**Mt.Everest & Mt Kailash Kora Pilgrimage Group Tour -14 Days**

**Description**

The circuit, or kora, of Mt Kailash(6714m) is one of the most important pilgrimages in Asia. It’s been a religious sanctuary since pre-Buddhist times, and a trek here wonderfully integrates the spiritual, cultural and physical dimensions of a trip to Tibet. Being able to meet pilgrims from across Tibet and other countries is another allure.

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|  | **Route**  | **Attractions & Activities** | **Lodgings** | **B** | **L** | **D**  |
| D1 | Arrival in Lhasa | Group transfer from Lhasa Airport/Railway | Lhasa,3★/4★ |  |  |  |
| D2 | Lhasa Suburb | **Drepung Monastery; Norbulingka; Tibet Museum** | Lhasa,3★/4★ | √ |  | √ |
| D3 | Lhasa City | **Potola Palace; Jokhang Temple; Barkhor Street** | Lhasa,3★/4★ | √ |  |  |
| D4 | Lhasa > Gyantse>Shigatse | **Yamdrok Lake, Karola Glacier,****Pelkor Chöde Monastery with Gyantse Kumbum** | Shigatse,3★/4★ | √ |  |  |
| D5 | Shigatse > Tingri > Everest Base Camp | **(Tashilhunpo monastery),** **sunset of golden Everest peak** | Rongpuk guesthouse or Nomad Tent (Dorm Bed) | √ |  |  |
| D6 | EBC > Saga | **Sunrise of Everest peak, Far view of the Mt.Shisha pangma, Peikutso lake** | Saga, guesthouse/3☆ |  |  |  |
| D7 | Saga>Darchen | **Sand dunes, beautiful grassland and local's villages, Far view of the Mt. Naimonanyi** | Darchen ，guesthouse /4★ |  |  |  |
| D8 | Darchen > Dirapuk | **Wild landscapes around Mt.Kailash, Drirapuk Monastery** | Guesthouse (Dorm Bed) | √Only 4★ |  |  |
| D9 | Trek from Dirapuk > Zutulpuk | **Wild landscapes around Mt.Kailash, Zutulpuk Monastery** | Guesthouse (Dorm Bed) |  |  |  |
| D10 | Trek from Zutulpuk > Darchen; Drive Darchen > Manasarovar> Zhongba | **Manasarovar Lake** | Zhongba, 3☆ |  |  |  |
| D11  | Zhongba - Lhatse |  | Lhatse , 3☆ |  |  |  |
| D12 | Lhatse>shigatse | **Sakya Monastery** | Shigatse, 3★/4★ | √ |  |  |
| D13 | Shigatse > Lhasa | **Tashilhunpo monastery,**  **Tibetan Incense Workshop in Nyemo** | Lhasa ,3★/4★ | √ |  |  |
| D14 | Departing from Lhasa | Group transfer to Lhasa Airport/Railway |  | √ |  |  |

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| **INCLUSIONS** | **EXCLUSIONS** |
| Lodgings | \* Comfortable Hotel Accommodations as listed in itinerary; | \*Private Lhasa Airport transfer if your flight isn’t within our free service time.Nov-Jun: USD 50/vehicle/timeJul -Oct: USD 65/vehicle/time\*ShuttleBus fee at Lake Manasarovar: USD 43/person;\*Private Lhasa train station transfers if your train isn’t our group date. USD30 per transfer.\*Air or Train to/from Tibet\*China Visa\*Breakfast on Day 06/09-13, Lunch, Dinner\*Yaks & herders during 3-Day Mt Kailash Kora\*Admission fee for optional attraction\*Super-fast express delivery of Tibet Entry Permit (eg. China Air Express) \*Additional days caused by unexpected nature disasters. eg.Land Slide, Avalanche, etc.\*Gratuities for guide & driver, abt CNY 50/day for both of them together\*Personal expenses\*Personal travel insurance\*Anything not listed in INCLUSIONS  |
| Meal | \* Meals as listed in the itinerary; |
| Transport | \*Licensed vehicle according to group size & season as itinerary needed; \*Gas and parking fee for the vehicle;\***Lhasa Railway Station：**1-time free pick-up at any time on Day 01;1-time free drop-off at any time on Day 14;\***Lhasa Airport：**1-time free pick-up at9:30am、13:00pm、16:00pm from Lhasa Airport on Day 01;1-time free drop-off at 8:30am、12:30pm、14:30pm from hotel in Lhasa on Day 14; |
| Guide | Experienced local English-speaking tour guide |
| Admissions | All entrance fee mentioned in itinerary |
| Shuttle Bus fee | From Dachen to Prayer Flag Square and from ZongDui back to Dachen;  |
| Permit | Tibet Tourism Bureau Permit (TTB);Alien's Travel Permit(PSB) to be apply in Shigatse with your original passport which takes abt 30mins;Military Permit;  |
| Others | Travel Agency Liability insurance;Government Tax;Express delivery fee of Permit (eg. SF. Express)Oxygen tank for emergency use;Two bottles of mineral water per person per day; |
