

Kailash Charan Sparsh Tour

URL: <https://himalayan360.com/trip/kailash-charan-sparsh-tour/>

Destination

Explore Tibet: Tours, Treks & Spiritual Journeys
Religious and Spiritual Tours

Activity**Start / End Point**

Kathmandu/Kathmandu

Trip Type

Spiritual Tour

Duration

10

Destination

Tibet

Language

Tibet

Per Person From

USD 1,999

Max. Altitude

5,630 m (18,471 ft)

Group Size

5 - 25

Best Season

May, Jun, Jul, Aug and Sept

Trek Distance

52km During Kora

Transportation

Sharing Vehicle

Accommodation

Guest house/Tented camp

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Challenging

Major Highlights of Kailash Charan Sparsh Tour

- Get the chance to see some of the stunning and beautiful views of the mountains, different types of landscapes,
- Witness the serene high-altitude lake Mansarovar, which provides calmness and peacefulness to pilgrims.
- Experience the unique way of life in Tibet. Discover traditional monasteries, colorful prayer flags, and local customs and cuisine.

- Explore the unique lifestyle of Tibet by visiting traditional monasteries, vibrant prayer flags, and local customs and cuisine.
- Visit meditation caves and interact with gurus, monks, and people who have dedicated their lives to it.
- High altitude adventurous trekking above 4500m makes it a combination of both high altitude and religious trek.

10 days Kailash Charan Sparsh Tour day by day Itinerary

Day 01: Drive towards Nepal-Tibet border

- **Attraction of the Day:** Nepal-Tibet Border

The first day of the tour begins in Kathmandu, Nepal. After breakfast in the hotel, you will drive towards the Nepal-Tibet border, which takes about 7 hours. The Nepal-Tibet border is a crucial checkpoint and logistical hub. This border is highly protected, so make sure you have the proper documents and follow the instructions of your guides. You will stay overnight in the hotel on Nepal's border, as you will only cross the border the next day.

Highest Altitude:

1,762m/ 5,780ft | Timmure

Meals:

N/A

Accommodations:

Guest House

Day 02: Drive and Rest Day in Kyirong

- **Attraction of the Day:** Kyirung Country and the Himalayas

On the second day, you will complete the immigration process, cross the border, and reach Kyirong, marking your entry into Tibet. Kyirong is **98 km** from the Nepal-Tibet border and is a two-hour drive away. Kyirong is an important acclimatization and resting stop before embarking on your actual trip to Kailash Mansarovar. At an elevation of **2,700m**, the location is perfect for starting a high-altitude journey like Kailash Charan Sparsha and Mansarovar Lake.

Today, we will stay in Kyirong and acclimatize properly. We will spend the night and have dinner in a guesthouse or basic lodge in Kyirong. We recommend you rest well, as the tour will be tough from tomorrow onwards.

Highest Altitude:

2,700m/ 8,858ft | Kyirung

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Guest/Tea House

Day 03: Drive from Kyirong to Saga via Pikutso Lake

- **Attraction of the Day:** Saga Country, Pikutso Lake

Today, we will leave the beautiful Kyirong behind and continue our drive through the arid plateau terrain. During the ride, you will see fantastic views of **Shishapangma (8,027 meters)**, Tibet's highest peak. The drive will be memorable, as it will bring you closer to Tibet's surreal typography. Our route will take us past **Karru Ongchen**, **Khunmen Tso**, and the calm **Pikutso Lake**, the trip's highlights.

Continuing the drive, you'll get closer to the day's destination, Saga. It takes approximately 6 hours to travel from Kyirong to Saga, covering a distance of **230 kilometers**. Yet, before we reach Saga, we will cross the **Brahmaputra River**, known as Yarling Tsangpo in Tibet. As you get to the town, you'll check into a local accommodation point where you'll stay overnight and have dinner.

Highest Altitude:

4,450m/14,600ft | Saga

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Guest/Tea House

Day 04: Drive from Saga to Lake Manasarovar and Tsu Gompa

- **The Attraction of the Day:** First view of Mt. Kailash, Tsu Gompa, and Lake Mansarovar

The fourth day of the Kailash tour package begins with breakfast in Saga, and today, we will reach Manasarovar Lake. As you leave Saga, the landscape changes with rugged sections and mountain peaks in the background. Likewise, the pathways pass through Paryang and Hor Qu.

