

1. Kailash Mansarovar Yatra from Nepal

2. Overview

Experience a divine journey of a lifetime with our exclusive Kailash Mansarovar Yatra from Nepal. This all-inclusive 16-day Kailash Manasarovar tour takes you to Tibet for Kailash Darshan and a sacred visit to Lake Manasarovar,...

3. Itinerary

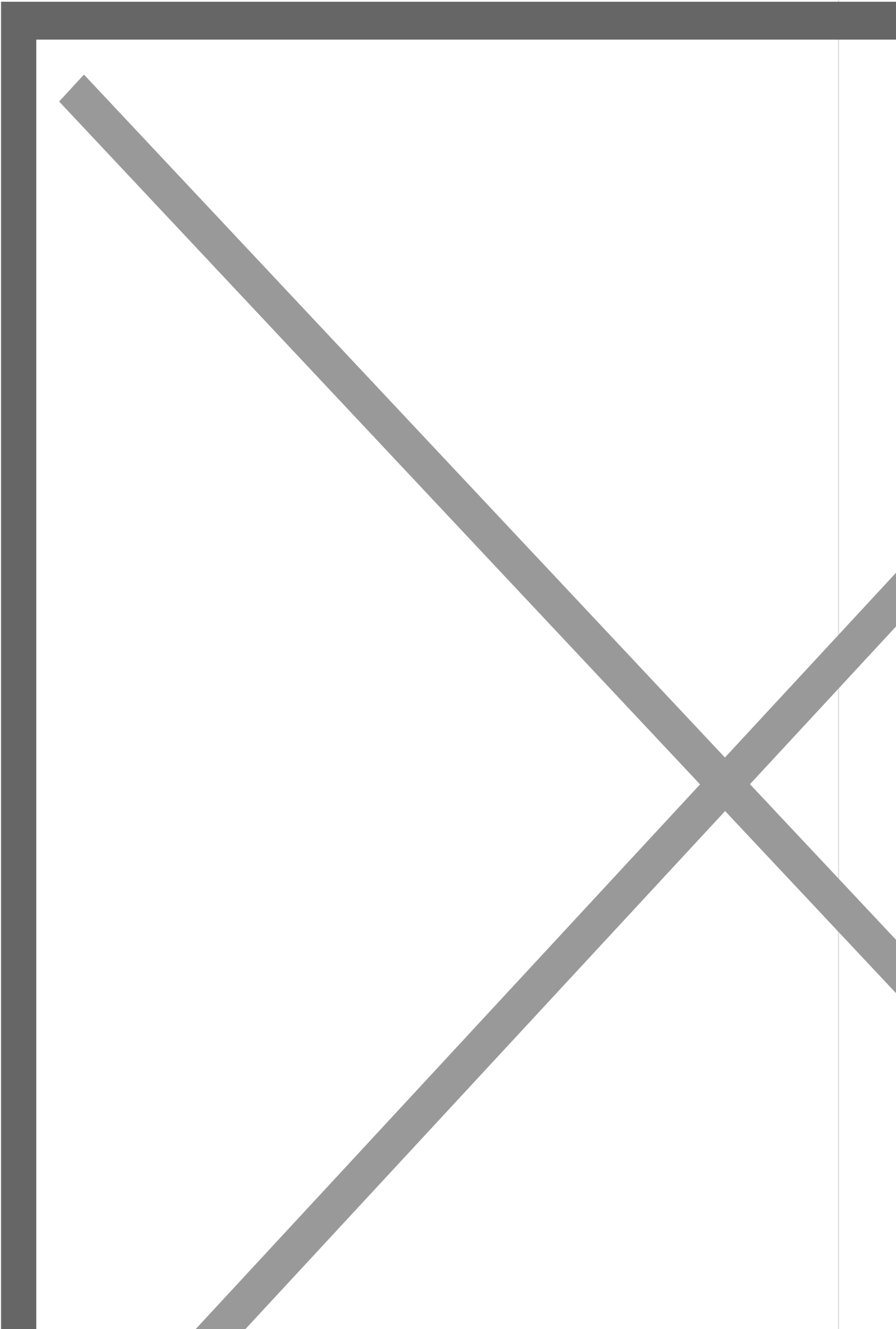
Day 01 : Arrival in Kathmandu

Altitude: 1,338 m

Meals: Breakfast

Stay: Hotel

- Land in Kathmandu International Airport and Complete Immigration Process
- Welcome Programme by High Route Adventure Staff at Airport at Tribhuvan International Airport Visitor's Parking
- Drive From the Airport To Thamel in our private vehicle.



Traveler's Note: In Nepal, visitors can obtain a tourist visa on arrival at Tribhuvan International Airport by paying the applicable fee and presenting the required documents. Indian citizens are exempt from the visa fee need to present a valid Indian passport or Voter Identity Card (Electoral Card) as their identity document.

