

Kailash Mansarovar Yatra

URL: <https://himalayan360.com/trip/kailash-mansarovar-yatra/>

Destination

Explore Tibet: Tours, Treks & Spiritual Journeys

Activity

Religious and Spiritual Tours

Start / End Point

Kathmandu/Kathmandu

Trip Type

Religious Trip

Route

KTM-Saga-Mansarovar-Darchen-Zutulpuk-KTM 14

Duration

Destination

Nepal

Language

Nepal

Per Person From

USD 2,770

Max. Altitude

5,630M/18,471FT

Group Size

1 - 10

Best Season

May, Jun, Jul, Aug & Sept

Trek Distance

52KM/32Miles

Transportation

Jeep | Bus

Accommodation

3/4 Star Hotel | Tented Camp

Meals

Breakfast, Lunch, Dinner

Difficulty

Hard Physical training before the trip should begin no later than 2 months before, as you will have a height of 3,000 meters above sea level and more. Hiking is from 6 km daily with an average pace that can be maintained for hours. It is important to have physical fitness & endurance. You will also need the right gear and clothes according to the weather.

Major Highlights of Kailash Mansarovar Yatra

- Walk the full 52 km circuit around Mount Kailash — the three-day Kora, the heart of the pilgrimage.
- Perform puja on the shore of Lake Mansarovar (4,590 m), one of the highest freshwater lakes on earth.
- Cross Dolma La Pass at 5,630 m, the highest point of the Kora, and descend past Gauri Kund.
- Begin at the Tarboche flagpole and Yam Dwar, the traditional gateway to the circuit.
- Two full acclimatisation days built in — at Gyirong and at Darchen — because altitude, not distance, is what ends most yatras.
- Travel a route sacred to four faiths: **Hindu, Buddhist, Jain and Bon.**
- Experience different cultures, languages, and religions influenced by three nations: India, Nepal, and Tibet (China).
- Cross from the green Himalayan foothills of Nepal onto the open Tibetan plateau in a single overland journey.

14 Days Kailash Mansarovar Yatra Itinerary

Day 01: Arrival In Kathmandu

Arrival at Tribhuvan International Airport, where our representative meets you and transfers you to your hotel. The rest of the day is yours to rest or walk the streets around Thamel. In the evening, a welcome dinner with your group and a first briefing.

We will already have your Chinese Group Visa and Tibet permits in progress by this point — see the Permits section for what was required and when.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 02: Kathmandu Temple Exploration, Trip Preparation & Briefing

A day among Kathmandu’s sacred sites. Pashupatinath, the great Shiva temple on the Bagmati, where you can witness the Rudra Abhishek and, if you wish, take part in a puja. Then Boudhanath, one of the largest stupas in the world, where pilgrims circle clockwise under the drift of “Om Mani Padme Hum”. Finally Budhanilkantha (Jal Narayan), with its reclining Vishnu.

The afternoon is for preparation. Your guide runs a full briefing: the route, altitude and how we manage it, what to pack, safety protocol, and the border-crossing procedure. Gear checks happen now, not at the border.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 03: Drive Towards Nepal-Tibet Border (Timmure)

After breakfast, you will be on your **overland trip from Kathmandu to the Nepal-Tibet border (Rasuwagadhi)**. It marks the start of your spiritual journey to Kailash Mansarovar Yatra from Kathmandu. The drive follows the **Pasang Lhamu Highway**. The route passes through green hills and forest valleys along the **Trishuli River**. The road from Kathmandu to Timure is rough, especially the 12KM section between Syabrubesi and Timmure, which was damaged during the July 2025 monsoon floods. Also, some areas are narrow and bumpy, but road repair work is in progress.

On the way, you will stop for lunch at **Dhunche**, a friendly mountain town at 2,030M known for its warm hospitality and tasty **Nepali meals**. After lunch, you will continue your drive to Kailash Mansarovar Lake through twisting mountain roads. As you get closer to the Nepal-Tibet border, the scenery becomes more dramatic, with tall cliffs and misty landscapes on both sides.

By late afternoon, you will reach **Timmure**. You will check into your hotel and relax. In the evening, you can explore the village or walk to a nearby viewpoint for stunning views of the Trishuli River and surrounding mountains. Enjoy dinner and rest overnight in Timmure.

