

Kailash Manasarovar: Where Nature and Faith Become One

Overview:

Kailash Manasarovar is a journey that slowly takes you away from the familiar world into one of the most remote and sacred landscapes of the Himalayas.

It begins across the vast Tibetan Plateau, where the land opens into wide, empty horizons and the air grows thinner with every mile. The path gradually leads to the calm waters of Lake Manasarovar (4,590 m / 15,060 ft), a high-altitude lake surrounded by snow peaks and deep silence. For centuries, it has been revered in Hinduism, Buddhism, Jainism, and Bon as a place of purification and spiritual renewal.

From there, the journey continues toward the towering presence of Mount Kailash (6,638 m / 21,778 ft), a peak that rises dramatically above the plateau and is traditionally not climbed. Instead, pilgrims undertake the sacred Kora, a 52-kilometer circuit around its base that passes through rugged valleys, high passes, and wind-swept landscapes.

The highest point, Dolma La Pass (5,630 m / 18,471 ft), tests both body and spirit as the terrain becomes harsh and the air extremely thin. Beyond it, glaciers and barren slopes stretch into a quiet, almost untouched world.

As the journey unfolds, the landscape becomes more silent and elemental, and the experience turns inward. Kailash Manasarovar is not just a trek through altitude and distance, but a gradual passage into stillness, where nature, belief, and presence come together in one of the most powerful pilgrimage routes on Earth.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Kyirong / Manasarovar / Asthaphath / Kilash / Dolma La Pass

Duration: 12 Nights | 13 Days

Trek starting point: Kathmandu, Nepal

Trek ending point: Kathmandu, Nepal

Grade: Moderate

Transportation: tourist coach

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,630 m

Activities: Hiking & trekking, sightseeing

Best seasons: April, May, August and September

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▮ **Day 1: Arrival in Kathmandu**

Upon arrival in Kathmandu, our team will receive you and assist with hotel check-in. After some time to rest, the group will gather for a Kailash Orientation, which will provide an overview of the pilgrimage, spiritual guidelines, and practical briefings for the journey ahead. Overnight stay at the hotel.

▮ **Day 2: Rudra Abhishekam at Pashupatinath and Kathmandu Sacred Heritage**

The morning begins quietly in Kathmandu, before sunrise, as the journey heads toward Pashupatinath Temple. Along the Bagmati River, the temple slowly comes alive with bells, incense, and the sound of chanting.

Here, priests perform the Rudra Abhishekam Puja, offering milk, water, and prayers to Lord Shiva. The ritual unfolds with a steady rhythm, filling the early morning with a deep sense of devotion and stillness.

Later, the journey continues to Kathmandu Durbar Square, where ancient courtyards and temples hold centuries of history. You witness a brief darshan of the Living Goddess Kumari and experience the powerful presence of Kalabhairav, each adding a layer of sacred tradition to the journey.

By evening, you return to the hotel, carrying a quiet sense of reflection from a day spent moving through some of Kathmandu's most spiritual and historic spaces.

▮ **Day 3: Drive from Kathmandu to Dhunche (2,030 m) or Syabrubesi (1,500 m) or Timure (1,955m)**

After breakfast in Kathmandu, the journey begins with a drive out of the valley, leaving behind the city's morning rhythm. The road opens into rolling hills, and soon the Trishuli River comes into view, guiding the route for much of the day.

As the drive continues, the landscape shifts between small towns, terraced fields, and forested slopes. Around midday, we stop at Trishuli Bazaar for lunch at a highway restaurant. It is a chance to step out, stretch, and take in the surrounding villages and hills.

After lunch, the road becomes more winding and remote, with views of the river below and mountains ahead. We continue toward Dhunche 127 km 6 hours, Syabrubesi 141 km 7 hours, or Timure 152 km 8 hours as the air grows cooler and the terrain more rugged.

By the end of the drive, the change is clear from the busy streets of Kathmandu to the quieter northern hills, making the journey an important part of the experience.

▣ **Day 4: Drive to Kyirong (2,700 m): Distance cover: 60 km**

After breakfast, the journey takes a final turn toward the borderlands. From Timure, it is either a short drive or a 10 to 15 minute walk to Rasuwagadhi, where the Nepal side immigration formalities are completed. The atmosphere here feels quieter, shaped by the river valley and the surrounding hills that mark the edge of the country.

Once the process is finished, the path continues across the border. On the other side, the Tibetan guide meets us at the China immigration point and assists with the remaining formalities. With everything in order, the journey resumes into a new landscape.

From here, a short drive of about 40 km, roughly 1 hour, leads to Kyirong. The road climbs gently into a wider valley, revealing a different rhythm of scenery, open spaces, distant peaks, and a calmer mountain environment.

By evening, we arrive in Kyirong and settle into a guesthouse for the night, marking the beginning of a new chapter in the journey across the Himalayas.

▣ **Day 5: Acclimatization in Kyirong (2,700m):**

In Kyirong, the journey slows down as the focus shifts from travel to acclimatization. After days on winding mountain roads and crossing into higher elevations, this pause allows the body to adjust gradually to the thinner air.

