

Kailash-Mansarovar with Amarnath Yatra **(14 June-7 July, 2020)**



Trip Features:

Total Duration: 23 Nights/24 Days

Yatra Grading: Moderate to Strenuous

Best Months: June and July

Yatra Starts/Ends: In Kathmandu/Delhi, India

Accommodation: Hotels in Kathmandu, Lhasa, Shigatse and Saga, basic Guest Houses in other places in Tibet and Tourist standard hotels in India.

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 01 (14 June, 2020): Arrive in Kathmandu and transfer to hotel.

Day 02 (15 June, 2020): Budhanilkantha and Doleshwor Mahadev Darshan; briefing about Kailash-Mansarovar Yatra.

Day 03 (16 June, 2020): Rudravishek, Puja, Pashupatinath Darshan and trip preparation.

Day 04 (17 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 05 (18 June, 2020): A day in Lhasa for sightseeing and acclimatization.

Day 06 (19 June, 2020): Drive (5-6 hours) to Shigatse (3,900m) and briefing about following day's program.

Day 07 (20 June, 2020): Drive (7-8 hours) to Saga (4,450m) and briefing about following day's program.

Day 08 (21 June, 2020): Drive (8-9 hours) to Mansarovar Lake (4,588m) and briefing about following day's activities.

Day 09 (22 June, 2020): Havan, holy dip, Tirthapuri visit and drive to Darchen (4,700m).

Day 10 (23 June, 2020): First day of Kailash circumambulation: Drive (30 minutes) to Yamadwara and commence trekking (4-5 hours) to Driraphuk (4,920m).

Day 11 (24 June, 2020): Charan Sparsh Day: Hike (2-3 hours) to Charan Sparsha and return (1-2) to Driraphuk (4,920m).

Day 12 (25 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 13 (26 June, 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 (27 June, 2020): Drive (4-5 hours) to Timure and fly to Kathmandu by helicopter.



SHREE AMARNATH YATRA 2020

(The Journey to Satyam, Shivam and Sundaram)

Day 15 (28 June, 2020): Fly to Delhi Airport and transfer to hotel. Briefing about Shree Amarnath Yatra.

Day 16 (29 June, 2020): Fly to Jammu and Drive to Katra. After having breakfast, we will fly to Jammu and drive to Katra. We will spend overnight in K.C. Residency or similar one on full board basis.

Day 17 (30 June, 2020): Vaishnodevi Darshan.

Katra is the base point of Mata Vaishnodevi. Vaishnodevi is 14 km uphill trek from Katra. Doli and horses are available for the trek. We will spend overnight in K.C. Residency or similar one on full board basis.

Day 18 (01 July, 2020): Day excursion to Shiv Khodi.

After having breakfast, we will drive to Ransoo (80 km) and then we will trek to Shiv Khori Gufa (4 km). We will return to Katra after visiting Shiv Khori Gufa. We will spend overnight in K.C. Residency or similar one on full board basis.

Day 19 (02 July, 2020): Fly to Srinagar and transfer to hotel.

We will fly to Srinagar and drive to hotel. Today will be our Medical Certificate obtaining day. We will also do a sightseeing tour if time permits. We will spend overnight in Hotel Grand Mahal or similar one.

Day 20 (03 July, 2020): Morning Sightseeing in Srinagar and Drive to Sonmarg.

In the morning, we will do a guided sightseeing in Srinagar and then drive to Sonmarg. We will spend overnight in Thajwass Hotel or similar one.

Day 21 (04 July, 2020): Drive to Baltal and fly to Panchtarni.

We will drive to Baltal and then fly to Panchtarni. It is 6 km uphill trek to Shree Amarnath jee Gufa. We will spend overnight below Gufa in the tented camp or return to Panchtarni if time and situation permits.

Day 22 (05 July, 2020): Trek downhill to Panchtarni and fly back to Baltal.

First of all, we will trek downhill to Panchtarni and then fly to Baltal. It is 3 hours scenic drive to Srinagar and then we will ease at leisure. We will spend overnight at Mahjong Houseboat or similar one.

Day 23 (06 July, 2020): Fly to Delhi transfer to hotel.

We will fly to Delhi and drive to hotel. We will spend overnight at Jaypee Siddhartha Hotel or similar one.

Day 24 (07 July, 2020): Trip concludes and depart for onward journey.

Karnali Excursions will provide a vehicle for your airport drop.

Karnali Excursions, Nepal

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