

# Lhasa Kailash Mansarovar Yatra with Charan Sparsha - 16 Days

## KATHMANDU LHASA KAILASH TOUR – A SPIRITUAL AND CULTURAL JOURNEY

The Kathmandu Lhasa Kailash Mansarovar Yatra with Charan Sparsha is an incredible overland and aerial journey that takes you through the cultural and spiritual heartlands of Nepal and Tibet. This meticulously designed pilgrimage and adventure tour allows travelers to explore both historical cities and sacred pilgrimage sites, offering a profound spiritual experience while traversing breathtaking Himalayan landscapes. The tour encompasses visits to iconic landmarks, including Lhasa, Shigatse, Lake Mansarovar, and Mount Kailash, blending history, culture, and devotion into an unforgettable expedition.

### Discovering the Spiritual Capital – Lhasa

Lhasa, known as the “Place of the Gods”, is the capital of the [Tibet](#) Autonomous Region and a city deeply intertwined with Tibetan Buddhism. Sitting at an altitude of 3,650m, Lhasa is home to the Potala Palace, a UNESCO World Heritage Site and former winter residence of the Dalai Lama. This architectural marvel stands as a symbol of Tibetan culture and spirituality, offering panoramic views of the city and surrounding mountains.

A visit to Jokhang Temple, another UNESCO-listed site, provides deep insights into Tibetan Buddhist traditions, as it houses one of the most revered Buddha statues, the Jowo Shakyamuni. Exploring the bustling Barkhor Street, travelers can engage with the local Tibetan way of life, witnessing pilgrims performing kora (circumambulation) around the temple. Additionally, a scenic drive from Lhasa leads to Lake Yamdrok, one of Tibet's largest and holiest lakes, whose turquoise waters contrast beautifully with the rugged Himalayan terrain.

### The Sacred Pilgrimage to Kailash Mansarovar

Mount Kailash, revered by Hindus, Buddhists, Jains, and Bon followers, is believed to be the abode of [Lord Shiva](#) and the axis of the universe. Standing at 6,638 meters, this sacred peak remains unclimbed, preserving its spiritual purity. The pilgrimage around Mount Kailash, known as the Kailash Kora, is a three-day trek crossing the formidable Dolma La Pass (5,680m), symbolizing the journey towards enlightenment and purification of past sins.

Nearby, Lake Mansarovar sits at an altitude of 4,590m and is considered the holiest lake in Tibet. Pilgrims take ritual dips in its pristine waters, believed to cleanse the soul of all impurities. The tranquil surroundings of the lake, reflecting the mighty Mount Kailash, create a spiritually uplifting experience.

### Cultural Insights in Shigatse and Gyantse

The journey from Lhasa to Shigatse, Tibet's second-largest city, offers a blend of historical and religious experiences. Shigatse is home to Tashilhunpo Monastery, the traditional seat of the Panchen Lama and an important center for Tibetan Buddhism. The monastery's golden-roofed temples, ancient murals, and the Maitreya Buddha statue make it a must-visit destination.

En route, the town of Gyantse provides another glimpse into Tibet's cultural heritage, featuring Gyantse Kumbum, a multi-storied chorten adorned with intricate murals and statues that depict Buddhist teachings. These cultural landmarks add depth to the spiritual journey, offering a broader understanding of Tibet's rich traditions.

### **Scenic Overland Journey through the Himalayas**

The overland drive from Lhasa to Kailash via Saga and Paryang offers mesmerizing views of the Tibetan plateau, snow-capped peaks, and nomadic settlements. Travelers cross high-altitude passes and vast plains, witnessing the traditional lifestyle of Tibetan herders. The route also provides ample opportunities to acclimatize before reaching higher elevations at Mansarovar and Kailash.

### **Best Time to Visit and Tour Customization**

The ideal period for the Kathmandu Lhasa Kailash Mansarovar Yatra with Charan Sparsha is from May to September when weather conditions are most favorable for both pilgrimage and sightseeing. Trek Mania Nepal offers customizable itineraries to suit different travel preferences, ensuring a comfortable and spiritually enriching journey.

For those seeking more Himalayan adventures, consider exploring our [Everest Base Camp Trek](#), [Annapurna Circuit Trek](#), and the [Manaslu Expedition](#), all of which provide incredible trekking experiences in Nepal.

To learn more about Tibetan culture, visit the official website of the Tibet Autonomous Region for updated travel regulations and guidelines for foreign visitors.

Join us on this transformative journey to the roof of the world, where spirituality, adventure, and breathtaking landscapes converge in the Kathmandu Lhasa Kailash Mansarovar Yatra with Charan Sparsha. Contact Trek Mania Nepal today to book your trip and embark on a once-in-a-lifetime pilgrimage.

