

## Sacred sites Tibet & Nepal, Mt. Kailash with Roger & special guest Tom,



### Extensive 19 days Mt. Kailash & Manasarovar kora, Thirthapury & Gosaikunda.

This tour is designed for those who prefer walking over driving and focuses on visiting sacred sites in Nepal and Tibet to observe the unique ways in which pilgrims from each country participate. We will begin our journey by visiting Gosaikunda in Nepal. Spend 6 days in the Kailash region. The highlight of the trip is the unhurried 4-day kora (circumnavigation) of Mt. Kailash and a one-day kora trek around Lake Manasarovar & visit of Thirthapury.

#### Itinerary

- Day 1: Kathmandu – Airport Pick up/ transfer to Monastic G.H.
- Day 2: Morning visit Stupa - Briefing
- Day 3: Kathmandu – Langtang - Acclimatisation / Tea house
- Day 4: Langtang - Acclimatisation / Tea house
- Day 5: Langtang - Acclimatisation / Tea house
- Day 6: Langtang - Acclimatisation / Tea house
- Day 7: Kyirong / H.
- Day 8: Paryang /G.H.
- Day 9: Paryang – Thithapury /G.H.
- Day 10: Thirthapury kora – Lake Mansarovar Chiu gompa village/ G.H.
- Day 11: Lake kora 4-5h walk visit Gosul Gompa – Darchen/ H.
- Day 12-14: Kailash Kora / trekking / G.H.
- Day 15: Kora end Darchen – drive Paryang /H.
- Day 16: Paryang - Kyrong /H.
- Day/17: 10 AM cross border - drive KTM / Monastic G.H.
- Day 18: Rest day or shopping / optional sightseeing / Monastic G.H.
- Day 19: Transfer to airport – **End of service 22.05.2025**



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“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

### 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.



“[It] is the ladder which simultaneously ascends to heaven and descends from heaven...and it thus has the same function as the ‘heavenly cord’ which links heaven and earth”.

G Tucci – The Religions of Tibet

**Overview:** We will walk along one of the top three Trekking destinations in Nepal. As we go higher up, we will be beginning our acclimatization to Himalayan altitudes. It's called Langtang – Gosaikunda Trek. It offers both natural beauty and cultural immersion facilitated by our local Sherpa guide. One highlight of the trek will be a visit to the pristine crystal clear Lake Gosaikunda which is a sacred Hindu and Tibetan Buddhist pilgrimage site where annually many pilgrims visit. After acclimatization will continue as we leave Nepal, and our Sherpa guide, and spend our first night in Tibet, now accompanied by our Tibetan guide and driver. After two days, of driving through the Tibetan plateau, we will get our first glimpse of Mt Kailash as we head towards Lake Manasarovar. We will spend two nights here. Highlights will include a visit to the Thirthapury monastery, the Chiu Gompa monastery, and a half-day “Kora” walk around Lake Manasarovar. Now well acclimated and confident, we will begin the core of our journey, an unhurried four-day trek, kora, around Mt Kailash. I have done many koras and each time I am feeling spiritually invigorated. Our special guest for this tour, Tom Riddle, will be making his fifth kora; he always appreciates feeling the power of the

Sacred Mountain. After the trek, we will drive directly back to where we started, the guesthouse in Kathmandu near the Boudha Stupa.

In Tibetan Buddhism it is viewed, to visit all 3 sites; Mt. Kailash, Manasarovar & Thirthapury for the ultimate pilgrimage cycle. This tour is for people that like to walk more and drive less and have more nature experience and this requires medium fitness and god endurance.

### 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 simplicity. 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.

**Special Tours:** This tour has been organized in such a way that the effort of making all arrangements for transport, accommodation, and administrative arrangements have been taken care of for you which gives you more personal time to simply relax into in the moment and enjoy the journey. You can expect to see all the most important sights along the way, while you are taken care of by professionals: your tour leader “Roger”, the Nepali guide, the Tibetan guide, and our driver. The Nepal part by our Sherpa guides and drivers. For this trip only we have a special guest—fellow traveller Tom Riddle.