The glittering north face of Mount Kailash will welcome you and make the moment truly appreciable. Afterwards, you will drive along the lake's northern shore toward Tsu Gompa (also known as Chiu Gompa). Tonight, you'll stay at a local lodge in Tsu Gompa, enjoying the Himalayan atmosphere before settling in for the night.

Highest Altitude:

4,600m/15,092ft | Mansarovar

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Guest/Tea House

Day 05: Tsu Gumpa to Dirapuk

- **Attraction of the day:** Dirapuk

The overnight stay at Tsu Gumpa must have been amazing, but now it's time to move on. Today's jeep ride is fairly short, and the journey involves a mix of trek and ride. You'll leave Tsu Gumpa on a short ride to Yam Dwar. It is a one-and-a-half-hour ride from Tsu Gumpa to Yam Dwar, covering a distance of 6km.

From Yam Dwar, your trek to Kailasa Charan begins. Dirapuk is 12km from Yam Dwar and takes a 3-4 hour smooth walk. Additionally, the village is situated on the northern face of Mount Kailasa, providing a stunning backdrop. At the location, you will stay in a tented camp in the summer and in teahouses in the winter.

Highest Altitude:

4,860m/15,945ft | Dirapuk

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tented camp, Tea House

Day 06: Hike to Charan Sparsh and back to Dirapuk

The sixth day of this tour is the most important one, as today we will reach the ultimate destination at Mount Kailasa Charan. Leaving Dirapuk monastery, you will begin your hike towards Mount Kailash's feet, which is the closest permitted point to Mt Kailash. The walkway from Dirapuk to Mt. Kailash's foot is rough and rocky, with a gradual ascent via occasional glacier-covered areas.

On the way, you will enjoy stunning mountain views and meet pilgrims and travelers worldwide. After hours of hiking, we get to the Charan Sparsha point. Here, you will show your respect by touching the ground, regarded as Lord Shiva's foot. After this sacred ritual, you will return along the same path to Dirapuk. The hike back gives you time to reflect on your experience and connect with the spiritual energy of Mount Kailash.

Highest Altitude:

4,860m/15,945ft | Dirapuk

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tented camp, Tea House

Day 07: Trek to Zuthulpuk via Dolma La Pass and Gauri Kund

- **Attraction of the Day:** Dolma la pass and Gauri Kund

After completing the Charan Sparsh, it's time for another exciting side tour from Dirapuk to Zuthulpuk monastery via **Domla La Pass (5,630m)**. The route is rocky and uneven, with a challenging ascent that

requires good physical strength. Likewise, the route ahead offers spiritual growth as you hike up the steep landscape toward Dolma La Pass, the highest point of the journey. From the high pass, you'll descend to **Gauri Kunda**, a holy glacial lake where goddess Parvati is believed to bathe.

You can stop at Gauri Kunda to pay homage to its significant religious and cultural importance. You can also enjoy your time by the lake and start puja and other spiritual activities. After the Kunda, you will continue the pathway towards Zuthulpuk, your overnight point. The day's trek is indeed adventurous but equally satisfying.

Distance:

10hr

Highest Altitude:

5,630 m (18,471 ft) Dolma La pass

Meals:

Breakfast

Accommodations:

Tented camp, Tea House

Trek Distance:

25km/15.5miles

Day 08: Trek back to Darchen and Drive to Saga

- Attraction of the Day: Mt.Kailash, Saga country

The end of the tour is just around the corner; you will complete the final leg of the Kailash Kora. The day begins with a morning meal at Zuthulpuk. After breakfast, you'll begin your trek through the area's stunning landscape, featuring mani walls and prayer flags. Covering a distance of **8km from Zuthulphuk**, you'll reach Drachen, from where you'll drive to Saga.

However, before driving to Saga, you'll have lunch at Darchen. After lunch, you'll board the jeep for a seven-hour journey. The rewarding end of this Jeep drive is once again the peaceful town of Saga. Overnight stay at the guesthouse in Saga.

Distance:

2 hour

Highest Altitude:

4,670m/15,322ft | Darchen

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Guest/Tea House

Trek Distance:

8km/ 5miles

Day 09: Drive back from Saga to Kyirung

- Attraction of the Day: Kyirung Country

The second last day of the tour starts with breakfast at Saga. From Saga, you'll drive back to Kyirong. You will ride through high-altitude areas and enjoy the views around you. Along the way, you'll reflect on your spiritual journey to Mount Kailasa Charan Sparsha. Your vehicle will stop at certain locations for short breaks, which also allows you to soak in the area's beauty.