## PRICE INCLUDES

- All ground transportation by Private Vehicle
- Kathmandu – Lhasa – Kathmandu Flight
- Kathmandu Sightseeing
- Lhasa sightseeing
- Airport Pick up and drop off by private vehicle
- Pure Vegetarian meal (Breakfast, Lunch and Dinner)
- Enough Drinking water included
- Twin sharing in Nepal and Tibet and group sharing in Kailash Region as mentioned in the itinerary.
- Tibet Visa & Permit
- All necessary entrance fees in Nepal and Tibet
- Special Kailash Mansarovar Permit
- Applicable entrance fees to visit Monasteries and temples
- Guide, Team of Sherpa to carry your luggage & Cooks to prepare food from Saga(Nepali Tour Guide-1,Tibetan Tour-1 and Manager-1)
- Medical kits, Enough oxygen cylinders, Other necessary equipment
- Down Jacket on a refundable basis, Day pack bag, Duffel bag

## PRICE EXCLUDES

- Any kind of personal expenses
- Air and any other expenses from your home location to Kathmandu airport.
- Pony / Porter expenses in Kailash Parikrama
- Any kind of insurance
- Any kind of Medical expenses
- Any kind of donation or tip to Guide / Sherpa / Drivers /Cooks / Porter / Priest / or any crew member
- Extra days accommodation at any place due to bad weather or any other reason.
- VISA splitting charges & transportation charges, if leaving early from Tibet.
- Any evacuation / rescue / additional charges / losses due to natural calamities / unforeseen circumstances.
- Anything which is not included in inclusions

## ITINERARY IN DETAIL

### Day 1: Arrive in Kathmandu (1,400m / 4,593ft)

Welcome you at the Tribhuvan International Airport, Kathmandu. Our representative will greet you and escort you to the hotel for check-in and stay overnight.

### Day 2: Kathmandu Valley Sightseeing and Trip Preparation (1,400m / 4,593ft)

After breakfast we will do sightseeing of major heritage sites of Kathmandu valley. Visit holy temple Pashupatinath, Gjeswari Shaktipith, Jal Narayan. Back to hotel and trip briefing. After you will have free time for shopping and packing for your trip. Overnight at Hotel

### Day 3: Fly Kathmandu-Lhasa (3,650m / 11,975ft)

On your arrival to Tibet, we will meet you at the airport and transfer you to the hotel. Taking it slow the rest of today, you can adjust to the altitude easier and quicker. Remember to drink plenty of water and get plenty of sleep for the long journey ahead.

### Day 4: Sightseeing in Lhasa (3,650m / 11,975ft)

Visit Lhasa today. We will visit Potala palace, an oldest palace of Dalai Lama, Norbulinka palace, the first Buddhist's temple of Tibet and Drepung Monastery.

### Day 5: Drive Lhasa - Shigatse (3,900m / 12,795ft)

Further, our way lays in capital of a province of Tsang - Shigatse - residence Panchen Lama - the second ecclesiastic of Tibet. Early in the morning excursion in a monastery of Tashilhunpo (it is based in 1447), visiting of a temple of the Buddha of the future - Maytreya and also other temples of a monastery. Overnight at hotel.

### Day 6: Drive Shigatse - Lhasa - Saga (4,640m / 15,223ft)

The journey today brings you over two high of more than 5000 meter passes with fine views. For overnight we stop in the town of Lhatse. other things like lake, nomads chasing thousands of yaks and sheep keep you busy. By the late afternoon you will cross Bhramha Putra River way to typical Chinese and Tibetan town, Saga for night.

### Day 7: Drive to Mansarovar via Paryang (4,500m / 14,764ft)

Day starts with full of excitement, by the late afternoon you can have the first sight of Holy Kailash Parbat and Manasarovara. Here, a small village nearby Lake Manasarover, we will spend a night there.

### Day 8: Exploration of Lake Mansarovar and drive to Tarchen (4,575m / 15,010ft)

Manasarovar is the lake of compassion, tranquility and bliss. After completing the memorable morning Bath and Puja we will be heading towards Tarchen. It is considered as a base camp for the Holy Kailash Parikrama (walking around).

### Day 9: Kailash Parikrama. Drive to Valley of the Gods and trek to Derapuk (4,860m / 15,944ft)

It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky make you feeling that Great God Shiva is everywhere with tons of blessing to you. Time to time the face of Kailash

Parbat will keep on appearing. For 15 km trail it takes almost 6 hrs.

### **Day 10: Charan Sparsha Overnight at Derapuk (4,860m / 15,944ft)**

On Day 10 of the Lhasa Kailash Mansarovar Yatra, pilgrims make their way towards Charan Sparsha, a sacred site located near Mount Kailash. This spot is believed to be where Lord Shiva's feet touched the Earth, making it one of the most spiritually significant places on the journey. After spending some time in prayer and reflection, pilgrims continue their trek to Derapuk, situated at an altitude of 4,860 meters (15,944 feet). The route offers stunning views of the towering peaks of the Tibetan plateau, and the serenity of the landscape enhances the spiritual experience. Upon reaching Derapuk, travelers settle in for an overnight stay, taking in the awe-inspiring surroundings at this high-altitude camp.

### **Day 11: Trek to Juthulpuk by crossing Dolma La Pass (5,680m / 18,635ft)**

Hardest but Holiest day of your pilgrimage Yatra with Dolma-La (pass) of 19500ft between two valleys. Yamasthal should be crossed to reach the Shiva-sthal while your steps go closer to the pass. Once you reach the top, just do the holiest offering and sit down for meditation. Once your steps go down, Parvati-stal and Gauri Kunda are on the way. By the late afternoon, you will arrive Zuthal Puk (the cave of Miracles. The great ascetic Milerappa is supposed to have performed miracles here).