**Fellow traveler:** We will be joined by an old friend, whom I met at a Buddhist meditation retreat in India more than 18 years ago, Tom Riddle. This will be Tom’s fifth trip with me to the sacred mountain. After his third trip, he made a YouTube movie, [Mt Kailash and the Walk around the Sacred Mountain](#) that has become quite popular. Tom will be joining us as a fellow traveler and invited guest. He has no responsibility on the trip other than what moral support and encouragement he cares to give us. If you have questions about the trip, please direct them to me rather than to Tom.

### Tour Leader:

I was born in Switzerland in 1960, but since 1995 I’ve been based in Boudhanath, which is just outside of Kathmandu in Nepal. During this time, I have owned and operated Snow Jewel, which leads expeditions to remote locations in Nepal and Tibet.



In 1995 I started working as a volunteer for a British non-profit charity, ROKPA Nepal (<https://www.rokpa.org/en/what-we-do/nepal.html>). ROKPA runs many projects around Kathmandu including a restaurant and guesthouse.

I have practiced extensively in both the Tibetan and Theravada Buddhist traditions, completing annual meditation retreats in Thailand at Wat Ram Poeng and in India at Bodh Gaya and Sarnath with Christopher Titmuss. In Nepal, I spent two years in study at Ka-Nying Shedrup Ling, the official seat of the very venerable Chokyi Nyima Rinpoche, and I have studied at Pullahari Monastery under the guidance

of Khenpo Tsultrim Gyatso Rinpoche. I made my first trip or kora around Mt. Kailash in 1996 and since then I have made over 100 “koras” around the sacred mountain and 14 around Lake Manasarovar.

**Group Size small group:** Minimum 7, maximum 15 people.

**Duration:** 19 days from 4. - 22 May 2025

**Price:** 20'000 CNY about Euro 2490 (CNY@ 7.6 to the Euro)/

**Single room Kathmandu** 4 nights' mark-up 80 Euro;

**Single room Tibet** mark-up 390 Euro (except on Koras Kailash and Manasarovar) \*500 Euros deposit to confirm your booking\*

**Included:** Airport transfer and monastic G.H. (DBL room breakfast) in Kathmandu from Kathmandu drive in a private vehicle to the Langtang region tea house trek with Sherpa guide and porters. **In Nepal:** Permits; TIMS 20\$ & Langtang 35\$; Guide and porter for 5 days in the acclimatisation part (you can give 6kg) to the porter the rest will stay in storage for the later part when returning!

**Included Tibet:**

drive to Mt. Kailash, Lake Manasarovar and onwards to Kathmandu, with private transport (see itinerary); all permits and road tolls in Tibet; local guide, Tour leader Roger, drivers; all fees for sightseeing, Kailash circuit, grassland fee, hotel in Kyirong, Paryang, Saga and Darchen; all other overnight stays in basic accommodation (pilgrim guesthouses).

**Excluded: Tibet** group-visa fee for Tibet 120\$ (USA 210\$); Porter, horse and horse driver for personal ride; porter at Mt. Kailash, cost in case of an emergency personal expenses; insurances; tips & gratitude's.

**Nepal:** visa for Nepal; All cost for food in Nepal 4,5 days while Tea house trekking (you will need about 20-25 USD per day); extra nights in Kathmandu;

**Tibet:** Of course we cannot determine or foresee your spending behaviour, however, most people find that they need 100-150 CNY ca. 15-20 Euro/ day to cover food and drink. A porter on the kora, for those who need one, will cost extra 330 CNY / day (2024).

### Itinerary – Detailed

- Day 1:** Arrival KTM airport pick up transfer to Monastic G.H. 5 minutes from the Boudhanath Stupa. (double room with shower). You will find Tom Riddle there when you arrive. He will be happy to help orient you in any way he can. I can put you in contact with him if you wish. Handover passport form 9 Am to 4 PM.
- Day 2:** Visit the Boudhanath stupa with the Sherpa guide 9 am afterwards Briefing for the trip around 11.30 and visa process 2-3 hours.
- Day 3:** Early morning 5AM drive by private transport to Dunche the Langtang area near Nepalese border, 99 km, 4h drive, after breakfast 10 AM, 5 h walk up the mountain to 3270m the Sing Gompa. Strong day 1100m of elevation steep up! Accommodation in the Langtang area will be in traditional wooden or stone lodges, called tea houses.



