



# TibetanGuide

M I M A D H O N D U P

## MT. KAILASH PILGRIMAGE KORA TO NEPAL – SAGA DAWA FESTIVAL 2025 –

Tashi delek! Tibetan Guide Travel Tours is your trustworthy boutique travel agency based in Lhasa that offer bespoke guided tours across the Tibetan Plateau. Being a Tibetan owned business and with highly experienced Tibetan drivers and tour guides, we well know our traditions and mother land. We are confident that you would not be disappointed if you choose our services; safety and customer satisfaction is our priority. We have our own tourism license and one of the few authorised to receive foreign groups and apply for their Tibet Travel Permit without any intermediary.

### Proposed itinerary

#### June 3rd, 2025.

##### Day 1: Lhasa arrival [3650m]

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Welcome to Lhasa! Your English-speaking Tibetan guide and driver will warmly welcome you and accompany you to your hotel. Lhasa is one of the highest cities in the world. We understand that the high altitude of Tibet can be challenging for some, so we recommend taking your time to acclimate. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and take a good rest to minimise any altitude sickness symptoms. Get ready to embark on a once-in-a-lifetime adventure! *Overnight in Lhasa.*

#### June 4th, 2025.

##### Day 2: Lhasa sightseeing

[B, –, –]

At the assigned time, we'll begin our tour by visiting the iconic Potala Palace. Built in the 17th century by the fifth Dalai Lama, this magnificent palace offers breathtaking views of the entire city and is home to the private quarters of the Dalai Lama, numerous grand state rooms, and chapels. Afterward, we'll visit the revered Jokhang Temple, founded in the 7th century by Songtsen Gampo, which is considered the most sacred monastery in Tibet. Immerse yourself in the rich cultural heritage of this magical land: take a stroll through the vibrant Barkhor old quarter and follow pilgrims from all over the Tibetan plateau on a kora around the Jokhang Temple. Kora is a term used in Tibetan Buddhism that refers to the practice of circumambulating around a sacred site, such as a temple, stupa or mountain, as a way of showing devotion and accumulating merit. The practice involves walking clockwise around the site, often while reciting mantras, prayers or other sacred texts. It is also believed to bring good fortune and blessings to those who undertake it. *Overnight in Lhasa.*

#### June 5th, 2025.

##### Day 3: Lhasa sightseeing

[B, –, –]

Today we'll visit Drepung and Sera monasteries. After breakfast, we'll venture to the outskirts of Lhasa to witness the grandeur of the Drepung Monastery, the largest in Tibet, which once housed 7000 monks. Along with the monasteries of Ganden and Sera, Drepung is one of the three great centers of Tibetan Buddhist education in the Gelugpa school, also known as the Yellow Hat Sect. Founded in the 15th century, it was the former residence of the Dalai Lama before the construction of the majestic Potala Palace. In the afternoon, you'll be mesmerised by the famous debates of the Sera Monastery, where the monks engage with vibrant energy in intellectual discourse and challenge each other's understanding of Buddhist philosophy. It's a truly awe-inspiring experience not to be missed! *Overnight in Lhasa.*

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### June 6th, 2025.

#### Day 4: Lhasa – Shigatse [354Km, 3840m]

[B, -, -]

Let the adventure begin! We'll hit the road and head West to reach Shigatse, the second largest city in Tibet, before dinner time. We'll start ascending the Kampa-la Pass [4797m], where you'll witness the stunning Mt. Noiijin Kangsang [7206m] and the breathtaking turquoise waters of holy lake Yamdrok-Tso. An unreal sight that will leave you spellbound all along the way to the Karo-la Pass [5050m], where you'll marvel at the glacier that majestically hugs the roadside. The last stop will be the charming Gyantse town, home to the Kumbum Stupa inside Pelkor Chode Monastery, renowned for its exquisite Tibetan art paintings. From the top of the Kumbum, you'll also be treated to a magnificent view of the majestic Gyantse Dzong fortress overlooking the valley. *Overnight in Shigatse.*

### June 7th, 2025.

#### Day 5: Shigatse – Sakya [145Km, 4320m]

[B, -, -]

As early as possible, we'll be visiting the Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama and currently the seat of the Panchen Lama. Back to the Friendship Highway, we'll take you to the stunning Sakya Monastery, the principal seat of the Sakyapa Sect founded in 1073 and one of the four major Schools of Tibetan Buddhism. Its powerful abbots governed Tibet during the whole of the 13th century until they were eclipsed by the rise of the Gelugpa Sect. With its unique Mongolian architecture, this monastery stands out from any other you've seen before. The lucky ones may get to witness the sunset from atop the monastery walls, accompanied by the hypnotising sound of the monks playing their dungcheng, a traditional long Tibetan horn. *Overnight in Sakya. Important: In case there is any local restriction the day you arrive to Lhasa, we will continue our journey and stay overnight in Lhasa (55Km).*

