

# Kailash Mansarovar Tour via Kerung

Url: <https://www.glorioushimalaya.com/trip/kailash-mansarovar-tour-via-kerung/>

**Duration**

14

**Max. Altitude**

5,630m

**Difficulty**

Moderate

**Group Size**

Moderate

**Transport**

Jeep, Bus, Van

**Meals**

Breakfast, Lunch and Dinner

**Starts At**

Kathmandu

**Ends At**

Kathmandu

**Accommodation**

Hotel and Guest houses

## Overview

Kailash Mansarovar tour via Kerung Border is another alternative among [other routes](#) to reach Mt. Kailash and holy Lake Mansarovar. Thousands of Hindu pilgrims and travelers take part in this 3-day Kora trek around Mt. Kailash, circling the sacred mountain and taking a ritual bath to expunge all mortal sins and pave the way to heaven. The two weeks journey initiates at Kathmandu, advancing towards the Trans-Himalaya in Tibet China by rigorous driving and trekking through remote western Tibet, circumnavigating Mt. Kailash, and a visit to the holy Lake Mansarovar, and exit to Nepal the same way back. Ancient salt trademark to Nepal from Tibet, the Kyrong valley is spectacular though some canon and farming land of Tibet crossing ... pass... meters from where Massive mountain Xisa-pangma ... Mtrs.

Mt. Kailash as a highlight of this spiritual journey is considered a sacred mountain in four religions: Hinduism, Jainism, Bon, and Buddhism. Hindus believe the mountain to be the abode of God Shiva living with his consort, Parvati, and the spiritual center of the universe, Mt. Meru, around which all else revolves. Jain calls the mountain Astapada as they believe their Saint Rishabanatha achieved spiritual liberation. Tibetans believe that it is the residence of Demchog, a fierce-looking tantric deity who lives there with his consort, Dorje Phagmo. As for Buddhists, the mountain is a terrestrial projection of the cosmic mandala of Dhyani-Buddhas and Boddhisattvas. The holy mountain is near to the source of some of the longest rivers in Asia which follows its path to the Indian Ocean such as Sutlej, Brahmaputra,

Karnali, and the Indus.

Sprawling below is the sacred lake of Mapam Yumtso or Mansarovar, where Pilgrims come to take ceremonial baths in the ethereal waters of the holy lake to relinquish the sins of a hundred lifetimes and drink of its waters that will deliver a pilgrim to Brahma's paradise. According to Hindu and Buddhist epics, the four great rivers of the Indian Sub-continent: Ganga, Stujel, the Indus, and the Brahmaputra arise from Mansarovar. Legends have that Mayadevi, the mother of Buddha was bathed at Mansarovar by Gods before giving birth to her son.

Despite the difficulties and challenges, the testing terrains of Kailash Mansarovar are now accessible with the modern road system and transportation facilities making it easily accessible for the Pilgrims and travelers from around the world. Four famous monasteries, Seralung, Thrucho, Gosul, and the Chiu Gumpa are located around the Mansarovar lake where was meditated by Milarepa, Padma Shambhava at different times. All equipment and luggage will be transferred by vehicles and animals around the Kailash trek and will be supported by a Nepalese team with a cook.

Our well-prepared itinerary has been crafted according to our client's requirements from accommodation to acclimatization, transportation, food, and other essential information.

## **Itinerary**

### **Day 01: Arrival Kathmandu - (1360m),**

Transfer to hotel after checked into hotel tour briefing by our tour leader.

### **Day 02: Kathmandu Valley sightseeing and obtain Chinese visas**

Capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

### **Day 03: Drive to Syabrubesi (1500m.) - 6/7 hours drive**

Through the Nuwakot valley viewing spectacular Mt. Langtang Lirung, Ganesh Himal and Manaslu. In the evening you can enjoy the natural hot spring.