Highest Altitude:

1,762M/5,780FT | Timmure

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Best Available Lodge

Trek Distance:

N/A

Day 04: Drive From Timmure To Gyirong (crossing into Tibet)

A ten-minute drive to the Rasuwagadhi border post. Our team handles the Nepal-side immigration and customs formalities, then you cross the Friendship Bridge into Tibet, where our Tibetan guide meets you for the Chinese entry procedures.

Note on time: China runs 2 hours 15 minutes ahead of Nepal. A 07:00 Nepal-time start puts you in Gyirong at roughly 13:00 China time.

Afternoon at leisure in Gyirong to begin adjusting to the altitude.

Highest Altitude:

2,800M/9,186FT | Gyirong

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 05: Acclimatization Day At Gyirong

A full rest day, and not an optional one — this is the first of two acclimatisation days that make this itinerary safer than a compressed one.

Optional walk to Pakba Monastery, a Nepali-style pagoda roughly a thousand years old, housing a statue of Avalokiteshvara. Or simply rest.

Highest Altitude:

2,800M/9,186FT | Gyirong

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Guest/Tea House

Trek Distance:

N/A

Day 06: Drive From Gyirong To Saga

The single largest altitude gain of the trip: 1,700 m in one day. Drink steadily, eat lightly, and tell your guide immediately if you get a headache.

The road climbs out of the Gyirong valley past waterfalls, and the landscape shifts — forest gives way to dry open plain as you come onto the Tibetan plateau. A newly built tunnel avoids a 5,000 m pass and brings you out at the turquoise Lake Peikucuo, where we stop.

Saga is a working plateau town at 4,500 m, and your first night at serious altitude.

Highest Altitude:

4,500M/14,764FT | Saga

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 07: Drive From Saga To Darchen Via Lake Mansarovar

The longest driving day. The route follows the upper Yarlung Tsangpo (the Brahmaputra) through alpine pasture, yak herds and nomad camps, then into Zhongba, high-altitude desert where the Paryong sand dunes run up against snow peaks. Watch for kiang, the Tibetan wild ass.

You pass the small freshwater Gongzhucuo Lake (4,680 m) and cross Mayum La Pass (5,211 m). Beyond it, the first sight of Lake Mansarovar — and, weather permitting, Mount Kailash in the distance. Rakshastal, the “ghost lake”, lies alongside.

On to Darchen (4,650 m), the town at the foot of Kailash and the start point of the Kora.

We normally overnight at Darchen, which has better facilities than the lakeside. If your departure coincides with a full moon, or the group wishes it, we can instead stay at Lake Mansarovar.

Highest Altitude:

4,650M/15,256FT | Darchen

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 08: Drive To Lake Mansarovar And Back To Darchen

You will take a short drive to the sacred Lake Mansarovar. Today is a spiritual day, focused on performing **puja (prayer rituals)** at the lake. Following the prayers, you will obtain a Parikrama vehicle ticket and continue the Mansarovar Parikrama by vehicle, which travels around the lake and offers beautiful views of the Tibetan landscape.

During the journey, you will also have the opportunity to view the Rakshastal. This lake is spiritually connected to Hindu and Buddhist mythology. Many pilgrims stop here briefly and follow the local tradition of throwing small stones toward the lake as a symbolic gesture of rejecting negative energies and evil influences.

After completing the parikrama around 3:00 PM, you drive back to Darchen. Arrive at your hotel, relax, and enjoy dinner. This evening is perfect for resting and preparing for the Kora trek around Mount Kailash, which starts tomorrow.

Highest Altitude:

4,650M/15,256FT | Darchen

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Daily Note:

On this day, we will check which places will be best for our group and we choose one place out of two places(Mansarovar/Darchen)

Day 09: First Day Of Kailash Outer Kora - Trek To Dirapuk

A five-kilometre drive to the Tarboche flagpole and Yam Dwar — the “gateway of the god of death”, where pilgrims traditionally shed their attachments before beginning the circuit. The north face of Kailash stands directly ahead.

From here you walk. The trail runs up the Lha Chu valley, gently uphill, following streams that flow from the mountain down to Mansarovar. You will pass Tibetan pilgrims performing the Kora by prostration — full length on the ground, the entire way round.

Dirapuk Monastery guesthouse sits at 4,860 m with a direct view of Kailash’s north face. Sunset from here is, for many pilgrims, the moment of the trip.

In peak season the guesthouse can fill. If so, our team pitches tents on the monastery grounds.