After a 6-hour drive covering a distance of 230 km, you'll reach today's destination, Kyirong. When you reach Kyirong, take time to rest and recharge. Spend the rest of the day getting ready for your return to Kathmandu. We will stay overnight at a local lodge and have a nice dinner in the evening.

Highest Altitude:

4,450m/14,600ft | Saga

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Guest/Tea House

Day 10: Drive back to Kathmandu

- Attraction of the Day: Kyirung, Timmure

Today is the last day of your tour to the base of Kailash. Pack your things and get ready for the ride back to Kathmandu. Enjoy the memories from the trip as you travel through hills, farms, and villages. After the long jeep ride, arrive in Kathmandu, check into your room, and take some time to rest and freshen up.

In the evening, you can continue resting in the hotel or explore the nightlife of *Jamal* or *Thamel* before returning to the hotel. This concludes your trip, and we hope you return for more tours and treks in Nepal.

Highest Altitude:

2,700m/8,858ft Kyirung

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Guest/Tea House

Kailash Charan Sparsh Tour cost

Mount Kailash Charan Sparsh tour costs **\$1999 per person** if you are traveling in a group of 9 to 20 people. The Kailash Charan Sparsh with Lake Mansarovar tour has gained popularity over the years. The minimum group size of this tour is 4, while the maximum can be more than 20. Not to mention, the trip cost largely depends on the size of the group; the more people in the group, the greater the discount, making your trip budget-friendly. Yet, the cost also depends on the season of travel, level of luxury preferred, and sometimes fluctuation of currency.

Kailash Charan Sparsh Tour Include/Exclude

Included services

- Kathmandu to Boarder to Kathmandu by Non-AC Vehicle.
- Transfer in Tibet side by Coach as per group size.
- Supporting Truck to carry Equipment. (If needed)
- 3-star Accommodation during Kailash Tour (sharing basis)
- Tented camp during the kora (sharing basis)
- Food: 9 Breakfast, 9Lunch, 9Dinner
- One local English-speaking guide.
- Supporting crew members (Cooks, Helpers if needed)
- Yak and Yak man during Kora to carry group bag
- Tibet Travel and Trekking permits for group.
- Entrance fees as per mentioned places in itinerary
- Agency service charges.
- Free luggage storage services in Kathmandu.
- Farewell dinner at the end of the tour.
- Appreciation Certificate after the successful tour.
- Free consulting services before & after tour book
- Duffle bag during tour (should return after tour)
- Oxyzen during the tour
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded services

- International flight
- Private transfer during the tour
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure.
- Extra night accommodation during Kailash tour
- Horse ride during the kora
- Yak for personal use during the tour
- Personal porter to carry for your personal stuffs
- Nepal visa fees.
- Tibet Group visa fees.
- Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

- Rescue and Evacuation Service fees
- Hiring personal porter/yak (\$50/D)/ horse(\$100/D) for 3 days Kailash kora
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”

Group Discounts Available

No. of Persons	Price per Person
1 - 4	USD 2,150
5 - 8	USD 2,100
9 - 20	USD 1,999

FAQ's for Kailash Sparsh Tour

What kind of meals do you get during the Mount Kailash Charan Sparsh Tour?

All meals, including breakfast, lunch, and dinner, are provided in Kathmandu, Tibet, and during the tour. You will enjoy Nepali, Indian, and Tibetan food. The menu includes oatmeal, chapati, chicken curry, naan, dal bhat tarkari, Tibetan bread, stew, pizza, macaroni, and soup. You can drink tea, coffee, hot lemon, ginger tea, and hot chocolate.

Why do trekkers touch the base of Kailash during this holy tour?

Trekkers or Tourists touch the base of Mount Kailash, assuming it's the feet of Lord Shiva. This ritual is also called the Charan Sparsh ritual, which is very popular among Nepal, India, and Tibet Hindus.

Where does the Kailash Charan Sparsh Tour take place?

The Kailash Charan Sparsh tour takes tourists to Tibet, which is one of the most beautiful destinations for tourists. The tourists will first visit Nepal and then cross Nepal Tibet border the next day before beginning this tour.

What is the average duration of the Kailash holy tour?

The average duration of the Kailash holy tour, which includes Mount Kailash and Lake Mansarovar, ranges from 6 to 10 days. It might take 14 to 15 days to complete if you want to trek this destination.

