

# ॐ नमः शिवाय ... 15 day Kailash Manasarovar by Land from Kathmandu to Kathmandu Tour 2025 Outlines For US Dollar \$3575.00



01.01.2025 Schedule

**Yogi Binod Nath**

Mind Your Body Centers

1409 Lakeshore dr

Little Elm, TX 75068

<https://awareofawake.com/kailash-retreat><sup>1</sup>

## Overview

We have been 21 times and I am still continuing the expedition. The best time to do this Yatra is from May till mid September. We will have few departure dates for 2025 or 2026 that is available and filling out quickly- see dates here <https://awareofawake.com/booking> , unless you want to choose your departure date and run the trip privately please let us know or You can form your own group or we can make you join with some other groups. Schedule the custom booking slots <https://askhanuman.org/>

As you may already know we are the specialist team of mountaineers and guides who have been leading trips to Mt Kailash for the past 25 years and we have personally led 20 times and taken thousands of tourists from the UK, USA, Australia. We specialise in taking NRI Kailash Yatris.

Most of the tours are led by myself or our expert leaders who have been to Kailash over 20 times. We are well known for our good services to our Yatris,

Group size is always below 35 people so we can care for them well. We provide good, clean, comfortable hotel accommodation, hot Vegetarian meals ( South Indian, North Indian and some western dishes). All our hygienic hot meals are prepared by our expert cooks.

Transportation and medical supplies (Oxygen, PAC Bag ( Very important equipment for the altitude), Oximeter (oxygen measure machine) Blood pressure machine and necessary equipment for the yatra.

We offer / conduct Puja and Havan at Mansarovar, we will take bath at the shore of Lake Mansarovar with warm water from Lake Mansarovar.

You need to be aware of yoga and breathing along with some physical exercises. We train and teach you the classes once you book the trip online or in person at North Dallas.

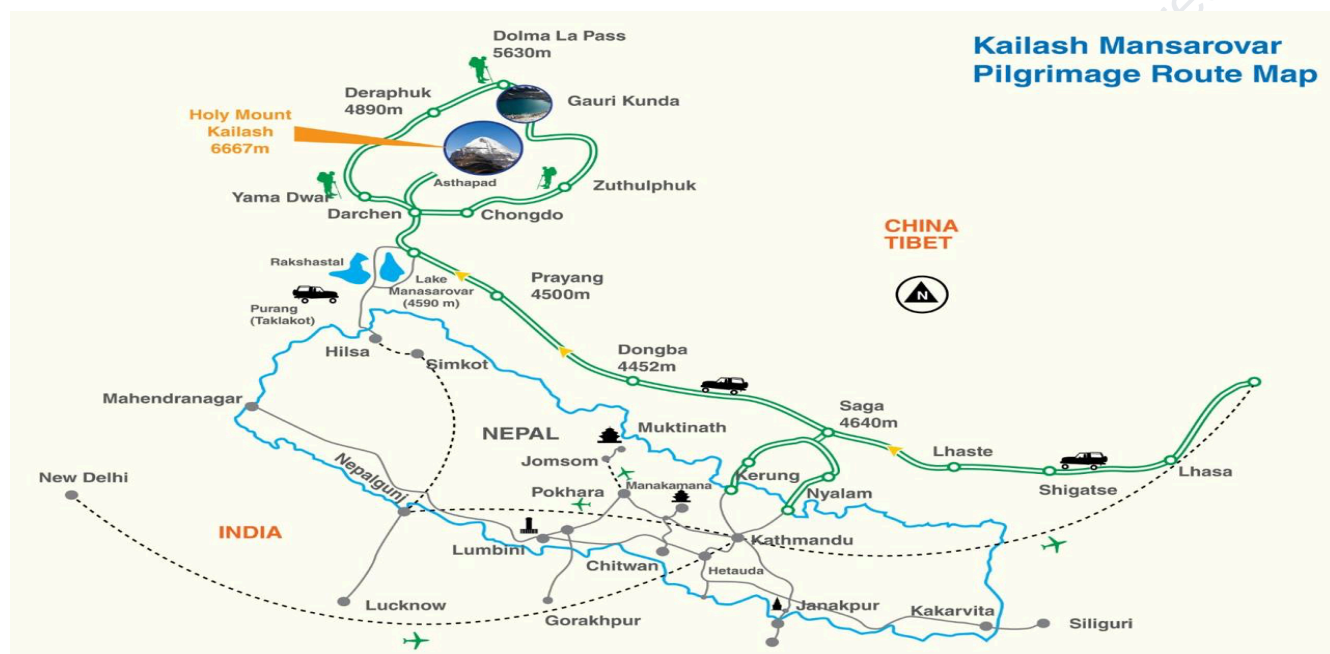
We have been taking people safely to Kailash Mansarovar since 1999. Best season is May to October any time you can do the Kailash Mansarovar tour.