Distance:

6Hours

Highest Altitude:

4,860m/15,945FT | Dirapuk

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Monastery Guesthouse / Tented Camp

Trek Distance:

12KM/7.5Miles

Day 10: Second Day Of Kailash Outer Kora - Trek To Zuthulpuk Via Dolma La Pass

The second day of the Kailash Outer Kora today is the longest and toughest day of the Kailash Kora. You will start by hiking past the Eastern face of Mount Kailash. The Kailash Kora trail climbs steadily, passing smaller hills before reaching the high Dolma La Pass, at 5,630M. This final ascent to Dolma La Pass is challenging because of the thin air. But the sight of fellow pilgrims to Kailash Mansarovar and colorful prayer flags motivates you to keep going.

After reaching the summit of Dolma La, take a moment to admire the scenery and offer prayers for peace and well-being. Then again, begin your descent, **where you'll see Gauri Kund, a holy lake at 5,608M**, considered a sacred site of compassion and bliss. Continue trekking down a gentle valley alongside a clear river.

You may spot Himalayan marmots along the way. Finally, you will arrive at Zuthulpuk Monastery guesthouse in the late afternoon. Here, you can rest, enjoy the views of Mount Kailash, and prepare for the next day of your spiritual pilgrimage.

Distance:

9Hours

Highest Altitude:

5,630M/18,471FT | Dolma La Pass

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tented Camp/Monastery Camp

Trek Distance:

22KM/13.7Miles

Day 11: End Of Kailash Parikrama - Drive To Saga

It is the last day of the circumambulation of Mount Kailash. You will trek the last 8KM from Zuthulpuk Monastery to Darchen. The trek is easier today, with gentle ups and downs, giving you time to enjoy the sacred scenery and observe pilgrims performing final prostrations along the way. After completing the Kora around Kailash, you will board your vehicle for the drive to Saga.

The 470KM journey passes through the scenic **Ngari Plateau**. The route offers views of Himalayan peaks, grassy meadows, and serene lakes. There will be stops at some spots and viewpoints for photos and short breaks. You will arrive in Saga in the evening and check in at your comfortable 3/4 star hotel. Enjoy a warm dinner and relax after a spiritually and physically fulfilling day.

Distance:

3Hours

Highest Altitude:

4,670M/15,322FT | Zuthulpuk Monastery

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tented Camp/Monastery Camp

Trek Distance:

8KM/5Miles

Day 12: Drive Back From Saga To Gyirong

Following the Kailash Mansarovar Yatra Package itinerary, on the 12th day, you will **return from Saga to Gyirong**. Gyirong is the border town between Tibet and Nepal. The drive is approximately 177KM and takes about 4Hours, depending on road conditions. You will drive on the same route you took from Gyirong to Saga, crossing the Tibetan Plateau again.

You will see desert-like landscapes, rolling grasslands, and high mountain passes. **The Brahmaputra River (also called Yarlung Tsangpo)** flows alongside parts of the road, offering beautiful views. On the way, you may also see Peikucuo Lake, and distant Himalayan peaks like **Shishapangma and Langtang Himal**.

As you drive, the altitude gradually decreases. This makes the journey easier on the body. Stop as needed to enjoy the views, take photos, or stretch. In the late afternoon, you will arrive at Gyirong, check into your hotel, and relax after a long day of driving. Dinner and overnight stay in Gyirong.

Highest Altitude:

4,500M/14,740FT | Saga

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 13: Drive Back To Kathmandu

After breakfast in Gyirong, you will start your journey *back to Kathmandu at 08:00 AM Chinese Time*. You will cross the Nepal-China border at Gyirong (Rasuwagadhi) and continue along the Pasang Lhamu Highway. The route passes through lush valleys, forested hills, and the Trishuli River.

You may stop at small towns along the way for refreshments or photos of the beautiful mountain scenery. Once you arrive in Kathmandu, the time zone changes back to 16:00 (4:00 PM) Nepali Time. You will check into your hotel and relax after a long journey. Dinner is served at the hotel, and the evening is free to rest or explore the city. Overnight stay in **Kathmandu**.

Highest Altitude:

2,800M/9,186FT | Gyirong

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 14: Final Departure

Today is your last day with us. On this day, you will prepare for your departure. Our guide and driver will take you to Tribhuvan International Airport in Kathmandu, 3 hours before your flight, to complete check-in and security procedures. This marks the end of your holy Mount Kailash Mansarovar Yatra and Nepal-Tibet journey.