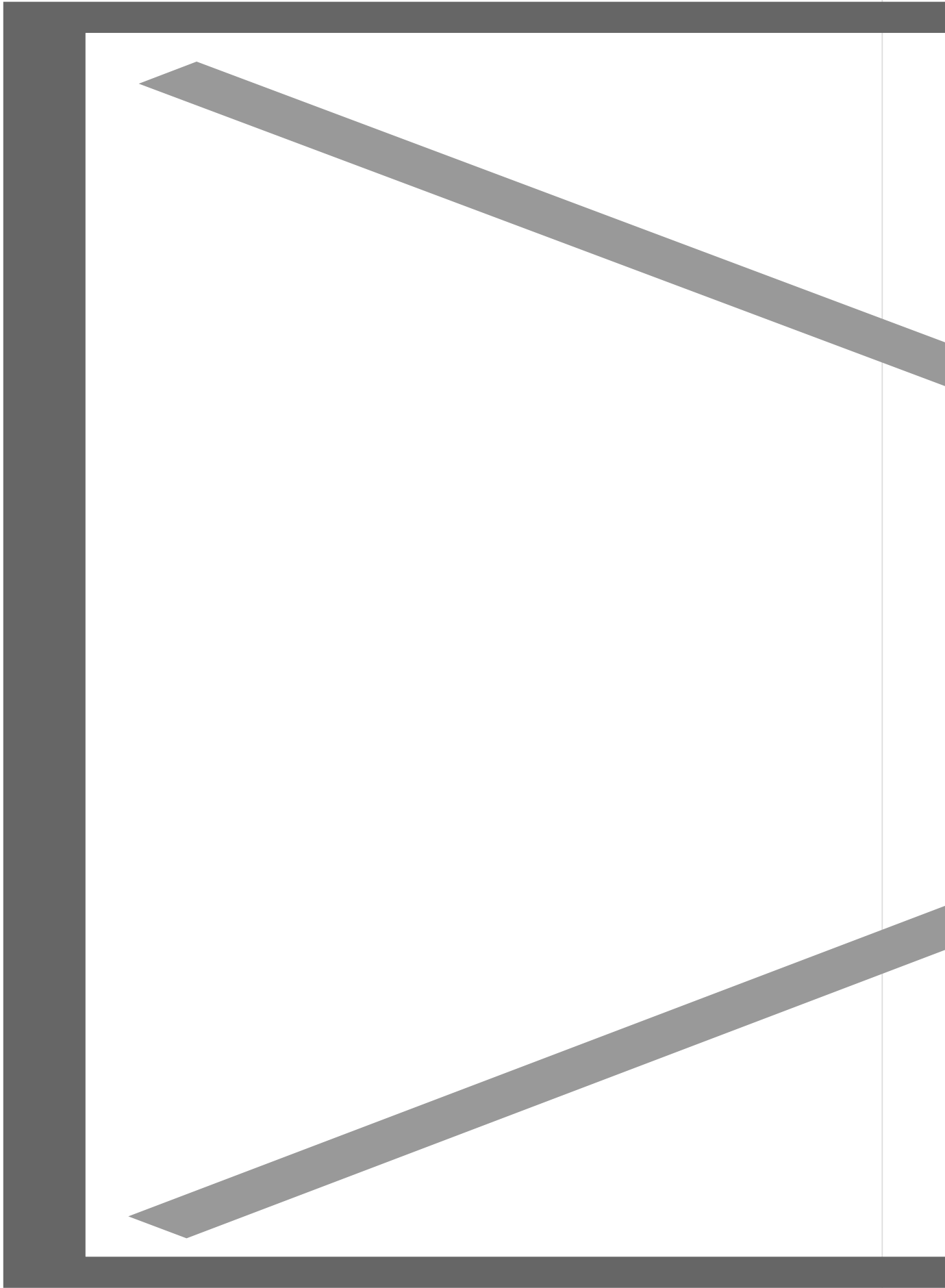
Day 02 : Kathmandu Valley Tour & Visa Submission

Altitude: 1,338 m

Meals: Breakfast

Stay: Hotel

- Enjoy your breakfast early in the morning at your Hotel and get ready for the sightseeing tour in Kathmandu Valley
- Our private vehicle will pick you from your Hotel doorstep.
- Here are the places that we will visit with High Route Adventure tour guide:
- Pashupatinath Temple Darshan
- Boudhanath
- Swayambhunath Temple
- Kathmandu Durbar Square
- You will drive back toward the hotel after finishing this cultural tour in Kathmandu.



Obtaining a Chinese group visa and Tibet Travel Permit typically takes 2–3 working days. On this day, you will submit your original passport and two passport-sized photographs to our office so we can begin the application process on

your behalf.