**Accommodation Hotels/ Guest house Shared rooms:** Those who want a single room can get a single room at USD 480 per person extra.

- Kathmandu: Ramada, Holiday Inn, Hotel Hyatt Centric /Lo Mustang or similar (4 /5 star)
- Rasuwagadhi: Buddha Guest house (Tourist hotel)
- Kyirong: Kyirong Hotel or similar ( 3 Star)
- Saga: West post Saga Hotel

- Manasarovar: Best available guest house (Basic accommodation)
- Darchen: Himalaya – Kailash Hotel (3- 4 star)
- Dirapuk: Best available guest house
- Juthulpuk: Best available guest house
- Paryang/ New dongpa: Best available hotel

**Goals: Hike map:**



**Specifications: B = Breakfast, L = Lunch, D = Dinner**

### **Day 01, :**

Arrival Kathmandu airport at TIA, we receive you at the airport and transfer to hotel, we have some briefing and collect original passport for visa formalities

(Note: Please arrange to arrive Sunday evening, Monday early morning by 8 AM or Tuesday).

It takes about 3 full working days to proceed for Tibet / China visa from Kathmandu, so to acclimatize and while waiting for visa we will be doing great UNESCO sightseeing in Kathmandu like Pashupatinath, Nagarkot and Chandragiri Hills so you are ready for next adventure of a lifetime. Kathmandu is a very charming and spiritual town. D

Note: if people have extra time of 2 days more they can also visit Muktinath and Pokhara before visiting Kailash or can do a 5 days trek to Holy Lake of Lord Shiva Gosainkunda too. Please ask us for options.

### **Day 02, : Kathmandu - Pashupatinath and Nagarkot hill station stay**

Today after breakfast we will check out from the hotel and we will visit one of the largest shiva temples, Pashupati Nath - where many Hindu love to go and worship. The winter residence of Lord



shiva. We will do some Puja, Abishekam there. As you may know many Hindu death bodies are cremated in the Ghats of Bagmati River near Pashupatinath.

After that we will visit Patan durbar square (or Lalitpur, 'city of fine arts') today it is a part of greater Kathmandu, which was once the capital of a powerful independent kingdom. You'll notice as we explore this area, a calmer vibe - the craftspeople here, many of whom are Buddhist, have created exquisite temples and other works of art which give the area a distinct artisan feel. After lunch, we'll drive on a classic Nepali road northeast to Nagarkot, a hill station. It's refreshing to once again leave the bustling Kathmandu Valley behind on our way to a Mountain Resort town. We'll have plenty of time this afternoon to check into our rooms and relax with views of the Himalayas.

Elevation: Nagarkot - 2195 meters (7,200 feet) - Resort in Nagarkot (Breakfast, Dinner)  
(We will proceed our Tibet / China visa this Monday)

### **Day 03, : From Nagarkot Hike to Nala, explore Bhaktapur and back to Hotel.**

An early wake-up for epic sunrise and panoramic Mountain View. Sip coffee and an excellent breakfast, then we will hike through a stunning ridgeline, village and jungle path to Nala. Mostly descending, typical villages learning about their living and the challenges. You will be greeted with beaming smiles around every corner. After hiking, take a short drive to Bhaktapur for lunch, and a chance to explore another of the medieval city-states of the Kathmandu Valley. You'll see here in the 'City of Devotee' including many pagodas, shrines, carved wood columns and temples. Visit the Doleshwor Mahadev Temple that is supposed to be the head of Kedarnath in India.