Do I need travel insurance for the Kailash Charan Sparsh Tour?

Yes, we commend travel insurance for any high-altitude tours or treks like Kailash Charan Sparsh Tour. The travel insurance can cover the medical expenses and protect the tourists from any kind of unforeseen circumstances,

What is the significance of Mount Kailash?

Mount Kailash is significant for four religions: Hinduism, Buddhism, Bon, and Jainism. For Hindus, the mountain is the symbol of Lord Shiva; for Buddhists, Mount Meru; for Bon, it represents the abode of the sky goddess Sipaimen; and for Jain, Mount Kailash is where their first Tirthankara, Rishabhanatha, attained liberation.

7. How does the Charan Sparsh experience differ from completing the full Kailash Kora?

Charan Sparsh is a more spiritual gesture and a specific act of touching the base of Mount Kailash to connect with Lord Shiva. Full Kailash Kora/circumambulation is a sacred rite around Mount Kailash and takes longer than Charan Sparsa.

What is the altitude of Mount Kailash?

Kailash Mountain is at 6638m. It is among the highest-altitude religious sites in the world. The Kailash Parikrama is one of the most popular and crowded events for pilgrims all around Asia, where trekkers circle the entirety of Mount Kailash.

What is the elevation of Lake Mansarovar?

Lake Mansarovar, a sacred freshwater lake in Tibet, is approximately 4,590 meters (15,060 feet) above sea level. This makes it one of the highest freshwater lakes in the world, adding to its significance as a pilgrimage site for Hindus, Buddhists, Jains, and followers of the Bon religion.

What are the risks associated with the Kailash Charan Sparsh Tour?

Some of the risks associated with the Kailash Charan Sparsh Yatra are the high altitude, dynamic weather, tough trekking conditions, navigating trails, and physical exertion. Hence, necessary preparation is required for this trip.

Can you complete the Mount Kailash tour without a tour operator?

Yes, you can complete the Mount Kailash tour without the operator. However, the tour becomes even more complex in terms of issuing permits, navigation, logistics, transportation, learning culture, language barrier, etc.

What is the Kailash Kora in the Kailash Charan Sparsh Tour?

The Kailash Kora, also known as the Kailash Parikrama, is a sacred pilgrimage that involves circumambulating Mount Kailash, a revered peak in Tibetan Buddhism, Hinduism, Jainism, and Bon religions. It is a significant part of the Kailash Charan Sparsh Tour, a spiritual journey to Mount Kailash.

What do the feet of Kailash emphasize for tourists on this tour?

The feet of the Kailash emphasize the base of the mountains, which the trekkers or tourists touch as a sacred ritual. This act is also known as the Charan Sparsh act, which means taking the blessing of Lord Shiva.

Does the Mount Kailash Charan Sparsh Tour mean climbing Mount Kailash?

No, the Mount Kailash Charan Sparsh tour only means the pilgrimage that tours the base of Mount Kailash. Till today, no one has climbed Mount Kailash because it is forbidden. It holds the sacred values in four religions Hinduism, Buddhism, Jainism, and Bon.

Are drones or professional photography equipment allowed at Kailash or Mansarovar?

No, drones are strictly prohibited in Kailash's territory. Likewise, professional photography equipment is allowed but requires pre-approved media permits from Chinese authorities. Even while using a smartphone, you should respectfully ask permission in certain areas.

Lake Mansarovar Tour



Lake Mansarovar, a high-altitude freshwater lake in the Himalayas at 4,590 meters (15,060 ft), is considered sacred by Hindus, Buddhists, Jains, and followers of Bon. Its crystal-clear waters and serene surroundings attract numerous pilgrims. Hindus believe the lake originated from Lord Brahma's mind, while Buddhists see it as the birthplace of Padmasambhava. All religions regard it as a place for purification and spiritual growth.

Many pilgrims see visiting Lake Mansarovar as a deeply meaningful spiritual journey. They participate in the Kailash Mansarovar Yatra, which includes a pilgrimage around the lake and the sacred Mount Kailash. Devout followers do this to seek blessings and achieve spiritual liberation. The journey can be tough, involving high altitudes and difficult paths, but many believe the rewards are great. Bathing in the holy waters of the lake, walking around its shores, and meditating on its calm beauty are seen as important acts of spiritual devotion.

