

Kailash Trek



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Url: <https://wildyakexpeditions.com/trips/kailash-trek-tibet/>

Duration

18

Max. Altitude

5,630m / 18,472ft

Difficulty

Moderate

Group Size

4 to 6 Participants

Per Person Cost

USD5990

Country

Tibet / Nepal

Region

Tsang Region

Accommodation

Superior hotels in Nepal and Tibet (China) /
Campsite

Prime Activity

Trekking

Minor Activity

Cultural Sightseeing

Meals

Half-board in Kathmandu / All meals in Tibet

HIGHLIGHTS

- Introduction of the **culture and traditions of Tibet and Nepal**
- Sightseeing of some of the **highest Buddhist treasures of the world**: UNESCO Heritages sites of Potala palace, Barkhor circuit, Jokhang temple, Bhaktapur, Swambunath and Boudhanath
- Visit of the **well-preserved Buddhist institutes** of Drepung and Sera
- Dazzling **holy lake** Yamdrok tso
- Discovery of ancient **Himalaya people settlements**
- **Great trekking experience** to Asia's **holiest mountain**: Mount Kailash
- **Exceptional panorama** of some of the famous highest mountains of the Himalayan massive: Mount Everest, Cho-oyu, Shishapangma and many other giants
- **Epic flight** crossing the Himalaya to Kathmandu
- Focus on **high-quality services, experienced WILD YAK Team** for a **small group of 4 to 6 participants** only

Overview

The Kailash Trek, also known as “Asia’s holiest mountain Trek”. Tibetan calls Mount Kailash (6714m) Ghang Rimpoche (Jewel of the snow). It lies south west of Lhasa in the Tsang region of Tibet. Mount Kailash is a holy mountain to the Buddhist, Hindu, Jain and Bon (the native religion of Tibet) people. The Kora, route of the Mount Kailash trek, wonderfully integrates the spiritual, cultural and physical dimensions of a trip to the remarkable, memorable and fascinating Tibet.

KAILASH ROUTE

WILD YAK EXPEDITIONS’ Trip to Mt Kailash brings you first to Lhasa, the historic capital of Tibet. Century old forts, magnificent monasteries, prayer halls with chanting monks, religious institutions and remote cliff side retreats are part of your Journey. Besides its Buddhist art and cultures, we are surrounded by exceptional panoramic views of some of the highest mountains in the world: Mount Everest, Mount Cho-Oyu, Mount Shishapangma and many other gorgeous mountain sceneries with their glaciers and glittering turquoise lakes.

The countryside offers huge plains dotted with grazing yaks and nomad’s tent, high passes with colourful prayer flags. The majestic Mt Kailash route you will share with fellow pilgrims who have travelled hundreds of kilometres on foot to get to Mt Kailash, is a lifetime experience in itself. At last the crossing of the 5630 meters Drolmala pass is a test for both: mind and spirit. It is then followed by an outstanding over land trip to Nepal via the highway of Mount Everest.

You may further enhance your spirit during our short stay in colourful Nepal exploring some of the UNESCO Heritage sites in Kathmandu.

WHY GO FOR SUCH AN ADVENTURE?

Wild Yak Expeditions believes that an adventure in the outdoors provides various health benefits ranging from physical to mental to spiritual. Himalaya is the best place where we have enough time to discover our life by positive well being. It is essential to make some space from the worldly news, social media and busy life to be productive. Besides personal benefits, it contributes to helping the local economy by visiting the areas.

WHY WITH WILD YAK EXPEDITIONS?

WILD YAK EXPEDITIONS’ Team welcomes you in the Himalaya. We commit to organize **small groups of 4 to 6 participants only** with high-quality services and security. These are essential for flexibility, contentment and precious exchanges of cultures and traditions with our Team and local Trekking Guides. Finally, hospitality to our Guests and economy to locals are part of our aspirations.

Discover the magic of the Himalayas with comfort and quality that you deserve with WILD YAK EXPEDITIONS style.

Day To Day Itinerary

Show Detail Itinerary

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Day 01

Arrival in Kathmandu (1350m) / Transfer to Tibet International Hotel

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Day 02

Flight to Gonggor and a 2-hour drive to Lhasa (3650m) / Hotel

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Day 03

Lhasa sightseeing / Hotel

▪

Day 04

Sightseeing around Lhasa / Hotel

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Day 05

Lhasa to Gyantse (3900m), 4 hrs drive / Hotel

▪

Day 06

Lhasa to Shigatse (3800m), 5 hrs drive / Hotel

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Day 07

Shigatse to Tingri (4100m), 5 hrs drive / Hotel

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Day 08

Tingri to Saga (4460m), 4 hrs drive / Lodge

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Day 09

Saga to Paryang (4750m), 5 hrs / Lodge

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Day 10

Paryang to Manasarovar (Chui Gompa) (4570m), 6 hrs / Lodge

▪

Day 11

Manasarovar to Darchen (4560m), 4 hrs / Lodge

▪

Day 12

Darchen to Dira-phuk monastery (5080m), 6 hrs / Campsite

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Day 13

Dira-phuk to Zutul-Phuk (4820m), 7 hrs / Campsite

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Day 14

Zutul-phuk to Saga 6 hrs drive / Hotel

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Day 15

Saga to Nepali border (2100m), 6 hrs drive / Hotel

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Day 16

Nepali border to Kathmandu (1350m), 5-6 hrs drive / Hotel Yak & Yeti

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Day 17

Kathmandu UNESCO Heritages sites sightseeing / Hotel Yak & Yeti

▪

Day 18

Departure international flight

WILD YAK Services

WILD YAK EXPEDITIONS' philosophy is: as much as possible is included in the quoted price so that customers know the total costs of their tour in advance!