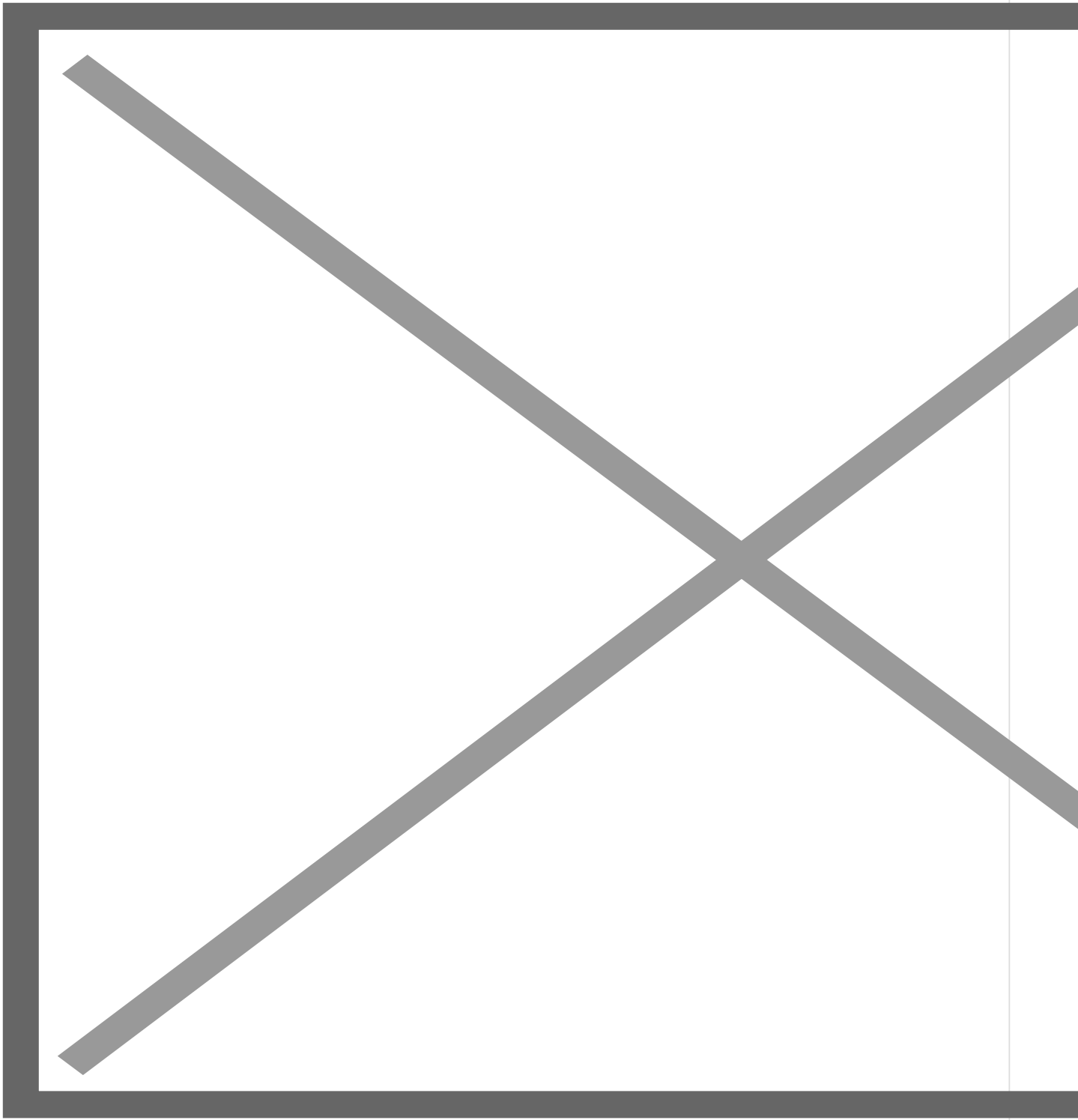
Day 03 : Kathmandu Valley Sightseeing

Altitude: 1,338 m

Meals: Breakfast

Stay: Hotel

- Enjoy your breakfast early in the morning and get ready for another day of sightseeing tour of the Kailash Mansarovar Yatra Journey.
- Our private vehicle will pick you from the Hotel with our Tour guide.
- Here are the places you will visit today:
- Patan Durbar Square
- Bhaktapur Durbar Square



Traveler's note: On this day, you can also choose the places you want to visit, such as Chandragiri Hill, Nagarkot, etc., all of which can be finished in a single day. We will return you to your hotel after your day trip is over.

Day 04: Free Day in Kathmandu

Altitude: 1,338 m

Meals: Breakfast

Stay: Hotel

- Enjoy a well-deserved rest day before the adventure begins. Kathmandu has plenty to offer at your own pace:
- Rest and recharge at your hotel — a good night's sleep before the long journey ahead is the best preparation you can make.

- Optional day hike to Champa Devi or Shivapuri — beautiful forested trails just outside the city, easily arranged through our team.
- Visit Budhanilkantha Temple, home to the magnificent 5-metre reclining Vishnu statue — one of the most sacred Vaishnava sites in Nepal.
- Explore Thamel — browse trekking gear shops, pick up last-minute supplies, exchange currency, or simply enjoy a quiet meal at one of the area's many restaurants.
- Yoga or meditation session — several centres in Thamel offer drop-in classes perfect for centring yourself before the pilgrimage.

Traveler's Note: If you need any trekking gear — poles, thermals, warm layers — Thamel's gear shops offer good-quality rentals from around \$1–3 per day, and many items can be bought at competitive prices. Our team is available today for any questions or pre-departure briefing needs.

Day 05: Visa Collection Day & Preparation for the Trip

Altitude: 1,338 m

Meals: Breakfast

Stay: Hotel

- Collect your visa and other necessary documents from our office.
- Verify all visa details to ensure everything is correct.
- Short brief about the Kailash Yatra from our Tour Operator.
- Confirm Tibet permits and any other travel paperwork.
- Pack your backpack, exchange Tibet currency(if needed)

Day 6: Drive to the Nepal–Tibet Border — Overnight at Kyirong

Altitude: Rasuwagadhi (1850m),Gyirong Town(2,774 m)

Meals: Breakfast, Lunch, Dinner

Stay: Guesthouse / Home Stay

- Enjoy your hearty breakfast in the hotel and checkout
- Keep your luggage and bag in our private vehicle and get ready for the road trip
- Continue road trip
- Enjoy lunch in a classy restaurant in the middle of your journey.
- Once you reach Kerung you will complete the Immigration process
- After that you will meet our Tibetan driver and Tibetan tour guide.
- Ride to the Hotel we have booked for you
- Hotel Check In, enjoy dinner and stay overnight.

Kailash Mansarovar Yatra from Nepal **Traveler's Note:** Today's drive is the longest leg of the Nepal section, so come prepared. Bring snacks, a refillable water bottle, and something to keep you entertained — the scenery along the Langtang corridor is spectacular and more than worth watching. The vehicle will stop for a rest break and a sit-down lunch midway. Once you complete immigration formalities at the border, you will be introduced to your Tibetan driver and guide, who will accompany you for the rest of the journey through Tibet.

