# Kailash Manasharavar Tour



The Kailash Mansarovar Yatra is a pilgrimage of great significance for Hindus, Buddhists, Jains, and Bonpo. The journey to Mount Kailash and Lake Mansarovar, located in Tibet, is a spiritual quest that includes the challenging Kora Parikrama around Mount Kailash. The tour typically spans 11 days and requires good physical health due to high altitudes and rigorous trekking conditions.

## MANASHAROVAR LAKE

Lake Mansarovar, located at an altitude of 4,590 meters (15,060 feet) in the Tibet Autonomous Region of China, near Mount Kailash, is one of the most sacred lakes in the world. It holds great religious and cultural significance for several religions, including Hinduism, Buddhism, Jainism, and Bonpo.

### Religious Significance

#### Hinduism

- **Sacred Origin**: Hindus believe that Lake Mansarovar was first conceived in the mind of Lord Brahma, the creator of the universe. The name "Mansarovar" is derived from the Sanskrit words "Manas" (mind) and "Sarovar" (lake), indicating its divine origin.
- **Spiritual Purity**: Bathing in the lake and drinking its water is believed to cleanse one's sins and lead to the path of salvation (moksha). Pilgrims perform ritual baths and prayers on its shores.
- **Associated Deities**: It is closely associated with Lord Shiva and his consort Parvati, who are said to reside at nearby Mount Kailash.

#### Buddhism

- **Buddhist Cosmology**: Buddhists consider Mansarovar as a representation of the legendary Anavatapta Lake, where Queen Maya is believed to have conceived Buddha. It is seen as a place of meditation and spiritual rejuvenation.
- **Pilgrimage Site**: The lake is an important site for Tibetan Buddhists, who perform kora (circumambulation) around the lake and Mount Kailash, seeking blessings and purification.

#### Jainism

- **Rishabhadeva's Attainment**: Jains revere the lake because it is believed that Rishabhadeva, the first Tirthankara, attained nirvana (liberation) on the Ashtapad Mountain, which is associated with the region of Mansarovar and Kailash.

**Bonpo**

- **Sacred Geography**: The Bon religion, which predates Buddhism in Tibet, considers Lake Mansarovar and Mount Kailash as the seat of all spiritual power. The Bonpo perform rituals and pilgrimages to honor the sacred geography.

### Cultural and Environmental Importance

**Natural Beauty:**

- **Pristine Waters**: The lake is known for its crystal-clear blue waters, reflecting the surrounding mountains and sky, creating a mesmerizing natural panorama.
- **Wildlife Habitat**: It serves as a habitat for various species of migratory birds and other wildlife, contributing to the region's biodiversity.

**Environmental Significance:**

- **Source of Rivers**: Lake Mansarovar is the source of the Sutlej River, which is one of the major tributaries of the Indus River system. It also contributes to the Karnali River, which flows into the Ganges.
- **Climate Influence**: The lake and its surrounding region play a role in the local climate and hydrology, influencing weather patterns and water resources in the broader Himalayan region.

**Cultural Heritage Tourism**

- **Pilgrimage and Traditions**: The annual pilgrimage to Lake Mansarovar and Mount Kailash is a significant cultural event, attracting thousands of devotees from around the world. The rituals, prayers, and traditions associated with the pilgrimage are a vital part of the cultural heritage of the region.
- **Spiritual Tourism**: The spiritual significance of the lake attracts not only religious pilgrims but also tourists seeking peace, reflection, and the experience of a unique spiritual journey.
- **Adventure Tourism**: The challenging terrain and high-altitude environment of the region also attract adventure enthusiasts and trekkers.

### Conclusion

Lake Mansarovar is more than just a physical body of water; it is a symbol of spiritual purity, a source of divine inspiration, and a place of profound religious significance for multiple faiths. Its pristine natural beauty and cultural importance make it a unique and revered destination, deeply embedded in the spiritual and cultural fabric of the region.

## MOUNT KAILASH

Mount Kailash, located in the remote southwestern corner of Tibet, stands at an altitude of 6,638 meters (21,778 feet). This strikingly symmetrical peak is part of the Transhimalaya range and is considered one of the most sacred mountains in the world. Revered by Hindus, Buddhists, Jains, and Bonpo, Mount Kailash holds profound spiritual, religious, and cultural significance.