| **NOTE** |
| \* Tibet Tourism Bureau Permit (TTB) & Military Permit usually takes about 30-working-day to apply. If you couldn’t provide the required docs & info on time, an extra handling fee will be charged. Please consult your travel consultant for details;\* During the 3-day Mt Kailash Kora—Lodgings: clean dorm-bed guesthouse; in peak season, we provide the tent in case the guesthouses are fully booked by Indian pilgrims.Food:    locals sell Tibetan noodles (USD 5) & instant noodles(USD 2) along the way.Luggage: leave most of your luggage in our vehicle, bring only the necessary.\* We reserve the right to change the itinerary order and attractions in Lhasa;\* On Day 14, you could also choose to leave Lhasa. We will drop you off to the Lhasa airport or railway station for departure but the price cost is the same with the 15-day tour;\* If you prefer to book your own hotels over those included in our group tour, please meet the rest of the group at their daily hotel on time. We don’t include the transfers to your own hotels;\***All members of the same group must be with the same tour guide during the whole trip**. So all members must follow the same itinerary and visit the same attractions. If anyone requests to change the scheduled arrangement for own reasons, you need to get permission from other members and accept the possible payment change if any.\* We need to pick up and drop off all members of the group on first & last day from Lhasa Airport/Railway, thus there may not always have guide presence but driver;\* Due to the special nature of Tibet travel, any unforeseeable and unavoidable objective circumstances, including but not limited to natural disasters, war, terrorism, riot, civil commotion, strikes, public health emergencies, government action, major traffic jams, delay or cancellation of flight/train, attractions temporarily closed. etc., resulting in a change of itinerary, the increased cost will be paid by travellers; if any attraction visits have to be cancelled due to the same reasons above, GTT won't be held responsible for a refund except certain attraction entrance fee which will be solely decided by GTT.\* Single Supplement: our quote is based on twin rooms. For single travellers, single supplement is required at the time of booking. If there is another traveler to share the room with you,  the single supplement will be refunded.\* The accommodation conditions on Everest is kind of basic due to the geographic and climatic situation. As we try to bring you the best tour experience, the double room of Rongbuk Monastery guesthouse will be our first choice for you to stay overnight there. However, there are limited numbers of those rooms, which are not accepted a reservation in advance, especially during the peak season of Tibet tourism. Thus, when the standard rooms run out, we would arrange all the group members to stay in the multiple bedded rooms of Rongbuk Monastery or the nomad tent at EBC tent area. Both of them provide dorm beds only. If you don’t want to share the room with others, you could pay the price difference of the vacant beds. |

**Detail Itinerary**

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| **Day 01: Arrival in Lhasa** Our staff will greet you at Lhasa Airport/Railway to transfer you to hotel. From Lhasa Airport to downtown Lhasa, usually takes abt 1.5hrs; from Lhasa Railway Station, abt 20mins. After transferred to hotel, the rest of the day you will be free to wander around the city on your own but try not to overtax yourself. The first day’s well-rest is crucial to acclimatize high altitude. Remember to drink lots of water, eat light, and not to shower if you can help it.Please check the Inclusions for the information of our free Lhasa Airport/Railway transfers.