

## Contact Details:

- ✓ Web: - [www.nepaltouroperators.com](http://www.nepaltouroperators.com)
- ✓ Email: - [nepaltouragency@gmail.com](mailto:nepaltouragency@gmail.com)
- ✓ Cell No: - +9779871016865 (whatsapp, viber, WeChat )

The Kailash Mansarovar tour begins in Kathmandu, which leads through the most western district of Humla in Nepal along the Humla Karnali River to the border with Tibet and the magical Mansarovar Lake and the sacred mountain Kailash, which is known as a place of pilgrimage on most important for Hindus and Buddhists. After completing your trip to the Nepal section, the Tibetan guide will meet you in Hilsa. Then, you will start the most exciting Kailash Mansarovar trip and then conclude the Kora pilgrims around Mount Kailash.

## Kailash Tour via Simikot Trip Highlights

- ❖ Visit the sacred Mountain, Mount Kailash, located in the extreme west of Tibet.
- ❖ Mount Kailas is considered the holiest pilgrimage site by Hindus, Jains, Buddhists, and Bon-po
- ❖ You can see a beautiful and untamed place, Chortens, monasteries, and the beautiful Lake Mansarovar.
- ❖ Discover a colorful Tibetan culture, crafts, history, tradition, and lifestyle.
- ❖ You can hike for three days with Parikrama or Kora around Mount Kailash at an elevation of 5,630 meters.
- ❖ Tour of Drolma La clockwise.

## About travel

Kailash tour via Simikot is another most realistic route to visit the mount Kailash and Mansarover Lake. Mt. Kailash and Mansarover is a sacred sanctuary of Hindus, Buddhists, Bonpo, and Jains that thousands of people from India, Nepal, Tibet, and other countries visit every year. It is the most popular spiritual journey to Tibet and is developing as a transit point from India and China. The

governments of Nepal and China have officially agreed to open the Hilsa border since May 1993 to ensure prosperity and easy access between the two countries. From this moment on, travelers can take excursions in the Mount Kailash and Lake Manasarovar across the Hilsa border. Simikot is located in the far northwest of the country as the remotest area of the Nepalese border with Tibet. In addition to the sacred tour, it offers its visitors an impressive view of the landscape and a great cultural and historical worth.

According to the Hindu myth, Mount Kailash is the holiest mountain in the Himalayas, known as the central pillar of the world. It is made up of four faces made of crystal, ruby, gold, and lapis lazuli. Similarly, the sacred Lake Manasarovar at 4,590 meters is the epitome of purity, and people who drink water from this lake will go to heaven. It is connected to the nearby Rakshas Tal (Lake) by the natural channel of Ganga Chhu, four of the most hidden rivers of the hidden subcontinent: Indo, Sutlej, Karnali, and Brahmaputra.

## **Itinerary details**

### **Day 01: Welcome to Kathmandu, Nepal**

Upon arrival at Tribhuvan International Airport in Kathmandu, Our staff will pick you up and take you to the hotel in Thamel. Thamel is a tourist center of the city where you can shop, visit Durbar squares, visit various temples and satisfy the needs of your palate with all the food you want to eat. So we choose Thamel for you.

### **Day 02: Travel preparations, meeting with employees**

On your second day in Nepal, we will introduce the guide and the rest of the staff and organize the permits and paperwork. To organize a restricted area permit, we need your Nepal visa, which must validate the entire trip and the original passport with four copies of Passport size photo each. It is generally not possible to organize all of your permits before you arrive in Nepal according to the Nepal immigration rule. Today, you can spend exploring the Pashupatinath Temple, the

Boudhanath Stupa, the Swayambhunath Stupa, and Durbar square sites and shop for the trip.

### **Day 03: Flight from Kathmandu to Nepalgunj:**

Today, you will fly from Kathmandu to Nepalgunj. There is no direct flight from Kathmandu to Simikot, so you must stay one night in Nepalgunj before catching a plane to Humla. Nepalgunj is only 8 km from the Indian border. Nepalgunj is the Terai region, the temperature here is high, and the condition is humid for most of the year. You will check-in at the hotel for the night.