### June 8th, 2025.

#### Day 6: Sakya – Rongbuk (Mt. Everest) [230Km, 5000m]

[B, -, -]

Another thrilling day! We'll reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. The journey to Rongbuk involves crossing the high passes of Gyatso-la [5220m] and Gawu-la [5150m]. Gyatso-la gives the opportunity to view Mt. Everest and the Himalayas for the first time; and from the top of the Gawu-la you'll enjoy amazing views of several peaks like Makalu, Lhotse, Cho Oyu, and Mount Everest. The Rongbuk Monastery is located at the foot of the Everest, and the highest monastery in the world. You'll spend the night at the tourist camp site located a few Kilometres from the real EBC used by climbing expeditions, where you'll have direct views of Mt. Everest (Qomolangma). Since 2018 tourists are not allowed to visit the EBC due to environmental protection and now there is an eco-bus shuttle to access Rongbuk. *Overnight at simple guesthouse tent (dorm bed without bathroom).*

### June 9th, 2025.

#### Day 7: Rongbuk – Saga [300Km, 4490m]

[B, -, -]

Start your day early to enjoy the sunrise view of Mt. Everest summit [8848m] on the horizon. After breakfast, we will visit Rongbuk Monastery for a final look of the Mt. Everest North Face. Our journey continues as we drive towards the Northwest, crossing high passes with enchanting views of the surrounding Himalayan peaks such as Cho Oyu and Shishapangma, and the wild and stunning Peikutso lake. *Overnight in Saga.*

### June 10th, 2025.

#### Day 8: Saga – Darchen [490Km, 4670m]

[B, -, -]

Today early morning, we'll enter the semi-nomadic regions of Tibet's far west. You will keep your eyes out of the window to see the authentic Tibetan landscapes throughout the long drive, as we traverse through the biggest and highest plateau in the world. Following west the Yarlung Tsampo river, also known as the Brahmaputra in India, we'll arrive to little town of Darchen, nestled at the foot of Mount Kailash. This is where you'll prepare yourself for the upcoming trek around the holy mountain. *Overnight in Darchen.*

### June 11-14th, 2025.

#### Days 9-12: Mt. Kailash Kora during Saga Dawa Festival [52Km, max. altitude 5630m]

We begin the Pilgrimage Kora of Mount Kailash, the most sacred mountain in Asia. Tibetans and Hindu people from all over the World come here for religious reasons. First we'll go to an important pilgrimage area called Tarpoche where Saga Dawa Festival is held every year on the 15th day of the 4th month in the Tibetan calendar to celebrate the day Lord Buddha Sakyamuni was born, achieved enlightenment and passed away. Saga Dawa is the most significant festival in Tibet and for this reason we all tibetans are willing to visit Mt. Kailash and complete its kora during this time. Our trekking plan is as follows:

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### June 11th, 2025.

#### Day 9: Trek to Dira-Puk Monastery [20Km, 5-6h, 5050m].

[B, -, -]

We will begin the kora with a gentle ascent, enjoying views of the southwest face of Kailash as we enter the Valley of the Gods and follow the Lha Chu River to the Dira Puk Monastery. From here, we will have privileged views of its north face. *Overnight in Dira-Puk, at the foot of the majestic north face of Mt. Kailash, in a simple guesthouse (dormitory room without bathroom, with an outdoor latrine).*

### June 12th, 2025.

#### Day 10: Trek to Mt. Kailash North Face [7Km, 3-4h, 5050m].

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Today's main goal is to carefully approach the wall of Kailash up to the Gangjam Glacier and intensely feel the almost 2000 meters that separate us from the summit. Depending on the glacier and terrain conditions, we will get as close as possible to the wall. Free time to meditate and connect with the mountain. Once back at our lodge, you are free to visit Dira-Puk Monastery and the surroundings. *Overnight at guesthouse dormitory, no bathroom.*

### June 13th, 2025.

#### Day 11: Trek to Zutul Puk Monastery, [18Km, 6-8h, 4820m].

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The day will start frosty and present itself as a great challenge. After a long 4-hour climb, we will reach the highest point of the journey: the Drolma-la pass at 5630 meters. The descent is initially steep but then becomes a comfortable walk until we arrive at the Zutrül Puk Monastery. *Overnight in Zutrül-Puk, in a simple guesthouse (dormitory room without bathroom, with an outdoor latrine).*

### June 14th, 2025.

#### Day 12: Trek to Darchen [14Km, 3-4h, 4670m].

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The final day is a mere formality compared to what was experienced the previous day. A gentle descent will allow us to complete the Kora around Mt. Kailash. But remember, it takes 107 more koras to achieve enlightenment. By midday, you should have arrived back in Darchen. Optionally, and after a brief rest in Darchen, we will take the mandatory "eco-bus" service to circle the Mapham Yum-tso (Manasarovar) lake kora. *Overnight in Darchen.*

