

# Mount Kailash Mansarovar Yatra Tour Package

## Trip Overview

### ***Kailash Mansarovar Yatra***

Mt. Kailash, also known as Kailash Parvat, symbolises spiritual significance and is a place of faith for millions of Buddhists who refer to it as Mount Meru, the centre of the universe. Mount Kailash is often called one of the Earth's chakras, specifically the "head chakra." This concept suggests that the mountain is a vital energy centre, radiating spiritual energy that contributes to the overall balance of the planet. Pilgrims believe their journey to Kailash helps align their energies with those of the Earth.

Lake Mansarovar, a natural body of water near Mount Kailash, is thought to have medicinal abilities. A bath in its holy waters is believed to cleanse the soul and remove sins. The lake is an important component of the trip, and many devotees spend time there in meditation and thought. The Brahmaputra, Karnali, Satluj, and Indus rivers all originate in this region. These rivers are crucial water resources that sustain millions of people downstream and are considered sacred. You can navigate this amazing holistic journey with the help of our comprehensive guide.

### **The Best Season for Kailash Yatra**

Every year between May and August, thousands of pilgrims around the world embark on this holistic journey. It is around the 32-mile circumference of Mount Kailash, which is a day-long journey providing a divine connection to the powers of Lord Shiva.

### **Tips for Successful Kailash Yatra**

**Physical Preparation:** The Kailash Mansarovar Yatra requires a lot of physical fitness. Therefore, you should increase your stamina and make sure that you are in good health and exercise frequently.

**Acclimatization:** To prevent altitude sickness, give yourself enough time to adjust to high altitudes. Taking a rest for a day as we elevate significant altitude can help us acclimatize and prepare our body for our journey ahead.

**Spiritual Preparedness:** Devote yourself to spiritual meditation and feel the sacred energy of the holy land to have a wonderful experience during the Kailash Yatra.

**Essentials for Travel:** Some of the essential things you should pack during the Kailash Mansarovar Yatra are:- warm clothes, comfortable hiking shoes, and some necessary medicines. The main thing you should not forget during this Yatra is to carry enough cash because you cannot find any ATMs in those remote areas, which might put you into trouble.

### **The Holistic Journey of the Kailash Mansarovar Yatra**

Just a small portion of the deeply spiritual Kailash Mansarovar Yatra consists of walking. It starts as pilgrims get ready to start the religious Kailash Parikrama Tour from the busy Kathmandu city. Pilgrims travel via Kerung, crossing the Nepal-Tibet border of Rasuwagadhi-Kerung and reaching the holy land of Mount Kailash.

The first day after arrival at Kathmandu Airport, you will check in to your hotel, and there will be a sightseeing tour in the capital city of Nepal. On the second day, you will be doing the necessary visa processing in Kathmandu, followed by a final hour of packing for the Yatra. We will drive you to the Kerung border via the Langtang National Park the next day and cross the Nepal-Tibet border before arriving at Kerung.

After completing our permit check and other official requirements, we will drive to reach the Saga Village for our stay. The next day we will acclimatise and visit the beautiful Saga village. Your drive will take you to Mansarovar Lake, where you will get the first glimpse of the holy Mount Kailash, followed by Darchen. You will visit Tirtapuri, also known as the Bhasmasur Parvat, indulge yourself in the serene Tirtapuri Kora, and return to Darchen. Darchen provides us with views of the sacred Mt. Kailash, Mt. Gurla-Mandala, Rakshash Lake, and Lake Mansarovar.

### **The Kailash Parikrama**

This is where the actual three-day trek for Kailash Parikrama begins after diving in the Holy Lake of Mansarovar. You will be embracing the positive energy and spiritual connection to the holy land during the circumambulation of the sacred Mount Kailash and crossing the highest pass of Drolma La at 5,630 m above sea level. The ascending journey to the Pass is the most challenging part of the Kailash Parikrama Yatra, but you will forget all the pain and hardships after making the holiest offering to Lord Shiva and goddess Parvati.

You can practice meditation, feeling the positivity this place has to offer. Moving forward, You will descend on the Parikrama route along with the view of breathtaking landscapes, the experiences of ancient traditions and the profound connections forged with fellow pilgrims and adventurers alike and reach back to Mansarovar. Through the whole Parikrama, you will feel like Lord Shiva is showering you with tons of blessings.

After the successful Kailash Parikrama, pilgrims will drive back to Saga, and through Kerung/Syabrubesi, they finally return to Kathmandu with their minds and souls filled with sacred energy and inspirations of the spiritual journey.

There is more to the Kailash Mansarovar Yatra than just seeking out heavenly favours. Your connection to nature will deepen after this yatra. You will also be able to undergo metamorphosis and find inner serenity. Those who travel this holy path are reported to be profoundly affected by Mount Kailash's divine energy, which provides a soul-touching and life-changing experience. Pilgrims walk around the peak to seek spiritual enlightenment and break free from the cycle of life and death. Starting the Kailash Mansarovar Yatra invites you to embrace the spiritual side of life and let the sacred energy of Mount Kailash transform you.

## **Trip Highlights**

### **Cost Includes**

- pickups and drops in a private vehicle at the Airport upon your arrival and departure
- All ground transportation on a comfortable private vehicle as per the itinerary
- 3-star hotel accommodation in Kathmandu with breakfast ( hotel standard will be changed as you wish )
- Kathmandu Sightseeing Tour, a tour guide, and a private vehicle as per the itinerary.
- Teahouse accommodation during the trek
- Breakfast, lunch, and dinner during the trek
- An experienced, English-speaking, and government-licensed trekking guide
- Staff costs, including their salary, insurance, equipment, visa, food, and accommodation
- Highland Eco's duffel bag
- All necessary paperwork and trekking permits ( 'Restricted Areas' Permit, China visa, Tibet Permit )
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from Tibet (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco
- Travel and rescue insurance (Required)
- Tips to the guide, porter, driver or any other trekking staff