views of Cho Oyu (8153m) and Mount Everest (8848m). You stay overnight in a cosy Tibetan farmer's guesthouse.
- Day 15: Tingri to EBC (5400m): From Tingri we drive by car to Rombuk here we go by foot or bus to the Everest Base Camp and back to Tingri.
- Day 16: From Tingri we drive to Nyalam where we descend the high desert and enter the green of Nepal. In Zhangmu we leave the Tibetan crew and a private bus will take us back to Kathmandu.



May all beings be happy!

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 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

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 please print out here; <http://snowjewel.com/visalinks.html> Visa- Fee 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.

Contact Information

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