Meals:

Breakfast

Trek Distance:

N/A

Why the 2026 Horse Year Is Special for the Kailash Mansarovar Yatra



Doing the Kailash Mansarovar Yatra in 2026 is very special because it is the **Horse Year**. It is a rare event that happens only once every 60 years. In the Chinese and Tibetan zodiac, each year has an animal, and the horse comes every 12 years. The last Tibetan year of the horse was in 2014, and now the next begins on February 17, 2026.

Many believe that during the Horse Year, the spiritual power of [Mount Kailash and Lake Mansarovar](#) is

stronger than usual. *This makes completing the Kailash Kora very lucky.* Pilgrims say that strength and determination parikrama in the Horse Year is equal to 12 parikramas in other years. So they will receive many times more blessings.

Moreover, since the horse represents progress and courage, it is believed to give pilgrims the strength and determination to complete this sacred journey. Also, this year is linked to important spiritual events. The famous Buddhist poet Milarepa climbed Mount Kailash in a Horse Year, and the **birth of Buddha Sakyamuni is also connected to the Horse Year.**

This way, the Horse Year is one of the best times for the Kailash Mansarovar Yatra. It brings good luck, prosperity, and spiritual growth. For anyone planning the Kailash Mansarovar Yatra, 2026 is a rare and very special chance.

Kailash Mansarovar Yatra 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)
- 13 nights — 11 in hotels and lodges, 2 in tented camp or monastery guesthouse on the Kora (sharing basis)
- Food: 13 breakfasts, 12 lunches, 13 dinners — vegetarian throughout
- One local English-speaking guide
- Supporting crew members (Cooks, Helpers if needed)
- Duffel Bag & Down Jacket for the trip (Return after Yatra)
- Tibet Travel permit and visa for a group (one time)
- Entrance fees as per mentioned places in itinerary
- Agency service charges
- Free luggage storage services in Kathmandu
- Farewell dinner at the end of the Yatra
- Appreciation Certificate after the successful tour
- Free consulting services before & after tour book
- Kathmandu city tour as per itinerary
- Oxygen cylinder in each bus
- **MEDICAL KIT:** Comprehensive Medical Kit

Excluded Services

- International flight

- Private transfer during the tour (personal use)
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival, Visa problem, 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 your personal stuff
- Nepal entry visa fees (Visa on arrival)
- Visa cancellation charge (If Early Return from Kailash)
- Additional costs incurred due to causes beyond our control, for example, Visa cancellations, weather conditions, landslides, itinerary modifications, illness, government policy changes, 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
5 - 5	USD 3,250
6 - 10	USD 3,076
11 - 16	USD 2,950
17 - 20	USD 2,770

FAQs for Kailash Mansarovar Yatra 2026

Is 2027 the Horse Year for the Kailash Yatra?

No. The Tibetan Fire Horse Year ran from 18 February 2026 to 6 February 2027, and the only yatra season within it was May-September 2026. The 2027 season falls in the Fire Sheep Year. The next Horse Year is 2038. Many pilgrims still choose 2027 because it is far quieter than the Horse Year, with better accommodation on the Kora and easier permits.

How much does the Kailash Mansarovar Yatra cost?

Our 14-day overland yatra costs USD 2,770 to USD 3,250 (₹2.65-3.10 lakh) per person, depending on group size: USD 3,250 for a group of 5, USD 3,076 for 6-10, USD 2,950 for 11-16, and USD 2,770 for 17-20.

What types of food are served during the journey?

Simple yet nutritious vegetarian food is served during the journey. The food items include rice, dal, noodles, bread, and local vegetables. You will also have tea and Tibetan soup regularly to keep your body warm.

Do pilgrims need travel or medical insurance for the Yatra?

Absolutely, pilgrims need travel or medical insurance for the Yatra. Having travel insurance gives you peace of mind as you know that it will cover high-altitude travel, medical emergencies, extended stays, and evacuation if needed.

How long is the Kailash Kora?

The full outer circuit is 52 km. On our itinerary you walk approximately 42 km of it over three days — we drive the first 5 km from Darchen to Tarboche and collect you by vehicle after Zuthulpuk.

Why do many pilgrims reach Kailash during the full moon?