- The organisation of your Journey
- International airfare to Kathmandu and Lhasa, in economy class*
- All airport/hotel transfers in Lhasa and Kathmandu
- Accommodation in high standard hotels in Lhasa and Kathmandu, on a sharing basis. *Please note that additional charges occur for single room, upon request*
- Tibet China Visa
- All major meals in Tibet and Nepal, except the lunches in Kathmandu
- Guided sightseeing tour in Tibet and Nepal
- All entry fees to the monuments, monasteries and UNESCO Heritage sites in Tibet and Nepal
- All group transportation in Tibet and Nepal according to the defined program
- Travel and rescue arrangements in Tibet and Nepal
- First aid kit with emergency oxygen and mask regulator
- WYE postcards
- All necessary taxes and travel permit in Tibet and Nepal

LOGISTICS

WILD YAK EXPEDITIONS' TREKKING PHILOSOPHY

WILD YAK EXPEDITIONS is focusing on **small group sizes of 4 to 6 participants only** for this trek because our experience have found this to be the best way to have a successful Trip while providing excellent services. Furthermore, it creates a pleasant ambiance within the Group, including an exchange of cultures and traditions with our local Team.

Last but not least, WILD YAK EXPEDITIONS' focus on **small groups** permits **more flexibility and support** to the participants individually.

ACCOMMODATION & MEALS

Lhasa: we stay in 3-star hotels on a sharing basis, including breakfast. Depending on availability, single rooms can be booked upon request at an additional cost. All the diners are served in excellent Chinese Tibetan restaurants in town where you can enjoy traditional Chinese and Tibetan cuisine. Lunches respectively need pay by our own.

All transportation in Tibet are done by private jeep.

Kathmandu: we stay in superior hotels: Tibet International and Yak & Yeti on a sharing basis, including breakfasts and dinners. Depending on availability, single rooms can be booked upon request at an additional cost. All dinners are served in excellent restaurants in town where you can enjoy various types of cuisine, from the typical Nepali, Thai, and even steaks and Italian meals. Each restaurant has been screened by WILD YAK EXPEDITIONS' representatives to ensure that it is of suitable quality for our Guests.

During our Trekking: according to our itinerary, at some specific defined places, we settle a campsite

and enjoy the meals prepared by our Kitchen Team. The tents are provided by WILD YAK EXPEDITIONS on a sharing basis. Each member has to bring his/her own sleeping bag; we provide you a individual mattress and a thin isolation mattress for the surface of the entire sleeping tent. □Considering the roughness of the landscape and the hygienic conditions, WILD YAK EXPEDITIONS provides the Group with its own Cook, kitchen tent, sleeping tents, dining tent and toilet tent with the necessary staff to serve us delicious dishes and drinks. You can enjoy espresso coffee, a selection of teas, as well as Italian, Tibetan and local cuisines except while crossing the passes.

Packages lunch are given on some days. For our clients' convenience, considering the remoteness of the region, WILD YAK EXPEDITIONS provides the lightening for the dining and kitchen tents and solar batteries charging facilities at disposal of the participants.

During our tour in Tibet, we stay in the lodges (small traditional mountain guesthouses) that are recommended by WILD YAK EXPEDITIONS as per defined itinerary destination. Please be aware that single rooms are not available.

The entire restaurant serves mainly typical variety of Chinese and Tibetan cuisines. Please note that the beverages are on each participant's own charge.

SAFETY FEATURES

Your safety is of supreme concern while traveling with WILD YAK EXPEDITIONS. In case of emergency, the group has a four (4)-litre oxygen bottle with a mask and regulator, along with a first aid kit.

OUR WILD YAK TEAM

The success of our Kailash Trek depends on both the personal condition of each participant and the experience of our Team. WILD YAK EXPEDITIONS' Team has been carefully selected according to their experience in the specific environment and personal aptitudes. Our Team is thus highly experienced, skilled, trained, courteous and helpful.

WILD YAK EXPEDITIONS' is proud to support our local staff by providing them with a fair salary, encouraging them to take mountaineering workshops, wilderness first aid training, environmental preservation courses, garbage management, team leadership, and language refreshers on a regular basis.

Trekking Guide and his role: WILD YAK EXPEDITIONS' Trekking Guide is a professional government-trained Guide with experience in guiding and trekking around the Himalaya, including first aid training and deep knowledge about the local flora, fauna and general environment preservation. Our Trekking Guide leads you all the way through the trekking while giving you interesting information about the mountains, culture, traditions and landscapes. He will help as an interpreter with the local populations. He is ensuring your safety and is checking your needs throughout the trail, and to the top of the pass, monitoring symptoms of high altitude sickness. Our Trekking Guide plays a vital role in taking care of our member's needs, supervising the Group and porters, and assuring the safety requirements. He also makes sure that the rubbish is properly managed and the trail is kept clean throughout the whole trekking Trip. WILD YAK EXPEDITIONS will be frequently informed about the Group during the entire trekking experience.

Our Assistant guide: has also a government licence but must work as an assistant guide during some time in order to become a company approved Trekking Guide. He assists our Trekking Guide with all major duties, ensuring the safety and checking that the performance of the Group runs smoothly.

Our Kitchen Team: is composed of a cook and kitchen boys (depending the number of participants). Its role is to provide excellent food to the members, by respecting the fundamental principles of hygiene and ensure that the campsite is comfortable. The kitchen boy(s) is/are assisting the cook by cleaning the dishes, getting the water and ensuring that the campground is kept clean. The Cook manages the campsite while the participants are on the mountain.

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