

## **Kailash-Mansarovar Yatra with**

### **Muktinath-Lumbini-Valmiki Ashram-Devghat-Janakpuri Dham Darshan**

**(29 June - 20 July, 2020)**



#### **Trip Features:**

- Total Duration: 21 Nights/22 Days  
Yatra Grading: Moderate to Strenuous  
Best Months: May to September  
Yatra Starts/Ends: In Kathmandu, Nepal  
Accommodation: Hotels in Kathmandu, Lhasa, Shigatse and Saga; Basic Guest Houses in other places in Tibet

**Trip Highlights:**

- The journey is led by medically trained team leader and supported by professional staffs.
- We serve pure vegetarian North Indian, Chinese, Gujrati and South Indian meals.
- Morning and evening prayers followed by Bhajan and Kirtans.
- We teach yoga and pranayama, which helps to acclimatize in high altitude.
- We demonstrate walking, trekking, eating and sleeping techniques during the entire journey.
- We provide personal escort to senior citizens and others who need extra support.

**DAY-TO-DAY BRIEF ITINERARY:**

**Day 1 (29 June, 2020):** Arrive in Kathmandu and transfer to hotel. A detailed briefing about Muktinath trip.

**Day 2 (30 June, 2020):** Fly to Janakpur; explore Janaki Temple and other major attractions of Janakpuri Dham.

**Day 3 (1 July, 2020):** Drive to to Jomsom after Muktinath Darshan. Chitwan; visit Devghat and undertake jungle safari in Chitwan National Park.

**Day 4 (2 July, 2020):** Visit Valmiki Ashram and drive to Lumbini, the Birthplace of Lord Budhha.

**Day 5 (3 July, 2020):** Drive to Pokhara and explore major attractions of Pokhara, the city of beauty and serenity.

**Day 6 (4 July, 2020):** Fly to Jomsom-drive to Muktinath-return

**Day 7 (5 July, 2020):** Fly to Pokhara and explore major religious sites and other attractions of Pokhara.

**Day 8 (6 July, 2020):** Fly to Kathmandu and sightseeing to Budhanilkantha and Doleshwor Mahadev Darshan; briefing about Kailash-Mansarovar Yatra.

**Day 09 (7 July, 2020):** Rudravishek, Puja, Pashupatinath Darshan and trip preparation.

**Day 10 (08 July, 2020):** Fly to Lhasa Gonggar Airport (75minute flight), drive (1.5 hour) to holy city Lhasa (3,700m) and briefing about Tibetan history, culture and civilization.

**Day 11 (9 July, 2020):** A day in Lhasa for sightseeing and acclimatization.

**Day 12 (10 July, 2020):** Drive (5-6 hours) to Shigatse (3,900m) and briefing about following day's program.

**Day 13 (11 July, 2020):** Drive (7-8 hours) to Saga (4,450m) and briefing about following day's program.

**Day 14 (12 July, 2020):** Drive (8-9 hours) to Mansarovar Lake (4,588m) and briefing about following day's activities.

**Day 15 (13 July, 2020):** Havan, holy dip, Tirthapuri visit and drive to Darchen (4,700m)

**Day 16 (14 July, 2020): First day of Kailash circumambulation:** Drive (30 minutes) to Yamadwara and commence trekking (4-5 hours) to Driraphuk (4,920m).

**Day 17 (15 July, 2020): Charan Sparsh Day:** Hike (2-3 hours) to Charan Sparsha and return (1-2) to Driraphuk (4,920m).

**Day 18 (16 July, 2020):** Cross over the challenging Dolma La Pass (5,650m) and trek (6-7 hours) to Zutulphuk (4,800m) after having darshan of Gaurikunda.

**Day 19 (17 July, 2020):** Trek (2-3 hours) to Tangsar (**Shree Kailash circumambulation concludes here**) and drive to Saga (4,450m) after having lunch at Darchen.

**Day 20 (18 July, 2020):** Drive (4-5 hours) to Timure and fly to Kathmandu by helicopter.

**Day 21 (19 July, 2020):** A contingency day just for incase.

**Day 22 (20 July, 2020):** Trip concludes and international departure for onward journey.

### **Karnali Excursions, Nepal**

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