

14 Days to Get Closer to the Sacred Mt.Kailash: From Lhasa to Mt. Everest and Mt. Kailash, Ending in Kathmandu



Trip at a Glance

- Day 1:** Lhasa Arrival
- Day 2:** Lhasa Day Tour
- Day 3:** Lhasa Day Tour
- Day 4:** Lhasa - Gyantse - Shigatse
- Day 5:** Shigatse - EBC
- Day 6:** EBC - Peiku Tso Lake - Saga
- Day 7:** Saga - Darchen
- Day 8:** Darchen to Dirapuk Trek
- Day 9:** Dirapuk to Zutulpuk Trek
- Day 10:** Zutulpuk to Darchen Trek, Lake Manasarovar Kora
- Day 11:** Visit Selung Monastery (Gateway of Inner Kora)
- Day 12:** Darchen - Saga
- Day 13:** Saga - Gyirong
- Day 14:** Gyirong - Kathmandu

Day 1: Arrival in Lhasa

Welcome to Lhasa (3650m)!

When you arrive in Lhasa, whether by train or flight, our friendly Tibetan guide will **greet you with a Hada** (the traditional Tibetan ceremonial scarf) and warm blessings.

Then, the guide and the driver will **take you to your hotel in downtown Lhasa**. You may view the Yarlung Tsangpo River/Brahmaputra River (the Longest and largest river in Tibet) and the Lhasa River.

After settling into your hotel, take some time to **rest and adjust to the high altitude**.

If you need any help or have any specific needs, feel free to visit our service center at Lhasa Gang Gyan Hotel.

Stay overnight in Lhasa.

Overnight in Lhasa



Tibetan tour guide greets you at Lhasa Airport.



Lhasa River

Day 2: Lhasa Tour - Drepung Monastery and Sera Monastery (B, D)

Today is Tibetan Monastery Day! You'll have a full day to explore the largest monastery in Tibet, delve into the knowledge of Tibetan Buddhism, and immerse yourself in the daily life of Tibetan monks.

In the morning, you'll explore the largest monastery in Tibet - **Drepung Monastery**, which was once the home to over 10,000 monks. As you walk through the **Coqen Hall**, your guide will provide detailed explanations of the worldview of Tibetan Buddhism and introduce notable figures in Tibetan Buddhist history.

Next, you'll visit the renowned **Loseling College** (or an equivalent), offering a glimpse into the study and life of Tibetan monks. Explore their dormitories to gain insights into the Tibetan monks' daily routines and living conditions.

In the afternoon, you'll head to **Sera Monastery**, another of the 'great three' Gelug monasteries of Tibet, to witness the famous **Tibetan Monks Debate** (15:00 - 17:00, from Monday to Saturday). Your guide will intricately explain how Tibetan monks engage in these debates to acquire knowledge and advance in their academic degrees.

After today's tour, enjoy a **welcome dinner** with your group members. Your guide will greet you with traditional Tibetan gifts, share helpful travel tips, and help everyone get to know each other.

Stay overnight in Lhasa.

Overnight in Lhasa

Breakfast | Welcome Dinner



Drepung Monastery, one of the Great Three Gelug monasteries of Tibet



Monk Debate is a highlight of Sera Monastery

Day 3: Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street (B)

Today's Highlight is a visit to UNESCO World Heritage Sites Potala Palace and Jokhang Temple, providing a glimpse into the daily beliefs and lives of the people of Lhasa.

After breakfast, your first stop is the **Potala Palace**, where you can enjoy a panoramic view of the Lhasa Old Town. Discover the lives and stories of the Dalai Lamas through history within the palace, and the extraordinary treasures it holds. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and the meditation cave of the 33rd great king of Tibet.

After touring the Potala Palace, you will visit **Longwangtan Park** at the foot of the Potala Palace. Here, you can appreciate the majestic Potala Palace from a different perspective and engage in local Tibetan folk activities.

In the afternoon, you will head to the heart of Tibetan religion - the **Jokhang Temple**. Inside you can see the **statue of Buddha Sakyamuni** at the age of twelve. Outside, you can see pilgrims making prostrating in front of Jokhang Temple. Around the temple is **Barkhor Street**, where you can **do kora** (a religious circle of a building or mountain) with pilgrims and locals, and explore the old market.

Next, follow your guide to one of the liveliest indoor **Tibetan tea houses in Lhasa**. Sip traditional Tibetan sweet tea alongside local Tibetans as your guide shares insights into Tibetan social dynamics and daily life.

Stay overnight in Lhasa.

Overnight in Lhasa

Breakfast



• Potala Palace is always the No.1 attraction for travelers visiting Tibet.



