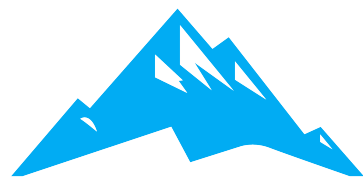


Lhasa Kailash Mansarovar Yatra with Charan Sparsha - 16 Days

Kathmandu Lhasa Kailash tour is design to explore both Historical cities and Pilgrimage sites. Lhasa in Tibetan Language also means holy Land. It is also called Sunshine Cities around 3,000 hours there is sunlight. The average height of Lhasa is 3600m. Lhasa is the capital of Tibet Autonomous region. The cultural and religious tradition of the Tibetan people that dates back to antiquity is still preserved in Lhasa. The Potala Palace dating back to the 7th century is an architectural masterpiece that was once the political and religious center of Tibet. Literally meaning "place of the gods," Lhasa and the lives of its inhabitants is highly influenced by Buddhism which lends a serene aura to the city.





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PRICE INCLUDES

- All ground transportation by private vehicle
- Kathmandu – Lhasa – Kathmandu Flight
- Kathmandu Sightseeing
- Lhasa sightseeing
- Airport Pick up and drop off by private vehicle
- Pure Vegetarian meal (Breakfast, Lunch and Dinner)
- Enough Drinking water included
- Twin sharing in Nepal and Tibet and group sharing in Kailash Region as per mention in the itinerary.
- Tibet Visa & Permit
- All necessary entrance fees in Nepal and Tibet
- Special Kailash Mansarovar Permit
- Applicable entrance fees to visit Monasteries and temples
- Guide, Team of Sherpa to carry your luggage & Cooks to prepare food from Saga(Nepali Tour Guide-1,Tibetan Tour-1 and Manager-1)
- Medical kits, Enough oxygen cylinder, Other necessary equipment
- Down Jacket on refundable basis, Day pack bag, Duffel bag

PRICE EXCLUDES

- Any kind of personal expenses
- Air and any other expenses from your home location to Kathmandu airport.
- Pony / Porter expenses in Kailash Parikrama
- Any kind of insurance
- Any kind of Medical expenses
- Any kind of donation or tip to Guide / Sherpa / Drivers /Cooks / Porter / Priest / or any crew member
- Extra days accommodation at any place due to bad weather or any other reason.
- VISA splitting charges & transportation charges, if leaving early from Tibet.
- Any evacuation / rescue / additional charges / losses due to natural calamities / unforeseen circumstances.
- Anything which is not included in inclusions

ITINERARY IN DETAIL

Day 1: ARRIVE IN KATHMANDU (1310 M). (3* Hotel in kathmandu)**

Welcome you at the Tribhuvan International Airport, Kathmandu. Our representative will greet you and escort you to the hotel for check-in and stay overnight.

Day 2: KATHMANDU VALLEY SIGHTSEEING AND TRIP PREPARATION. (B, L, D YAK & YETI OR SIMILAR)

After breakfast we will do sightseeing of major heritage sites of Kathmandu valley. Visit holy temple Pashupatinath, Gujeswari Shaktipith, Jal Narayan. Back to hotel and trip briefing. After you will have free time for shopping and packing for your trip. Overnight at Hotel

Day 3: FLY KATHMANDU – LHASA TRANSFER TO THE AIRPORT FOR YOUR FLIGHT TO LHASA. (B, L, D HOTEL GYANG GYAN OR SIMILAR)

On your arrival to Tibet, we will meet you at the airport and transfer you to the hotel. Taking it slow the rest of today, you can adjust to the altitude easier and quicker. Remember to drink plenty of water and get plenty of sleep for the long journey ahead.

Day 4: SIGHTSEEING IN LHASA. (B, L, D HOTEL GYANG GYAN OR SIMILAR)

Visit Lhasa today. We will visit Potala palace, an oldest palace of Dalai Lama, Norbulinka palace, the first Buddhist's temple of Tibet and Drepung Monastery.