### RELIGIOUS SIGNIFICANCE

**Hinduism:**

- **Abode of Lord Shiva**: Hindus believe that Mount Kailash is the home of Lord Shiva and his consort Parvati. Shiva is often depicted meditating on the mountain's summit, and it is considered a spiritual center of the universe.
- **Spiritual Journey**: Pilgrimage to Mount Kailash, known as Kailash Yatra, is believed to purify the soul and lead to salvation. Completing a circumambulation (parikrama) of the mountain, a challenging trek of about 52 kilometers (32 miles), is a sacred ritual.

**Buddhism**

- **Sacred Mandala**: For Buddhists, Mount Kailash is seen as the earthly manifestation of Mount Meru, the cosmic center of the universe described in Buddhist cosmology. The mountain is a spiritual axis and a source of profound blessings.

- **Milarepa's Triumph**: The Tibetan Buddhist sage Milarepa is said to have triumphed over the Bon shaman Naro Bon-chung in a spiritual contest on Mount Kailash, reinforcing the mountain's sacred status.

**Jainism**

- **Ashtapad Mountain**: Jains regard Mount Kailash as Ashtapad, where the first Tirthankara, Rishabhadeva, attained nirvana (liberation). The mountain is an important pilgrimage site, symbolizing liberation and enlightenment.

**Bonpo**

- **Spiritual Origin**: The Bon religion, predating Buddhism in Tibet, views Mount Kailash as the seat of all spiritual power. The founder of Bon, Tonpa Shenrab, is believed to have descended from the mountain, making it a central figure in Bonpo cosmology.

## HISTORICAL AND CULTURAL IMPORTANCE

- **Ancient Texts and Legends**: Scriptural References: Mount Kailash is mentioned in several ancient texts, including the Vedas, Puranas, and the Ramayana, highlighting its longstanding spiritual importance.
- **Mythological Tales**: Numerous legends and myths surround the mountain, such as the churning of the ocean (Samudra Manthan) where Mount Kailash served as the pivot for the cosmic churning.

## Pilgrimage Tradition

- **Kora (Circumambulation)**: The tradition of circumambulating Mount Kailash, known as Kora, is a spiritual practice undertaken by pilgrims. The circuit is typically completed in three days, involving arduous trekking through challenging terrains./li>
- **Significant Sites**: Key locations along the Kora route include Dirapuk Monastery, Dolma La Pass (the highest point at 5,645 meters), and Zuthulpuk Monastery. Each site holds its own spiritual significance and offers unique experiences for pilgrims.
- **Festivals and Rituals**: Various religious festivals and rituals are conducted around Mount Kailash, attracting pilgrims and tourists. Saga Dawa, a Tibetan Buddhist festival celebrating Buddha's birth, enlightenment, and death, is particularly significant.
- **Art and Literature**: The mountain has inspired numerous works of art, literature, and spiritual writings, reflecting its deep influence on cultural and religious traditions.

## ENVIRONMENTAL AND GEOGRAPHICAL IMPORTANCE

**Pristine Environment**

- **Natural Beauty**: Mount Kailash and its surrounding region are known for their pristine natural beauty, featuring snow-capped peaks, clear glacial rivers, and serene landscapes.
- **Ecological Significance**: The area around Mount Kailash is home to diverse flora and fauna, contributing to its ecological importance. The mountain's glaciers and rivers are vital water sources for the region.

**Source of Major Rivers:**

- **Sacred Rivers**: Mount Kailash is the source of four major rivers in Asia: the Indus, Sutlej, Brahmaputra (Yarlung Tsangpo), and Karnali (Ghaghara), which are lifelines for millions of people across several countries.

**Challenges and Preservation**

- **Remote Location**: The remote and rugged location of Mount Kailash makes access challenging, often requiring special permits and logistical arrangements.
- **Conservation Efforts**: Due to its spiritual and ecological significance, there are ongoing efforts to preserve the natural environment and cultural heritage of Mount Kailash. Sustainable tourism practices are encouraged to protect the region's pristine conditions.

