

# Lhasa Kailash Guge Kingdom Tour

## Package Highlights

- Tour to the **Mount Kailash**, Sacred **Lake Manasarovar** and **Guge Kingdom**
- **Lhasa, Shigatse and Gyantse** the Tibetan cities with ancient palaces visit
- Accommodation as Hotel and local guest houses in entire tour
- Experience of modern Tibet cities to far western remote Tibetan villages, its typical cultures and life style
- Visit historical monuments, cross over 5000 meters passes, explore scenic landscape, panoramic mountain and beautiful Lakes.
- Deep at holy Lake Manasarovar, adventure walk around Mount Kailash for three days

## Trip Facts

- Starting Price: US\$0.00 (Per Person)
- Duration: 16 Days
- Grade: NA
- Destination: Tibet
- Meals: Breakfast
- Transportation: Private Vehicle
- Trekking Style: Driving and Trekking
- Accommodation: Hotel and Guest House
- Max. Altitude: 5656 (Dolma La Pass)
- Min. Pax: Any
- Best Season : May to September

## Itinerary Details

**Day 01 : Arrive in Lhasa, the capital town of Tibet 3700m. pickup and transfer to the Hotel**

Three ways to arrive in Lhasa. By flight connective China, by flight from Kathmandu Nepal or by train from China. On your arrival either in Gonggar airport or Lhasa train station, our Tibetan guide will receive you and transfer to the Hotel in Lhasa. Lhasa is in altitude of 3700 meters. Arriving day in Lhasa will be fully rest to get acclimatization. You might get altitude sickness today which is normal for every new arrivals.

**Day 02 : Day in Lhasa visit Jokhang temple, Sera monastery and Drepung monastery. Overnight at Hotel**

Guide from Nepal Highland Treks will lead you to sightseeing in historical places inside Lhasa city. Jokhang temple, the house of Lord Buddha was found in 647 AD by King

Songtsen Gampo. Founded in 1419 Ad Sera monastery is university for monks. Another visit today is Drepung Monastery is also a university of over 7700 monks.

**Day 03 : Sightseeing in Lhasa. Potala palace, Norbulinka palace and Barkhor squire. Overnight at Hotel**

After your breakfast in the hotel start sightseeing your second day sightseeing in Lhasa. Potala palace in Lhasa is house of Dalai Lama until 1959. It is listed in world's heritage sites and one of the wonder of the world. Another attraction Norbulinka palace is traditional summer palace of Dalai Lama built from 1755. Visit Barkhor squire which is old market of Lhasa. We will explore lots of Tibetan peoples to make round of Barkhor.

**Day 04 : Drive Lhasa to Shigatse (3840m) via Gyantse. Overnight at Hotel. (270 km/ 7 Hours)**

Drive start after your breakfast in Lhasa. You can view golden field on the bank of Lhasa River. Passing several high passes get clear view of Tibetan Himalayas and giant glacier called Khorala glacier 7200 meter high. Reach Shigatse, second largest city in Tibet and administrative center of west Tibet. Mount Everest is just 5 hours driving from here this town.

**Day 05 : Drive Shigatse to Lhatse 3950m. Overnight at Hotel. (156km / 4 hours)**

Today is short driving from Shigatse to Lhaste. It helps you to be used to in altitude, more helpful for your Kailash parikrama. Drive through different landform. Plateau landscape, greenery field, Rivers, barley fields, high mountains pass and Typical Tibetan villages. Walking tour at Lhatse city after hotel checking in.

**Day 06 : Drive Lhatse to Saga 4450m. Overnight at Guest house. (300 km / 6 hours)**

Today you enter at Ngari region of Tibet. Saga is one of the Tibetan towns at western Tibet and it is also known as entrance city of Mount Kailash, Guge and Lake Mansarovar. We can view several lakes, nomad tents and their chasing Yaks and Ships. By late afternoon we cross Brahmaputra River to reach Saga town.

**Day 07 : Drive to Lake Mansarovar 4580m. Overnight at guest house (370km – 7 Hours)**

Journey start with full of excitement to see first view of Mount Kailash and lake Mansarovar. Reach at small town Chiu Gumba for overnight. You also can visit Chiu monastery at top hill near bank of Mansarovar. One of the most beautiful Paryang desert on the way and beautiful Kunggyu Lake to stop your vehicle. Saga is one of the main stopping point from several routes heading to Mount Kailash and Guge kingdom.

### **Day 08 : Drive to Zanda, Guge Kingdom via Tirthapuri. Overnight at Guest House**

After breakfast, we drive from Manasarovar to banks of the Sutlej River. It is 4 hours driving to reach Tirthapuri which is a holy place of Bhasmasur in Hindu and closed associate with Padmasambhava (Guru Rinpoche) in Buddhism. Hike-up to visit monasteries containing footprints of Guru Rinpoche. At the end of day, reach at Thada (Zanda) town and overnight at guest house.

### **Day 09 : Day Explore Guge Kingdom and Tholing in Zhanda. Overnight at Guest House**

Today, we explore Tholing. THOLING MONASTERY the temples and religious buildings of Tholing are the most significant in far west Tibet. The monastery was constructed under the guidance of the great Tibetan translator RinchenZangpo in around 11 th century. Another visit is to 20 kilometer east Tsaparang valley and Dungkar cave. Visit Ruins and significantly important monasteries. Both valleys have significant role of Buddhism containing most important monasteries and other holiest sides.

### **Day 10 : Drive to Darchen, the base camp of Mount Kailash. Overnight at Hotel**

After breakfast at Guge kingdom, we move towards Mount Kailash Mansarovar region. It is about 6 hours driving reach at Darchen. Preparation of Kailash parikrama/ Kailash Kora. Leave your most of the goods in Darchen, it will be safe inside vehicle. You are suggested to carry only your hand bag or if there is facilities of Yak, you can carry up to 7 kilogram bag.