### **Day 12: Finishing Kailash Parikrama and drive back to Saga (4,640m / 15,223ft)**

After walking 3 hours, all the driving crew will be waiting your arrival. By the late afternoon you will be at your lodge in Saga.

### **Day 13: Drive to Shigatse. Overnight at Hotel (3,900m / 12,795ft)**

Easy day onward today. We take easy driving back to Shigatse town which is second biggest town of Tibet. You can make late afternoon walking tour.

### **Day 14: Drive to Lhasa (3,650m / 11,975ft)**

Continue drive to Lhasa city and transfer to Hotel. Prepare your bag for flight back to Kathmandu tomorrow.

### **Day 15: Fly back to Kathmandu and transfer to the Hotel (1,400m / 4,593ft)**

Early in the morning drive to Gonggar Airport from Lhasa. It is 90 km and takes 2 hours. Reach Kathmandu and transfer to Hotel. Rest Evening feedback regarding the trip.

### **Day 16: Final Departure to Home or further program in Nepal (B, L)**

We drop you to International airport for your final departure. Or continue for your further trip in Nepal.

## FAQ

### 1. What is the Lhasa Kailash Mansarovar Yatra with Charan Sparsha?

This is a spiritual pilgrimage that takes travelers through the sacred city of Lhasa, exploring its ancient monasteries, before heading to Mount Kailash and Lake Mansarovar. The journey includes the Kailash Parikrama (Kora) and the special Charan Sparsha (touching the sacred foot of Mount Kailash), a rare and highly revered experience.

### 2. How long does the Yatra take?

The entire Lhasa Kailash Mansarovar Yatra with Charan Sparsha takes 16 days, including international flights, acclimatization, and the trek around Mount Kailash. The duration can vary based on weather conditions, travel routes, and individual fitness levels.

### 3. What is the best time to undertake this pilgrimage?

The best time for the Kailash Mansarovar Yatra is May to September, when the weather is relatively stable, and the high-altitude terrain is accessible. Summer offers clear skies and comfortable trekking conditions.

### 4. Do I need a visa or special permits for this tour?

Yes, travelers need a Chinese visa and a special Tibet Travel Permit issued by the Tibet Autonomous Region (TAR) authorities. Additional permits are required for entering the Ngari region, where Mount Kailash and Lake Mansarovar are located. These permits are arranged by the tour operator.

### 5. What is Charan Sparsha, and why is it special?

Charan Sparsha is a unique and spiritual moment where pilgrims get an opportunity to reach the base of Mount Kailash and physically touch the sacred mountain. Many devotees believe that touching Kailash brings immense spiritual blessings and liberation (Moksha).

### 6. Is the trek difficult?

The Kailash Parikrama is a moderately challenging trek that involves walking at high altitudes, reaching Dolma La Pass (5,680m / 18,635ft). Good fitness and proper acclimatization are essential. The Charan Sparsha trek requires additional endurance due to rough terrain and thin air.

### 7. What kind of accommodations can I expect?

In Lhasa, Shigatse, and Saga, comfortable hotels and guesthouses are available. In remote areas like Darchen and during the Kailash Kora, accommodations are basic lodges or shared dormitories. Pilgrims should be prepared for simple facilities.

### 8. What type of food is available during the Yatra?

Hotels in Lhasa and major Tibetan cities provide a variety of vegetarian meals. During the trek, food options are limited, with simple vegetarian dishes like soups, rice, chapati, noodles, and tea being available.

### 9. Is there any altitude sickness risk?

Yes, altitude sickness can affect travelers as the Yatra involves high-altitude regions. Proper acclimatization days in Lhasa and Saga, staying hydrated, and following a gradual ascent help reduce the risk. Oxygen cylinders and medications like Diamox can be used if needed.

#### **10. How do I travel from Kathmandu to Lhasa?**

Pilgrims fly from Kathmandu to Lhasa, enjoying a scenic flight over the Himalayas, including Everest. The journey continues via road to Shigatse, Saga, Mansarovar, and Kailash.

#### **11. Can senior citizens or people with health conditions undertake this Yatra?**

Senior citizens and individuals with medical conditions should consult a doctor before attempting this Yatra. A medical check-up is recommended. The trek is physically demanding, and good health is necessary for a safe journey.

#### **12. Is there internet and mobile connectivity during the journey?**

Internet and mobile networks are available in Lhasa, Shigatse, and Saga but become unavailable in remote areas like Mansarovar, Darchen, and Kailash Kora. Satellite phones are an option for emergency communication.

#### **13. What currency is used, and how much money should I carry?**

The currency in Tibet is Chinese Yuan (CNY). Pilgrims should carry enough cash as ATMs are limited beyond Lhasa and Shigatse.

#### **14. Is travel insurance required?**

Yes, comprehensive travel insurance covering high-altitude trekking, medical evacuation, and trip cancellations is mandatory.