Kyirong sits in a calm, wide valley surrounded by green hills and distant peaks, creating a peaceful setting for rest. The day is kept light, with gentle walks around the town and nearby surroundings to help the body adapt to the altitude. It is also a good opportunity to observe the local Tibetan lifestyle, small monasteries, and the quiet rhythm of life in this border town.

Meals are simple and warm, supporting recovery and energy. Most of the day is spent at an easy pace, resting, hydrating, and preparing for the higher elevations ahead.

By the end of the day, the body begins to adjust, and the transition into the Tibetan plateau feels more natural, making it an important and necessary part of the journey.

▣ **Day 6: Drive to Saga (4,640m): Distance cover: 220 km | 6 hours**

After breakfast, the journey continues deeper into the Tibetan plateau with a drive toward Saga, covering around 220 km in approximately 6 hours. The road opens into vast highland scenery, where wide plains stretch toward distant mountains and the landscape feels increasingly open and remote.

En route, we pass striking natural landmarks including Ganesh Parbat and the beautiful Lake Peiku Tso, where turquoise waters reflect the surrounding peaks. The journey also includes crossing a major bridge over the Brahmaputra River, known locally as the Yarlung Tsangpo, one of the most significant rivers in the region.

A packed lunch is enjoyed along the way, allowing time to rest and take in the changing scenery of the plateau.

By late afternoon, we arrive in Saga at an altitude of 4,640 meters. After checking into the hotel, the evening is free to relax and acclimatize, preparing for the higher elevations ahead.

▣ **Day 7: Drive from Saga to Lake Mansarovar (4,590m): Distance cover: 450km – 480 km | 6 – 7 hours**

After breakfast, we drive toward the sacred Lake Mansarovar, situated at an altitude of about 4,590 meters. The journey covers roughly 450 to 480 km from Saga, taking approximately 6 to 7 hours across the wide, high-altitude landscapes of the Tibetan plateau.

En route, we pass Rakshas Tal, a dramatic and contrasting lake located close to Mansarovar. We stop briefly here to take in the views before continuing the drive.

On arrival at Lake Mansarovar, we reach an altitude of around 4,590 meters. We check in at the guesthouse and have lunch, followed by rest to adjust to the altitude and surroundings. Later, we prepare for a vehicle-based Kora around the lake.

This is a spiritually significant day as it offers the first distant view of Mount Kailash (6,638 meters) on clear days, a moment of great importance for pilgrims. There is also time for a holy bath and quiet reflection along the lakeshore.

By evening, we stay overnight at a guesthouse near Lake Mansarovar, surrounded by one of the most sacred and serene landscapes in the Himalayas.

▣ **Day 8: Mansarovar to Darchen (4,590 m) to Asthapath (5,600 m):**

The journey from Lake Mansarovar toward Darchen and onward to Asthapath feels like a gradual ascent from sacred calm into the raw edge of the Himalayas.

From the still waters of Mansarovar (4,590 m / 15,060 ft), the road leads to Darchen (4,575 m / 15,010 ft), a small settlement that serves as the base for the Mount Kailash pilgrimage. Here, the landscape becomes starker, with wide open plains and the towering presence of the sacred peak drawing closer on the horizon.

From Darchen, the trek begins toward Asthapath (5,600 m / 18,372 ft), the first major viewpoint of Mount Kailash. As you ascend, the terrain shifts quickly from barren valleys to high, wind-swept slopes. The air grows thinner, and the mountain reveals itself in full scale, rising like a silent giant above the plateau.

At Asthapath, the journey pauses in front of the sheer face of Kailash, where prayer flags move in the wind and the silence feels vast and complete. It is a moment of arrival, where the path, the altitude, and the presence of the mountain come together in one powerful view.

▣ **Day 9: Drive to Yama Dwar, Trek to Derapuk:**

The journey begins with a short drive from Darchen (4,575 m / 15,010 ft) to Yam Dwar (around 4,670 m / 15,320 ft), the sacred gateway where the 52 km kora around Mount Kailash officially starts.

From Yam Dwar, the trek to Deruphuk begins, covering roughly 12 km (7–8 miles) on the first day of the circumambulation. The trail gradually climbs from about 4,670 m to around 5,000 m / 16,400 ft, following the Lha Chu valley through wide barren landscapes and steady river flow.

As you walk, the north face of Kailash slowly reveals itself, growing larger and more imposing with every step. The terrain becomes quieter and more austere, with wind, stone, and sky shaping the experience.

By the time you reach Deruphuk (around 5,000 m / 16,400 ft), the mountain feels incredibly close, standing massive and still above the valley. It is a place of rest and reflection before continuing deeper into the higher and more challenging section of the kora.

