Kailash and Lake Mansarovar Yatra

12 Days Itinerary

Detailed Itinerary

Day 1: Arrival in Kathmandu and Trip Preparation

Your pilgrimage begins with arrival in Kathmandu, with views of the Himalayas, green valleys and terraced farmland if you come by air. At Tribhuvan International Airport a representative from Alpine Club of Himalaya meets you after immigration and customs and transfers you to your hotel. The rest of the day is free to rest and walk around Thamel, with its markets, handicraft shops and cafes. It is also a good time to prepare the items you need for the high-altitude journey, check your documents and attend a short orientation with your guides.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	3-Star Hotel
Meals	Welcome Dinner

Day 2: Drive from Kathmandu to Kerung

After an early breakfast you drive north from Kathmandu through hills and river valleys toward the Kerung (Gyirong) border. At the border you complete Nepali exit formalities and cross into Tibet, where Chinese immigration and customs checks follow. After the formalities you continue to Kerung town and check in to your hotel. This is the start of the gradual ascent, so drink plenty of water and take it easy.

Max. Elevation	2,900 m (Kerung)
Duration	Long drive plus border formalities
Accommodation	Hotel in Kerung
Meals	Breakfast, Lunch, Dinner

Day 3: Acclimatization Day at Kerung

Today is a rest day in Kerung so your body can adjust to the altitude before you go higher. You can take short, easy walks around the town and see the local Tibetan life, but keep the effort light. Your guide will brief you on the road ahead and on how to look after yourself at high altitude.

Max. Elevation	2,900 m
Duration	Rest day with short walks
Accommodation	Hotel in Kerung
Meals	Breakfast, Lunch, Dinner

Day 4: Drive from Kerung to Saga

You drive from Kerung onto the Tibetan plateau, where the landscape turns open and dry with wide valleys, small villages and snow-capped peaks on the horizon. The road climbs steadily, and you cross high passes on the way to Saga. You check in to your guesthouse in Saga and rest, as you are now above 4,500 m.

Max. Elevation	4,640 m (Saga)
Duration	Full-day drive
Accommodation	Guesthouse in Saga
Meals	Breakfast, Lunch, Dinner

Day 5: Drive from Saga to Lake Manasarovar

Today you continue west across the vast plateau toward the holy Lake Manasarovar, a long drive with few settlements. The scenery is wide and empty, with prayer flags and distant mountains. When you reach Lake Manasarovar, a place held sacred by Hindus, Buddhists, Jains and followers of Bon, you can walk to the shore and take in the quiet setting, with the turquoise water and the peaks around it. You spend the night near the lake.

Max. Elevation	4,590 m (Lake Manasarovar)
Duration	Full-day drive
Accommodation	Guesthouse near Lake Manasarovar
Meals	Breakfast, Lunch, Dinner

Day 6: Drive to Darchen

In the morning you have time at Lake Manasarovar for prayers, rituals and meditation, and for those who wish to, a holy dip in the lake. Many pilgrims believe the water cleanses sins and brings inner peace. After this you drive to Darchen, the small town at the foot of Mount Kailash and the starting point for the kora. You see Mount Kailash for the first time, and spend the evening resting and preparing for the circuit.

Max. Elevation	4,670 m (Darchen)
Duration	Short drive with time at the lake
Accommodation	Guesthouse in Darchen
Meals	Breakfast, Lunch, Dinner

Day 7: Drive to Yamadwar and Begin Kailash Kora to Dirapuk

You drive to Yamadwar, the traditional starting point of the Kailash parikrama, and begin the walk. The trail follows the valley with the western face of Mount Kailash on your left and then comes to Dirapuk, where you can see the north face of the mountain, considered the most powerful view. You rest at Dirapuk Monastery and spend the night here, close to the mountain.

Max. Elevation	4,890 m (Dirapuk)
Duration	Short drive and approx. 5-6 hours trek
Accommodation	Guesthouse at Dirapuk
Meals	Breakfast, Lunch, Dinner

Day 8: Second Day of Kailash Kora to Zuthulpuk via Dolma La Pass

This is the hardest day of the kora. You start early and climb steadily to Dolma La Pass, the highest point of the circuit at about 5,630 m. Pilgrims often leave a small offering at the pass. After the pass you descend steeply past Gauri Kunda to the valley and continue to Zuthulpuk Monastery for the night. Walk slowly, rest often and keep drinking water.