Day 7: Acclimatization Day in Kerung

Altitude: 2,774 m

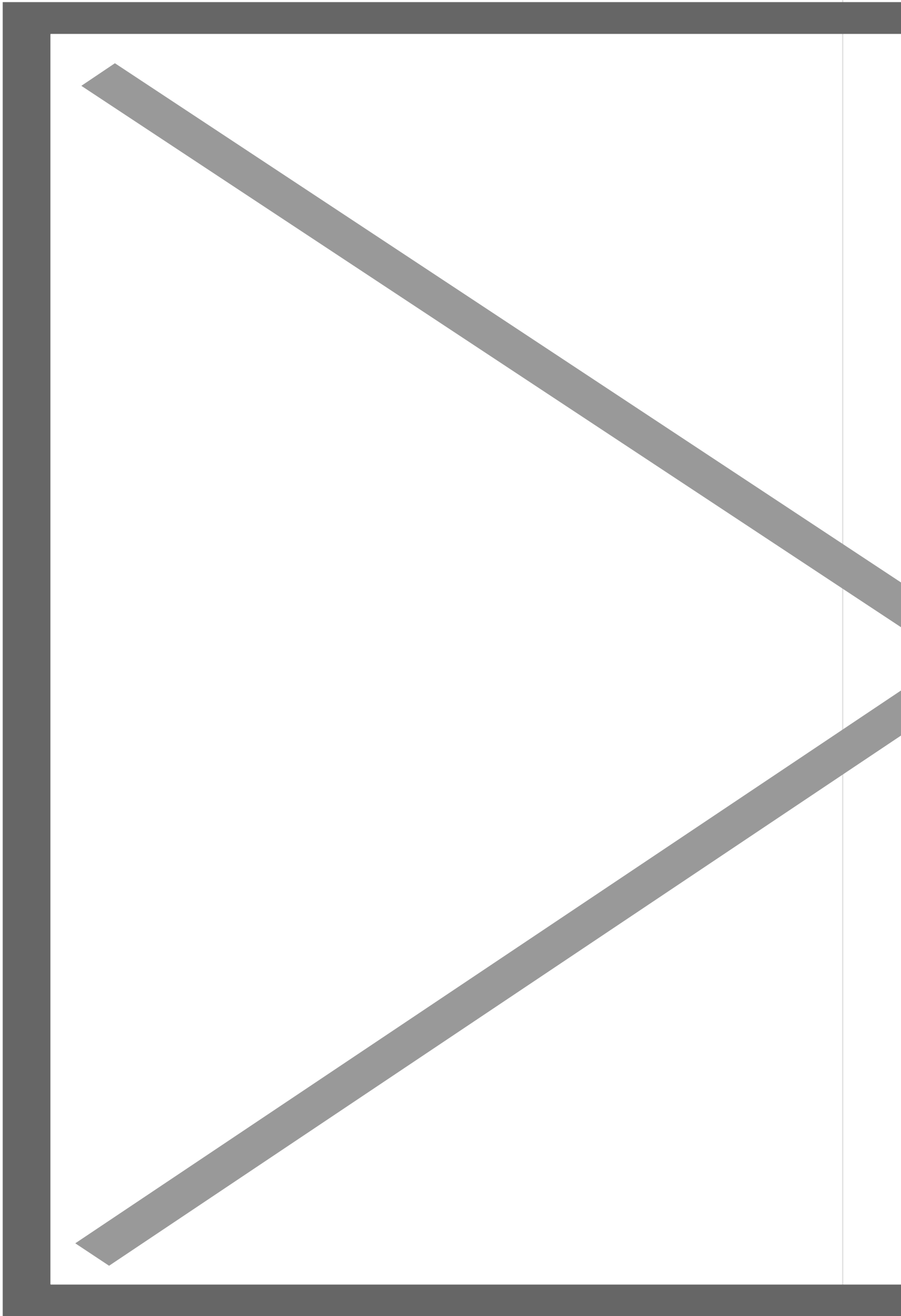
Meals: Breakfast, Lunch, Dinner

Stay: Hotel/Guesthouse

- Enjoy breakfast in the Kyirong
- The purpose of this acclimatisation day is to adjust your body to the high altitude of Tibet. So we will not gain altitude on this day. Instead we will explore the place Kyirong or nearby places:
- Kyirong Monastery

- Bhrikuti Cave
- Explore Kyirong(You can go to the local markets, stroll around the town, and learn about Tibetan culture)

Traveler's note: Since Kyirong village in Tibet is located at an altitude of roughly 3,000 meters (around 9,843 feet), all travelers must follow an acclimatization plan. Carry your water bottle and drink enough water to stay hydrated. Monitor your health conditions and take proper rest.



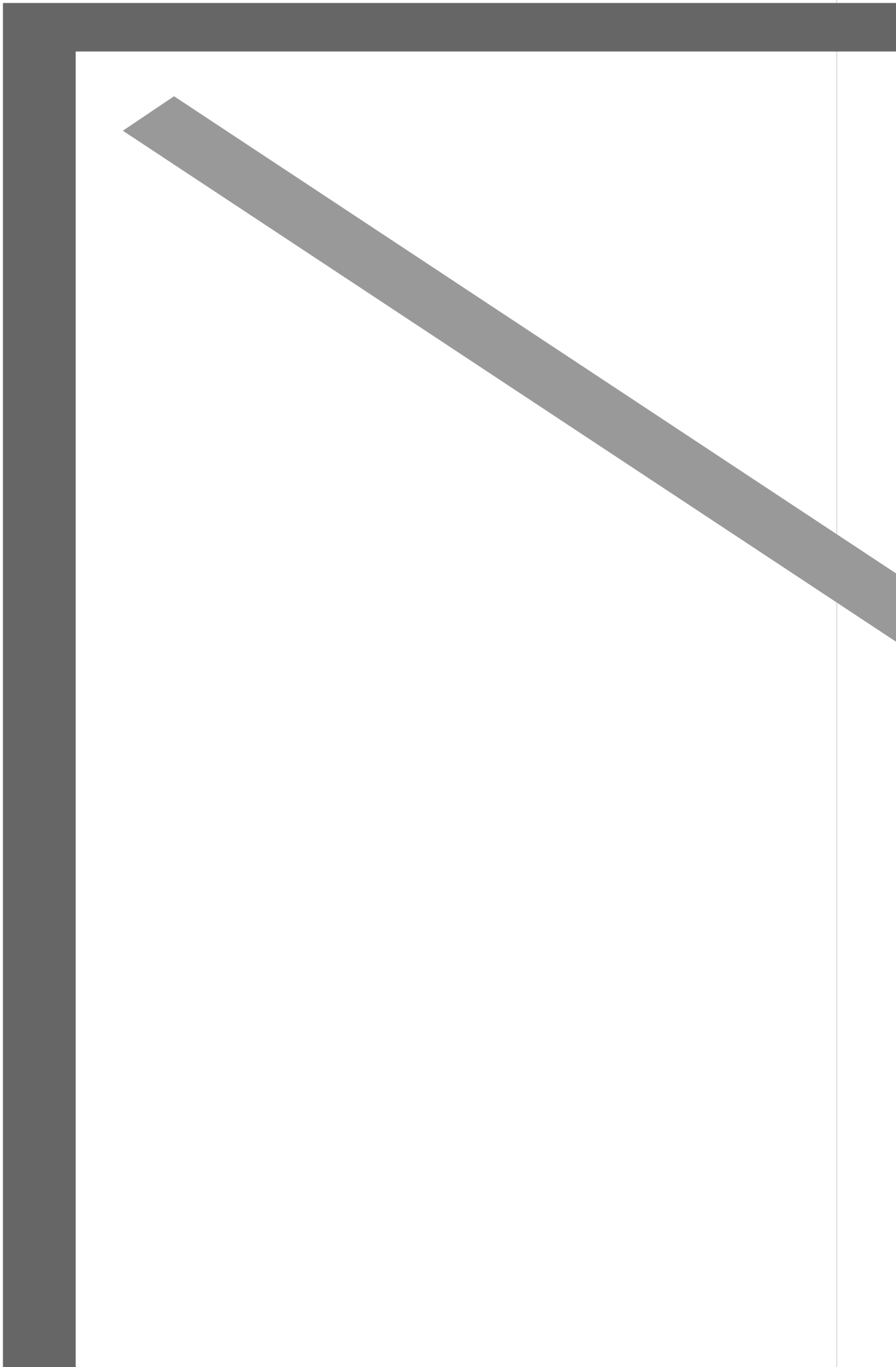
Day 08: Drive to Saga Town(230km-6 Hours)