### **Day 11 : start Kailash Parikrama. Drive to Tarboche valley and start walking. First day of Kailash Parikrama / Kora is 40 minutes driving and 6 hours walking. Overnight at Guest house in Derapuk (4,900m)**

From Darchen, we need to prepare early in the morning. Drive with our car to Tarboche valley (option of start hiking rite from Darchen). Yamadwar, Ruins valley with clear view of Mount Kailash can be seen from here. If you have taken your personal horse and helper, you will meet those here. It is walking almost flat land entirely. At the end of the day, it is a bit uphill to reach Derapuk. Enjoy view of North Face Kailash.

### **Day 12 : Second Day Kailash Parikrama. Walking to Dolma La pass (5,645m) and trek down to Juthulpuk (4,760m / 21km - 10 Hours) Overnight at Juthulpuk**

It is hard day of Tour. Early in the morning with enough water and foods, we start to walk top of the Dolma La pass (5,645m) it is about 8 kilometer and takes 4 to 5 hours to reach at Top. Mount Kailash view is still viewing up to bottom of Dolma La pass. After Dolma la serious down hill reach at tent house. After those tent house easy walking about 3 hours reach at Juthulpuk where we stay at guest house.

**Day 13 : Third day of Kailash Parikrama, and drive back to Saga. 10 Hours journey drive and 3 hours easy trekking. Overnight at Hotel**

Final day of Kailash Parikrama. we start quite early in the morning. It is 3 hours easy walking at flat land to reach near Darchen. All the way of walking is via bank of River from Kailash North face. We meet our driving crew ahead of Darchen and drive to Saga town today. We may reach Saga late afternoon. Check in Hotel

**Day 14 : Drive back to Shigatse from Saga. Overnight at Hotel**

We drive back same way to Shigatse. If we have not visited Tashilampo Monastery before, chance again to reach there.

**Day 15 : Drive back to Lhasa and Overnight at Hotel**

Same way back to Lhasa. We can drive via Yamdrok Lake by starting early morning from Shigatse

**Day 16 : Departure from Lhasa... Service end**

Today is end of the tour, drive Gonggar airport or train station of Lhasa to catch your departure flight or train from Lhasa. You have option flying back to Kathmandu, your home through mainland China or train to mainland China.

**Cost Includes**

- Arrival and departure arrangement
- Accommodation in hotels and Guest houses as per itinerary
- Every morning breakfast
- Tibet travel permit
- An English speaking Tibetan guide
- Private transportation as per group size
- Entrance fees in sightseeing as per itinerary
- Permit of Lake Manasarovar, Mount Kailash and Guge
- Yak or helper to carry your big bags during Kailash Kora
- Management of Emergency evacuation in case of need
- Enough oxygen and medical kit box
- Service charges and taxes

**Cost Excludes**

- Lunch and Dinner in entire tour
- Personal goods, equipment
- Personal trip insurance, medical expenses

- Cost of emergency evacuation in case of need
- Personal horse and helper if you need during Kailash kora
- Any tipping
- Extra activities
- Tibetan visa or Chinese visa \*

## Useful Note

## Packing list for Lhasa Kailash Guge Kingdom Tour

### Bags

Duffel bag

Hand Bag

### Shoes and Shocks

You need comfortable warm shoes for entire Tour. Another spare shoe or sandal is needed to wear while staying at guest house. 3 pairs of warm shocks are enough for entire trip.

### Wearing clothes

- Head cover hat
- Mouth covering muff
- Warm down jacket
- Wind proof jacket
- Warm inner thermal
- 2 pairs light T shirt
- Warm sweater or light weight jacket
- Inner down thermal
- Water and wind proof trouser, one pair
- Long wear trekking pant
- Whole body covered raincoat
- Water/ wind proof warm glove
- 3 pair comfortable underwear,

#### **Other accessories**

- UV protective sun glass
- Medium size quick dry towel
- Head torch light with extra batteries
- Lip care, Sun cream
- Trekking stick
- 2 liters' water bottle
- One small thermos water bottle

**Toiletries: Hand soap, toothbrush, toothpaste, Toilet paper**

**First Aid kit box** containing Paracetamol, bandage, antiseptic cream, Diamox or other tablet for altitude sickness, Small trekking knife, Some dry foods, Camera and its extra batteries, Mobile, and charger with small multi pins

## Trip Note

### Permits and visa of Lhasa Kailash Guge Kingdom

**Arrive in Lhasa from mainland China:** If you are landing Lhasa from mainland China by train or flight, you have to issue Chinese visa from your place and send us your passport copy and Chinese visa copy together by email, it should be at least a month before. With these documents, we can issue Tibet travel permit. Make sure you have to stay at least one overnight in hotel to get address sending your original Tibet permit by mail. Tibet travel permit can't send out of China.

**Arrive in Lhasa from Kathmandu Nepal:** If you are arriving Lhasa (Tibet) from Kathmandu Nepal, you are not necessary to issue any Chinese visa in advance. Just send us your passport copy by email to process Tibetan travel permit. Another important thing is you have to arrive Kathmandu Nepal 4 days before. It takes 3 working days to get your Tibetan visa with your original passport.

### Option to make overland tour to skip Lhasa and reduce the tour cost

You have option to include only **Mount Kailash and Guge Kingdom tour**. The overland tour start from Kathmandu and end at Kathmandu too or option to end at Lhasa or start from Lhasa and end at Kathmandu Nepal. 12 days tour from Kerung border drive to Saga town. Lake Mansarovar, Darchen, Guge Kingdom. Mount Kailash kora and drive same way back to Kathmandu Nepal.

## Departure Note