Camping and Accommodation options around Lake Mansarovar

Although the Kailash Charan Sparsh Man Sarovar tour is among the easy tours in Nepal, there are some factors that are important for tourists to consider. One of these factors is accommodation, where the tourists rest and rejuvenate after a long day of trek. Tourists can stay in different types of accommodation during the tour, so let's get into them.

Luxury Hotels

Luxury Hotels are available in a few towns or cities like Darchen, Kathmandu, etc. One of the best hotels for trekkers is the Himalayan Kailash Hotel. It offers clean rooms, private bathrooms, hot showers, and a restaurant known for its tea. Chinese and Western dishes are also available. Another good choice is the Chengdu Grand Hotel. While older and less luxurious than the Himalayan Kailash Hotel, it provides affordable rooms with basic amenities, including simple accommodations and everyday meals. The luxury hotel costs around \$500 to \$1000 per day.

Lodges

Lodges are another mode of accommodation during this iconic Kailash Tour. The lodges are cheaper than luxury hotels and have limited services, making them ideal for any budget-friendly options. Lodges are the most popular option for accommodation during the Kailash Mansarovar Tour. Often during the Kailash yatra, the tourists are from middle-class families looking to enjoy their time with their children, so most of them prefer to stay in lodges. The cost to stay in lodges is about \$150 per day.

Guest Houses

Guest houses are a popular option for staying during the Mount Kailash and Mansarovar Tour. They are smaller than hotels and offer a more personal experience. You can find guest houses in small villages along the trail, providing basic amenities. Key locations like Kerung, Mansarovar, Dirapuk, and Dzuthulpuk have guest houses and lodges for pilgrims and trekkers. Local villagers run these guest houses, which helps you connect with them and experience their culture and traditions. They offer cozy beds, blankets, shared bathrooms, and hot showers. Guest houses usually operate a dormitory system, where multiple trekkers share large rooms. This setup allows you to meet other travelers and share your experiences during the journey.

Camping

There is one more method of accommodation for this tour package, and that is camping. When there was a lack of hotels, lodges, etc, tourists used to carry tents for camping in the barren lands, and this method is still in practice. Camping is one of the fun ways of staying overnight, as tourists often light a bonfire around the camp and make dinner, sing, dance, play games, and tell stories to entertain before going to their respective camp for bed. However, camping is only fun and possible during the summer, spring, and autumn seasons, and it is tough during the monsoon and winter seasons.

Camping and Accommodation options around Lake Mansarovar

Although the Kailash Mountain Charan Sparsh Mansarovar tour is an exciting trip, there are some factors that tourists should consider. One of these factors is accommodation, where you rest and refresh after a long day of trekking. You can stay in different types of accommodation during the tour, including:

Hotels

Hotels are available only in towns or cities like Darchen. The **Himalayan Kailash Hotel** is one of the best hotels along the route. It offers clean rooms, private bathrooms, hot showers, and a restaurant known for its tea. Chinese and Western dishes are also available. Another good choice is the **Chengdu**

Grand Hotel. While older and less luxurious than the Himalayan Kailash Hotel, it provides affordable rooms with basic amenities, including simple accommodations and everyday meals.

Lodges

Lodges are another common accommodation during this iconic Kailash Tour. Along with lodging, the accommodation point offers meals, Wi-Fi, charging facilities, and a shower. Lodges are generally more affordable than hotels and offer fewer services, making them ideal for budget-conscious travelers. During the Kailash yatra, tourists often stay in a lodge, as it is the most preferred accommodation point. The cost to stay in a lodge is about **\$10-\$30** per day.

Guest Houses

Guest houses are a popular option for staying during the Mount Kailash and Mansarovar Tour. They are smaller than hotels and offer a more personal experience. You can find guesthouses in small villages along the way, offering basic amenities. Key locations, such as Kerung, Mansarovar, Dirapuk, and Dzuthulpuk, offer guest houses and lodges for pilgrims and trekkers.

Local villagers run these guest houses, which helps you connect with them and experience their culture and traditions. The guesthouse offers facilities including beds, blankets, shared bathrooms, and hot showers. Likewise, it usually operates in a dormitory system, where multiple trekkers share large rooms. This setup allows you to meet other travelers and share your experiences during the journey.

Camping

There is one more accommodation option for this tour to Kailash, and that is camping. When there was a lack of hotels and lodges, tourists would carry tents for camping in the barren lands, a practice that is still observed. Camping is one of the fun ways to stay overnight, as travellers often gather around a bonfire, make dinner, sing, dance, play games, and tell stories to entertain themselves before retiring to their respective camps for the night. However, camping is only fun and possible during the summer, spring, and autumn seasons, and it is tough during the monsoon and winter seasons.

