



## Kailas Mansarovar Yatra Via Lhasa & return by Helicopter Itinerary

DAY	PLACE
Day 01 (03-Aug)	<p><b>Kathmandu (1,400m)-Welcome to vibrant Kathmandu</b></p> <p>Our trip begins today in Kathmandu, Nepal. After clearing immigration and customs at the Kathmandu airport our representative will take you to the hotel. We suggest you take a flight which arrives early in the morning to Kathmandu, so you can get a good rest. The remainder of the day is free to rest. Check in time in hotel will be 12:30 PM. We will help you for the couple of hours early check in.</p>
Day 02 (04-Aug)	<p><b>Kathmandu (1,400m)- Sightseeing &amp; Yatra Briefing</b></p> <p>Very early this morning there is an optional flightseeing tour (additional cost) to view Mount Everest from the air—the views of the Himalayas are extraordinary! After breakfast, we meet in the hotel lobby for a half-day guided tour of the ancient sites of Kathmandu. Later in the evening yatri will be given a briefing of Yatra.</p>
Day 03 (05-Aug)	<p><b>Kathmandu (1,400 m OR 4,600 ft) – Visa processing. ♦ Morning Puja &amp; Pranayama</b></p> <p>Devotion (Puja) is the key that unlocks the doors to divine blessings. We are embarking on the most important and powerful journey. During our stay in Kathmandu, we will perform the Shodashopchar Puja daily. After breakfast we will take you to Kathmandu Heritage sites. In the late afternoon we will see the beautiful Documentary on Shree Kailas mansarovar. Evening Sankirtan and prarthna.</p>
Day 04 (06-Aug)	<p><b>Kathmandu (1,400 m OR 4,600 ft) – Visa processing. Morning Puja and Pranayama</b></p> <p>We will take you to Kailasnath Mahadev and Doleshwar temple. In the evening meditation and Prayer. For Kailas Mansarovar Yatra this meditation practice helps like a miracle. Do not miss these practices this is specially design for Kailas yatri.</p>
Day 05 (07-Aug)	<p><b>Lhasa (3,656m) -Fly to Gonggar Airport, Lhasa (75-minute flight) and drive (1.5 hour) to hotel in Lhasa</b></p> <p>Early in the morning we will perform Rudrabhishek in Pashupatinath Temple, one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River. After lunch, proceed sightseeing at Budhanilkantha. In the evening yatri will be free to do some shopping.</p>
Day -6 (08-Aug)	<p><b>Kerung (7000 ft)- Fly to Kerung by Helicopter</b></p> <p>Lhasa After breakfast get transferred to Tribhuvan International Airport in Kathmandu to board flight to Lhasa, Tibet. About the one-hour flight across the Himalaya is spectacular with the view of world's highest peaks. After arriving at Gonggar Airport in Lhasa, it will take about 1.5 hours for the group to reach the hotel. Spend the first day free to acclimatize with the altitude. This is big jump as Kathmandu is at 1400m, above sea level and Lhasa is at 3550m, above sea level.</p>
Day 07 (09-Aug)	<p><b>Lhasa (3,656m)- Acclimatization Day in Lhasa &amp; Sightseeing.</b></p> <p>Lhasa is one of the most beautiful cities in the world. After breakfast we will go for sightseeing in Lhasa visiting Jokhang Temple, Barkhor Street and Potala Palace.</p>
Day 08 (10-Aug)	<p><b>Shigatse (3,836m &amp; 4-5 hours of drive)- Drive from Lhasa to Shigatse.</b></p> <p>Lhasa to Shigatse is a very comfortable Drive. Enjoy first experience of driving along with River Brahmaputra on the Tibetan plateau with awe inspiring views.</p>
Day 9 (11-Aug)	<p><b>Saga (4,640m 8-9hours of drive)- Drive from Shigatse to Saga.</b></p> <p>Tibet is the roof of the world. You will enjoy sight of the most beautiful Snow capped mountains and experience the joy of being on top of the world.</p>

