

Kailash-Mansarovar Yatra

(19 July-3 August, 2020)



Trip Features:

Total Duration: 15 Nights/16 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 (19 July, 2020): Arrive in Kathmandu and transfer to hotel.

Day 2 (20 July, 2020): Budhanilkantha and Doleshwor Mahadev Darshan; briefing about Kailash-Mansarovar Yatra.

Day 3 (21 July, 2020): Rudravishek, Puja, Pashupatinath Darshan and trip preparation.

Day 4 (22 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 5 (23 July, 2020): A day in Lhasa for sightseeing and acclimatization.

Day 6 (24 July, 2020): Drive (5-6 hours) to Shigatse (3,900m) and briefing about following day's program.

Day 7 (25 July, 2020): Drive (7-8 hours) to Saga (4,450m) and briefing about following day's program.

Day 8 (26 July, 2020): Drive (8-9 hours) to Mansarovar Lake (4,588m) and briefing about following day's activities.

Day 9 (27 July, 2020): Havan, holy dip, Tirthapuri visit and drive to Darchen (4,700m)

Day 10 (28 July, 2020): First day of Kailash circumambulation: Drive (30 minutes) to Yamadwara and commence trekking (4-5 hours) to Driraphuk (4,920m).

Day 11 (29 July, 2020): Charan Sparsh Day: Hike (2-3 hours) to Charan Sparsha and return (1-2) to Driraphuk (4,920m).

Day 12 (30 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 13 (31 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 14 (1 Aug, 2020): Drive (4-5 hours) to Timure and fly to Kathmandu by helicopter.

Day 15 (2 Aug, 2020): A contingency day just for incase.

Day 16 (3 Aug, 2020): Trip concludes and depart for onward journey.

Karnali Excursions, Nepal

In front of Hotel Yak and Yeti, Paryatan Marg, Kathmandu, Nepal

Tel: +977 14233192, E:karnaliexcursions@gmail.com

www.karnaliexcursions.com