Full moon days are very special in Hinduism and Buddhism. Hindus believe that Lord Shiva's divine power is strongest during the full moon. So, they reach Kailash to seek additional blessings. For Tibetan Buddhists, the full moon is sacred because of the Saga Dawa Festival, which celebrates the day Lord Buddha became enlightened. Furthermore, the full moon also makes the surroundings even more beautiful. The majestic Mount Kailash reflects on the shimmering waters of Lake Mansarovar and creates a mesmerizing view that gives pilgrims a deep sense of peace and connection with the divine.

Can we choose our own departure date and travel in a private group?

Definitely, with us, Himalayan 360, you can choose your own departure date and travel in a private group. But you may have to pay a little more than joining a fixed-date group. Contact us on info@himalayan360.com, for the Kailash Mansarovar Yatra in a private group.

What currency should I carry?

Chinese Yuan (RMB), in cash. Change INR or USD in Kathmandu before departure — international cards and ATMs are unreliable in western Tibet.

Who can take part in this journey?

Officially, anyone who is between 18 and 70 years old can take part in Kailash Mansarovar Yatra tour. That being said, a medical certificate is required to prove you are physically and mentally fit to take part in this trek. Those with chronic heart, lung, or blood pressure issues should avoid this trek.

Can we bathe in Lake Mansarovar?

Pilgrims may take a symbolic dip using a bucket at a designated spot away from the shoreline. Swimming is discouraged to protect the holy and fragile lake.

Can we use horses or ponies during the Kora?

Yes, if you do not wish to trek the entire 52km on foot, you can hire a pony (often referred to as a horse) for the 3-day Parikrama. Ponies and porters are available for hire at Yam Dwar (the start of the trek). You must decide and book your pony on Day 1 of the Kora, as they are often unavailable once the trek begins. The cost ranges from USD 100 to 150 per day (approximately USD 300 to 450 for the full 3-day Kora).

What is the absolute final deadline to submit my passport if I want to travel

this year?

To secure a late August or September departure, your physical passport and documents must reach the agency in Kathmandu no later than mid-July 2026.

Can I leave the 14-day overland group tour to explore Lhasa or Everest Base Camp independently?

No, the Chinese Group Visa and Tibet Travel Permit lock your exact itinerary, vehicle numbers, and guide details in place before you cross the border. Changes after permit approval are not allowed. If you plan to visit Lhasa or Everest Base Camp, you should book an extended 15-17 day itinerary before the permit application is submitted.

What happens if I fail the mandatory medical check in Kathmandu or at the Tibetan border?

You will not be allowed to continue the yatra if you fail the mandatory medical check. If a serious health condition is detected, such as uncontrolled asthma or other medical concerns, a team representative will safely escort you back to Kathmandu while the rest of the group continues the journey.

Additional Information

Saga Dawa Festival & Full Moon Dates for Kailash Mansarovar Yatra 2026

The Saga Dawa Festival is considered the holiest time to visit Mount Kailash. The festival celebrates the birth, enlightenment, and passing of Gautama Buddha and falls on the full moon day of the fourth month in the Tibetan lunar calendar. In 2026, the main Saga Dawa celebration already took place on May 31, while the full festival month runs from May 17 to June 16, 2026. During this period, thousands of pilgrims gather near Tarboche to raise a prayer flagpole decorated with colorful prayer flags. Many locals believe that if the flagpole stands straight after being raised, it brings peace, health, and prosperity for the coming year. Below is the complete list of astronomical full moon dates for the 2026 Yatra season:

Month	Full Moon Date in Tibet	Spiritual Importance
May	May 30, 2026	Saga Dawa Full Moon (Main Festival Day)
June	June 29, 2026	Dev Snan Purnima / Jyeshtha Purnima
July	July 29, 2026	Guru Purnima / Ashadha Purnima
August	August 27, 2026	Shravana Purnima / Raksha Bandhan
September	September 26, 2026	Bhadrapada Purnima (End of Yatra Season)

Spiritual Significance of Kailash Mansarovar Across Four Faiths

Mount Kailash is not famous for its height. At 6,638 m it is far from the highest peak in the region. It is famous because four separate religious traditions independently place the centre of the world at the same mountain.

Hinduism — the abode of Lord Shiva, who is said to sit in eternal meditation at its summit with Parvati. Lake Mansarovar below is held to have been created from the mind of Lord Brahma.