### **Day 04: Flight from Nepalgunj to Simikot: 45 Minute**

Today you fly to Simikot. The flight takes about 45 minutes. The flight is incredible through the ridges and gorges in the spectacular mountains. Landing at Simikot Airport is no less adventurous as it is only a gravel runway that will soon turn into asphalt. You feel in a different world due to the sudden increase in altitude and the drop in temperature. The high mountain climate with fresh air makes your breath fresh and refreshing. You spend the night in a camp or a guest house.

### **Day 05: Walking Simikot to Dharapuri: 4 - 5 hours**

After having breakfast, the day begins with the walk to a pass, which lasts approximately an hour. Then the way is a descent of about an hour to Majgaon. Today, Most of the time, the path leads through the pine forest, where you can see local Hindus and Buddhists in traditional clothing accompanied by their herds of cattle. Livestock is the main form of transportation in this area. They carry the burden of people in this part of the world because there are no motorized roads. When people don't have cattle, people carry their loads with a headband and carry them to their destination. If you pass through Majgaon, the road becomes difficult; in one corner, it goes downhill, and in the next corner, it goes uphill. At higher altitudes, you have a lush green landscape.

### **Day 06: Walk Dharapuri to the Kermi: Walking Duration 5 - 6 hours**

Today the trail passes by the side of the Karnali River, although it is unusual for some that the trail changes altitude by a few hundred meters. Sometimes the

path goes through the narrow gorges of the Karnali River with high rocky slopes, and there will be times when you can walk right on the river bank. It will then go from local to farmland pattern. They grow barley, potatoes, beans, buckwheat, and rice. Today you can enjoy the hot springs in Kermi after a 30-minute walk. People here and above follow Buddhism. You can see beautiful monasteries and choirs in every town. Travelers do not visit monasteries frequently, but you can visit them for new experiences. The rest of the day you will enjoy in the village. During the night, you have strange howls of jackals and hyenas that constantly remind you that you are in the lap of nature.

### **Day 07: Travel from Kermi to Yalbang: Duration 4 - 5 hours**

Today the way is easier. Apart from a small pass, most of the way to Yalbang is flat with a beautiful landscape next to the fields with different types of lizards and other creatures. The walk on the large iron suspension bridge over the Sali River will be a lot of fun for your trip. From here, the path descends. You may want to wait a few minutes for tea and coffee by nibbling some cookies. The trip is best from here as there are beautiful pines and rhododendrons above your head and light green Karnali downhill. Since cattle are the main form of transportation in this area, you won't be surprised if you come across mule caravans and dzomo. The villagers travel by trade from Simikot to Nyinba and Taklakot Valley. It is the main shopping center beyond the Tibetan border. Tonight you have more fun with the melody of jackals and hyenas coming from the distant bushes.

### **Day 08: Travel from Yalbang to Muchu or Tumkot: duration 4 - 5 hours**

After breakfast, the journey continues as you catch up with the path you left off. The path leads to the city of Yangar, where the Karnali River rises next. The deep emerald green Karnali flows down still has the same charm and remains in the company. Don't be surprised to see old business practices that still exist like sheep carrying salt bags on their backs. The path then leads through the army camp and stops for a quick tea with snacks. It takes 4-5 hours to reach the city of Muchu. If you still have energy, you'll take another one-hour walk to Tumkot. Tumkot is a beautiful city, where the main path for a small market is divided into two parts. The northern part of the same market is Tumkot. If you walk on a rocky

mountain for 20 minutes, you will reach the Dhungkar Choezom Monastery, which belongs to the Shakya Lineage. You will sleep in a tent.

**Day 09: Travel from Tumkot to Yari or Thado Dunga: Walking duration 4 - 5 hours**

Today's trail continues to climb and is steep with a similar climate, vegetation, and landscape. After a few hours of walking, the weather begins to change. The landscape becomes rocky and sterile, desperate for green pines, and begins to see low and low junipers. You have a view of the road under construction. Further down the road, you will come to Pani Palwang village with some tea houses. This place is perfect for lunch. From here, the Yari or Thado Dunga is only an hour and a half away. You will sleep in a tent.