Altitude: 4640m

Meals: Breakfast, Lunch, Dinner

Stay: Hotel/Guesthouse

- Enjoy your breakfast in Kerung Hotel
- Get ready for the road trip toward Saga/Zhongba
- Drive through the pitch road of mountains terrain and then the plains of Tibet
- Pass through famous Yarlung Zangpo (Brahmaputra River)
- Enjoy the mesmerizing view during the road trip
- Enjoy lunch in the middle of the road trip
- Check in Hotel or best Guest house in Saga Town



Traveler's Note: The drive from Kyirong to Saga covers approximately 230 km and takes around 6–7 hours on Tibet's well-paved highway. You will pass through the sweeping plains of the Tibetan Plateau and across the Yarlung Tsangpo (Brahmaputra River). If time and road conditions allow, we may push on to Zhongba (approx. 300 km from Kyirong) to give you more time to explore Lake Mansarovar the following day — your guide will advise on the day.

Day 09: Drive to Lake Mansarovar (400km-9 Hours)

Altitude: 4590m

Meals: Breakfast, Lunch, Dinner

Stay: Lakeside Hotel

- Eat breakfast and take a bath at this sacred lake
- Early morning drive from Saga toward the holy Mansarovar Lake
- Enjoy the scenic beauty during the road trip
- Pass through several check points on the way
- Cross Mayumla Pass (4900m)
- Enjoy your first view of Mount Kailash from when you arrive near the Lake Mansarovar
- Check in Guest house near the Lake Mansarovar
- After check in you can visit Lake Mansarovar and take a bath in this holy river
- Have dinner and Stay overnight in the Lakeside Hotel

Kailash Mansarovar Yatra - 2025

Traveler's Note: Today's drive is long, so we set off early in the morning to ensure you arrive with enough time to perform your arrival rituals at the lake. Please note that as per current Chinese regulations, direct bathing in the lake is no longer permitted. Pilgrims should bring a bucket — you may draw water from the lake and bathe in the designated areas provided nearby. There is no charge for the water or the bathing area. We recommend bringing a change of clothes, a small bucket, and a towel. If you wish to visit the lake after dark to experience its legendary moonlit beauty, please carry some cash, as a small entry fee may apply in the evening hours.

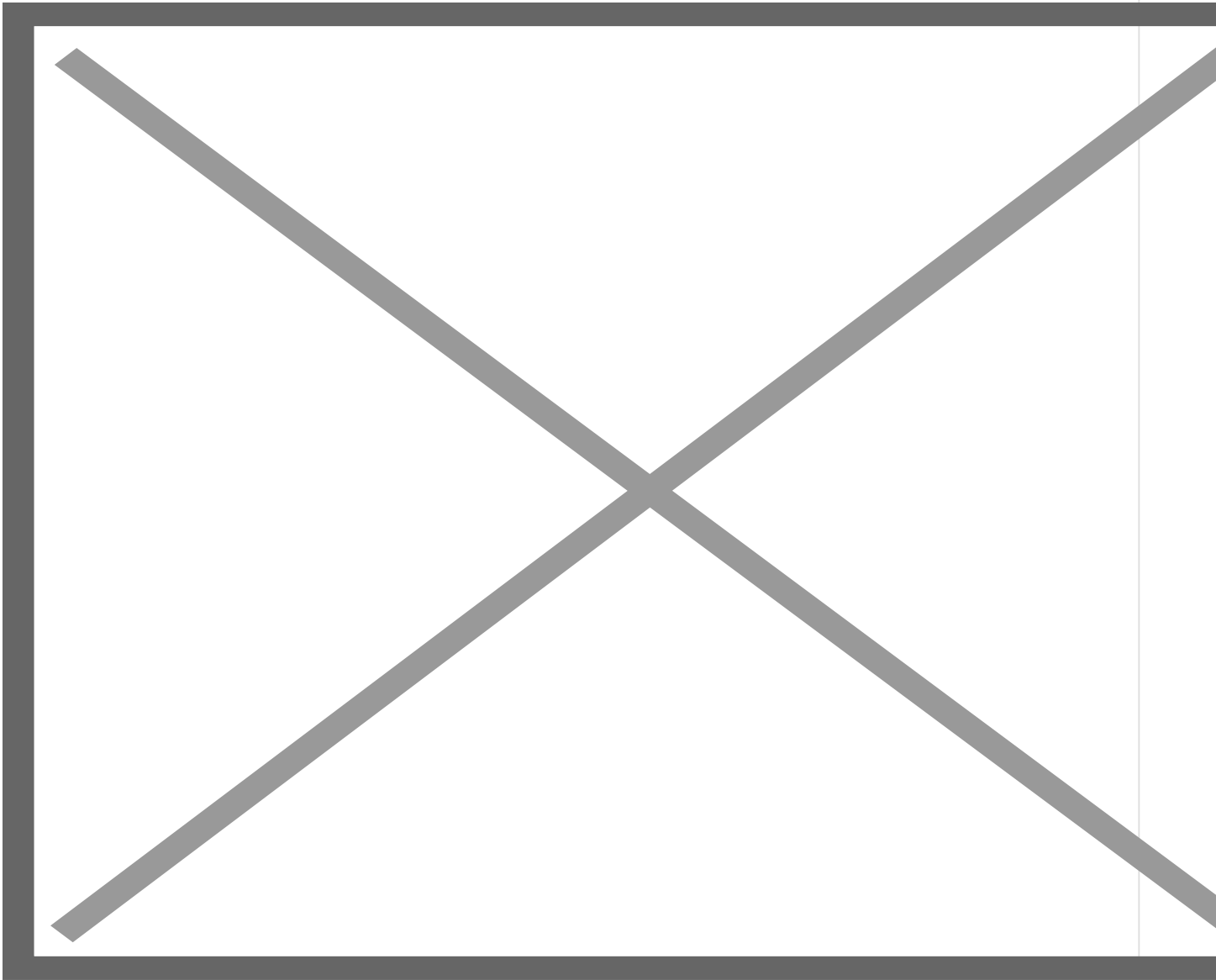
Day 10: Sacred Morning at Lake Mansarovar & Drive to Darchen