<p><b>Day 10</b> <b>(12-Aug)</b></p>	<p><b>Mansarovar (4,588m)-Drive from Saga to Mansarovar Lake (8-9hours drive)</b></p> <p>Today's drive, mostly over 15,500 ft, is enriched with scenic beauty. The road condition is fair. Enjoy vast Tibetan plateau, landscape changes from sandy dunes to rocky vistas to savannah type. This is the most auspicious day for all of us, as some of us might have waited for a long time to get the first glimpse of holy Mt. Kailash and sacred Lake Mansarovar. We will perform 70% of Mansarovar Parikrama by vehicle today.</p>
<p><b>Day 11</b> <b>(13-Aug)</b></p>	<p><b>Mansarovar (4,588m) &amp; Darchen - Havan, Holy dip in the Mansarovar Lake. Feel the Abode of Bholenathji and drive to Darcchen</b></p> <p>Feel the experience of being in the abode of God-Goddesses, Sages and Saints. A lifetime achievement. Puja, Havan-worship, Meditation, Holy dip, Tarpan on Holy Lake Mansarovar. Explore around the Mansarovar area. In the evening, we will Drive to Darchen (one hour Drive, Darchen is in the base of Mt. Kailash).</p>
<p><b>Day 12</b> <b>(14-Aug)</b></p>	<p><b>Kailash Parikrama (5,210m) – Day 1. Darchen to Derapuk(4920mts.), Charan Sparsh. Total:18 Kms (10 Kms by vehicle, 8 Kms. By walk/Horseback)</b></p> <p>After breakfast, drive approx. 10kms. to a place called ‘Tarboche’, the trek point to start Kailash Parikrama. One must pick up a chit (draw system) for porter and horse, the rule is you cannot choose your porter or horse. The first day of Parikrama from Tarboche is a gradual walk. Mesmerizing trails and One can see changing shapes of Holy Mountain like Ganesha, Naag, Elephant, Trinetra etc. The trail leads us to a few ups and downs till we reach our guest house at Derapuk. Tarboche to Derapuk- 8kms. /5-6hours by walk/horseback. The most amazing site of entire Yatra is from here; The north face of Holy Mt. Kailash; just as a huge Shivlingam!!</p>
<p><b>Day 13</b> <b>(15-Aug)</b></p>	<p><b>Kailash Parikrama – Day 2. Derapuk to Dolmala pass (Highest point of Yatra) (5,608m) to Zutulpuk Gompa (4,790m). Total: 18 Kms (Trek/horseback)</b></p> <p>Today's Parikrama leads to a much higher side of holy path just beneath the Holy Mount Kailash. This is the toughest day of the yatra. It is a 6 kms. uphill trekking/horse back to Dolma La Pass (19500 ft.). Just after Dolmala pass is Gauri Kund, from here you will start descending for another 4 kms (back to 4790m) to the valley floor. Further 8 kms. of gradual walk to Zutulpuk gompa.</p>
<p><b>Day 14</b> <b>(16-Aug)</b></p>	<p><b>Saga- Kailash Parikrama – Day 3 &amp; Drive to Saga (4,640m)</b></p> <p>We will begin the final stage of walking for about 8 kms. The winding track gradually ends our holy Mt. Kailash Parikrama. Once we reach the trek end point near Darchen, our bus will be waiting to take the group back to Darchen. After a quick lunch in Darchen we will drive to Saga. Darchen to Saga is 6 hours drive.</p>
<p><b>Day-15</b> <b>(17-Aug)</b></p>	<p><b>Drive Saga to Kerung</b></p>
<p><b>Day-16</b> <b>(18-Aug)</b></p>	<p><b>Kathmandu (1,400m)-and fly to Kathmandu by helicopter</b></p> <p>At Kerung, after immigration we will cross border to take helicopters for Kathmandu.</p>
<p><b>Day-17</b> <b>(19-Aug)</b></p>	<p><b>Yatra concludes and departure for onward journey.</b></p> <p>Our representative will drop you at the airport for your international departure from Kathmandu. Departure</p>