Cultural and Religious Practices to be aware of during the Kailash Charan Sparsh Tour

During the cultural trek, you must be aware of the religious practices of the country you visit. Places such as Kailash or Manasarovar are inhabited by people who live unique lives as they follow their own culture and religion. These people welcome trekkers and tourists from all over the world, but they also expect the trekkers to respect their culture and religious practices. Here are some of the tips you may need for the Mount Kailash Charan Sparsh tour:

- Learning basic phrases or gestures of greetings, like bowing down, helps.
- Tourists should also be aware of local religious practices, including prayer times, religious festivals, and fasting periods.
- If you want to take pictures or photos, make sure you ask permission first, since, in some places, clicking pictures is disrespectful.
- Maintain silence or speak softly; avoid loud voices in religious places.
- Learn about local practices, such as removing shoes before entering temples or houses, walking clockwise around sacred sites (kora), kneeling down in temples, and dressing modestly.

- Avoid bringing plastic waste, and remember to carry all trash to let nature clean itself.
- Do not step on or walk over prayer flags and mani stones.

Charan Sparsh at Mount Kailash



During the tour around Mt Kailash, people perform a ritual called Charan Sparsh. It involves touching the ground of Mountain Kailash, which can seem a bit strange. But then you see the pilgrims' devotion in their eyes, the way they practically melt into the ground, and you realize it's more than just a tour. It's like tapping into the universe.

People engage in the culture of Charan Sparsa of Kailash Parbat due to their religious beliefs and the hope of something divine. Imagine you've been trekking for days, the air is thin, your legs are screaming, and you're finally there, at the foot of this mythical mountain, said to be Shiva's home. You feel an incredible energy, as if the ground itself is vibrating. And then, you bow down, forehead to the earth, and connect with that energy, that history, which is admirable. It's like charging your spiritual batteries.

The devotees feel lighter and more connected as they've just met with God themselves. Different tourists or trekkers have different experiences at the Charan Sparsa. Some people cry, some chant, and some sit there in stunned silence. There's no denying the power of the moment. You will need to experience it firsthand to appreciate the magic truly, so we recommend the Charan Sparsa Tour for everyone at least once.

Tips for planning a successful Kailash Charan Sparsh tour

The Kailash Mountain Charan Sparsha tour is quite popular and rewarding. However, you need proper planning for a successful and cheerful experience of this feet-touching tour, so here are the tips:

1. First and foremost, you must plan for acclimatization, as you will gradually climb to higher

altitudes.

2. Plan for the documents and permits needed to explore the trekking destination. As you enter Tibet via Nepal, you must obtain a **Tibet Travel Permit** and a **China Group Visa** for this tour.
3. Pay attention to your packing needs. Knowing what to pack and what to leave behind is very important for a high-altitude tour like Mount Kailasa Charan Sparsha.
4. Learn about the culture and traditions of the tour you are visiting, and prepare accordingly, such as learning local gestures, movements, dress codes, and other customs.
5. During the trek, be sure to pay attention to your hydration and nutrient levels. Drink plenty of water and eat a balanced diet with sufficient protein and carbohydrates.

Best time for Kailash Charan Sparsh Tour

The Kailash Tour is a fun and rewarding experience. However, your trip will be less enjoyable if you don't select the ideal time for the visit. Therefore, choosing the optimal time for the journey is crucial. For this tour, you should consider going in either the Spring or Autumn season.

Spring

One of the best seasons for the Mountain Kailasa Charan Sparsha Tour is Spring, which begins in March and ends in May. During the day, temperatures range from **5°C to 15°C**, but they can drop to freezing at night. The weather stays cold until April, but it gets warmer in May, making it a better time for spiritual journeys and trekking. During this season, the skies are usually clear, offering stunning views of the topography, the impressive Mount Kailash, and the sacred Mansarovar Lake.

Autumn

Autumn is another season you should consider going for the Kailash Manasarovar Yatra. During the season, the weather is perfect for trekking and pilgrimage, as it avoids the heavy rains of July and August. From September to October, temperatures range from **5°C to 15°C** during the day, similar to spring. This season allows visitors to enjoy the beautiful scenery of the base of Kailash, Manasarovar Lake, and the favorable conditions of the region. It's perfect for those looking to experience the region's natural and spiritual beauty in this peak season.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal