

Mt. Kailash and Lake Mansarovar from Simikot to Lhasa

Day 01: Arrive in Kathmandu

Upon your arrival in Kathmandu, 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. The rest of the day and evening is free to explore the city.

Day 02: Prepare for the Trek

We spend this day preparing for the journey ahead and to acclimate to Nepal's climate. The day may also be spent performing leisurely activities such as touring the city. We spend the night in Kathmandu.

Day 03: Fly to Nepalgunj: 1 hour

From Kathmandu we fly to Nepalgunj, which lies to the south west and on the Nepali-Indian border. Nepalgunj has many attractions such as its cultural diversity, fantastic markets, a mini-zoo, and villages. After going sightseeing and visiting the area we stay overnight in a local hotel.

Day 04: Fly to Simikot (2,985 m / 9,790 ft) and Trek to Dharapori (2,360 m / 7,740 ft) 4 - 6 hours

From Nepalgunj we fly to Simikot. Simikot is a unique area of Nepal due to its partial isolation, local people, and the rich culture. After lunch we receive our trekking permit and begin our trek. Our trekking path follows the Karnali River and passes through jungles and villages until we arrive in Dharapori. We spend the night in Dharapori.

Day 05: Trek to Kermi (2,860 m / 9,383 ft): 5 - 6 hours

The trek to Kermi continues along the Karnali River. The trail is relatively flat and passes farms growing seasonal vegetables and grains. When we reach Kermi we can visit the hot spring, and the Buddhist monasteries in the area. The prominent monasteries include Laikyo Gompa, and Lhundrup Choeling Gompa. We spend the night in Kermi.

Day 06: Trek to Yalbang (2,879 m / 9,445 ft): 5 - 6 hours

The gradient of the trail to Yalbang gradually increases from flat to mildly steep. The trail then smooths out after reaching a pass and crossing a bridge over the Salli River. We visit the Namkha Khyung Monastery on our way to Yalbang. We spend the night in Yalbang.

Day 07: Trek to Tumkot (3,073 m / 10,082 ft): 5 - 6 hours

We continue our ascent to Tumkot. The prominent biome transitions from jungle to boreal forest. We can see large pine trees as the dominant plant life in the area. After reaching Tumkot we tour Dungkar Choezom Monastery. We spend the night in Tumkot.

Day 08: Trek to Yari (3,663 m / 12,017 ft): 6 - 7 hours

The trail leading to Yari is relatively flat and easy to trek on. After trekking for a few miles the landscape begins to change again. This time the climate favors juniper bushes. The landscape at this altitude becomes rockier and seemingly foreign. We spend the night in Yari.

Day 09: Trek to Hilsa (3,647 m / 11,965 ft) through Nara La pass: 5 - 6 hours

The trail today takes us over Nara La Pass at 4,620 m. The landscape at the pass is characteristic of the Tibetan Plateau. It is beautiful in its setting. We have excellent views of the plateau, and of Yari village. From the pass we descend to Hilsa, where we spend the night.

Day 10: Trek to Purang (3,772 m / 12,375 ft): 2 - 3 hours

Our trek to Purang involves crossing into Tibet. At the border crossing we are accepted by Tibetan guides and continue our trek. The trail leads us past Rinzin Zangpo Gumpa, and Kangje Village to Purang. In Purang we visit the Purang Gumpa, which has amazing Buddhist frescoes from the 12th century. We spend the night in Purang.

Day 11: Trek to Montser (4,450 m / 14,599 ft) and Go Sightseeing in Tirtapuri: 3 - 4 hours

On our way to Montser we pass by Lakes Rakshas and Mansarovar. Lake Rakshas is salty and is said to be poisonous to drink. In mythology Ravana created the lake to gain superpowers from Shiva. Lake Mansarovar is a fresh water lake and has spiritual significance in 4 religions. It is believed to have been created in the mind of Brahma then manifested on earth. It is also believed to cleanse the body and spirit from the sins of all past lives. After we arrive in Montser we visit Tirtapuri Hot Springs, a monastery, and go on a short day hike to look for gem stones. We spend the night in Montser.

Day 12: Go Sightseeing in Garuda Valley, and then Travel to Darchen (4,560 m / 14,956 ft): 3 - 4 hours

On our way to Darchen we take a slight detour to Garuda Valley. It has wonderful caves we can explore. Garuda Valley is believed to be the first area settled in Tibet. It has many archeological and historical sites. Visiting the valley we travel to Darchen.

Day 13: Trek to Dirapuk Monasteries (5,120 m / 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 Gumpa. It

is a Buddhist temple built against a rock cliff. We finish the day in Dirapuk Monastery. At the Monastery we have great views of Mt. Kailash. We spend the night in Dirapuk.

Day 14: Trek to Dzutul-puk (4,790 m / 15,765 ft): 18 km, 6 - 7 hours

On the second day trekking 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. We have 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 15: Trek to Darchen (4,560 m / 15,000 ft): 14 km, 3 - 4 hours and travel to Manasarovar

We finish our trek today in Darchen. It is said that a visit to Mt. Kailash can't be completed until Lake Mansarovar is visited. Staying true to tradition we travel to Mansarovar Lake. The lake is fresh water and has spiritual significance in 4 religions. It is believed to have been created in the mind of Brahma then manifested on earth. It is also believed to cleanse the body and spirit from the sins of all past lives.

Day 16: Travel around Lake Mansarovar

We return to Lake Mansarovar today. We take a jeep around the lake to see it and the many shrines erected around it. If we have enough time we visit Chui Gompa. The views from around the lake are incredible and are definitely worth the second visit. We spend the night at Mansarovar.

Day 17: Travel to Saga (4,600 m / 15,088 ft) 495 km, 8 – 9 hours

From Mansarovar we travel to Saga. While we are traveling we can see vast swaths of the country. We pass by Hor Village and Mayum La Pass at 5,200 m. We can also see towns like Zhongba and Paryang. We spend the night in Saga.

Day 18: Travel to Shigatse (3,900 m / 12,795 ft): 445 km, 8 - 9 hours

Our path continues along the Tsangpo River to Shigatse. We can see beautiful landscapes develop as we travel along. After checking into our rooms in Shigatse, we visit Tashi Lhunpo Monastery. The monastery was founded by the first Dalai Lama in 1447.

Day 19: Travel to Lhasa (3,650 m / 11,972 ft): 265 km, 4-5 hours

On our way to Lhasa we visit Shalu Monastery. It was founded in 1040 and is known for its beautiful mural paintings. Continuing on our way we pass over Karo La Pass at 5,045 m and Khamba La pass at 4,794 m. We stop at the passes to enjoy the landscapes. At Khamba La Pass

we can see Turquoise Lake (Yamdruk Tso). It is one of the largest sacred lakes in Tibet. We can also see the Nazin Kang Sang Glacier at 7,252 m. We spend the night in Lhasa.

Day 20: 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.