**Day 10: Travel from Yari to Hilsa, crossing from Nara La: Walking duration 6-7 hours**

Today the road is much difficult. You have to cross the Nara La Pass at an altitude of 4,560 meters. The trees are desperate and are starting to see dry sea-land with beautiful landscapes that are more like those of Tibet. You will often see herds of dzopas, mules, and yaks along the way—especially yaks with great bodies and long hair who are interested in seeing. The path from Thado Dunga is steeper and more difficult. Often you may want to drink a cup of tea and water and enjoy the beautiful scenery. It takes two hours to get to the top of Nara La. Today's trail will only be half past the summit. Above, you can see the piles of stones and the Buddhist prayer flags hanging in the air. It is a symbol of luck. You are also fascinated by the breathtaking view of Tibet on one side and the spectacular view of the village of Yari. The rest of the way from here is an unstable descent to Nepal and the border with Tibet. There is an optional route if you want to be on the safe side and cross the dirt road that takes a little longer, or take a steep shortcut. You will sleep in a tent.

**Day 11: Travel Hilsa to Purang: Walking distance, 2-3 hours**

It is your first day of travel in Tibet. You crossed the Friendship Bridge in Hilsa and arrived in Sara, where Chinese immigration officials will check your permits and

passports. In the meantime, you also met your Tibetan guide and other crew members. The path leads from Hilsa to Purang and leads through Rinzin Zangpo Gompa and Kangje Village. In Purang, you visit the old monastery and explore the unique 8th-century Buddhist frescoes. You will sleep in a tent.

**Day 12: Travel from Purang to Monster and sightseeing around Tirtapuri: 3 - 4 hours**

Today, you pass the giant Monster. It means walking through the lakes of Rakshas (Monster) and Mansarover. After you arrive at Monster Lake, you stop for a while and visit the hot springs of Tirtapuri, an altitude of 4,510 meters. The Tirthapuri hot springs are located northwest of Mount Kailash near Padmasambhava (Guru Rinpoche). It is a pleasant bath in the hot springs; pilgrims bathe in the fountain basin, visit the monastery with the guru's footprint and dig for healing stones on an hour-long pilgrimage. After visiting Tirtapuri, you return to Monster to spend the night.

**Day 13: Sightseeing around the Garuda Valley and transfer to Darchen: Duration 3 - 4 hours**

Today, you visit the Garuda Valley, which is located southwest of the mountain. It takes about 2 hours to enter Mount Kailash. It contains unexplained caves, some of which have never been explored. Many believe that this was the cradle of Tibetan civilization during the Shang Shung kings (500 BC-AD 625) long before Buddhism reached the roof of the world. For those interested people in archaeological and historical place, the Garuda Valley can be dreams come true. The valley stretched between Gurugem and Tirthapuri, which is still widely used by pastoral nomads for sheep and yaks. After exploring the amazing valley, you move to Darchen, a small town just in front of the holy mountain Kailash. You spend the night in Darchen.

**Day 14: First day to Kora (parikrama): Walk to the DiraPuk monasteries, 5 – 6 hours**

Today, you start your Parikarma of Mount Kailash. Lord Shiva, the destroyer of ignorance and illusion, exists on this legendary mountain, where he sits in a state

of constant meditation with his wife, Parvati. On the first day outside of Darchen, need a six-hour hike to a bottomless valley through the red rock faces. You continue to cross the plain to Shershong. You cross a bridge that leads to Chhuku Gompa on the top of the hill that is visible from the valley. The path leads to Dirapuk, from where; you have an impressive view of the north face of Mount Kailash.

#### **Day 15: Second day in Kora: Hike to Dzutulpuk: 18 km, walking 6 - 7 hours**

Today will be the most difficult part of your trip. You visit the Drolma-la-Pass at 5,750 m. The pass, whose name means Tara Pass, is beautiful and full of five-colored prayer flags. You descend from Drolma-la-Pass to Dzutul-puk. In Dzutul-puk, you will meet the unbelievable Thugje Zinbu and some old meditative caves. Spend the night in Dzutul-puk.

