

Trekking to Mt. Kailash

(TT-003) Trekking to Mt. Kailash (17 days / trekking 4 days)



Mt. Kailash, considered as the center of the universe, is the most sacred mountain in the Tibetan Buddhist world. The sacred peak of Mount Kailash (6,658 m) is the final destination for many travelers to Tibet, ranging from tourists to Buddhist pilgrims and other followers of spiritual traditions from far and beyond. Pilgrims of several religions believe that circumambulating Mt. Kailash on foot is a holy ritual that will bring good fortune. The peregrination is made in a clockwise direction by Hindus and Buddhists. Followers of the Jain and Bon religions circumambulate the mountain in a counterclockwise direction.

Day01 Arrive in Lhasa

Arrive in Lhasa, rightly one of the most featured and dreamt-about cities in the world, not only limited accessibility for its remoteness and its high altitude at 3,650 meters, but also the mysterious Tibetan religion. In Tibetan, Lhasa means the Holy Land or the Buddha Land. The guide will meet you at Konggar Airport, and transfer you to Lhasa city with about 1.5 hours' driving (90km). On the way, you'll be greeted with Nie Tang Buddha – a Buddha image engraved in the mountain face. Upon arrival, rest and acclimatize yourself to the local time and altitude. (D)

Day02 Lhasa

The first day of sightseeing starts from Lhasa's cardinal landmark - **Potala Palace**, an awe-inspiring Tibetan architectural complex. The stone-and-wood-structured Potala Palace consists of the White Palace and Red Palace. The White Palace, comprising halls, temples and courtyards, serves as the living quarters of the Dalai Lama. The Red Palace includes various chambers for worshipping Buddha and chambers housing the eight stupa that contain

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the remains of fifth through thirteenth Dalai Lama. All the stupas are covered with gold foil. Some 2km to the east of the Potala is the most revered religious structure and the holiest temple in Tibet - **Jokhang Temple**. Bustling with worshippers and redolent with mystery, the Jokhang is an unrivalled experience. A golden statue of the young Buddha Sakyamuni at age 12 brought to Tibet by Princess Wen Cheng from Chang'an, capital of the Tang Dynasty, is enshrined in the center of the main hall. The quadrangle of streets surrounding the Jokhang is the **Barkhor Market** - Lhasa's most interesting pilgrimage circuit. This area of the Old Town is both the spiritual heart of Lhasa and the main commercial district for Tibetans. The rest of day is free. (B,L,D)

Day03 Lhasa

Today's highlight is the sightseeing of Drepung Monastery, Norbulingka and Sera Monastery in Lhasa.

Drepung Monastery, known as the most important monastery of Gelugpa in Tibetan Buddhism. The monastery was established in 1416 by Tsong Khapa's disciple Jamyang Qoigy, and under the patronage of plutocrats, it developed as the richest monastery of Gelugpa and became the mother temple of Dalai Lamas. **Norbulingka Park** (Treasure Garden) was



built in the 1740s during the reign of the seventh Dalai Lama. Later it was renovated and enlarged and became the Dalai Lama's Summer Palace, where they handle political affairs, practiced religious activities and spent holidays. **Sera Monastery**, located a few miles to the north of Lhasa, is one of three famous monasteries in Lhasa along with the Drepung Monastery and the Ganden Monastery. The debating traditions in the Sera Monastery are unique among the three famous monasteries in Lhasa. Debates are conducted by the lamas in the monastery every day beginning at 3:00pm. In a battle of words, they supplement their efforts by using a variety of gestures including clapping their hands, pushing their partners for an answer, or plucking their prayer beads to win the virtue of the Buddha. (B,L,D)

Day04 Lhasa-Gyantse-Shigatse



Drive to Gyantse (4040m), and pass by **Yamdroktso Lake** for sightseeing. Yamdroktso Lake is one of the three holy lakes of Tibet, surrounded by many snow-capped mountains and is fed by numerous small streams. According to the mythology, Yamdroktso Lake is the transformation of a goddess, showing the intoxicating color of Turquoise. Then, pass by **Karola Glacier** (5560m), quite close to the road, a

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breathhtaking view of the Karola Glacier is an unforgettable experience. In Gyantse, visit **Palkor Monastery**, the symbolic architecture of Gyantse. On the side of the Palkor Monastery stands a white tower - **Kumbum Stupa**. It is said that there are altogether more than 100,000 Buddha statues engraved on the tower; hence the name "One Hundred-Thousand-Buddha Tower". Proceed to Shigatse for overnight. (B,L,D)

Day05 Shigatse-Shegar

Shigatse, meaning "the fertile land", is the second largest city in Tibet. Pay a visit to **Tashihunpo Monastery**, the traditional seat of the Panchen Lama to perform their political and religious tasks. Tashihunpo's magnificent outside may make you exclaim in admiration, its inside just offers you more religious tranquility and sincerity. This monastery houses the world's largest copper-cast Future Buddha figure with seated position, which is decorated with numerous luxurious jewels. Then, drive along the Friendship Highway to Shegar, regarded as the gateway to Mt. Everest area. Beyond the small town of Lhatse, you will cross the high Gyamtso La (5220m). Stay overnight in Shegar. (B,L,D)