**Modern Pilgrimage**

- **Growing Interest**: Despite the challenges, the number of pilgrims and tourists visiting Mount Kailash has been increasing. Modern facilities and guided tours are available to facilitate the journey while respecting the sanctity of the site.
- **Health and Safety**: Pilgrims are advised to be well-prepared for high altitudes and harsh weather conditions. Adequate acclimatization, physical fitness, and awareness of altitude sickness are crucial for a safe pilgrimage.

Duration: 11 days

Price: $3499

Rating: 5 Star

Group Size: 15+

Grade: Strenuous

Destination: Tibet

Activity: Trekking in Tibet

Region: Tibet

## Itinerary:

**Day 1:** Arrival in Kathmandu

- **Activities:** Arrive in Kathmandu, the capital of Nepal. You will be received at the airport and transferred to your hotel.
- **Briefing:** A detailed trip briefing will be provided, explaining the itinerary, travel logistics, and important travel tips for Kailash Mansarovar.
- **Accommodation:** Stay overnight in a 3-star hotel in Kathmandu.

**Day 2:** Paperwork and Sightseeing in Kathmandu

- **Morning:** Complete necessary paperwork for Tibet permits, such as visa applications and Kailash Mansarovar permit processing.
- **Afternoon:** Sightseeing tour of Kathmandu Valley, including:
  - **Pashupatinath Temple:** A sacred Hindu temple on the banks of the Bagmati River, a UNESCO World Heritage site.
  - **Boudhanath Stupa:** One of the largest stupas in the world, a center of Tibetan Buddhism.
  - **Swayambhunath (Monkey Temple):** A hilltop stupa offering panoramic views of the Kathmandu Valley.
- **Evening:** Free time for shopping or relaxation.

**Accommodation:** Stay overnight in Kathmandu.

**Day 3:** Sightseeing in Bhaktapur

- **Morning:** Drive to Bhaktapur (about 1 hour), an ancient city known for its medieval art and architecture.
- **Highlights:**
  - **Bhaktapur Durbar Square:** Famous for its historical architecture, the 55-Window Palace, and the Vatsala Temple.
  - **Pottery Square:** See traditional pottery being made in the streets.
  - **Bhairabnath Temple & Golden Gate:** Iconic temples and gates in the square.
- **Afternoon:** Return to Kathmandu.

**Accommodation:** Stay overnight in Kathmandu.

**Day 4-5:** Visa and Permit Processing

- **Activities:**
  - These days will be dedicated to obtaining the necessary visa and permits for your Tibet journey.
  - You will visit the Tibetan Embassy in Kathmandu to submit the documents for your Chinese visa and Kailash

Mansarovar permit.
- Use the free time to relax, explore Kathmandu further, or shop for trekking gear.

**Accommodation:** Stay overnight in Kathmandu.

**Day 6:** Drive to Kerung (Kyirong)

- **Distance:** 175 KM | **Duration:** 8 hrs drive
- **Activities:** Early morning departure from Kathmandu for the drive to Kerung (Kyirong) via the Rasuwagadhi border.
- **Highlights:**
  - Scenic drive through the Langtang National Park, offering views of the Himalayas.
  - Border crossing at Rasuwagadhi, the official entry point into Tibet.
  - The landscape begins to change as you cross into Tibet, offering views of rolling hills and valleys.
- **Altitude Gain:** 1,250 meters (Kerung is at 2,700m).

**Accommodation:** Overnight stay in Kerung.

**Day 7:** Kerung to Saga (4,450m)

- **Distance:** 232 KM | **Duration:** 5-5.5 hrs drive
- **Activities:** Begin the drive towards Saga, a small town in Tibet that acts as a base for further exploration of Mount Kailash.
- **Highlights:**
  - Scenic views of Tibetan landscapes, including vast grasslands and snow-capped peaks.
  - Cross the Brahmaputra River, one of the longest rivers in the world.
- **Altitude Gain:** 1,750 meters (Saga is at 4,450m).
- **Do's:** Take short walks to help your body adjust to the higher altitude.