#### **Day 16: Third day for Kora: Walk to Darchen: 3 - 4 hours and transfer to Manasarovar**

Today, you complete your spiritual holy Kora of the Mount Kailash in Darchen and then drive to Lake Mansarovar for about 2 hours. You gradually leave the valley towards the Barka plain. The lake has religious significance for Hindus, Buddhists, Bonpo, and Jains. According to Hindu religion, Lake Mansarovar is an epitome of purity, and it is believed that someone who drinks lake water will go to Lord Shiva's house after death. Buddhists also connect the lake with the renowned lake known in Sanskrit as Anavatapta, where the Mayan queen is said to have received the Buddha. We spend the night in Mansarovar.

#### **Day 17: Mansarovar lake tour**

Today, drive-by jeep to the gorgeous Mansarovar Lake, which has a boundary of 90 km and it is one of the highest freshwater lakes in the world. You have to finish Mount Kailash Kora first and then dive into Lake Mansarovar. People believed that if you bathe in this lake and drink holy water, you would be freed from all the sins you had committed for a hundred lives. Mansarovar Lake has a relatively round shape with a round of 88 kilometers. It is the origin of four main rivers: Indus, Sutlej, Karnali, and the longest river Brahmaputra. The blue lake

Manasarovar makes the holiness of your soul; the calm atmosphere makes you feel like the beginning of another planet: Mount Gorla Mandata and Mt. Kailash, many historical Buddhist monasteries, loud and stammering prayer. The Buddhist flags in and around the high pass, the beautiful stupas of peace, and the avenue of the Chiu monastery with the Melarapa cave are the main highlights of this tour. You visit Chui Gompa, another attraction in Manasarovar. Spend the night in Mansarovar.

#### **Day 18: Drive from Mansarovar to Zangmu: Duration, 8 - 9 hours**

Today, drive to Nyalam, cross the Yarlung Tsangpo (Brahmaputra River), and some passes. In the first step, you come across a huge Paigu-Tso lake at the foot of the Mount Shishapangma. You will see the mountain. After crossing another pass, Tong La (5,120 m), you finally reached the border town of Zangmu. Stay one night in Zangmu.

#### **Day 19: Drive from Zhangmu to Kathmandu: Duration 9-10 hours**

It is your last day of travel in Tibet. You will drive through the Tibetan plateau first to the Chinese border town of Zhangmu and then to the Nepalese border town of Tatopani to complete the necessary border formalities before you return to Kathmandu, Nepal. You have to walk around 15 minutes to cross the border in Kodari. After completing the re-entry formalities, the journey to Kathmandu will continue, which should take between 5 and 6 hours, depending on the road conditions and weather.

#### **Day 20: Drop to Kathmandu international airport**

After breakfast, you can buy last-minute souvenirs for your family, friends, or relatives until you leave. According to the departure schedule, we will drop to the airport. It is also possible additional trips or activities if you wish.

#### **Included in the cost**

- ❖ Collection and delivery at the airport and hotel
- ❖ Hotels in Kathmandu, Nepalgunj, and Tibet. Tent during the trek
- ❖ Breakfast in Kathmandu, Nepalgunj, and Tibet



- ❖ Flight ticket from Kathmandu to Nepalgunj and Nepalgunj to Simikot
- ❖ Assistance on Chinese visa processing
- ❖ All necessary permits and entrance fees
- ❖ Hilsa, Kailash, Garuda Valley, Lhasa Transfer by private vehicle
- ❖ English-speaking and experienced tour guide
- ❖ Porter and horse from Simikot to Hilsa and during Kora
- ❖ All necessary government taxes and service fees
- ❖ Mansorver Lake Kora bus fare
- ❖ All necessary documents

### **Not included in the cost**

- ❖ All international flight fares
- ❖ China entry visa fee
- ❖ Lunch and dinner in Kathmandu, Nepalgunj, and Tibet
- ❖ Travel and health insurance
- ❖ Personal porter or Horse rental in Kora
- ❖ Emergency evacuation fees
- ❖ Personal expenses, Phone calls, laundry, internet usage
- ❖ Tips for guides, drivers, and porters.

### **Important note**

Your safety is very important when you travel with us. Please note that your leader has the right to change or cancel part of the trip if he deems it necessary for security reasons. Every effort is made to complete the journey. However, since this adventure trip revolves around remote mountain areas, we cannot guarantee that we will not be distracted. Weather conditions, the health status of group members, unexpected natural disasters, etc. contribute to travel changes. The leader tries to go according to the plan to the route but is ready to feel comfortable if necessary.