**Overnight in Lhasa, 3★/4★****Day 02: Lhasa Suburb (B+D)** **Highlights: Drepung Monastery, Norbulingka, Tibet Museum**In the morning, you are heading to **Drepung Monastery**, which means Monastery of Rice Heap in the Tibetan language. The entire monastery is large in scale and the white buildings cluster and cover the hillsides. Drepung monastery is the largest Tibetan Buddhist monastery, with more than 10,000 monks at its peak. The first to the fifth Dalai Lamas have held enthronement ceremonies in Drepung Monastery, and all Dalai Lamas have Drepung Monastery as their “mother temple”, so it is also the highest-ranking monastery in the Gelug Sect.In the afternoon, we will visit **Norbulingka**, which is a typical Tibetan-style royal garden, the summer resort of the Dalai Lama. There are a lot of towering trees, exotic flowers and plants in the garden, as well as many collections of cultural relics, Buddha statues, pagodas, thangkas, murals, etc. They are all very precious treasures.Next, we’ll go to the **Tibet Museum** near Norbulingka, which is the only national first-class museum in the Tibet Autonomous Region. The exhibition hall is composed of 4 major parts: prehistoric culture, inseparable history, culture and art, and folk culture. The collection is rich in cultural relics with strong characteristics, including various relics of prehistoric culture, statues of Buddhas and Bodhisattvas of various textures and shapes, important historical objects, exquisite ancient Tibetan books, thangkas, ethnic handicrafts and costumes, etc., which fully demonstrate the historical development and cultural landscape of Tibet.**Overnight in Lhasa, 3★/4★****Day 03: Lhasa City (B)** **Highlights: Potola Palace, Jokhang Temple, Barkhor Street**Today, you will visit the most famous **Potala Palace**, which is the cardinal landmark of Tibet and the masterpiece of Tibetan architecture. Potala Palace was the winter palace of successive Dalai lamas. In possession of rich cultural heritage, Potala Palace is known as the "pearl on the roof of the world." At the top the palace called golden roofs, you can have a bird-eye view of the whole of Lhasa. In the distance there are undulating mountain ranges, the beautiful Lhasa River, tracts of fields, tree-shaded villages and the glistening Jokhang Temple.At noon, the tour guide will bring you to a good restaurant to have lunch and have a rest. In the afternoon, we will go to visit **Jokhang Temple** in the center of the Lhasa old town. Jokhang Temple is the most sacred temple in Tibet and it is always bustling with earnest local pilgrims since the early days. After that, you will take a walk around the **Barkhor Street** - one of the most devotional circuits as well as a crowded central market of Lhasa. Barkhor Street is a very ancient round street surrounding the Jokhang Temple and the locals are always proud of it. As a symbol of Lhasa, it‘s also a must-see place for visitors.**Overnight in Lhasa, 3★/4★****.****Day 04: Lhasa > Gyantse >Shigatse(B)** **Highlights: Yamdrok Lake, Karola Glacier, Pelkor Chöde Monastery with Gyantse Kumbum** Yamdrotso Lake: dazzling Yamdro-tso(elev 4441m) is normally first seen from the summit of the Kamba-la(4700m). The lake lies several hundred meters below the road, and in clear weather is fabulous shade of deep turquoise. Far in the distance is the huge massif of Mt. Nojin Kangtsang(7191m).En route we will drive pass by Mt Nojin Kangsang and its Karola Glacier.Karola Glacier: Mt Nojin Kangsang stands tall with an elevation of 7,191 m (23,592 ft) between Gyantze County and Nagarzê County, with several snow-capped mountains over 6,000 m (19,685 ft) surrounding it. Mount Nojin Kangsang is the most accessible glacier site on the Tibetan Plateau. The famous Kharola Glacier (elevation 5,560 m or 18,241 ft) is below the south ridge of Nojin Kangsang.Pelkor Chöde Monastery with Gyantse Kumbum: the sprawling compound in the far north of town houses Pelkor Chöde Monastery and the monumental Gyantse Kumbum, a chörten filled with fine paintings and statues. Both are deservedly top of the list on most travellers’ must-sees. Palkhor lies at the foot of Dzong Hill. It is well-known for its Kumbum, which has 108 chapels in its four floors. The multi-storied Kumbum Stupa was crowned with a golden dome and umbrella, surrounded with more chapels filled with unique religious statues and murals.