

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.
- **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 01: Kathmandu to Syabrubesi to Kerung (2,700m) 175 KM 8 hrs drive

- Activities: Drive to Kerung (Kyirong) via the Rasuwagadhi border Leave early morning
- Highlights: Border crossing, acclimatization day.
- Altitude Gain: 1,250 meters.
- Do's: Stay hydrated, avoid alcohol and caffeine.

Day 02: Kerung to Saga (4,450m), 232 KM, 5-5.30 hrs drive

- Activities: Drive to Saga, acclimatization.
- Highlights: Pass through Tibetan landscapes, Brahmaputra River.
- Altitude Gain: 1,750 meters.
- Do's: Take short walks, and breathe deeply.

Day 03: Stay at Saga for acclimatization

- Activities: Rest
- Highlights: Walk around the town
- Don'ts: Not to be excited and walk fast

Day 04: Saga to Mansarovar (4,590m), 792 KM, 9-10 hrs drive LONG DAY JOURNEY

- Activities: Drive to Lake Mansarovar.
- Highlights: First view of Mount Kailash, holy dip in Mansarovar.
- Altitude Gain: 140 meters.
- Don'ts: Avoid swimming in cold water, stay warm.

Day 05: Mansarovar to Darchen (4,575m) 53 KM 1.5 hrs drive SHORTESTDAY JOURNEY

- Activities: Drive to Darchen, and visit Chiu Gompa.
- Highlights: Prepare for Kora, and visit monasteries.
- Altitude Loss: 15 meters.
- Do's: Rest well, and prepare trekking gear.

Day 06: Darchen to Dirapuk (4,900m) 7 KM drive to Yamadwaar (30 minutes) and 12 KM Trek Dirapuk 3 hrs

- Activities: Start Kora, trek to Dirapuk.
- Highlights: North face of Mount Kailash.
- Altitude Gain: 325 meters.
- Don'ts: Overexert yourself, pace your trekking.

Day 07: Stay at Dirapuk (4,900m) for acclimatization. 2-3 hrs hike up Charan Sparsha 5275m

- Activities: Hike up to 5275 m Charan Sparsa
- Highlights: North Face of Mt Kailash Parbat
- Don'ts: Overexert yourself, pace your trekking.

Day 08: Dirapuk to Zuthulpuk (4,835m) via Dolma La Pass (5,645m) 22 KM trek, 9 hrs trek

- Activities: Trek through Dolma La Pass, descend to Zuthulpuk.
- Highlights: Gauri Kund, challenging pass crossing.
- Altitude Gain: 745 meters (to Dolma La Pass), Altitude Loss: 810 meters (to Zuthulpuk).
- Do's: Keep hydrated, eat light meals.

Day 09: Zuthulpuk - Darchen to Saga, 8 KM trek 2 hrs trek and 450 KM drive 6.5 hrs

- Activities: Drive back to Saga.
- Highlights: Reflect on the journey.
- Altitude Loss: 275 meters.
- Do's: Share experiences with fellow pilgrims.

Day 10: Saga to Kerung 232 KM, 4-5 hrs drive

- Activities: Drive to Kerung.
- Highlights: Final views of Tibetan landscapes.
- Altitude Loss: 1,750 meters.
- Don'ts: Avoid exertion, prepare for departure.

Day 11: Kerung to Kathmandu 175 KM, 7-8 hrs

- Activities: Drive from Kerung to Kathmandu.
- Highlights: Scenic drive through Langtang National Park.
- Altitude Loss: 1,300 meters.
- Do's: Reflect on the journey and share experiences.

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