

Kailash & Mansarovar Sacred Mandala Journey with Thomas

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 (Cakrasamvara and Vajravahni). 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.

This tour is designed for those who like walking rather than driving and focuses on visiting sacred Gosaikunda in Nepal and Tibet a beautiful combination! We will begin our journey by visiting Gosaikunda in Nepal. Spend 5 days in the Kailash region. The highlight of the trip is the unhurried 4-day kora (circumnavigation) of Mt. Kailash and a visit of Lake Mansarovar.

Itinerary

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: Kyirong / H.

Day 6: Paryang /H.

Day 7: Paryang – Chiu Gompa, Mansarovar /G.H.

Day 8: Visit Chiu Gompa morning – Darchen/ H.

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

Day 12: Kora end Darchen – drive Paryang /H.

Day 13: Paryang - Kyirong /H.

Day 14: 10 AM cross border - drive KTM– **End of service 25.06.2025**

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.

Guide: Thomas Toth, Hungarian, born in 1969. He lives over the past 8 years in Nepal, India & Ladakh, where he studies and practices Buddhism under the guidance of several great Tibetan masters. His first visit of Mt. Kailash was in 2002 (also the horse year).



"I perceive the experience of western Tibet to be mind opening and consequently showing us a total different dimension. Ever since my

first visit I had the aspiration to return to the holy mountain, because I believe it can bring transformation / change to our life”.

Mandala Journey: Consciously we choose a careful trip (Standard Tour level) We plan to do the kora the same way Tibetan pilgrims do, being flexible and light weight, sleeping in monastery guesthouses and pilgrim shelters and eating local food. On the top of having a true pilgrimage experience, it will also cost a lot less than a tour with full board. However, Thomas and a Tibetan guide will always be with you to provide support in various ways.

Tour Operator: 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.

Group Size: Minimum 7, maximum 15 people.

Duration: June 12. – 25. 2025.

Price: 7+ PAX RMB 12500 / 1760€ /10+PAX RMB 11600/1665€ /12+PAX 11200/ 1590€

Single room mark-up 260 Euro (except on Koras Kailash and Manasarovar) *500 Euros deposit to confirm your booking*

Included: From Kathmandu drive in a private vehicle to Dunche Langtang region, tea house trek in double rooms, with Sherpa guide and Porters. **In Nepal:** Permits; TIMS 20\$ & Langtang 35\$; Guide and porter 5 days in the acclimatisation part. (you can give maximum 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 Tamas, drivers; hotel in Kyirong, Paryan and Darchen; all other overnight stays in basic accommodation (pilgrim guesthouses). Entrance fee Mt. Kailash & Mansarovar 300CNY.

Excluded: Tibet group-visa fee for Tibet 120\$ (USA 210\$) ;(most European have **free visa in 2025 only**); 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); airport transfer and hotel in Kathmandu;

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).

Remark: Accommodation / activity Add-ons in Nepal: If want us to book a room in a monastic guesthouse, the 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 28th: arrival in Kathmandu; hand over of passport, Chinese visa form, 10-17.00
Latest handover. **2025 most European countries get free visa for Chine/Tibet**

May 29-30. Chinese visa; Free days

Itinerary – Detailed

Day 1:

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 2:

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



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: trek down to Sing Gompa 3270m in about 1 h.

Day 5:

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 6: Kyirong to Paryang 360km 7-8h drive. In the morning we are travelling on to Paryang. Visit Trakar Tasso famous Milarepa place! We drive through a magnificent hill landscape. Overnight simple Hotel w. shower.

Day 7: Paryang – Chiu Gompa Lake Manasarovar; 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 further and stay at a simple G.H. in Chiu village.

Day 8: Visit Chiu Monastery –Sacred Manasarovar Lake in the morning, afterwards drive to Mt. Kailash / Darchen 40 minutes 30km. Hotel



Day 9: 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 Drirapuk 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 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 11: 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 12: 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 13: 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 14: 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. **End of service.**



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

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

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\$.)

Passport Validity: Minimum 6 months from date of entry.

Kontakt-Informationen

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May all beings be happy!