Stay in Kathmandu. Elevation: Kathmandu - 1400 meters (4,600 feet) (Breakfast and Dinner).

Hiking: 6 kilometers , 2-3 hours, elevation + 115 meters (380 feet) / - 310 meters (1020 feet)

### **Day 04, : From Kathmandu to Dhunche to Syabru Bensi and Nepal / Tibet border town**

After Breakfast at the hotel, take a bus to the Tibet / Nepal border to Syabru Bensi and to Kyirong, which takes a 7 / 8 hours drive, a scenic but bit bumpy ride sometimes.

O/N at Border town Nepal side ( about 2000 meter) at simple Guest House. B, L, D

### **Day 05, : Nepal Tibet border, drive to Kyirong - 2,774 m (9,101 ft) :**

After border formality at Nepal Tibet border, drive to Kyirong - 2,774 m (9,101 ft) we stay for acclimatization at Hotel in Kyirong - a beautiful valley Historically, Kyirong Town has been an important town in the cross border trade between China and Nepal as it was located on a major traditional trade thoroughfare between the two countries. . B, L, D

**Day 06, :** After breakfast drive to the Tibetan town of Saga, a long but scenic drive, stay at Hotel at Saga - 4,640 metres (15,223 ft.). for acclimatization . B, L, D

A beautiful but bit long drive seeing high Himalaya and Tibetan open landscape. Today we will Cross the Yarlung Zangpo (Brahmaputra River) and then turn for the northern route to Saga.

### **Day 07, : SAGA – MANSAROVAR (4550 m) 470 Kms 9 / 10 hrs : Full moon day :**

After breakfast we leave for Manasarovar - a lake created by Brahma for Human beings to get Moksha - Manasarovar is the lake of compassion, tranquility and bliss. Today we drive distance of 470 Km which takes about 8 hours, we will do holy Lake Mansarovar Parikrama by bus provided by Nagri Kailash region transport service, we will also visit Seralung Monastery, Trugo Monastery, Gossal Monastery stay at simple Guest house at bank of Mansarovar. B, L, D

**Full moon day** Called "Mapam Yumtso" in Tibetan the holy Lake Mansarovar is relatively round in shape with a circumference of 88 km (54.7 mi) in winter and in summer 125 KM. Its depth reaches a

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<sup>2</sup> <https://awareofawake.com/kailash-retreat>

maximum of 90 m (300 ft) and its surface area is 320 km<sup>2</sup> (123.6 sq mi). It is connected to nearby Lake Rakshastal by the natural Ganga Chhu channel .

#### **Day 08, : Full day at MANASAROVAR for Puja and Havana and acclimatization**

A beautiful day at the piece of Heaven. We can visit powerful Chiu Monastery, we can take deep at lake Manasarovar or we provide warm water from the Lake in Bathing tent then join pious Puja or Havan at lake, and later of the day prepare for Kailash Parikrama / packing / discussion about extra horse / yak / porter booking etc. B, L, D <sup>3</sup>

Night at Lake Mansarovar : Many travelers want to see stars or apsara at Lake Mansarovar at night. Many may witness its beauty under the moonlight. Though visiting the lake at night is completely safe, it is advisable to go in a group and if possible take our expert team with you for any required help. Dress properly with warm clothes as the temperature outside will be cold. Good idea to carry a torch and a whistle too. It is believed that Apsara from swarga or even Lord Parvati visit Mansarovar at night for taking bath.

#### **Day 09: MANASAROVAR – DIRAPHUK - 4920 m./16,138 fts start Kailash Parikrama ( Khora)**

**Today after early breakfast** we drive about 50 KMs and start hiking for the Parikrama of kailash parvat , a total walk for about 5 / 6 hours. The Holy Kailash Parikrama trek starts from Yama Dwar at Tharboche. Today we have to walk slowly but continuously for about 5 to 6 hours. Overnight stay at Diraphuk in a simple guesthouse - this is the amazing north face of Kailash. B, L, D

**About Kailash Parikrama:** Almost Everyone comes to make Kailash Khora meaning circumlocution of Hoy Mt. Kailash passes through the highest pass Dolma La (5,645m). Although local Tibetan people make Kailash Khora in a single day, it takes three days for us and total walk is about 52-kilometer but since we can drive a bit both ways of starting and ending of Parikrama now it is a total 38 KM we have to walk in 3 days. This Parikrama is called the outer Khora of Kailash.

