

## **Mt. Kailash and Lake Mansarovar Pilgrimage**

### **Day 01: Arrive in Lhasa (3,650 m / 11,972 ft)**

Upon your arrival in Lhasa, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. From here we will travel to a hotel and check into our rooms. Due to the altitude of Lhasa (11,972 ft), we recommend taking the rest of the day to acclimate.

### **Day 02: Go Sightseeing in Lhasa: Potala Palace, Norbulingka Palace and Tibet Traditional Hospital: 5 - 6 hours**

Today, we visit the former residences of the Dalai Lama. Potala Palace was built in the 17<sup>th</sup> century and is known for its views of Lhasa. The palace is filled with numerous state rooms, chapels, and remarkable works of art. Norbulingka Palace was the summer residence of the Dalai Lama. It hosts the largest garden in Tibet. From Norbulingka Palace, we visit a traditional Tibetan hospital, which is the center for research and production of traditional Tibetan medicine. We spend the night in Lhasa.

### **Day 03: Go Sightseeing in Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and Barkhor Bazaar: 5 - 6 hours**

We begin our tour by visiting Drepung Monastery. It was built in the 14<sup>th</sup> century and at the peak of its use, it housed around 10,000 monks. We then turn our attention to Sera Monastery. It is simple monastery with whitewashed walls and golden roofs. Our next stop is at Jokhang Temple. The temple is a sacred site, and gives insight into Buddhist philosophy. After touring the monasteries and temples, we walk through Barkhor Bazaar. The Bazaar contains open air stalls, shops, and international travelers on pilgrimage. We spend the night in Lhasa.

### **Day 04: Trave to Shigatse, Make a Stop at Gyantse: (3,900 m / 12,795 ft) 8 - 9 hours**

On our way to Shigatse from Lhasa, we cross over Kamba La Pass (4,794 m / 12,795 ft), where we have exquisite views of Turquoise Lake, and Mt. Nazin Kang Sa (7,252 m). Turquoise Lake is one of 3 holey lakes in Tibet. As we continue, we cross over another pass, Karo La Pass (5,045 m). At the pass we can see glaciers slowly digging their paths down the mountains. As we come into Gyantse we stop at Kumbum Stupa, Phalkot Monastery, and Gyantse Fortress. This fortress is the best preserved fortress in Tibet. After touring Gyantse, we continue to Shigatse to spend the night.

### **Day 07: Travel to Saga: 7-8 hours**

After a beautiful night on top of the world, we travel to the small Tibetan town of Saga. On the way to Saga, we pass Paigu-Tso Lake, and cross over Yarlung La Pass. Yarlung Valley is said to be the cradle of Tibetan civilization. We spend the night in Saga.

**Day 08: Travel to Mansarovar Lake (4,557 m / 14,954 ft): 6 – 7 hours**

We travel to Lake Mansarover today. The lake has cultural and religious significance for Buddhists, and Hindus. Buddhists believe the lake is where Queen Maya conceived Buddha. The Hindus believe the lake has the power to purify a person's body and those who drink from the lake are said to go to Lord Shiva's house after death. We spend the night at Mansarovar Lake.

**Day 09: Day Hike around Manasarovar Lake, and then Travel to Darchen (4,600 m / 15,091 ft): 50 km, 1hour**

Before heading to Darchen we embark on a day hike around Lake Manasarovar. It is the same hike that others take while on their pilgrimage. After our hike we travel to Darchen. We spend the night at the base of Mt. Kailash in Darchen.

**Day 10: Trek to Dira Puk Monastery (5,120m/ 16,792 ft), 5 - 6 hours**

We begin our pilgrimage today. We trek through a deep gorge with red rock walls. Coming out of the gorge the trail leads us to Shershong. We then cross a bridge leading to Chuku Gompa, a Buddhist temple built against a rock cliff. We finish the day in Dirapuk Monastery.

**Day 11: Trek to Dzutul-puk (4,790 m / 15,765 ft): 18 km, 6 - 7 hours**

On the second day of pilgrimage/ trek we climb to Dolma La Pass at 5,636 m / 18,500 ft. The pass is beautiful with multi colored prayer flags rustling in all directions, and sweeping views of the area below. From the pass we climb down to Dzutul Puk after passing the Lake of Compassion, and some ancient caves. We spend the night in Dzutul Puk.

**Day 12: Finish trek and travel to Saga: 495 km, 7-8 hours**

After trekking a little further we conclude our pilgrimage around Mt. Kailash. We then travel to Saga to spend the night.

**Day 13: Travel to Shigatse: 8-9 hours**

We travel along the Tsangpo River, which is the longest river in Tibet, to Shigatse. After reaching Shigatse we check into our rooms then visit Tashilhunpo Monastery. The Monastery was founded by Pachen Lama in 1447. We spend the night in Shigatse.

**Day 14: Travel to Lhasa: 4-5 hours**

On our way to Lhasa we visit Shalu Monastery. The monastery was founded in 1040, and is known for its beautiful mural paintings. After touring the monastery we continue to Lhasa and cross the Karo La Pass (5,045m), and Khamba La Pass (4,794 m). We spend the night in Lhasa.

### **Day 15: Final departure**

We conclude our trip In Lhasa. If you wish to stay in Tibet, further accommodations can be arranged or if you are leaving we will assist in preparations and transport to the airport.