Tibetan Buddhism — the seat of Demchog (Chakrasamvara), a principal tantric deity. This is why the Horse Year, the horse being Demchog’s animal, carries such weight here.

Jainism — Ashtapad, on Kailash’s slopes, is where Rishabhadeva, the first Tirthankara, is believed to have attained liberation.

Bon — the pre-Buddhist religion of Tibet holds Kailash as Yungdrung Gutseg, the nine-storey swastika mountain, and the axis of the world. Bon practitioners walk the Kora anticlockwise; everyone else walks clockwise.

Across all four traditions, one belief is shared: that circling the mountain on foot cleanses the karma of a lifetime.

Many pilgrims describe seeing the face of Shiva in the rock and snow of the south face when the light falls at a certain angle. Whether you see it is, as with most things here, a matter of what you bring with you.

No one climbs Kailash. No permit has ever been issued, and no summit attempt has succeeded. Out of respect for what the mountain is to those who revere it, it is walked around, never up.

Understanding the Different Types of Kailash Kora

The circumambulation of Mount Kailash, called the Kora, is one of the most **sacred rituals** in the world. Pilgrims believe this journey **cleanses the spirit and supports inner growth**. The Kora can be performed in three ways: the **Outer Kora, Inner Kora, and Spiral Kora**, depending on the spiritual purpose. Each [type of Kailash Kora](#) offers a different way to connect with the “Precious Snow Mountain”. **Outer Kora:** The Outer Kora is the **most common and widely followed route**. It follows the traditional path used by thousands of devotees for centuries. The focus here is steady effort, patience, and humility. *All religions that revere Mount Kailash consider the Outer Kora a complete pilgrimage.*

Inner Kora: The Inner Kora is also known as the **Nandi Kora**. It is more **demanding and personal than Outer Kora**. This Kora takes pilgrims closer to the **southern face of Mount Kailash**. *Not everyone attempts this Kora. Only those who seek deep self-reflection and have received guidance from monks or spiritual teachers try it.* Traditionally, pilgrims complete 13 Outer Koras before doing the Inner Kora.

Spiral Kora: The Spiral Kora is not a single trip but a **lifelong spiritual path**. Pilgrims circle Mount Kailash many times, sometimes over several years. They believe that **repeating the Kora slowly removes ego, desire, and attachment**. This form is very rare. People usually attempt it based on personal vows, spiritual visions, or long-term goals rather than a fixed route.

Look at the table below for other details:

Feature	Outer Kora	Inner Kora	Spiral Kora
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Distance covered and duration	52-56KM. 3 days	30-34KM. 1 to 2 days	Varies (multiple outer koras plus inner and additional ritual routes)
Highest Altitude reached	5,630M at Dolma La Pass	5,860M at Saptarishi Cave	Up to and beyond Inner Kora passes
Start and end point	Darchen/Darchen	Darchen/Darchen	Darchen/Darchen
Terrain condition	Well-defined trails, gradual ascents, rocky paths, glacial moraines, long climbs, and descents	Unmarked trail, steep rock, scree, rugged, snow/ice sections, sometimes scrambling near cliffs	Mixed Outer + Inner + additional high terrain
Spiritual focus and impact	High. Considered enough to cleanse heavy past karma, one full kora is said to equal a lifetime of regular practice	Higher. Believed to bring deeper purification than the outer circuit	Highest. Deep immersion & enlightenment focus. Each additional “layer” of the spiral is said to multiply merit and insight many times
Accommodation and logistics facilities	Tea houses are available. Also, yaks or porters are available and vehicle support to and from Darchen	There are no real lodges on the inner routes. Need to rely on cave shelters, tents, monasteries, or self-support	Camping/self-supported only
Difficulty	Moderately challenging but manageable for fit walkers. The main difficulties are altitude and long trekking days	Extremely demanding, requires strong physical fitness, careful footing, and strong acclimatization to high altitude	Exceptionally demanding. Need serious endurance, navigation skills, and deep commitment

Unique Location Of Kailash Mansarovar Yatra

Mount Kailash and Mansarovar Lake lie in the **tripoint between India, Nepal, and Tibet**. The Kailash Mansarovar Yatra 2026 is primarily conducted via routes through Nepal or India, with the Nepal route being the most popular due to its shorter duration and diverse travel options like helicopters. Mount Kailash rises high in the **Trans-Himalayan range**, within the **Ngari Prefecture of Tibet (China)**, close to where the borders of India and Nepal come together. **To the south lies the Lipulekh Pass region of India's Uttarakhand**, while **to the west and southwest is Nepal's Humla District**.