But people who are not able to make the whole Parikrama for some reason have the option to go up to the North face of Kailash, do some puja and back to Darchen and wait for group members to finish. We have specially added one more day in the North face to touch the Kailash which is called "Kailash Charan sparsh "a special moment in life. Not every company does it.

#### **Day 10: DIRAPHUK – KAILASH CHARAN SPARSA WALK BACK TO DIRAPHUK - special day**

**Kailash Charan Sparsh walk :** Today we do a sacred walk from Derapuk monastery to the feet of Kailash Parvat in the north face of the mountain, a total about 7 km distance . We all will try to reach to the base of Mt. Kailash Parvat - the Charan - or touch the feet of Mt. Kailash. It is a heavenly beautiful walk through a bank of milky water and snow falling from the top of Kailash mountain. It may feel a bit heavy due to the altitude. We will walk slow and drink lots of water. We can do some meditation and Puja there as well. The Charan sparse trek in kailash is also considered as the part of Inner Parikrama.

We will be seeking blessings from Lord Shiva at this beautiful pilgrimage, expecting positive energy. Kailash parvat is the axis Mundi and Ganges flow from Shiva's matted hair ( Jatta ). By touching the miracle feet of mount Kailash and ganges axis people get moksha - the salvation , a rebirth. It is believed that Ganges is the water that flows from the melted snow of Kailash and interestingly enough 4 of the major rivers in Asia Indus, Sutlej, Brahmaputra and Karnali originated within 50 KM radius of Kailash mountain. That is why May be Kailash is known as Sumeru Parvat or center of the earth.

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<sup>3</sup> <https://awareofawake.com/kailash-retreat>

**Day 11, : Trek via Dolma la ( 5640 meter) and ZUTHULPHUK (4790m) 9 / 10 Hrs Trek:**

Early in the morning we will start our journey as early as possible at 4.30 Am. Our expert team will lead the group through Dolma La (5640 m) which is the hardest day of all, and if you wish you can use a horse up to the pass. We will send someone to Gauri Kund and collect some holy water from Kund. Overnight stay at Zuthulphuk guest house. B, L, D

**Day 12 : ZUTHULPHUK – DARCHEN - PARYANG and Saga :** Today our Kailash Khora ends after a 10 KM walk from Zhuthulphuk. After lunch, drive to Paryang O/N At Paryang/ new Dongpa or Saga. B, L, D

**Day 13:** Saga to - KYIRONG and SYABRUBESI - KATHMANDU . B, L, D

This is a long drive of about 10 hours - about 5 hours in the Tibet side and about 5 / 6 hours in the Nepal side.

*Note: You also have the option of using a helicopter from Nepal side of the border to Kathmandu at an extra cost of USD 450 each person minimum 5 people to reserve a helicopter. This ride is about 20 / 25 minutes where the drive can be about 6 hours and is a bit bumpy.*

**Day 14 , : It is recommended to keep a Free** and easy day at Kathmandu incase if we need one extra day on tour due to weather, landslide, health etc. B, L, D

**Day 15 : After breakfast** Departure to home, we transfer to the airport to fly home. B

The Above cost Includes :

- All Ground Transfer by private vehicle ( Bus / Van / Jeep as per group size)
- Twin sharing accommodation at Hotel in Kathmandu ( 4 star level, you can upgrade at extra cost some nights if you wish)
- Lodging accommodation in Tibet in 2- 4 people sharing basis – guesthouse / 2 men tent during camping ( only max. 2/ 3 nights)
- Full board meal - vegetarian (breakfast, lunch, dinner and two times tea) with our expert cook team
- Tibet special permits and entrance fees
- Transportation in Tibet by coach/van/minibus and Support truck for luggage and food.
- All the staffs (guide, cook and other supporting staffs.)
- Insurance for staff.
- Tents & mattresses, sleeping bags and jackets.
- Poncho & Duffle bag for individual yatries.
- Water Jar for holy Manas Jal
- Havan / puja equipment, Shower tent, hot water provided in Mansarovar for holy bath.
- Yaks and Yakmen to carry out supplies during the Parikrama.
- Transportation to Nepal –Tibet border by coach.
- Duffle bag to take your clothes in Tibet
- Monkey Cap, stick, Panchoo
- Oxygen bag and Gamo bag.