**Accommodation:** Stay overnight in Saga.

**Day 8:** Acclimatization Day in Saga

- **Activities:** Spend a day acclimatizing in Saga.
- **Highlights:**
  - Explore the small town of Saga at your leisure.
  - Enjoy the Tibetan culture and landscapes that surround you.
- **Don'ts:** Avoid strenuous activities and do not rush around the town.
- **Do's:** Drink plenty of water, rest, and take short walks to adjust to the altitude.

**Accommodation:** Stay overnight in Saga.

**Day 9:** Saga to Mansarovar (4,590m)

- **Distance:** 792 KM | **Duration:** 9-10 hrs drive (long day)
- **Activities:** Begin the long drive towards Lake Mansarovar, the holiest lake in the region.
- **Highlights:**
  - First views of Mount Kailash as you approach Mansarovar.
  - The sacred Lake Mansarovar offers spiritual reflection, and many pilgrims take a holy dip here.
- **Altitude Gain:** 140 meters (Mansarovar is at 4,590m).
- **Do's:** Dress warmly, stay hydrated, and avoid swimming in the cold waters.

**Accommodation:** Overnight stay near Mansarovar.

**Day 10:** Mansarovar to Darchen (4,575m)

- **Distance:** 53 KM | **Duration:** 1.5 hrs drive
- **Activities:** Drive from Mansarovar to Darchen, the base camp for the Kailash Kora (circumambulation).
- **Highlights:**
  - First views of Mount Kailash from a distance.
  - Visit the Chiu Gompa Monastery.
  - Preparation for the Kora (pilgrimage circuit around Mount Kailash).
- **Altitude Loss:** 15 meters (Darchen is at 4,575m).

**Accommodation:** Stay overnight in Darchen.

**Day 11:** Darchen to Dirapuk (4,900m)

- **Distance:** 7 KM drive to Yamadwaar | 12 KM trek | **Duration:** 3 hrs trek
- **Activities:**
  - Drive from Darchen to Yamadwaar, the starting point of the Kailash Kora trek.
  - Trek to Dirapuk, the first major stop for the Kora.
- **Highlights:**
  - The north face of Mount Kailash is visible as you trek.
  - The first steps of the sacred Kora are a deeply spiritual experience.
- **Altitude Gain:** 325 meters (Dirapuk is at 4,900m).
- **Do’s:** Pace yourself and use trekking poles for support.

**Accommodation:** Stay overnight at Dirapuk.

**Day 12:** Acclimatization Day at Dirapuk

- **Activities:** Acclimatization day in Dirapuk with a short hike to Charan Sparsha (5,275m).
- **Highlights:**
  - The north face of Mount Kailash.
  - Charan Sparsha is considered a sacred site where Lord Shiva’s feet are believed to have touched the earth.
- **Don’ts:** Do not overexert yourself—take it slow and steady.
- **Do’s:** Rest well, stay hydrated, and enjoy the breathtaking views.

**Accommodation:** Stay overnight at Dirapuk.

**Day 13:** Dirapuk to Zuthulpuk via Dolma La Pass (5,645m)

- **Distance:** 22 KM trek | **Duration:** 9 hrs trek

**Activities:**

- Trek through the Dolma La Pass, the highest point of the Kora (5,645m).
- Descend to Zuthulpuk.

**Highlights:**

- Gauri Kund, a small but sacred lake where pilgrims rest before the pass.
- The challenging ascent to Dolma La Pass and the descent to Zuthulpuk.

**Altitude Gain:** 745 meters (to Dolma La Pass), **Altitude Loss:** 810 meters (to Zuthulpuk).

**Do's:** Stay hydrated, take light meals, and move steadily.

**Don'ts:** Avoid rushing; take breaks if needed.

**Accommodation:** Stay overnight in Zuthulpuk.

**Day 14:** Zuthulpuk to Darchen, then Drive to Saga

**Distance:** 8 KM trek | **Duration:** 2 hrs trek | 450 KM drive | **Duration:** 6.5 hrs

**Activities:**

- Finish the Kora trek and return to Darchen.
- Drive back to Saga.

**Highlights:**

- Reflect on the sacred journey and share experiences with fellow pilgrims.

**Altitude Loss:** 275 meters (Saga is at 4,450m).

**Do's:** Relax and enjoy the final views of Tibet’s spectacular landscapes.

**Accommodation:** Stay overnight in Saga.

**Day 15:** Saga to Kerung (Kyirong)

**Distance:** 232 KM | **Duration:** 4-5 hrs drive

**Activities:** Drive back to Kerung.

**Highlights:**

- Final views of the Tibetan landscape.