A Tibetan pilgrim is worshipping Jokhang Temple

Day 4: Lhasa to Shigatse via Gyantse 360 km (B,L)

In the morning, start the overland journey from Lhasa to Shigatse, which includes visits to Tibet's most beautiful lake, glacier, and a charming Tibetan village.

First, drive over the **Gampala pass** (4790 m) to catch a glimpse of Yamdrok-tso (4400m). The **Yamdrok Lake** is surrounded by many snow-capped mountains and in the distance you can have spectacular views of Holy Mount Nyenchen Khangsar (7191m), the highest mountain near Lhasa. Continue to explore the lakeshore from various viewpoints, and at the end of the lake, you could **visit a local family in the village** and have lunch with the locals.

Next, you will pass and enjoy the **Korola Glacier** on the roadside. It is the largest glacier in Tibet. As you see the ice tongue of the glacier climb the entire hillside, you will feel the magical power of nature.

Then, continue your journey to Gyantse. On the way, you will stop at **Simila Mountain Pass**, where you can **hang prayer flags** to pray for world peace and the health of your family.

After arriving in Gyantse, you can spend some time taking photos of the ancient city of Gyantse. From Gyantse to Shigatse, you will pass by green (in summer) and golden (in autumn) Tibetan barley fields and countless farms.

Finally, we **arrive in Shigatse**, the second largest city in Tibet. After checking in to the hotel, you can take a good rest and prepare for the next day's trip to Mount Everest.

Stay overnight in Shigatse.

Overnight in Shigatse

Breakfast | Lunch with a Tibetan Village Family



- Yamdrok Lake at Gampala Pass, where you can get a marvelous bird's-eye view of the lake.



- The Karola Glacier is so close that you will appreciate a spectacular view of the white glacier contrasted with blue sky.

Day 5: Shigatse (3850m) to Everset Base Camp (5000m) (B)

Take most of your time today to admire the stunning Himalayan mountain ranges!

After breakfast, you will head directly to Mount Everest.

First, you will pass **Gyatsola Pass** (5280m). At Gyatsola Pass viewpoint, you'll catch your first glimpse of Mount Everest. Hidden behind the mountain range, the Everest resembles a budding lotus flower, a captivating sight along the roadside.

Shortly after we enter **Mount Everest National Nature Reserve**, you will enjoy the **panoramic view of the Himalayas at Gawula Pass** (5198m). From this viewpoint, you will marvel at the majestic lineup of the five highest peaks in the Himalayas, including Everest at the forefront. This is your second glimpse of Everest. Then, we drive along the new zigzag road to Everest Base Camp (5000m). As you get close to the base camp, the majestic Everest gradually unfolds before you, drawing nearer with each winding turn. This marks your third view of Everest.

Upon reaching **Everest Base Camp**, the colossal white pyramid peak of Mount Everest stands towering before you. As the day transitions to dusk, witness the golden hues of the sun casting a warm glow on Everest's northern face - your fourth view.

As night falls, the sparkling Milky Way and the snow-white peak of Mount Everest reveal your fifth and final encounter with Everest.

Stay overnight at Everest Base Camp.

Insider Tips:

The visibility of Everest is subject to weather conditions and cannot be guaranteed.

Overnight in EBC Tent Hotel or Rongbuk Guesthouse

Breakfast



Drive along the zigzag road to Everest Base Camp



Enjoy your group tour to Everest Base Camp

Day 6: Everest Base Camp to Saga via Pelku Tso Lake (B)

Continue your journey westward into the Ngari Plateau along the Himalayas, enjoying the grassland, lakes, and snow-capped mountains along the way.

In the morning, you may have the chance to see the pink sunlight casting its glow upon the summit of Mount Everest.

After breakfast, visit the **Rongbuk Monastery**, the world's highest-altitude monastery at 5154 meters above sea level.

Then, move on to Ngari, the most mysterious region in Tibet, to visit the sacred Mount Kailash and holy Lake Manasarovar. On the way, you'll **pass by Mt. Shishabangma** (8027 meters), one of the world's highest mountains over 8000 meters. You can enjoy a close view of the three main peaks of Shigabangma, as well as the golden glow of **Pelku Tso Lake** beneath the peaks.

After crossing the grassland around Peiku Tso Lake, you'll **reach Saga County**, the transfer hub of western Tibet. This marks your entry into the gateway of the Mount Kailash region. The rest of the journey to Mount Kailash is at an average elevation of 4500 meters on the Ngari Plateau. If you need some essentials for your Kailash trek, you can buy them in Saga County.

Stay overnight in Saga.

Overnight in Saga

Breakfast



Rongbuk Monastery, the highest monastery in the world



Pelku Tso Lake is surrounded by rugged mountains.

Day 7: Saga to Darchen via Zhongba (B)

After breakfast, you'll start today's journey through the Saga Valley between the Himalayan Range and the Gangdise Range, marveling at continuous snow-capped peaks, vast grassland, and stunning lakes along the way.