**Day 4:** Rest and acclimatisation day walk 2-2,5 h up to 3900M Laurebina Yak here a morning view from May 2018.



**Day 5/6:** During these two days we offer short treks, so that one can adjust to the altitude or simply rest & acclimatise. Day 4: trek down to Sing Gompa 3270m in about 1 h.



**Day 7:** Early morning 5 AM, 3-4h trek down to where we meet with our Bus/Car which will take us 9AM to Rasuwa border 1,5 h drive. **Tibet is 2h15 minutes ahead of time!** When crossing the border, we meet up with the Tibetan Guide/ Driver. We begin our overland journey in Tibet to Kyrong 2800m 1-2h drive, with a marvellous view over the Himalaya. We stay the night in Hotel.

**Day 8:** Kyirong to Paryang 360km 7-8h drive. In the morning we are travelling on to Paryang. We drive through a magnificent hill landscape. Overnight simple Hotel w. shower.

**Day 09:** Paryang – Thithapury (4'300m). 7h drive (370km). We cross several high passes and enter the high desert of Western Tibet – through beautiful landscape from Paryang via 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 drive on futher and stay at a simple G.H. near the Thithapury site.

**Day 10:** Visit Thirthapury Monastery - Sacred hot springs in the morning, we walk the small kora around the idyllic monastery complex. Afterwards drive 1-2h to drive to Chiu Gompa visit Chiu Monastery. Simple G.H.

**Day 11:** Today we walk this part of the lake kora.



about 12-15 km with the of most magnificent view of Lake Manasarovar about 4-5 h walk afterwards drive to Mt. Kailash / Darchen 40 minutes 30km. Hotel

**Day 12:** 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 G.H. is right below Dirapuk monastery at 4900m with awesome views of Mt. Kailash's north face.



**Day 13:** 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 Dirapuk monastery at 4900m.



- Day 14:** This day is the core of the kora and a difficult trek (20km, 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 Zutulpuk monastery (4790m).
- Day 15:** This day is fairly easy (10km, 3-4h). We pass Zutulpuk monastery and hike slightly downhill back to Darchen where you have lunch in a restaurant. You drive to Paryang / simple Hotel w. shower.
- Day 16:** Paryang to Kyirong 7-8h 330km. We drive over a high mountain pass (Zhongma) and descend the high desert and enter the green and lush vegetation. In Lower Kyirong stay in Hotel.
- Day 17:** Morning 8 am- drive 20km to the actual border and check out from Tibet 10AM (Nepal time 07.45 change to new vehicles and continue the we drive 6-7h/ 130km to Kathmandu, Boudhanath stupa / Monastic G.H.



- Day 18:** Free day to relax and for shopping optional sightseeing's around Kathmandu can be arranged for you! Monastic G.H.
- Day 19:** **Transfer to airport here ends the service!** Optional extensions days with sightseeing etc. are possible.

### General Information

- We will not be responsible for extra costs incurred by landslides, road blockages, and other weather-related or political problems.
- You are responsible for your own health and health insurance. The itinerary has been designed to allow sufficient time for acclimatization.
- Accommodation will occasionally be in shared rooms (small dormitories). We assume your preparedness to share rooms 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; Entry from Nepal, Nepalese visa is best applied online [here](#). You can get a 15/30 days or 90-days multiple-entry visa valid from the date of entry. The visa costs US\$ 30 /50 or US\$ 125, respectively.

Tibet Group Visa for those traveling from Nepal: One can only travel in Tibet with the so-called "Group visa." Any other valid Chinese visa will be deleted by the Chinese Embassy staff in Kathmandu. We will obtain your Tibetan visa for you in Kathmandu. For this, we need one passport photo and a completed visa application form. Please download, print, and fill out the visa application form before you leave home, from here: The visa costs US\$ 120 *in cash* which you need to give us when you deliver the above form and your passport to us. (US citizens must pay US\$ 210/ Canada 190 US\$.)

Special only in 2025 most European countries get free visa for Chine/Tibet 30 days check if your country is in this free visa (excluded USA/Canada/ UK as of Nov. 1.2024)

Passport Validity: Minimum 6 months from date of entry.

### **Kontakt-Informationen**

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**May all beings be happy!**