

Tibet Kailash Manasarovar Trek

Location: Ngari Prefecture, Tibet **Duration:** 15 Days **Max altitude:** 5,630 m (Dolma La) **Difficulty:** Challenging
Group size: 4–14 people

Overview

Embark on the most sacred pilgrimage in Asia — the kora around Mount Kailash (6,638 m), holiest peak for Hindus, Buddhists, Jains and Bön followers alike. This life-changing journey crosses the Tibetan plateau, visits the spiritual lake of Manasarovar, and completes the three-day, 52 km circumambulation of Kailash including the awe-inspiring Dolma La pass at 5,630 m. A trip that transforms.

Highlights

- 52 km kora around sacred Mt. Kailash
- Cross Dolma La pass (5,630 m)
- Sacred Lake Manasarovar (4,590 m)
- Cross the Tibetan plateau via Kerung
- Pilgrimage of a lifetime

Day-by-Day Itinerary

DAY 1 Kathmandu arrival

1,400 m. Trip briefing.

DAY 2 Drive Kathmandu to Kerung border

2,800 m. Tibet border crossing.

DAY 3 Kerung acclimatisation

Rest day to adjust to altitude.

DAY 4 Drive Kerung to Saga

4,640 m. Long drive into the plateau.

DAY 5 Saga to Lake Manasarovar

4,590 m. Reach the sacred lake.

DAY 6 Manasarovar parikrama, drive to Darchen

4,560 m. Sacred lake bath, then to kora base.

DAY 7 Darchen to Diraphuk (Kora day 1)

4,890 m. First day of the sacred kora.

DAY 8 Cross Dolma La to Zuthulphuk

5,630 m / 4,790 m. The toughest day.

DAY 9 Complete kora to Darchen, drive to Manasarovar

Final kora day and lakeside camp.

DAY 10 Drive Manasarovar to Saga

Long drive back across plateau.

DAY 11 Saga to Kerung

Continue back toward Nepal border.

DAY 12 Kerung to Kathmandu

Cross back into Nepal.

DAY 13 Kathmandu — leisure

Free day for rest and shopping.

DAY 14 Kathmandu sightseeing

Pashupatinath & Boudhanath.

DAY 15 Departure

Airport transfer.

What's Included

- ✓ Tibet entry permits & alien travel permits
- ✓ Tibetan & Nepali guides
- ✓ Yaks/porters for kora trek
- ✓ Tented camp + guesthouse mix
- ✓ All meals on the kora
- ✓ Land transport including 4WD

What's Not Included

- ✗ International flights
- ✗ China visa
- ✗ Travel insurance
- ✗ Single-room supplement
- ✗ Tips for guides

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This itinerary is indicative; final program is tailored to your dates and group.