This area forms a tri-junction zone, where the boundaries of the three regions come very close. And because of its unique position, *pilgrims can reach it through routes from both India (Lipulekh Pass, Uttarakhand) and Nepal (via Rasuwagadhi route)*. At the base of Mount Kailash, there is Lake Mansarovar, one of the highest freshwater lakes in the world: **tripoint between India, Nepal, and Tibet**

Attractions Near Mount Kailash and Lake Mansarovar

Besides Mount Kailash and Mansarovar Lake, there are several other attractions that you can visit during your Mount Kailash and Mansarovar Trip. They are:

Yam Dwar: Gateway to Death's God

To reach Mount Kailash, one must pass through Yam Dwar. *The word "Yam" refers to the Hindu god of death, who judges the deeds of every soul, while "Dwar" means gate or passage.* Together, it means **"Gateway to the God of Death"**. Yam Dwar is located near **Darchen** in the **Ngari region of Tibet**, at an altitude of about **4,724M** above sea level. It sits among snow peaks and vast plateaus.

It is another one of the most sacred sites to Hindus, Buddhists, Jains, and Bon followers. Pilgrims see passing through the Yam Dwar as a **moment of surrender**, where they let go of worldly attachments and begin their inner journey towards enlightenment.

Gauri Kunda: Birthplace of Lord Ganesha

Gauri Kund, also known as the **Lake of Compassion**, is a sacred water body located along the trail when descending from Dolma La Pass during the 2nd day of the Kailash Kora. This holy lake is also called **Parvati Sarovar** because it is deeply **connected to Goddess Parvati and her devotion**.

According to Hindu mythology, this is the **place where Goddess Parvati created her son, Lord Ganesha**. *It is believed that while bathing at Gauri Kund, she used the turmeric paste from her body to form the image of a boy and then breathed life into him*, making him her son. Later, Lord Shiva, unaware of who the boy was, severed Ganesha's head during a misunderstanding. Lord Shiva then restored his life by placing the head of a wandering elephant on his body, fulfilling Goddess Parvati's wish.

Because of this divine story, **Gauri Kund is seen as a symbol of love, creation, and compassion**. Many pilgrims stop here to offer prayers and reflect on the sacred bond between mother and child, as well as on the values of purity, forgiveness, and devotion.

Ashtapad: Sacred Site to Jain Society

Ashtapad is a **holy place for the Jain community** near Mount Kailash in Tibet, at about 4,900M above sea level. **To reach it, pilgrims must complete the inner parikrama (Kora), out of all other**

different types of Mount Kailash Koras. According to Jain beliefs, this is where the first Jain Tirthankara, Rishabadeva, attained Salvation (Nirvana). Later, his son, King Bharat, built a palace of crystals and gems at the site to honor his father.

Ashtapad Darshan was open to pilgrims until 2013. After an accident where several people died, it is no longer open. **Visiting Ashtapad is not included in our tour packages**, but it is still a very important and sacred site for the Jain community.

Freshwater Gongzhucuo Lake

Gongzhucuo Lake is a small, green freshwater lake in **Burang County of Ngari Prefecture** in Tibet. It **lies on the route from Saga to Lake Manasarovar**, along the Xinjiang-Tibet Highway. This lake is one of the few freshwater lakes on the mostly salty Tibetan plateau.

Surrounded by a vast, mostly desert-like landscape, it stands out as a peaceful and scenic landmark. After visiting Gongzhucuo, travelers cross **Mayum La Pass** to enter the Ngari region. From here, they get their first view of Lake Manasarovar and the distant Mount Kailash.

Best Time to Visit Kailash Mansarovar Yatra

Based on the latest travel data for 2025 and 2026, the best time to visit Kailash Mansarovar is during **May and June**. These months offer clear skies, good visibility, and stable weather, and make the 3-day Kora trek safer and more enjoyable. Daytime temperatures range from 7°C to 11°C, and nights can drop well below freezing. Thus, one should bring warm clothing.

Our recommendation: late May to mid-June, or September, for the best combination of visibility and stable weather.