Altitude: 4575m

Meals: Breakfast, Lunch, Dinner

Stay: Hotel/Guesthouse

- Early in the morning you can Perform Puja (prayer ritual) at Mansarovar Lake. Don't skip holy bath on this day
- Enjoy the morning view of Mt Kailash
- Enjoy delicious breakfast at the Hotel
- Prepare for the drive toward the Darchen
- Pass through Rakshasa Taal and Chiu Gompa during the road trip
- Circumambulation of holy Lake Mansarovar by drive and reach Darchen
- Check in guest house of Darchen



Traveler's Note: Starting tomorrow, you begin the Kailash Kora — the spiritual centrepiece of this entire journey. Use today to rest fully, eat well, and monitor how your body is responding to the altitude. In Darchen, you have the opportunity to hire a horse or personal porter for the three-day Kora — this must be arranged before you leave town, as it is not possible to hire either once the trek has begun. Darchen also has small shops where you can stock up on snacks, supplies, and personal necessities. Pilgrims who prefer not to do the Kora trek may remain in Darchen and rejoin the group upon their return.

Day 11: Start Kailash Parikrama to Derapuk(20 km)- 1st Day of Kailash Kora/Parikrama

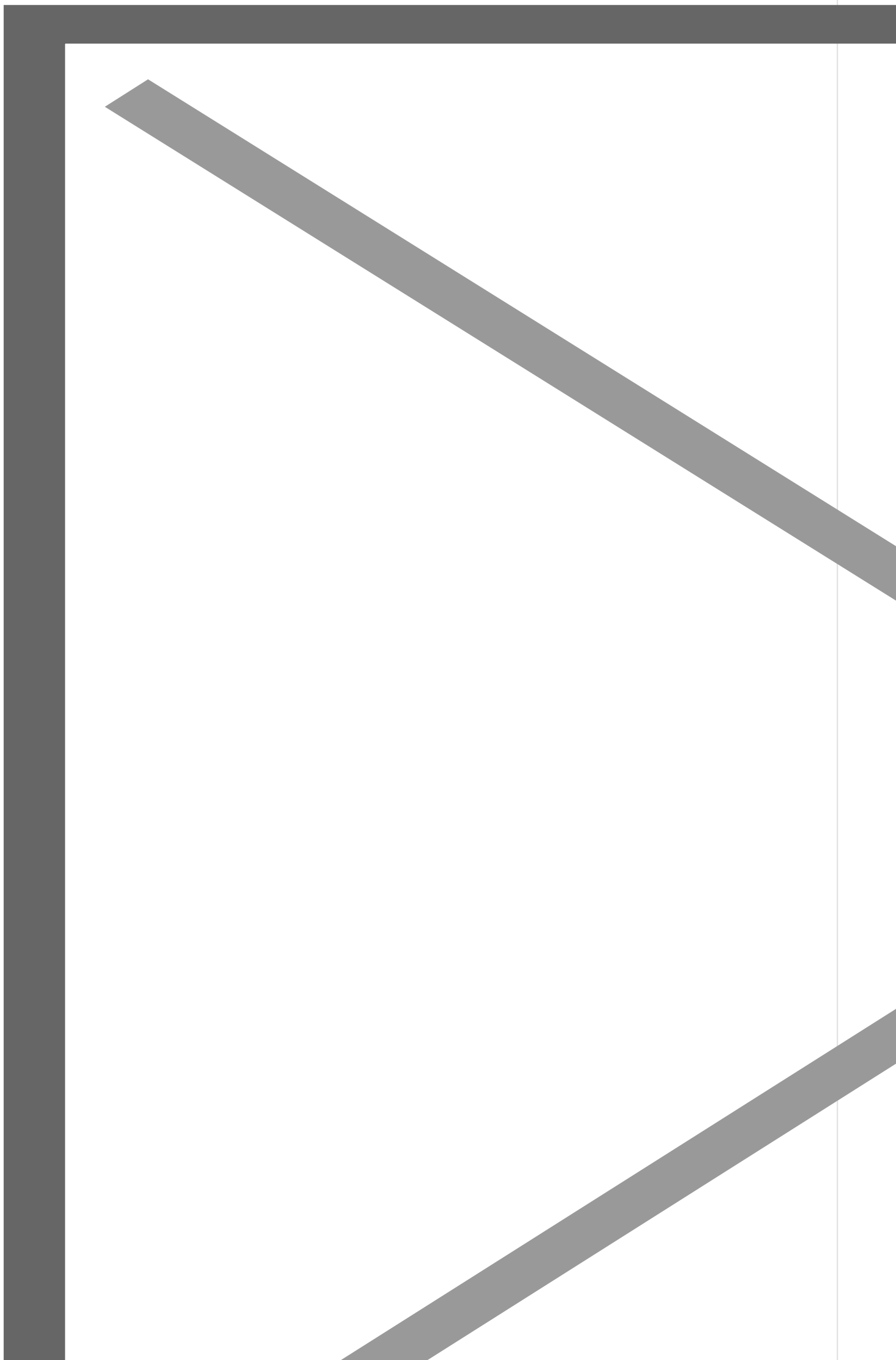
Altitude: 5210m

Meals: Breakfast, Lunch, Dinner

Stay: Guesthouse Dormitory Style

- Have light breakfast and enjoy the morning view of Darchen
- Prepare for trek by carrying a light backpack and make sure to carry things like trekking poles and water. Wear appropriate clothing and apply sunscreen before leaving.
- Start your trek from Darchen toward Tarboche
- Reach Yam Dwar(Known as the gate of God)
- Circle the Yam Dwar as a ritual and start the official Kailash Kora from Yam Dawar which is one of the key destination of Kailash Mansarovar Yatra
- Sip tea and eat in a little shop in the middle of trek
- Complete 13 km trek from Yam Dwar and reach Dirapuk Monastery

- Once you reach Dirapuk you can marvel at the grand view of Mount Kailash and take some photographs.
- You will stay in the Guest house near the Dirapuk Monastery



Traveller's Note: Dirapuk Monastery sits at over 5,000 metres above sea level, so please pace yourself throughout the day — slow and steady is the right approach at altitude. Drink water consistently, walk in your group, and never hesitate to alert your Tibetan guide if you feel any discomfort. Nights at Dirapuk are cold, so dress in your warmest layers and eat a hot dinner. Accommodation here is dormitory-style guesthouses shared with fellow pilgrims — simple, but part of the authentic Kora experience. **Optional excursion from Darchen:** Pilgrims who wish to visit Ashtapad can request this through their Tibetan guide, subject to availability and conditions. This is not included in the standard package; payment is made directly to the guide.