Day06 Shegar-Mt. Everest Base Camp-Lhatse

After breakfast, enter into Mt. Everest Nature Reserve. Mt. Everest, also called Qomolangma, a part of the Himalaya range in High Asia, is the highest mountain on earth, as measured by the height of its summit above sea level, which is 8,848 meters (29,029 feet). Visit **Mt. Everest Base Camp**, regarded as the best place to watch the Mt. Everest, and used by mountain climbers during their ascent and descent. You will also visit **Rongbuk Monastery** (5100m), the highest among all the temples in the world. The monastery was built in 1899 by a local lama, as a Nyingmapa monastery. Rongbuk Monastery is the red building standing out from the colorless surroundings as a sore on a clear skin. Monks and nuns live in the same monastery and celebrate the Buddhist festivals together. Then, drive back to Lhatse for overnight. (B,L,D)

Day07 Lhatse-Saga

Today we drive to Saga, en route enjoy the grand and stunning view of Himalayan view. Saga, meaning "Happy Land" in Tibetan, is situated along the Tsangpo River. (B,L,D)

Day08 Saga-Paryang

Drive to Paryang and pass by the dusty town of Zhongba County. (B,L,D)

Day09 Paryang-Manasarovar Lake

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Drive from Paryang to Manasarovar Lake, taking about 10 hours. There will be several river crossings and we drive past Mayum La Pass (4600m). The scenery is stunningly beautiful with panoramic views of the Himalayas. (B,L,D)

Day10 Manasarovar Lake-Darchen

Today's highlight is to visit **Manasarovar Lake**, called "Mapam Yumco" in Tibetan, meaning the "Eternal and Invincible Jade Lake" named to mark the victory of Buddhism over the local Bon Religion in the 11th century. It is Tibet's most sacred lake and is holy to both Buddhists and Hindus. As per Hindu mythology, one who touches the earth



of Manasarovar will go to the paradise of Brahma. One who drinks the water from the lake will go to the heaven of Lord Shiva. There are 8 monasteries existing on the shore nowadays. Then, continue to head for Darchen, suitable only 30km north of the lake, it is the closest town to Mt. Kailash. Prepare for the pilgrimage journey to Mt. Kailash. (B,L,D)

Day11-13 Pilgrim trekking of Mt. Kailash



3-day trekking in Mt. Kailash, regarded in many sects of Hinduism as Paradise, the ultimate destination of souls and the spiritual center of the world. The sacred peak of Mount Kailash (6658m) is the final destination for many travelers to Tibet, ranging from tourists to Buddhist pilgrims and other followers of spiritual traditions from far and beyond.

Pilgrims of several religions believe that circumambulating Mt. Kailash on foot is a holy ritual that will bring good fortune. The peregrination is made in a clockwise direction by Hindus and Buddhists. Followers of the Jain and Bon

religions circumambulate the mountain in a counterclockwise direction. The path around Mount Kailash is 52km long:

Darchen<-2km->Two-leg Buddhism Pagoda (ChoSen Kang-nyi)<-3km->Sexiong<-6km->Chogu Monastery<-11km->Drirapuk Monastery<-3km->Sky Burial Platform <-3km->Dolma La Mountain

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Mouth<-6km-> Lham Chukhir<-8km->Camping Base<-2km->Zutrupuk Monastery<-6km->
Exit<-3km->Darchen

Day14 Darchen-Paryang

Drive back to Paryang. On the way, you will pass green pastures and nomadic herdsmen with their horses and flocks of sheep. (B,L,D)



Day15 Paryang-Saga

Continue to drive another 255km to Saga. (B,L,D)

Day16 Saga-Nyalam

Cross Yarlung Tsangpo (Brahmaputra River) by a ferry, then drive 250km to Nyalam. Soon after leaving from Saga, the road opens to a wide flat plain and passes through a huge turquoise lake, the Peiku Tso, with the spectacular Shishapangma Peak (8027m) rearing up in the background. Further drive across Lalung La (5200m) with picturesque hamlets and craggy windswept hills dotted with tumbling glaciers and finally reach Nyalam, lying at 3750m. Nyalam is a town of stone buildings and tin roofs, it is nicknamed “The Gate of Hell” by the Nepalese traders because the trail between Nyalam and the Nepalese border was so treacherous to negotiate. (B,L,D)

Day17 Nyalam-Zhangmu-Kathmandu

After breakfast, drive down to the border town of Zhangmu. From Zhangmu, it's a short drive to the Friendship Bridge, where marks the border of Nepal-Tibet. Meet your Nepal guide at the border, then transfer to Kathmandu, the capital of Nepal. (B)

Note: B-Breakfast L-Lunch D-Dinner