**Overnight in Shigatse, 3★/4★****Day 05: Shigatse > Tingri > Everest Base Camp,** 344km, Approx. 9hrs **(B)****Highlights: sunset of Everest Peak, Everest Base Camp**In the morning, you will leave Shigatse to Lhatse, a small town located 150 km from Shigatse, and you may have lunch in the local restaurant. After a short rest, you will go ahead to Tingri. You will pass through the first high mountain pass - Tsola Pass(4,600m), then the second one-Gyatsola Pass(5,248m), the mountain pass of Mt. Everest National Nature Reserve, with countless prayer flags flying in the wind. Afterward, you will keep ascending to Gawula Pass (5,198m), where you can enjoy the panorama of the Himalayas. Then you will drive along the zigzag road to the **Everest Base Camp**.Seen from here, Mt. Everest appears like a lofty pyramid surrounded by mountains that touch the sky. On sunny days, a pile of thick clouds, just like a white flag floats lightly above the peak, which is known to be the miracle of 'The Highest Flag Cloud in the World'. Nowadays, with the golden travel boom to Mt. Everest is gradually becoming a highlight for the tourists in its own right.If it’s summertime (usually May~Oct), you will stay overnight at the nomad tents of the Everest Base Camp; if winter time (usually Nov~Apr), you will stay at Rongbuk Monastery’s guesthouse. Both places have but only dorm bed lodging available.Both places you can see the glorious Everest sunset if the weather is good.**overnight in Rongpuk guesthouse or Nomad Tent (Dorm Bed)****Day 06: EBC > Saga****Highlights: Everest Base Camp, Peikutso Lake**We didn’t include breakfast this morning. You will understand why when you’re at the spot. Tibetan breakfast, such as noodle, zanba, etc. abt CNY 30 is available here. You are highly suggested to bring along some cookies, instant coffee. etc. of your own.You can get up early and enjoy the sunrise of Everest Peak at Everest Base Camp if the weather is good.Peikutso Lake: the beautiful turquoise Peiku-tso(4590m) is one of Tibet’s magical spots with stunning views of the snowcappedShishapangma(8012m) and the Langtang range bordering Neppal to the south.**Overnight in Saga Guesthouse** **Day 07: Saga > Darchen** The sprawling town of saga is the last of any size on the route and your last chance to eat a lavish meal. A photogenic section of dunes, lake and mountains kicks in 60km from Zhongba. About 23km before Paryang you create a pass and drop past more dunes to Paryang. Photos taken along this route can often get steppe, streams, desert dunes and snowcapped mountains in the same shot.**Overnight in Guesthouse or 4★****Day 08: Trek from Darchen > Dirapuk, Drive 6km, Trek 15km, Approx. 7~11hrs (200m ascent) (B included only for 4★ class)** **Highlights: Mt. Kailash Kora(shuttle bus not included)**The kora path begins on the western edge of Darchen. Quickly leaving all traces of the village behind, you head westward across the **Batkha plain**, a sandy expanse speckled with greenery like a massive camouflage jacket. To the north, the east-west ridge blocks your view of Mt Kailash, but to the southeast are clear views of huge **Gurla Mandata**(7728m). **Api** and other peaks in Nepal are visible to the south, while look to the southwest for the twin, sharp humps of **Kamet**(7756m) in India.Only 4km from Darchen the trail climbs up over the southwest end of the ridge to reach a cairn at 4790m. the cairn is bedecked with prayer flags and marks the first views of Mt Kailash’s southern face, **the first of the kora’s four prostration points**.Very quickly the trail bends round to the north and enters the barren **Lha-chu Valley**. The valley is so open at this point you can see ahead to the tall **Tarboche flagpole**(4750) in the distance, one of the most significant sites for Saga Dawa Festival.Just west of Tarboche is the ‘two-legged’ **Chorten Kangnyi**. It’s an auspicious act for pilgrims to walk through the small chorten’s archway. A short climb above Tarchorten to the east is the **sky-burial site of the 84 mahasiddhas**(Tantric practitioners who reached a high level of awareness). **The