En route, you may witness herds of yaks and sheep on the vast grasslands beneath the snow-capped mountains. Meanwhile, you'll pass by the beautiful green lake - **Gongzhucuo Lake**.

After passing through the Mayum La Mountain at 5211 meters, you officially enter the Ngari Region. Crossing the mountain pass feels like entering a wilderness inhabited by wild animals, with the holy **Lake Manasarovar**

coming into view. The view of Lake Manasarovar, with Mount Kailash in the distance, often makes people feel amazed and inspired.

Driving along the lake, you reach the sacred Mount Kailash, the ultimate destination of this journey.

Upon **arrival in Darchen**, the little town at the foot of Mount Kailash, settle into your hotel, recharge, and prepare for the upcoming 4-day Mount Kailash trek.

Stay overnight in Darchen.

Insider Tips:

If you need a porter, kindly inform your guide on this day, and your guide will arrange one for you the following day. Please note that the cost of the porter requires an additional payment.

Overnight in Darchen

Breakfast



Gongzhucuo Lake is like a sapphire buried in the wilderness.



The stunning scenery along the way to Kailash.

Day 8: Darchen to Dirapuk Monastery (Trek Day 1: 13km) (B)

Start your first day of trekking along the valley at the base of Mount Kailash! Enjoy the picturesque views of its southern, southwestern, and western slopes.

After breakfast, you are supposed to take an **eco-bus from Darchen to Sarshung Valley**, where to start today's 13-kilometer trek around Mount Kailash.

The first 13 kilometers are relatively easy, guiding you through the valley at the foot of Mount Kailash. You can clearly see the southern and western slopes of the sacred Mount Kailash.

After reaching the foot of the western slope, you will **check in at the guesthouse in Dirapuk Monastery**.

For the remainder of the day, follow our guide to explore the ancient **Dirapuk Monastery** (also known as **Zhire Temple**). Capture unforgettable moments in front of the sacred stupas and the grandeur of the western slope of Mount Kailash.

Weather permitting, immerse yourself in the awe-inspiring spectacle of the sunset over Mount Kailash from Dirapuk Monastery. Witness the sun's afterglow delicately illuminating the steep cliffs of the western slope as night descends.

Stay overnight in the local Guesthouse.

Overnight in the local Guesthouse

Breakfast



Start trekking from Sarshung Valley to Drirapuk Monastery



You can see piles of Mani Stones in Kailash Kora

Day 9: Dirapuk Monastery to Zutulpuk Monastery (Trek Day 2: 24km)

Are you ready for the most challenging day of your Mount Kailash Trek? On this day, you'll trek across the highest point at 5630 meters, and walk alongside devout prostrating Buddhist pilgrims.

Start your day early with a **4-kilometer trek from Dirapuk Monastery to reach 5430 meters**. This section offers a rapid climb with a breathtaking view of the sunrise over the northwest slope of Mount Kailash.

Afterward, you'll continue **another 2-kilometer trek to Dolma La Pass**, the highest point at an altitude of 5630 meters. Along this path, you'll see prayer flags hanging everywhere on the pass.

(**Notice:** The high altitude means even in summer, the path is icy and scattered with rocks, requiring caution to prevent slipping.)

After successfully crossing Dolma La Pass, you'll be greeted by the emerald-green **Lake of Compassion** (also known as **Guri Kund**), believed to purify a lifetime of sins with a dip. You'll also witness the thick glaciers on the northwest slope of Mount Kailash.

Following the Lake of Compassion, a gradual descent leads you to the valley beneath the southeast foot of Mount Kailash, where **Zutulpuk Monastery** (also known as **Dzutripuk Monastery**) is located. Here, you may encounter adorable wild animals and find a peaceful resting spot on the grasslands.

Stay overnight in the local Guesthouse.

Overnight in the local Guesthouse



Trek over Dromala Pass (5630m), the highest pass of the Kora



You can enjoy the stunning view of Guri Kund.

Day 10: Zutulpuk Monastery to Darchen (Trek Day 3: 12km)

Complete the Mount Kailash kora and refresh yourself at the holy Lake Manasarovar.

In the morning, you'll **trek back from Zutulpuk Monastery to Darchen**, the starting point of the Kailash Trek. After completing the Kailash trek in the morning, you are going to take a 30-kilometer drive to **Lake Manasarovar**. You'll approach the shores of the sacred lake to touch its holy waters.

At the lakeside, you can engage in the Lake Manasarovar Kora, listen to the rhythmic waves of the sacred waters, or simply **clean your face and hands with the holy water**, which holds significant spiritual meaning for Hindus and Buddhists.