The Above Cost Excludes :

- International flight from to and from Kathmandu
- Bar bills (coca cola etc), Drinking water for the whole trip

- Horse and porter for Parikrama ( Please allow about USD 550 / 800)
- Personal Insurance & emergency rescue charges,
- Extra porter & transport charges in the event of landslides.
- Personal clothing & accessories, Laundry, postage etc
- Personal, medical and evacuation insurance, extra night hotels if it happens to come early
- Tipping for Nepali and Tibetan Staff
- China / Tibet Visa cost and Nepal Visa fee ( USD 50 for 30 days multiple entry)

***Tibet / Chinese Visa fees as of now : USD 240 Per-person for US Passport Holder / USD 140 Per-person for Canada Passport Holder / USD 176 Per - person for Brazilian Nationals / USD 115 Per-person for other nationals.***

#### Important Info for Tibet Travel

- **Passport:** A Nine months valid passport is required for travel to Tibet. Please check the expiry date of your passport.
- **Tibet / China Visa / permit :**  
When you are traveling to Kailash via Nepal / Kathmandu you do not need to take a Chinese Visa as it will be arranged by us here in Kathmandu. The Tibet travel permit was also arranged by us.
- **Nepal Visa:** All travelers visiting Nepal require a Visa.
- **To obtain Nepal visa:**
  - **Choice 1:** Visa can be obtained at any Nepalese Embassy, Consul, or Honorary Consul outside Nepal. Your ticket agent may also arrange for your Nepal visa.
  - **Choice 2 (Easy and fast way):** Visa can be obtained on arrival at Kathmandu Airport or border Immigration. You will require two (2) copies of your passport size photos and USD 50-100 cash handy.

#### Weather & Climate:

Geographically, Tibet lies beyond the trans-Himalayas and has minimal rainfall and sunny days. For those traveling to the Kailash region, the best time to visit is from May to September. Mid-day temperatures in this region could rise as high as 22 degrees Celsius with evening temperatures as low as 8 to 12 degrees below zero. March to November is the best time to visit central Tibet.

#### Health:

Those in good health should have no difficulty traveling to this region. Due to the high altitude of this area, travelers may experience the effect of altitude sickness, which is characterized by mild headaches, nausea, and loss of appetite. Altitude sickness can be reduced by frequently drinking non-alcoholic liquids such as water and juice. Travelers are reminded to protect themselves from the strong sunlight, which can cause sunburn. Those with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before embarking on this journey.

#### Free Fitness & Yoga:

For those who have decided to join this Yatra, Our requests that you engage in some type of health related activity such as yoga, morning walks, or jogging in order to maintain your physical fitness. Book a class with Yogi Binod Nath for FREE <https://awareofawake.com/booking>

#### Currency:

The unit of currency in Tibet is the Renmbi or Yuan. As of Now USD 1 is equivalent to about Yuan 7. This exchange rate is subject to change. Currency can be exchanged at the Bank of China with branches located in major cities or can exchange at the border.

#### Risk and Liability:

We will make every effort to ensure that your journey is smooth and as pleasant as possible. However, please be reminded that all programs in Tibet are strictly conducted under the rules and regulations of the Tibet Tourism Bureau. Therefore, neither our tour company nor our Tibet Agent

shall be responsible for any changes in the itinerary due to unavoidable circumstances including but not limited to Government restrictions, landslides, road blockages, flooding, snowfall, political disturbances, flight cancellations, illnesses or accidents. Any additional costs that are a result of such circumstances will be borne by the traveller/s.