- **Altitude Loss:** 1,750 meters.

- **Don’ts:** Avoid too much physical exertion.

**Accommodation:** Stay overnight in Kerung.

**Day 16:** Kerung to Kathmandu

- **Distance:** 175 KM | **Duration:** 7-8 hrs drive

- **Activities:** Drive back to Kathmandu through the Langtang National Park.

- **Highlights:**

  - Scenic drive through lush forests and rolling hills as you descend into Nepal.
  - Enjoy the last views of the Himalayas on your way back.

- **Altitude Loss:** 1,300 meters.

- **Do's:** Reflect on your journey, relax, and share your experiences with fellow travelers.

**Accommodation:** Stay overnight in Kathmandu.

**Day 17:** Sightseeing in Patan Durbar Square

- **Activities:**

  - After breakfast, head to Patan Durbar Square, a UNESCO World Heritage site and one of the most iconic historical places in the Kathmandu Valley.
  - Explore the intricately designed temples, shrines, and courtyards, reflecting the rich cultural and architectural heritage of the Newar civilization.
  - Visit the Hiranya Varna Mahavihar (Golden Temple), known for its stunning architecture and historical significance.
  - Explore Mahabouddha Temple, famous for its terracotta sculptures of Buddha.
  - Visit Patan Museum, which houses a collection of traditional Nepali art and artifacts.
  - Enjoy the vibrant atmosphere of Patan’s old town, with its narrow alleys, traditional handicraft shops, and local eateries.

- **Lunch:** Enjoy a traditional Nepali meal at a local restaurant in Patan.

- **Evening:** You can explore more of Patan, shop for souvenirs, or relax.

**Accommodation:** Stay overnight in Kathmandu.

**Day 18:** Departure from Kathmandu

- **Activities:**
  - After breakfast, you will have some free time for last-minute shopping or exploring Kathmandu.
  - Depending on your flight time, you can visit nearby attractions or relax at your hotel.
- **Transfer to the Airport:** You will be transferred to the Tribhuvan International Airport for your departure.

**Departure:** Bid farewell to Nepal as you board your flight home, taking with you memories of your spiritual journey to Kailash Mansarovar.

## Highlights:

- Sacred Lake Mansarovar: Experience the serene and spiritually uplifting Lake Mansarovar, where pilgrims take a holy dip and perform rituals. The pristine blue waters and the breathtaking backdrop of Mount Kailash create an unforgettable and serene setting.
- Mount Kailash Kora (Circumambulation): Undertake the challenging yet spiritually rewarding Kora around Mount Kailash, a 52-kilometer trek that takes you through some of the most sacred and picturesque landscapes. Highlights include the north face of Mount Kailash and the highest point, Dolma La Pass (5,645 meters).
- Spiritual Significance: Engage in the deeply spiritual journey connecting with the sacred geography revered by Hindus, Buddhists, Jains, and Bonpo. Visit important pilgrimage sites such as Chiu Gompa, Dirapuk Monastery, and Zuthulpuk Monastery, enriching your spiritual experience.
- Stunning Tibetan Landscapes: Traverse through the breathtaking Tibetan plateau, with its vast open spaces, high-altitude deserts, and panoramic views of snow-capped peaks. The journey offers a unique and visually stunning adventure through remote and pristine environments.
- Cultural and Historical Insights: Gain a deeper understanding of the rich cultural and historical context of the region. Learn about ancient myths, religious legends, and local traditions that make Mount Kailash and Lake Mansarovar significant to multiple religions and cultures.

## Cost Include:

- Hotel/Guest House Accommodation as per program
- Private Transportation by VAN/BUS
- Necessary Tibet group visa , Trekking and Travel permit
- Tibetan Guide
- Accommodation and all meals B/Fast, Lunch and Dinner

## Cost exclude:

- Travel Insurance of any kind.
- Hiring porter, Yak/ horse, and helper
- Emergency Evacuation
- Additional cost due to Nature calamity and Unforeseen Circumstances and etc