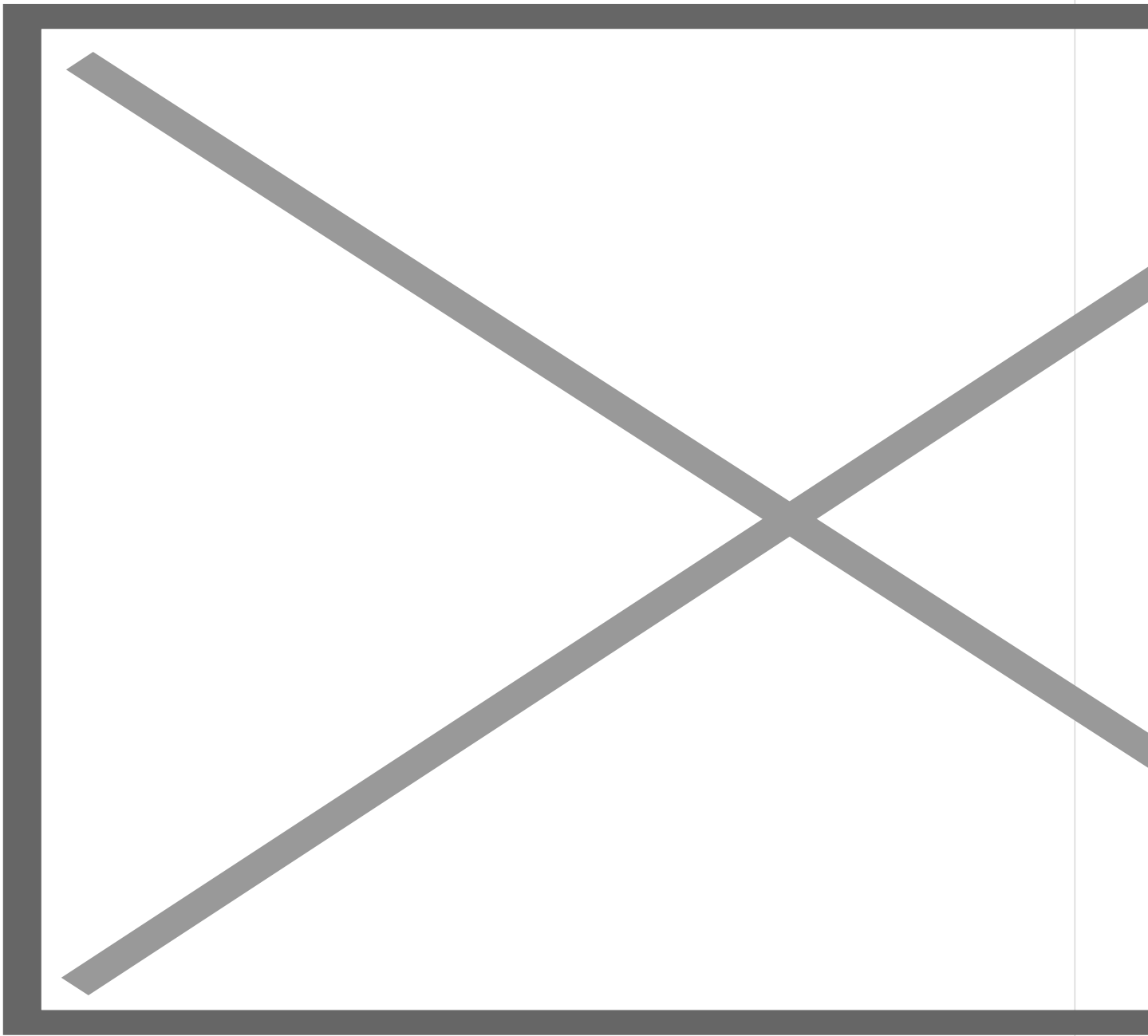
Day 12: Trek From Dirapuk to trek to Zuthulpukh via Dolmala Pass - 2nd Day of Kailash Kora

Altitude: 5630m

Meals: Breakfast, Lunch, Dinner

Stay: Guesthouse Dormitory Style

- Wake up early in the morning to watch the sunrise view over the Mount Kailash
- Enjoy breakfast and prepare for the most challenging part of Kailash Mansarovar Yatra
- Carry all the things required for the trek (packed lunch, water, etc)
- Observe the colourful prayer flags and stone cairns (known as "dumbom" or "dophung") offered by Tibetan Pilgrims
- Reach Dolma La Pass which is situated at the altitude of 5,640 meters (18,504 feet) and enjoy the close view of Kailash North and East Face
- Capture the beauty of beautiful landscape from your camera lens
- Trek down to reach Gauri kund and explore this glacial pond
- For a happier life, pilgrims who visit Shiva Tsal (Shiva Sthal) are supposed to leave something in Shiva's honor, according to legends.
- Spend your night in the guest house in Zuthulphuk ("Zutul" means miracle, and "Puk" means cave)



Traveler's Note: The second day of the Kora is the most physically demanding section of the entire Yatra. You will ascend to Dolma La Pass at 5,640 metres — the highest point of the journey — before descending steeply to the glacial Gauri Kund lake. Start early, move slowly, and take regular short rests. Stay mindful of your own condition and those around you. Altitude sickness can affect anyone at this elevation regardless of fitness level, so do not hesitate to report any symptoms to your guide immediately. Carrying a packed lunch, extra water, and warm layers for the pass is essential.