**Insurance:**

All travellers are advised to purchase travel insurance that provides care and services for sickness, accidents, emergency rescue, etc. related to international travel. Please submit a copy of your insurance policy to our Kathmandu office upon your arrival to Kathmandu, Nepal. We shall not be responsible for the loss of personal assets and belongings of the traveller/s due to unavoidable reasons or mishap.

**Our Team & Staff :**

Our Organization only employs well-trained, responsible and capable staff that has successfully led many trips for European and Indian groups to this vast region. Each trip is staffed with an experienced guide who speaks English and Hindi, ensuring a pleasant and smooth journey for the group. We are committed to providing the best and reliable service for each group for this journey of a lifetime!

**Transportation:**

We will arrange for all overland transportation. A coach will be provided for the Kathmandu-Kodari-Kathmandu portion of the trip and coach/minivan/minibus will transport the group to Tibet. A support truck will carry the necessary camping gear and supplies. Yaks and yak men will be arranged for the Kora (Parikrama).

**Medical supplies and service:**

Medical facilities in Tibet are very basic if at all available. Our agent will provide a first aid medical kit and equipment for treating high altitude sickness including an oxygen cylinder with mask and altitude portable chamber. All travelers are requested to bring their own first aid kit with medicines and supplies recommended by their doctors.

**Postal service and communication:**

Many areas of Tibet are without communication facilities, including telephone and postal services. The last point in the journey from which a telephone call can be made is Saga, the small city near the famous Brahmaputra River. Beyond this point, it is not possible to make telephone calls. In case of emergency, please ask your family and friends to contact the staff at our Kathmandu office that will provide information and respond to their needs accordingly.

**Clothing:**

Due to frequent changes in temperature, even moving from inside the land cruiser where it is warm to cooler outside temperatures, travellers will need clothes for both warm and cold periods. To make your Yatra light and comfortable, We will provide basic yet important clothing items such as down jackets and sleeping bags. Back pack (water proof), Duffel bag.

**List of personal equipments for Kailash tour :**

1. Duffel bag (can be provide by Company – optional)
2. Bag lock
3. Carry-on or small day bag
4. Fanny pack / money belt / passport bag
5. 1 pair Sandals
6. Watch / Related Book
7. Camera w/batteries and extra film
8. Passport (copies of passport photos)
9. Notebook w/pencil



## 10. Rain coat

### Trekking Clothing (Daily) Item

1. Lightweight trekking pants
2. Lightweight turtleneck shirts (P/C)
3. Polypropylene liner socks (thin)
4. Short loop stitch wool blend socks
5. Sunglasses (100% UV Protection)
6. Trekking cap / baseball cap
7. Warm jacket / Sweater
8. Trekking shoes
9. Trekking Poles

### Other necessary Items

1. Water bottles w / insulated pouch
2. Sunscreen (SPF 25 or greater)
3. Lip Balm (w / SPF 30 sunscreen)
4. Toiletries : (soap / shampoo / toothbrush toilet paper)
5. Torch Light / headlamp

**Portable toilet request cost on travel** That will be only for Parikrama for 4 days and 1 day in Mansarovar, it is possible, we can arrange that for a small fee or tips between \$50-100

**Portable showers:** We provide that at Manasarovar, we get water from Lake, make it warm and provide them to take showers before people sit down for havan and puja. **Horse & Horsemen:** The horse and horse man cost USD 150 per day and since our Parikrama days are 4 days including Charan sparsa day we have to pay  $\text{USD } 150 \times 4 = \text{USD } 600$  for a horse.

**Porter:** The porter cost is USD 60 per day and since our Parikrama days are 4 days including Charan sparsa day we have to pay  $\text{USD } 60 \times 4 = \text{USD } 240$  for porter.

The porter and horse / horse man are different, sometimes a horse man can hire a porter too, but still need to pay USD 240 for him / her.

Husbands and wives can't share horse. Husband and wife can't share a porter . It has to be separately hired and must be paid for 4 days even if we don't use them.

**Number of helpers and support teams:** We provide every 3 trekkers one helper, for example if we have 30 people we have 10 staff to accompany ( cook, helpers, supporters).

