

**Kailash-Mansarovar Yatra with
Muktinath-Lumbini-Valmiki Ashram-Devghat-Janakpuri Dham Darshan
(3-24 June, 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 (3 June, 2020): Arrive in Kathmandu and transfer to hotel. A detailed briefing about Muktinath trip.

Day 2 (4 June, 2020): Fly to Janakpur; explore Janaki Temple and other major attractions of Janakpuri Dham.

Day 3 (0 June, 2020): Drive to Chitwan; visit Devghat and undertake jungle safari in Chitwan National Park.

Day 4 (6 June, 2020): Visit Valmiki Ashram and drive to Lumbini, the Birthplace of Lord Budhha.

Day 5 (7 June, 2020): Drive to Pokhara and explore major attractions of Pokhara, the city of beauty and serenity.

Day 6 (8 June, 2020): Fly to Jomsom-drive to Muktinath-return to Jomsom after Muktinath Darshan.

Day 7 (9 June, 2020): Fly to Pokhara and explore major religious sites and other attractions of Pokhara.

Day 8 (10 June, 2020): Fly to Kathmandu and sightseeing to Budhanilkantha and Doleshwor Mahadev Darshan; briefing about Kailash-Mansarovar Yatra.

Day 9 (11 June, 2020): Rudravishek, Puja, Pashupatinath Darshan and trip preparation.

Day 10 (12 June, 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 (13 June, 2020): A day in Lhasa for sightseeing and acclimatization.

Day 12 (14 June, 2020): Drive (5-6 hours) to Shigatse (3,900m) and briefing about following day's program.

Day 13 (15 June, 2020): Drive (7-8 hours) to Saga (4,450m) and briefing about following day's program.

Day 14 (16 June, 2020): Drive (8-9 hours) to Mansarovar Lake (4,588m) and briefing about following day's activities.

Day 15 (17 June, 2020): Havan, holy dip, Tirthapuri visit and drive to Darchen (4,700m)

Day 16 (18 June, 2020): First day of Kailash circumambulation: Drive (30 minutes) to Yamadwara and commence trekking (4-5 hours) to Driraphuk (4,920m).

Day 17 (19 June, 2020): Charan Sparsh Day: Hike (2-3 hours) to Charan Sparsha and return (1-2) to Driraphuk (4,920m).

Day 18 (20 June, 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 (21 June, 2020): Trek (2-3 hours) to Tangsar **(Shree Kailash circumambulation concludes here)** and drive to Mansarovar Lake (4,588m).

Day 20 (22 June, 2020): Drive (6-7 hours) to Saga (4,450m).

Day 21 (23 June, 2020): Drive (4-5 hours) to Timure and fly to Kathmandu by helicopter.

Day 22 (24 June, 2020): Trip concludes and depart for onward journey.

Karnali Excursions, Nepal

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