Max. Elevation	5,630 m (Dolma La Pass) / 4,850 m (Zuthulpuk)
Duration	Approx. 8-9 hours trek
Accommodation	Guesthouse at Zuthulpuk
Meals	Breakfast, Lunch, Dinner

Day 9: Last Day of Kailash Kora and Drive Back to Saga

On the last day you walk out of the valley along an easier trail to complete the 52 km circuit around Mount Kailash. At the end of the kora you are met by your vehicle and drive back toward Saga, retracing the plateau you crossed on the way in. You check in to your guesthouse in Saga for the night.

Max. Elevation	4,640 m (Saga)
Duration	Approx. 3-4 hours trek and a long drive
Accommodation	Guesthouse in Saga
Meals	Breakfast, Lunch, Dinner

Day 10: Drive Back from Saga to Kerung

You continue the journey back across the Tibetan plateau toward Kerung, with the road dropping steadily and the air becoming thicker. The scenery changes from dry plateau to greener valleys as you approach the border. You check in to your hotel in Kerung and enjoy a comfortable evening after the high-altitude days.

Max. Elevation	2,900 m (Kerung)
Duration	Full-day drive
Accommodation	Hotel in Kerung
Meals	Breakfast, Lunch, Dinner

Day 11: Drive Back to Kathmandu via Syabrubesi

After breakfast you complete the Chinese exit formalities, cross the border into Nepal and finish the Nepali immigration procedures. You then drive down through the hills via Syabrubesi to Kathmandu, where you are transferred to your hotel. In the evening there is a farewell dinner to mark the end of the pilgrimage, and you can also enjoy the included full-body massage.

Max. Elevation	1,400 m (Kathmandu)
Duration	Long drive plus border formalities
Accommodation	3-Star Hotel
Meals	Breakfast, Farewell Dinner

Day 12: Final Departure

After breakfast you are transferred to Tribhuvan International Airport for your flight home. If you want to stay longer in Nepal, our team can arrange more tours or treks.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	No
Meals	Breakfast

Cost Include

- Pickup and drop-off from the international airport or your hotel in Kathmandu by private car, van or jeep.
- Twin-sharing accommodation as per the itinerary.
- Experienced English-speaking Tibetan guide.
- Transportation by van or bus as outlined in the itinerary.
- Monastery entrance fees and all required documents for the Mount Kailash part of the yatra.
- Tibet Travel Permit and Chinese visa arrangements.
- Pickup from the Kerung border to Kathmandu city by jeep after the Tibet section.
- Two nights' accommodation in Kathmandu at a 3-star hotel on a twin-sharing basis.
- Welcome and farewell dinners in Kathmandu, plus lunch and dinner while in Tibet.
- Full-body massage in Kathmandu.
- All fuel costs, road taxes and parking fees.
- All applicable government taxes and service charges.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is highly recommended and should cover high-altitude travel and evacuation.
- Emergency evacuation and rescue costs.
- Hotel accommodation and meals in Kathmandu beyond those included.
- Personal expenses such as bar bills, laundry and snacks.
- Additional porters or horses for the kora, which can be arranged at extra cost.
- Tips for guides and drivers.
- Private vehicle and single room upgrades, which are available on request at extra cost.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club
OF HIMALAYA
Kailash And Lake Mansarovar Yatra
16 Days
Tibet
Nepal
Dolma-La Pass
5590m
Deraphu
Monastery
4890m
Gauri Kunda
Mt Kailash
6714m
Kam Dvar
Zuthulphuk Monastery
4850m
Darchen
4700m
TIBET
Lake Mansarovar
4590m
Paryang
Dongba
4400m
Saga
4400m
Lhatse
NEPAL
Kyirong
2900m
Timure
1800m
Sigatse
(Shigatse)
Kathmandu
1400m
Altitude Chart
Height in Meters
6k
5k
4k
3k
2k
1k
DHXS
1400m
4590m
4700m
4890m
6714m
4850m
4400m
4400m
4400m
2900m
1800m
1400m
1
2
3
4
5
6
7
8
9
10
11
12