#### **Day 04: Drive to Kerung (3500m.) - 2 hrs drive**

Is a 2 hrs drive but will take longer as the immigration & customs procedure of Nepal and China may take longer. Arrive in Kerung only after 3 PM local time. Once we enter the border, walking tour experience of Kerung, newly established trademark point.

#### **Day 05: Rest day in Kerung to acclimatize**

Today, we take a rest at Kerung for acclimatization. After breakfast, we hike up to the hill which is known as a holy hill for Tibetan Shamanism.

#### **Day 06: Drive from Kerung to Saga (4640m) - 5/6 hrs drive today's**

Journey starts with spectacular driving through the canon, some times along the Tibetan farm villages, over 5000 meters pass viewing Mt. Xisa-Pangma and many more enter into Tibetan plateau.

#### **Day 07: Drive to Manasarovar lake bank, Seralang Goma (4558m) - 5/6 hours,**

Today your drive will be along the Trans Himalaya across many Nomad valley of Mayum and Paryang. Via 5000 Mtrs pass Paumla.

#### **Day 08: Drive to Darchen (4,575m)**

Our journey starts along the Manasarovar Lake bank via Thrujo, Gosul, Chiu, and Monastery. You may take part in the natural hot spring bath near the Chiu monastery.

#### **Day 09: Drive from Darchen to Yamadwar (Tarpoche)(4900m) - 5/6 hrs drive,**

Where the biggest Buddhist ceremony is always held on the occasion of every Buddha Purnima (full moon, date of birth of Lord Buddha) and trek to Derapuk with Yak and Yak men. Visit of Deraphuk Monastery where was meditated by the Yak at the time of Milarepa

#### **Day 10: Trek to Juthulpuk (4760m) via Drolma La Pass (5630m) - 7/8 hrs trek**

3.30 hrs ascent over Dolma La offer a small pooja for your ancestors, 3.30 hrs descent to your hotel.

## **Day 11: Trek to Darchen and then drive to Paryang - 4 hrs trek in**

The morning visit of Deraphuk Monastery, where Milarepa was on his journey and a fleet of sheeps did meditation here.

## **Day 12: Drive to Kerung border overnight**

At a hotel, farewell dinner with the Tibetan crews.

## **Day 13: Drive back to Kathmandu**

Say goodbye to the Tibetan crews, exit Tibet border and take 7 hrs to drive to Kathmandu.

## **Day 14: Departure to your destination after**

Breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home.

At Glorious Himalaya, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

## **Trip Includes**

- Airport and hotel shuttle by private jeep/car/van with AC.
- 3 nights hotel accommodations at 3 star category hotel in Kathmandu city inclusive breakfast.
- Welcome dinner at typical Nepalese restaurant with cultural dance show.
- 1 day sightseeing at world heritage sites in Kathmandu.
- Kathmandu to Timure and Timure to Kathmandu transport by private jeep.
- Ground transfer in Tibet side by luxurious bus/jeep or, van as per the group size
- One support truck. for the group above 9 pax.
- Yak and yak men for your luggage during Kailash circuit.
- English speaking Nepalese tour leader and Tibetan guide.
- Best available guest houses accommodation in Tibet region.
- Full board vegetarian meal during the tour in Tibet.
- Chinese visa and all the Tibet permits fees.
- Supporting local staffs.
- Company duffel bags to use during the tour.
- First aid medicine for the tour.
- Emergency rescue management. (In this case you should have travel accidental and medical insurance which can cover your evacuation and treatment expenses)
- Staffs Insurance and daily wages.

## Trip Exclude

- International flights and Nepal travel visa.
- Expenses of personal nature such as phone call, laundry etc.
- Extra nights in Tibetan lodges and Kathmandu hotels (except mentioned in itinerary)
- Cost of riding horse during Kailash round (circuit, kora) on necessity
- Entrance fees of heritage sites for Kathmandu sightseeing.
- Any additional cost due to natural calamities and unforeseen circumstances such as land slides, road blockage etc.

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