We provide three types of accommodation during the trip to Kailash. You will stay at 4-star hotels in Kathmandu, three or 4-star hotels in Tibetan cities, including

Lhasa, and clean, comfortable standard tea houses during Kora. All accommodations along the trip are on twin sharing. The particular room will be available upon request for an additional fee. However, the individual addition may not always be possible, especially in higher altitudes above Mansarovar.

During your trip to Mount Kailash and Mansarovar, you can enjoy Nepalese food in Kathmandu and Tibetan food in Tibet as well as famous international cuisine (Italian, Continental, Indian, etc.). We provide only breakfast during your trip to Mansarovar, but after that, lunch and dinner also include. Our chef, who will accompany you on the way, will prepare delicious and hygienic meals for you during the rest of the trip. Breakfast is served every morning at the hotel, and dinner can buy at the hotel or on the menu at the lodge where you will spend the night. You will have your lunch on the way to your next destination.

### **Tour Managers and other staff arrangements**

During the trip to Nepal part, you are under the guide of Nepal, and the guide of Tibet is your guide in Tibet. Such provision ensures that your guide has in-depth knowledge of the respective specialized area. During the trip to Nepal and Tibet, porters and horses or yaks are responsible for carrying your luggage.

### **Travel insurance**

Travel insurance for each itinerary of our company is a prerequisite for booking vacations. At a minimum, you must have emergency and repatriation insurance that must include the cost of the mountain rescue. Carefully review the terms and conditions of your insurers. You should understand that you will bear the cost of the evacuation and return procedures, and that is your responsibility to pay for the evacuation or medical treatment. You must be fully aware of the effects of travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may initiate helicopter rescue operations (or other necessary operations) in medical emergencies without first seeking approval from your insurance company.

### **Acclimatization**

Being at an altitude can be a challenge for some. All of our trips are planned with a high level of awareness about AMS (acute mountain sickness). Going up to fast can seriously need medical conditions. We understand that for a safe walk, it is necessary to leave enough time for acclimatization. Therefore, a sensible plan is required to reduce the risk of AMS. However, be aware that some visitors are more vulnerable than others.

### **Physical condition and experience requirements**

The trip lasts a few days at high altitude; some time needs a few more hours. The hike is not challenging. However, being at an elevation can be challenging. Therefore, we highly recommend to stay physically healthy. We recommend that you consult your doctor and take the necessary advice and take medications to travel to extreme heights before going on vacation.

### **Important information about the Tibet tour**

Above all, all travelers traveling in Tibet are asked to point out that Tibet is isolated from the impressive mountains of the Himalayas, remains one of the most fascinating but least developed parts of the world. Although the tourist facilities are updated, they remain simple and limited in scope. Therefore, visitors are asked not to have high expectations of the facilities in Tibet. However, we will do our best to make your trip as pleasant as possible.

The road between Tibet and Nepal is not up to date either; it is rough, bumpy, and winding. Especially during the monsoons (June-August), it can be temporarily hampered by landslides and erosion. Therefore, some sportswear and sports shoes are highly recommended to make it easier for travelers to walk on the landslides.

### **Reservation and visa procedures:**

You should contact us at least two weeks before with a fixed reservation with full payment along with full passport details. We organize the China / Tibet visa from Kathmandu. The visa procedure takes three full working days if you are available in Kathmandu.

**Cancellation:**

Fifty percent of the tour cost will be charged as a cancellation fee if you cancel the tour within seven days before the start of the journey. After that, there is no refund in any reason such as no show, late arrival or any other

**Risk Liability**

We will always do our best to make your trip pleasant and enjoyable. However, since all tours in Tibet are carried out exclusively by the Tibet Tourism Authority or its representatives, you are not responsible for program changes or cancellations due to unavoidable circumstances such as road closures, floods, etc. Snow, riots, flight cancellations, late arrivals. Etc. In the event of illness or accident, the customer bears all additional costs. It is, therefore, advisable that customers have full insurance against the risk of medical and personal disasters. Cancellation insurance is also the most recommended in your country of origin.