

## Saga Dawa Festival– On Mt. Kailash



### 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.

### Saga Dawa festival:

(←Group 2017) You will circumambulate Mt. Kailash & visit Lake Manasarovar and participate on the Saga Dawa the main Buddhist Festival at Mt. Kailash. All this during the period of the Saga Dawa month, in this time one circumambulation of the mountain is popularly considered to have the merit of



a 100 thousand times on top of that to be purifying one life time. At time for the full moon of Saga Dawa (Buddha's day of enlightenment and para-nirvana) more pilgrims than usual visit Kailash.

(Group 2018)



### **Expedition or Inner Purification:**

All trips to Mt. Kailash have expedition character. Long drives on dirt roads and simple accommodations 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 Standard Tour:** Covers all necessary needs and leaves space for more privacy. Your Tibetan guide will take care of all arrangements; accommodation and entrances fees are organized and paid for. You will see the most important sights along the way. On top of that Natalia and your Tibetan guide gives 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 12 people.

**Duration:** June 05<sup>th</sup> – 15<sup>th</sup> 2019.

**Price:** RMB 14'500 ca. 1930 Euro (at a rate of 7,5CNY to the Euro)

**Single room** mark-up 320Euro (only guaranteed in 90- 95% of the places)

**Included:** drive from Kathmandu to Mt. Kailash and back in a private transport; (see itinerary); all overnight; all permits in Tibet; all entrance fees Mt. Kailash & Manasarovar (150/150 CNY); local guide, driver;. **In Nepal:** Permits; TIMS 20\$ & Langtang 35\$; Guide and porter for 5 days in the acclimatisation part (you can give maximum 10kg to the porter the rest you need to carry yourself! If you need more KG then you need to tell us and we hire an extra porter).

**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.

- **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 (2017).**

**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

June 02<sup>nd</sup> : Latest arrival in Kathmandu; hand over of passport and one photo (Nepal permit) filled in.

June 03<sup>rd</sup>: Tibet visa; 13.00 Briefing for the trip with Natalia

June 04<sup>th</sup>: Tibet visa; free day in KTM to relax 13.00 Briefing for the trip with Natalia

June 21<sup>st</sup>: 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- Darchen/G.H.

Day 8: Excursion Lake Manasarovar /G.H.

Day 9-11: Kailash Kora / trekking / G.H.

Day 12: Kailash Kora / Drachen / G.H.

Day 13: Festival - Paryang / G.H.

Day 14: Paryang–Upper Kyirong / G.H.

Day 15: Upper Kyirong – Lower Kyirong – Rasuwa.

Day 16: Rasuwa - KTM.

### 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. Langtang is the 3<sup>rd</sup> most famous trekking region in Nepal

**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 to Gosaikunde a famous pilgrim's lake for a ritual bath, 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:** 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:** Today, we make a day excursion to Lake Manasarovar ca. 30Km 45 Min. 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 9-10:** 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 11:** 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 12:** 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). Afterwards we can relax in the Guest house.
- Day 13:** Saga Dawa Festival @ Tarpoche from 9 am to around 12 lunchtime there will be plenty of Pilgrims



joining the festival..... 13.00 drive to Paryang around 4h stay in same G.H.

- Day 14:** Drive back from Paryang to Upper Kyirong 6-7h drive. Hotel
- Day 15:** 2h drive to Lower Kyirong, we descend the high desert and enter the 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 one kilometre to our hotel in Nepal.

**Day 16:** Early morning we drive 160km approximately 7-8h drive to Kathmandu 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. 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.

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**May all beings be happy!**