**Type of dishes, food and water :** Excellent hot fresh north and South Indian food we provide prepared by our expedition cooks.

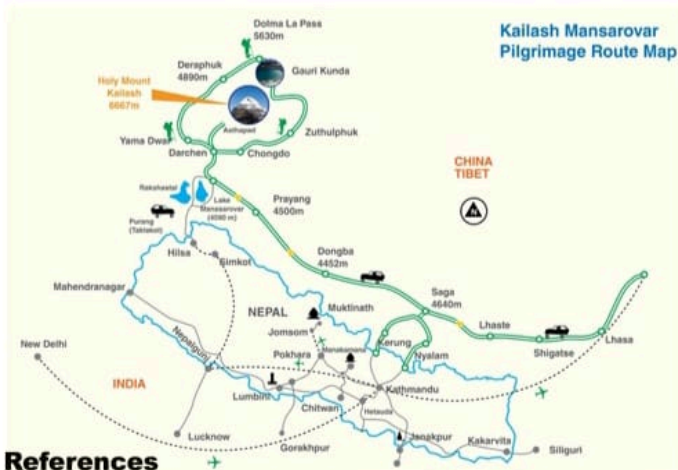
Like Daal, shawl, khichadi, noodle, chapati, curry, halwa, Pauwa, hot water, tea, coffee, horlicks, milk, curd, rasham, soups, porridge, musli etc.

**Supporting equipment:** We provide oxygen cylinders, portable altitude chambers, oximeters, the first aid trained team with some medicine, we really will have good care. **Tour group sizes:** Minimum 20 people, max about 40 people

## Kailash Mansarovar yatra - Outline Itinerary

Day 01: Arrival Kathmandu, Pick up and transfer to the Hotel. Evening Group Meeting and Briefing.  
 Day 02: Early morning Rudra Vishekh and Hawan at Pashupatinath Temple, Tour of Kathmandu Valley and Drive to Nagarkot.  
 Day 03: Morning Drive to Doleshwor Mahadev and Sleeping Vishnu Temple and back to Hotel for yatra Preparation.  
 Day 04: Enjoy the countryside Drive to Syabrubensi (Nepal - China Border) stay  
 Day 05: Complete the Immigration formality on both side and drive to Keryong - Town in Tibet .  
 Day 06: Enjoy hiking for acclimatization around Keryong and visit Local Market.  
 Day 07: Drive to Paryang, on the way cross the Holy River "Bramhaputra".  
 Day 08: Drive to Lake Mansarovar, we will have first Darshan of Holy Mt. Kailash. Stay at the shore of Lake Mansarovar.  
 Day 09: Morning Holy Bath and Puja and Hawan at Mansarovar and Drive to Darchen Town.  
 Day 10: Drive to Tharboche and Start the Parikrama of Holy Mt. Kailash. Hike to Derapuk .  
 Day 11: Extra day at North face (Hike to Kailash Charansparsha )  
 Day 12: Early morning start the hiking to Dolma - La Pass and Down to Zuthulpuk.  
 Day 13: Hike Close to Darchen and Drive to Saga  
 Day 14: Drive to Keryong Border and cross the immigration and drive to Kathmandu  
 Day 15: Transfer to the Airport for departurte Home or you can extend your trip to Muktinath or Janakpur Dham.

An Award winning responsible Travel Company. Recommended by New York Times, Tripadvisor, Guardian  
 1000's of satisfied customers worldwide - 25 years of Excellent service .



## Tour Departure Dates for 2025

| Batch   | Arrival | Departure |
|---------|---------|-----------|
| April I | 26-Apr  | 10-May    |
| May I   | 03-May  | 17-May    |
| May II  | 11-May  | 25-May    |
| June I  | 03-Jun  | 17-Jun    |
| June II | 17-Jun  | 01-Jul    |
| Jul I   | 01-Jul  | 15-Jul    |
| Jul II  | 15-Jul  | 29-Jul    |
| Aug I   | 03-Aug  | 17-Aug    |
| Aug II  | 17-Aug  | 31-Aug    |
| Aug III | 31-Aug  | 14-Sep    |
| Sep I   | 14-Sep  | 28-Sep    |

## References

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