### June 15th, 2025.

#### Day 13: Transfer to Saga [490Km, 4490m]

[B, -, -]

And with our objectives accomplished, we will return to Saga, heading east through arid landscapes with large sand dunes and wonderful views of the Himalayan mountain range and the Tibetan plateau, where we will spend the night before crossing the Himalayas. *Overnight in Saga.*

### June 16th, 2025.

#### Day 14: Tibet departure: Saga – Kyirong – Nepal Border [200Km]

[B, -, -]

Today begins the end of your Tibetan journey through the most sacred Buddhist monasteries and mightiest mountains on earth, out of the barren Tibetan Plateau to the lush foothills of Nepal. We turn South towards the jagged summits of the Langtang Himal. Climate and landscape suddenly change to milder, humid and greener while descending in altitude out of the Roof of the World. Due to the closure of the border crossing on the Friendship Bridge at Zhangmu / Kodari after 2015 Nepal Earthquake, a new border crossing for tourists has been opened at Kyirong connecting Nepal's Langtang Region with Tibet. Your guide and driver will transfer you to the Nepal Border and assist you during the China Customs Clearance formalities. On Nepali side, you can apply for your Nepal VISA on arrival: 30/50/125USD for a 15/30/90 days VISA (more info at Nepal Immigration website). If you entered Tibet from Nepal, remember to keep one photocopy of your Tibet Group VISA when leaving Tibet. We can provide private transportation and guiding services in Nepal (not included). *End of our services.*

*Early arrival / late departure available.*

*Please, contact us for further information about any available extension of your trip.*

# Mt. Kailash Pilgrimage Kora

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**PRICE :** Contact us for the latest available rates. The max group size is 12 people.  
– Single room occupancy available at additional cost (hotels only).

- Day 01** Lhasa arrival [3650m].  
**Day 02** Lhasa sightseeing: Potala Palace & Jokhang Temple.  
**Day 03** Lhasa sightseeing: Drepung, Nechung & Sera monasteries.  
**Day 04** Lhasa – Shigatse [354Km, 3840m]: Yamdrok-tso lake, Kyangyong & Karo-la glaciers, Pelkor Chode Monastery (Kumbum Stupa).  
**Day 05** Shigatse – Sakya [145Km, 4320m]: Tashilhunpo & Sakya monasteries.  
**Day 06** Sakya – Everest North Face at Rongbuk [230Km, 5000m]: Eco-bus service to Rongbuk Monastery, Everest Base Camp (when access allowed again).  
**Day 07** Rongbuk – Saga [300Km, 4490m]: Mt. Cho Oyu, Mt. Shishapangma, Peiku-tso lake.  
**Day 08** Saga – Darchen [490Km, 4670m]: Sand dunes, prepare the trek.  
**Days 9-12** Mt. Kailash Kora [52Km, max. altitude 5630m]  
**Day 13** Transfer to Saga [490Km, 4490m].  
**Day 14** Saga – Nepal border [200Km, 2800m]: Tibet departure.
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### ACCOMMODATION :

**Lhasa 3 nights**, BanakShol Hotel 3\*, in the Barkhor Quarter.

**Shigatse 1 night**, Scherry Hotel 4\*.

**Sakya 1 night**, Yuan Mansion Hotel 3\*.

**Rongbuk (Everest) 1 night**, Mt. Everest Tourist Camp Dormitory Tent or Rongbuk Monastery Guesthouse (with supplement, subject to availability).

**Saga 2 nights**, Northern Holiday Hotel or similar.

**Darchen 2 nights**, Kailash Castle Hotel or similar.

**Mt. Kailash Kora 3 nights**, basic guesthouse dormitory room without bathroom.

### INCLUDED :

All necessary travel permits in Tibet.

All entrance fees to temples, monasteries and palaces.

All environmental fees to lakes, glaciers and National Parks.

Accommodation on shared twin room basis with breakfast described in the itinerary above (hotels only).

Experienced Tibetan guide in Tibet (English language).

Transportation in Tibet (Airport / train station group pick up & drop off).

Driver and guide's food and accommodation.

Vehicle fuel, tools and vehicle repairs (if necessary).

Porters / yaks to carry baggage during Mt. Kailash Kora (horse riding available for additional cost)

Oxygen tank & bottled mineral water available in the group vehicle.

Welcome dinner.

### NOT INCLUDED :

China VISA

Plane or train tickets in / out of Tibet.

No breakfast is provided at the Saga Hotel and all guesthouses.

Meals, drinks and any other personal expenses.

Horse for personal use during Kailash Kora (must be used by 1 person only). Personal porters.

Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)

Tips to guide and driver, but this totally depends on you.

Anything not specified in the "included" section.

**By joining this tour, you agree to our booking conditions, terms and policies**