first of the kora’s three Buddha footprints** is here, but hard to find. The views of the valley are superb from here.Beyond Tarboche the valley narrows dramatically at an area called **Sershong**. You can begin to get clear shots of Mt Kailash now, standing to attention above the eastern ridge. **Chuku Monastery**(4820m), founded in the 13th century by Gotsangpa Gompo Pel, a Kagyupa-order master, is perched high above the valley floor on the hillside to the west. It bends so secretively into its rocky background you may not able notice it’s there.From the Chuku it’s abt 3hrs to Dir-puk Monastery. Take your time between this stretch for it has some of the best scenery of the entire kora. High sedimentary faces, wonderfully puckered and dented, and chiseled into shapes that seem alive, hem you in on both sides. When the weather is warmer there’s even the occasional ribbon of water tumbling down the slopes from hundreds of meters high. Along the route you will find **the second prostration poin**t, with its prayer flags and clear view of the east side of Mt Kailash. 30mins later, just past a tea tent selling the usual drinks and snakes, look for **the second Buddha footprint**, and a **carving of the god Tamdrin**, a wrathful horse-headed deity, on a black stone smeared with aeons of yak butter. From the rock, the trail starts to clim and heads northeast toward Dira-puk Monastery.**Dira-puk(Lhalung Dira) Monastery(**5080m) sits in a superb location on the hillside north of the Lha-chu. It directly faces the astonishing north face of Mt Kailash, which from this angle appears as a massive, jet-black slab of granite ornamented with alabaster-white strips of snow. Three lesser mountains are arrayed in front of Mt Kailash: **Chana Dorie** to the west, **Jampelyang** to the east and **Chenresig** in the centre.**overnight in Guesthouse(Dorm Bed)****Day 09: Trek from Dirapuk > Zutulpuk(8hrs/ 18km/ 550m ascent/ 600m descent)** **Hightlights:** **Mt. Kailash Kora**No doubt when you wake in the morning and step outside you’ll want to revel in the glory of your surroundings. Mt Kailash’s dramatic black face dominates the skyline, while the middle slopes echo with the moans of yaks.The main kora path heads off to the east, crossing the Lha-chu by bridge and then climbs on to a moraine to meet the trail on the east bank. The long ascent up the **Drolma-chu Valley** that will eventually lead to the Drolma-la has begun.Less than an hour along is the meadow at **Jarok Donkhang**(5210m). Near Jarok Donkhang a trail branches off to the southeast, leading over the snow-covered **Khando Sanglam-la**. Also nearby, **Polung Glacier** descends from the east ridge off the north face of Mt Kailash, down through the **Polung Valley** between Chenresig and Jampelyang. Only a short distance above Jarok Donkhang, is the rocky expanse of **Shiva-tsal**(5330m). Pilgrims are supposed to undergo a symbolic death at this point, entering in the realm of the Lord of the Deas, until the reach the top of the Drolma-la and are reborn again. It is customary to leave sth behind at Shiva-tsal, an item of clothing, a drop of blood or a lock of hair, to represent the act of leaving this life behind.After Shiva-tsal the trail mercifully flattens for a time and proceeds along a glacial ridge. There are a number of interesting sights ahead, such as the **sin-testing stone of Bardo Trang**(a flat boulder that pilgrims are supposed to squeeze under to measure their sinfulness).Abt 30mins from Shiva-tsal the trail turns eastward for the final ascent. Allow around an hour for the 200m climb to the top of the **Drolma-la**(5640m). After a few false summits, the rocky pass is reached. The great cubic Drolma Do(Drolma’s Rock) that marks the top is barely visible behind an enormous number of prayer flags.Weather permitting, most pilgrims and trekkers pause at the pass for a rest and refreshment before starting the steep descent. Almost immediately, Gauri Kund(5608m), the Lake of Compassion.It takes approximately an hour to make the long and steep 400m descent to the grassy banks of the **Lham-chu Khir**. En route there is a much-revered **footprint of Milarepa**. When the trail reaches the valley, you may find nomad tents and a teahouse selling drinks and noodles. A huge rock topped by the kora’s **third Buddha footprint** stands nearby.About 30 mins south, a valley comes down from the **Khando Sanglam-la** to join the western trail. This valley provides the only glimpse of Mt Kailash’s eastern or crystal face. The kora’s **third prostration point** is at the valley mouth.Grassy fields start to appear alongside the river. A couple of hours from the third Buddha footprint a side valley enters from the left. From here on the river changes name to the **Dzong-chu**, translated as ‘Fortress River’. Soon you will see **Zutul-puk Monastery**(4820m). The miracle cave that gives the monastery its name is at the back of the main hall. Milarepa’s footprint and handprint can still be seen today.**Guesthouse(Dorm Bed)****Day 10: Trek from Zutulpuk > Darchen, Treck 7km, Drive 4km (3~4hrs/ 11km/ 150m)****Drive Darchen > Manasarovar > Zhongba****Highlights: Mt. Kailash Kora, Lake Manasarovar (shuttle bus not included)**From Zutul-puk Monastery the trail follows the river closely for an hour or so then climbs above the river and enters the lovely **Gold & Red Cliffs**, a narrow canyon whose walls are stained purple, cobalt and rust.When the canyon narrows look for holes gouged into the cliff walls. These are not natural but made by pilgrims looking for holy stones. Also look for prayer flags festooned across the river, and in the far distance the blue waters of lake **Raksas Tal**.Where the trail emerges onto the **Barkha plain**, close to the fourth prostration point, **Gurla Mandata** is again visible in the distance. It’s now an easy 1hr walk back to Darchen along a dirt road.Meet your driver at Darchen. Drive to Lake Manasarovar, which is the most venerated of all Tibet's many sacred lakes. It is especially sacred to Hindus, who have been walking round it for approaching 2,000 years. Buddhists associate the lake with Maya, Buddha's mother.Hindu and Buddhist cosmology had it that nearby Mt. Kailash is the centre of the world and that Manasarovar is the source of four of Asia's great rivers.And then you'll head to Zhongba.**Stay overnight in Zhongba,** 3☆**Day 11: Zhongba > Lhatse**Enjoy the ride back with leisure. Our vehicle will stop along the ride for you to take photos.**Overnight in Lhatse, 3☆****Day 12: Lhatse>Shigatse**You will get back to Shigatse via Sakya County. There are many different Tibetan Buddhism monasteries in Sakya County, the most famous one is Sakya Monastery - the main monastery of Sakyapa. It was built in Tubo Dynasty. The walls around this monastery were mainly in gray, but the top part of the walls was painted in red and white stripes. That’s why Sakyapa is also being called Variegated Buddhism. **overnight in Shigatse, 3★/4★****Day 13: Shigatse > Lhasa**In the morning, we will visit Tashilunpo Monastery, the home of Panchen Lama, which was founded by the 1st Dalai Lama in 1447. It is a historic and culturally important monastery in Shigatse, the second-largest city in Tibet. It's located on a hill in the center of the city, the full name in Tibetan of the monastery means "all fortune and happiness gathered here" or "heap of glory".Then, we will drive back to Lhasa from Shigatse along the friendship way, the northern way to Lhasa. On the way, you’ll see the Yarlung Tsangpo valley. In Nyemo, you’ll have a chance to visit the Tibetan Incense Workshop. Nyemo County has a history of more than 1,000 years. Except for sacrificial ceremonies, this fragrant incense also can be used to prevent infectious diseases like flu and influenza, for its ingredients contain herbal medicines such as saffron, Sandalwood, Chinese Usnea, and borneol.**overnight in Lhasa, 3★/4★****Day 14: Departing from Lhasa(B)** Your 15-day Mt.Everest & Mt Kailash Kora Pilgrimage Group Tour ends today. After breakfasts, you will be free for the morning. Our staff will collect you at your hotel to transfer to Lhasa Airport/Railway.**End of tour!** |