

Mount Kailash Overland Tour Yoga retreat with professional Yoga teacher



Mount Kailash (6,638m/21,778ft), locally known as "*Gang Rinpoche*," is considered a sacred peak by Hindus, Buddhists, Bon and Jains alike. Located in the Kailsh Range near two of the largest lake in the region, *Lake Mansarovar and Lake Rakhshastal*, it is a part of Trans-Himalaya in Tibet.

Every year, thousands of pilgrims make pilgrimage to Kailsh, therefore, encountering pilgrims and monks on the way will be a common sight for the trekkers. The trail follows through rugged terrain, high-altitude and unfriendly weather, making the trip on foot most challenging.

This tour is lead by a Professional Yoga Teacher (Guru). There will be morning Yoga every day except Derapuk and Juthulpuk for 2 morning.

Day	Details itinerary	Accommodation	Altitude	Remarks
Day 01 16 th Sep	Arrival day in Kathmandu. Our representative will receive you from international airport and transfer to the hotel. We shall collect your original passport, one copy picture and there will be a form to complete to allow us to apply for your Tibet visa.	Hotel	1,350m	
Day 02	Day in Kathmandu for visa preparation and sightseeing in major UNESCO sites. Pashupatinath temple, Baudghanath	Hotel	2,130m	

17 th Sep	stupa and Bhaktapur Durbar square and drive to Nagarkot for overnight			
Day 03 18 th Sep	Morning in Nagarkot with the views of Himalayas and sunrise. Half day hiking tour from Nagarkot to Changunarayan and Drive back to Kathmandu for overnight	Hotel	1,350m	
Day 04 19 th Sep	Free Day in Kathmandu for final trip preparation. Your passports will be returned to you together with your Tibet visa.	Hotel	1,350m	
Day 05 20 th Sept	Drive to Kerung (7/8 Hours/ 140 km) Drive to Friendship Kerung Border from Kathmandu via Shyaprubensi. Start very early from Kathmandu. You will be provided a packed breakfast from your hotel We will enter Tibet on the same day. At the border you will pass through the immigration formalities in Nepal border office and Tibet border office.. On entering Tibet the group will transfer to Tibetan bus. Drive to Kerung and check in Guest house.	Group sharing guest house	2,900m	
Day 06	Acclimatization in Kerung. Acclimatization activities and rest in Kerung. We make short hiking around the valley, which will assist our body in acclimatization..	Group sharing guest house	2,900m	
Day 07	Drive to Saga (230km – 6 hours) Today you will drive via high passes with panoramic Mountain Views. Decorative Buddhist praying flags at the top of passes are so unique and picturesque. Stop and admire several lake views on the way, reaching saga later in the day after crossing Brahmaputra River which originates from Mount Kailash.	Group sharing guest house	4,550m	
Day 08	Drive to Lake Mansarovar. (370km – 7 Hours) Today you will see our first view of Mount Kailash and Lake Mansarovar. Tonight you will stay in a small town Chiu Gumba. You also have an option to hike to Chiu monastery situated on a hill above Lake Mansarovar. Tonight you will stay close to the lake.	Group sharing guest house	4,580m	
Day 09	Exploration around and drive to Darchen (40km – 1 hour) the base of Kailash. Preparation of Kailash kora. Enjoy a morning view of the lake at sunrise. After breakfast it is a 5 hour drive to the small	Group sharing guest house	4,575m	

	village of Darchen where you will spend the night. Exploration of hot spring near from chiu Gumpa			
Day 10	Drive to valley of the God and start Kailash kora. Reach Dirapuk (18km – 7 Hours) It is an early start after breakfast for the drive to the valley of the god which is also called Yamadwar. Start walking towards Derapuk. Walking trail is flat land and some minor inclines.. Reach at Dehrapuk and have view the north face of mount Kailash	Group sharing guest house	4,900m	Option to take personal horse and Helper for Kailash Kora
Day 11	Kailash kora second day, reach at Juthulpuk via Dolma La pass, 5613m. (19km – 9 Hours). Today is the hardest and most important day of the tour. Start walking very early in the morning. Hardest up hills till Dolma La pass, before ascending suddenly downhill towards Gauri Kunda and further trek to Juthulpuk. During the hike you will view different faces of Mount Kailash.	Group sharing guest house	4,760m	
Day 12	End of Kailash kora. Reach at Saga (16km walk with 3 hours and driving). This morning you will take gentle and easy walk towards Darchen from Juthulpuk. Catch your transportation and drive back to Saga via Darchen at same day. On the way you will have chance to take holy water from Lake Mansarovar	Group sharing guest house	4,550m	
Day 13	Drive back to Kerung. Return by the same road to Kerung.	Group sharing guest house	2,900m	
Day 14 29 th Sep	Drive back to Kathmandu. After custom formalities, we reach at Nepal site; take Nepalese transpiration back to Kathmandu. It is 7 to 8 hours journey through narrow road. reach at Kathmandu and transfer to Hotel	Hotel		
Day 15 30 th Sep	Rest day at Kathmandu. Accommodation in package. If any extra activities are extra	Hotel		
Day 16 01 Oct	Departure			

COST: AUD3395 per person is 2,125/-

COST INCLUDES

- - Arrival and departure arrangement
 - 6 Nights accommodation in Nepal (twin sharing in 3 star category hotel)
 - One full day sightseeing in Kathmandu with private car, guide and entrance fees
 - Hiking tour from Nagarkot through local peripheries
 - Private transportation drop and pick up from and to Kathmandu – Nepal Tibet boarder Kerung
 - Custom formalities at Nepal Tibet immigration, Kerung
 - Tibet/ Kailash travel permit and Tibetan visa
 - Transportation in Tibet / Kailash part by private coach
 - Accommodation in guest house on group sharing in Kailash region
 - Duffel bag to for your personal use
 - Entrance fees of Lake Mansarovar
 - Government license holder English speaking Tibetan guide
 - Yak and yak man to carry goods during Kailash kora
 - Emergency evacuation management
 - Government tax and service charge

COST EXCLUDES

- - Personal equipment, personal insurance, emergency evacuation charge and personal medical expenses
 - Lunch and Dinner
 - Personal horse and helper if you need in Kailash kora
 - Other activities mentioned than in itinerary
 - Extra cost on accommodation upgrading
 - Extra cost on emergency evacuation in case of need
 - Any loosing or extra cost in case of cancellation the tour, or in case of late visa or permit because of immediate rules change from Tibet part
 - Tipping

Term and condition

- Rules from Tibet are not stable. It may change even at last hour of our tour starting. In this case whatever expenses we spend for your tour arrangement is not refundable. Cancellation charge still is charged.
- Spending more nights' accommodation in Nepal (more than 3 nights) is extra expenses. In the case of early arrival from Kailash site.