▯ **Day 10: Trek to Zuthulpuk (4,790m) via Dolma La Pass (5,630m): 18 – 22 km | 8 – 10 hours**

After an early start from Dirapuk, the journey continues deeper into the sacred Kailash circuit toward Zuthulphuk. This is the most demanding and spiritually significant section of the trek, as the trail gradually moves away from the north face of Mount Kailash and approaches the high pass of Dolma La.

The trek from Dirapuk to Zuthulphuk covers approximately 18 to 22 km and usually takes 8 to 10 hours depending on pace and weather conditions. The route begins with a gradual ascent through rocky terrain before reaching the steep climb toward Dolma La Pass at about 5,630 meters, the highest point of the Kailash Parikrama.

From the pass, the landscape changes dramatically. Prayer flags mark the summit, and the descent begins toward Gauri Kund, a sacred lake situated below. The trail then continues through rugged valleys, streams, and wide open plains, gradually easing as we approach Zuthulphuk.

Zuthulphuk sits at around 4,790 meters and is known for its monastery and peaceful setting. Upon arrival, we check into the guesthouse and rest after a long and challenging day of trekking. This section is often considered the spiritual and physical peak of the Kailash journey, symbolizing endurance, devotion, and transformation. Overnight stays at a guesthouse.

▯ **Day 11: Zuthulphuk to Kyirong: Trek 8 – 10 km (2–3 hrs) | Drive 690 km (10 hrs)**

From Zuthulphuk Monastery (around 4,790 m / 15,715 ft), we begin the final stretch of the sacred kora around Mount Kailash. We trek about 8–10 km (5–6 miles) over 2–3 hours, descending steadily through rocky paths, stream crossings, and widening valleys as the harsh high-altitude terrain slowly begins to soften.

This final walk completes our circumambulation of Kailash, bringing a quiet sense of fulfillment and reflection after days spent at extreme altitude.

From there, we continue our journey by road toward Kyirong (around 2,700 m / 8,858 ft). We drive approximately 690 km over 10 hours, passing through Saga, vast Tibetan plains, river valleys, and distant snow peaks that gradually transition into greener, lower Himalayan landscapes.

By the time we reach Kyirong, the air feels warmer and easier to breathe, marking our descent from the sacred heights of Kailash into the gentle foothills near the Nepal border.

▯ **Day 12: Drive to Kathmandu**

After breakfast in Kyirong (around 2,700–2,800 m), we begin the final drive back to Nepal. The journey descends gradually from the Tibetan plateau through lush hills, river valleys, and winding mountain roads, offering a striking contrast to the high-altitude landscapes of the past days.

The drive from Kyirong to Kathmandu covers approximately 150 to 160 km and takes around 7 to 9 hours, depending on border clearance, road conditions, and traffic. After completing immigration formalities at the Rasuwagadhi border, we continue through the scenic Trishuli River valley, passing small towns and terraced hills along the way.

By late afternoon or evening, we arrive in Kathmandu, marking the end of the sacred journey to Mount Kailash and Lake Manasarovar.

▯ **Day 13: Farewell**

In Kathmandu, we will present you with a certificate of completion and gather for a small farewell celebration to mark the successful completion of this sacred and memorable pilgrimage. It will be a special opportunity to reflect on the journey, share experiences, and celebrate the moments and memories created along the way.

The remainder of the day will be at leisure, allowing you time to relax, explore Kathmandu, or prepare for your onward journey. As your time in Nepal comes to an end, we bid you farewell with gratitude and wish you a safe and blessed journey home.

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What's Included:

- ✓ Transportation
- ✓ Hotel Accommodation in Kathmandu
- ✓ All vegetarian meals during the trip (breakfast, lunch, and dinner)
- ✓ Transportation in Tibet by luxury A/C coach
- ✓ Sightseeing charges and Entry fees
- ✓ Support trucks to carry kitchen equipment
- ✓ An English speaking Tibetan guide
- ✓ All necessary travel and trekking permits
- ✓ Nepalese crew member. (Cooks, Helpers, and Sherpas)
- ✓ Health Care Professional
- ✓ Oxygen cylinders for emergency use and well equipped medical kit bags
- ✓ Authentic Down Feather Jacket
- ✓ Kailash Yatra completion certificate
- ✓ All applicable taxes and service charges for the trip
- ✓ Kirtan (Musical Performance)
- ✓ Special Ancient Vedic Pooja (Rudra Abishekam) in the Abode of Pashupatinath before starting the journey
- ✓ Shodashopachara Process in Kailash (Ancient ritual to Invoke the Deity)

What's Excluded:

- ✗ Personal expenses
- ✗ Cost of extra/additional accommodation in Kathmandu
- ✗ Pony/Horse Hire/Porter hire cost (Approximately 495\$) during Parikarma at MT. Kailash
- ✗ Emergency evacuation cost. (if needed)
- ✗ Travel insurance
- ✗ Food and transport in case of any delay due to weather or other unforeseen reasons
- ✗ Flight cost
- ✗ Services that are not mentioned above

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

***Thank you for choosing Trekadviser, Nepal as your travel partner.
We wish you a very pleasant stay in Nepal.***