Day 5: DRIVE LHASA - SHIGATSE (3900). (B, L, D FOUR STARS HOTEL)

Further, our way lays in capital of a province of Tsang - Shigatse - residence Panchen Lama - the second ecclesiastic of Tibet. Early in the morning excursion in a monastery of Tashilhunpo (it is based in 1447), visiting of a temple of the Buddha of the future - Maytreya and also other temples of a monastery. Overnight at hotel.

Day 6: DRIVE SHIGATSE - LHATSE - SAGA (ALTITUDE 4050 M.) OVERNIGHT AT HOTEL

The journey today brings you over two high of more than 5000 miter passes with fine views. For overnight we stop in the town of Lhatse. other things like lake, nomads chasing thousands of yaks and sheep keep you busy. By the late afternoon you will cross Bhrmha Purtra River way to typical Chinese and Tibetan town, Saga for night.

Day 7: DRIVE TO MANASAROVER VIA PARYANG (4558M) 277KM 8 HOURS, OVERNIGHT AT GUEST HOUSE (B, L, D)

Day starts with full of excitement, by the late afternoon you can have the first sight of Holy Kailash Parbat and Manasarovara. Here, a small village nearby Lake Manasarover, we will spend a night there.

Day 8: EXPLORATION OF LAKE MANASAROVAR AND DRIVE TO TARCHEN (14975FT) 40KM. (B, L, D HIMALAYA HOTEL OR SIMILAR)

Manasarovar is the lake of compassion, tranquility and bliss. After completing the memorable morning Bath and Puja we will be heading towards Tarchen. It is considered as a base camp for the Holy Kailash Parikrama (walking

around).

Day 9: KAILASH PARIKRAMA. DRIVE TO VALLEY OF THE GOD AND TREK TO DERAPUK/4909M. OVERNIGHT AT GUEST HOUSE (B, L, D)

It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky make you feeling that Great God Shiva is everywhere with tons of blessing to you. Time to time the face of Kailash Parbat will keep on appearing. For 15 km trail it takes almost 6 hrs.

Day 10: CHARAN SPARSHA OVERNIGHT AT DERAPUK.

Day 11: TREK TO JUTHULPUK BY CROSSING DOLMA LA PASS (5650M). OVERNIGHT AT GUEST HOUSE (B, L, D)

Hardest but Holiest day of your pilgrimage Yatra with Dolma-La (pass) of 19500ft between two valleys. Yamasthal should be crossed to reach the Shiva-sthal while your steps go closer to the pass. Once you reach the top, just do the holiest offering and sit down for meditation. Once your steps go down, Parvati-stal and Gauri Kunda are on the way. By the late afternoon, you will arrive Zuthal Puk (the cave of Miracles. The great ascetic Milerappa is supposed to have performed miracles here).

Day 12: FINISH KAILASH PARIKRAMA AND DRIVE BACK TO SAGA. OVERNIGHT AT GUEST HOUSE (B, L, D)

After walking 3 hours, all the driving crew will be waiting your arrival. By the late afternoon you will be at your lodge in Saga.

Day 13: DRIVE TO SHIGATSE. OVERNIGHT AT HOTEL (B, L, D FOUR STAR HOTEL)

Easy day onward today. We take easy driving back to Shigatse town which is second biggest town of Tibet. You can make late afternoon walking tour.

Day 14: DRIVE TO LHASA. OVERNIGHT AT HOTEL (B, L, D GYANG GYAN HOTEL OR SIMILAR)

Continue drive to Lhasa city and transfer to Hotel. Prepare your bag for flight back to Kathmandu tomorrow.

Day 15: FLY BACK TO KATHMANDU AND TRANSFER TO HOTEL (B, L, D HOTEL YAK & YETI OR SIMILAR)

Early in the morning drive to Gonggar Airport from Lhasa. It is 90 km and takes 2 hours. Reach Kathmandu and transfer to Hotel. Rest Evening feedback regarding the trip.

Day 16: Final Departure to Home or further program in Nepal (B, L)

We drop you to International airport for your final departure. Or continue for your further trip in Nepal.