You can also take the **sightseeing bus for a 360-degree view of Lake Manasarovar**. The bus will stop at some holy sites, such as Trugo Monastery and Lake Rakshastal viewpoint. If the weather permits, you can enjoy the extremely beautiful scene of Mount Kailash together with Lake Manasarovar in one picture.

There are also **hot springs (optional)** offering foot baths or soaking opportunities for visitors. If the Mount Kailash pilgrimage has left you feeling weary, consider spending a few dollars to enjoy the hot springs. After today's tour, get back to Darchen.

Stay overnight in Darchen.

Overnight in Darchen



Breathtaking scenery of Lake Manasarovar



At the Manasarovar lakeside, you can engage in meditation.

DAY 11: Get to Selung Monastery, the Gate of Inner Kora (B)

Today is a big day for your! Our guide will take you to Selung Monastery, the gate of the Inner Kora, to meet Mt.Nandi and get close to the southern face of Mount Kailash.

After breakfast, you will follow your guide to **Selung Monastery**, known as the Gateway to the Inner Kora, where the sacred Mount Nandi, the divine bull and mount of Lord Shiva, stands guard. It's a rare chance to see the south face of Mount Kailash up close, which you can only experience with Tibet Vista.

When visiting the Selung Monastery, you can light a butter lamp, praying for world peace, health, longevity, wisdom, and love for all beings.

Then, you will walk to the edge of the monastery to face the sacred Mount Kailash, admiring its awe-inspiring majesty and holy aura. Far from the bustling kora trails, **you can sit and meditate here**, discovering the divine serenity and spiritual stillness of the sacred mountain. This is the closest point to the Inner Kora that any pilgrim can get. You can find inner peace and experience a lifelong spiritual connection with the sacred Mount Kailash. After today's journey, you will get back to your hotel in Darchen.

Stay Overnight in Darchen.

Overnight in Darchen.

Breakfast



• The lofty southern slope of Mount Kailash.



Selung Monastery, the gateway of Inner Kora

Day 12: Darchen to Saga (B)

Today, you'll say goodbye to the Ngari Plateau and return to the Himalayas.

After breakfast, you'll **travel back to Sage** and relive the scenic wonders of the Ngari Plateau, the Himalayas, and the Gangdise Mountains. Along the journey, you can stop at grassy pastures and lakes to get close to the nature and wildlife of Ngari.

Later today, you will finally arrive in Saga.

Stay overnight in Saga.

Overnight in Saga

Breakfast



Take a glimpse of Tibetan gazelle in the distance



You can enjoy the picturesque scenery along the way back to Saga.

Day 13: Saga to Gyirong (B, D)

Today's highlight is to explore the snowy mountains and forests on the edge of the Himalayas.

In the morning, **start your journey to Gyirong Valley**, the hidden gem on the Sino-Nepal border. As the altitude drops, the scenery along the roadside changes from snow-capped mountains and wastelands to dense forests and canyon landscapes.

Upon reaching **Gyirong Town** in the afternoon, you'll explore Gyirong Valley described by British explorer Howard-Bury as the most beautiful valley in the world in his book 'Mount Everest: The Reconnaissance'.

Here, you can visit the Sherpa villages and admire dense forests, serene villages, and beautiful snow peaks above the woods. Additionally, you can experience the humid and mild oxygen, quite distinct from the dry and thin air of the Ngari Plateau.

In the afternoon, you will visit **Paba Monastery** in the center of Gyirong Town, **drive to Jipu Village**, and **hike to the Meditation Cave of Master Padmasambhava**.

At the end of the day, you'll enjoy a **farewell dinner with the group**. On this last night together, share memories and cherish the moments with those departing from Gyirong to Kathmandu.

Stay overnight in Gyirong.

Overnight in Gyirong

Breakfast | Farewell Dinner



Immersed in the local way of life here in Gyirong Valley.



A glimpse of snow mountains along the way.

Day 14: Gyirong to Kathmandu (B)

Farewell to Tibet and welcome to Nepal today!

After breakfast, it's time to **say goodbye to your Tibetan guide and driver**. Our Nepali staff will **meet you at the Nepal border**, assist with handling your large luggage (additional fee required), help you apply for a Nepal visa, and ensure a safe transfer for both you and your belongings to your hotel in Kathmandu (booked by yourself) with Tibet Vista's vehicle.

After entering Nepal, you will see many snow mountains in the southern foothills of the Himalayas. Due to the poor road conditions, we will not make frequent stops. Nevertheless, you'll be treated to captivating landscapes along the way, savoring the last glimpses of the Himalayas.

Upon your arrival at your hotel in Kathmandu, which is booked by you, the **tour service ends**.

Breakfast



The picturesque scenery of Gyirong Town



You will be transferred to Gyirong Port.