Day 13: Trek From Zuthulphuk To Darchen (3rd Day of Kailash Kora) and Drive to Saga

Altitude: 4640m

Meals: Breakfast, Lunch, Dinner

Stay: Hotel/Guest House

- Enjoy simple and light breakfast in Zuthulphuk Guest house
- Prepare and get ready for the last day of Kailash Kora Trek
- Leave Zuthulphuk and start trekking towards Darchen
- Pass through Mani prayer walls and a scenic river gorge during the descent
- Get the blessing and enjoy the final view of Mount Kailash

- Get into vehicle once you complete the kora from Darchen and drive toward Saga
- Check in hotel in Saga and enjoy delicious dinner
- Spend the night in Saga town

Traveler's Note: Today's trek back to Darchen is gentler than yesterday, but maintain your usual care and pace — tired legs on the final day are still capable of causing slips on uneven terrain. Once all group members have completed the Kora and arrived back at Darchen, you will also complete the circumambulation of Lake Mansarovar by vehicle, fulfilling both the Kailash Kora and the Mansarovar Parikrama. It is a deeply meaningful moment to mark the end of the pilgrimage.

Day 14: Drive From Saga to Kyirong

Altitude: 2700m

Meals: Breakfast, Lunch, Dinner

Stay: Hotel/Guest House

- Enjoy your breakfast in beautiful Saga town and prepare for the early morning drive
- Pass through Brahmaputra River and Tibetan plains
- During the ride enjoy the view of Lake Pieko-Tso and mountain Shishapangma (14th-highest mountain in the world)
- Drive for around 6-7 hours and arrive in Kyirong
- Spend the night at the hotel in Kyirong.

Traveler's note: Kyirong is a traditional business hub for Nepalese people. You can expect a huge number of people here to trade Chinese products. Here you can find lots of shops selling at a cheap price. You can do last-minute shopping before leaving Tibet.

Day 15: Return to Kathmandu via Rasuwagadhi

Altitude: 1400m

Meals: Breakfast, Lunch, Dinner

Stay: Hotel

- Enjoy your breakfast in Kyirong Town and prepare for the drive
- Short hour drive from Kyirong to border
- Say Goodbye to your Tibetan Guide and Tibetan Driver
- Complete Immigration process with your travel group of Kailash Mansarovar Yatra
- Get in vehicle which are pre-arranged in Rasuwagadhi border
- Enjoy the long hour drive

Traveler's Note: Stay with your group during all Nepal border immigration formalities — solo departures through the checkpoint are not permitted. Once across, your pre-arranged vehicle will be waiting to drive you back to Kathmandu. It is a long but scenic drive through the Langtang Valley. Upon arrival in Kathmandu, you will be transferred to your hotel in Thamel. The evening is yours — rest, celebrate, and reflect on an extraordinary journey. Tonight, enjoy your Farewell Dinner hosted by High Route Adventure, accompanied by traditional Nepali music and cultural performances.

Day 16: Fly back to home from Kathmandu

Meals: Breakfast

Hotel Breakfast + Departure **Traveler's Note:** High Route Adventure will arrange your airport transfer based on your flight time. Please ensure your bags are packed the night before and inform our team of your departure time in advance. We recommend arriving at the airport at least 3 hours before your international flight. It has been an honour to guide you on this sacred journey — we hope to welcome you back to the Himalayas again soon.

5. Cost Includes

Accommodation Services:

- Six Nights 3-star Hotel in Kathmandu on twin sharing basic
- Nine Nights 3-star hotel in Kyrong, Saga, and Darchen on twin sharing basic
- Best available guesthouse and lodge in Manasarovar Lake, Diraphuk, and Zuthulphuk

Transportation Services

- Airport pickup and drop-off facilities in a private vehicle
- All ground transportation in Nepal included Kathmandu sightseeing
- Both ways from Kathmandu to Rashuwagadi (Nepal-Tibet Border) by Private vehicle
- All ground transportation in Tibet (5- 25 seats comfortable tourist vehicle according to the group size)

Guide and Staff Services

- An experienced English-speaking Tibetan local guide
- Nepalese leader throughout the tour in Nepal and Tibet
- Necessary Support crew members, like a cook, support staffs/helpers

Permits

- Tibet Travel Permit and all necessary permits

Meals Services

- Welcome dinner in Kathmandu at the best restaurant
- Farewell dinners in Kathmandu are accompanied by traditional ethnic music and dance
- Breakfast: Local & Continental Choice in Kathmandu
- All Vegetarian Meals (Breakfast, Lunch, & Dinner) during the tour in Tibet

Other Services

- Down Jacket & Seasonal sleeping bag (to be returned after completion of the trip)
- Free excess luggage storage facilities at our office or Hotel
- Company's duffle bag, T-Shirt, and Cap
- Oxygen Cylinders in each Land Cruiser
- Kathmandu sightseeing
- All the necessary government and service charges

6. Cost Excludes

- Nepal tourist visa
- Travel to and from Kathmandu via international flights
- Hiring of horse and personal porter Cost
- Extra stays in Kathmandu that are not mentioned in the itinerary
- Travel insurance and emergency evacuation costs
- Personal expenses

- Tips for guides, porters, and tour staff
- All meals (lunch and dinner) in Kathmandu
- Any additional costs due to natural disasters, unforeseen circumstances, etc.

7. Equipment / Packing List

For the Kailash Mansarovar Yatra, the main thing you should focus on is packing for the Kailash Kora trekking. This trip doesn't require a lot of complicated gear and equipment. Here is a simple list of essential items you should bring with you on your Kailash Yatra:

- Rucksack or daypack (30 liters) with waterproof cover
- Trekking pants and waterproof trousers
- T-shirts or shirts
- Down jacket
- Wind/waterproof light jacket
- Fleece jumper or jacket
- Inner thermal (top and trousers)
- 2/3 Pairs of Socks and Underwear
- Sunglasses, sun hat, woolen cap, or balaclava
- Inner and outer gloves
- Towel, flip-flops or rubber sandals, toiletries
- Water bottles and water purification tablets
- Trekking poles
- Personal Items(Sunglasses, Power bank for charging devices, Wet wipes, hand sanitizer)
- Personal toiletries (toothbrush, toothpaste, soap, etc.)
- Optional Items(Snacks, Notebook, Camera, rain poncho)
- Important Documents(Passport, Travel insurance)

Note: Travellers can rent items such as down jackets, sleeping bags, trekking poles, etc., from the rental shops in Kathmandu for around \$1-\$3 per day. Additionally, you can easily buy here in Kathmandu at low prices.