Expect daytime highs of roughly 15-22 °C on the plateau in season, with nights dropping to freezing or below, and considerably colder at Dolma La. Bring warm layers regardless of month.



For pilgrims seeking a spiritual experience, the Saga Dawa Festival (in May or June) is the most auspicious time. Thousands of devotees gather and create an incomparable religious atmosphere. Likewise, the monsoon months of July and August offer a misty, mystical experience, with rain and clouds often hiding the peaks. Trekking is still possible, but professional rain gear is necessary for slippery trails.

Check out the table below for average daytime maximum and nighttime minimum temperatures in Tibet by month.

Month	Approx. Daytime Max	Approx. Nighttime Min	Notes / Comments
January	0°C to 8°C	-10°C to -20°C	Coldest month. Very dry. Remote areas are harsh
February	2°C to 10°C	-8°C to -15°C	Slightly warmer. Still very cold
March	5°C to 12°C	-5°C to -10°C	Early spring. Nights still cold
April	10°C to 15°C	0°C to -5°C	Warming up. Days are comfortable, and nights are chilly
May	15°C to 18°C	0°C to 3°C	Spring peak, better for travel. Nights still cold in high areas
June	18°C to 22°C	5°C to 8°C	Summer begins, warmer days. Some rain possible
July	20°C to 23°C	7°C to 10°C	Warmest month. Monsoon in some areas. Nights still cold
August	20°C to 22°C	6°C to 9°C	End of summer. Good travel weather
September	15°C to 20°C	0°C to 5°C	Early autumn, dry and clear. Ideal for trekking
October	10°C to 17°C	-5°C to -2°C	Cooling. Nights drop below freezing
November	5°C to 12°C	-12°C to -8°C	Dry, clear days. Harsh nights
December	0°C to 8°C	-18°C to -10°C	Deep winter

3 Day Kailash Parikrama Day-by-Day Breakdown

This 3-day Kailash trek itinerary begins with a short drive to Yamadwar (the gate of death), where the trek officially starts. From here, you’ll follow the Lha-chu Valley trail until you reach Dirapuk Monastery. During this section, you can see the beautiful North Face of Mount Kailash, which is considered the most scenic section of the entire parikrama.

The second day is the most challenging one. You’ll begin with a climb to the Dolma La Pass, the highest point of the pilgrimage. After offering prayers at the summit, you descend toward Gauri Kund (the Lake of Compassion) and finally Zuthulpuk monastery. The final morning is an easy walk through the “Valley of Miracles.” Once you reach the pickup point near Darchen, the Kora is officially complete.

Route	Distance	Altitude	Key Landmarks	Difficulty
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Darchen to Dirapuk (first day)	12KM/7.5Miles	860m/15,945FT	Yam Dwar, Lha Chu Valley, Dirapuk Monastery, North Face of Kailash	Moderate
Dirapuk to Zuthulpuk via Dolma La Pass (second day)	22KM/13.7Miles	5,630M/18,471FT	Dolma La Pass, Gauri Kund, Shiva Tsal	Very Difficult
Zuthulpuk to Darchen, then drive to Saga (final day)	8KM/5Miles	4,670M/15,322FT	Zuthulpuk Monastery, river valleys, mani walls	Easy to Mo

Altitude Sickness on Kailash Mansarovar Yatra: Prevention and Treatment

Altitude is what ends yatras here — not fitness, not distance. You sleep above 4,500 m for six consecutive nights and cross 5,630 m on foot.

How this itinerary manages it

Two full acclimatisation days are built in — Gyirong (2,800 m) on Day 5 and Darchen (4,650 m) on Day 8. The largest single gain is 1,700 m, on Day 6 between Gyirong and Saga, and it is the day to be most careful.

Every vehicle carries oxygen, and our guides carry a comprehensive medical kit and are trained to recognise AMS.

Recognising it

Early: headache, dizziness, nausea, loss of appetite, fatigue, broken sleep. Common, and usually manageable with rest and fluids.

Serious — descend immediately: breathlessness at rest, a cough producing froth, confusion, loss of coordination or balance, inability to walk a straight line. These indicate HAPE or HACE. The only reliable treatment is descent.

Reducing your risk

- Drink 3–4 litres of water daily.
- No alcohol and no smoking for the duration.
- Eat lightly and often, even without appetite.
- Walk slowly — deliberately slower than feels natural.
- Acetazolamide (Diamox) is widely used to assist acclimatisation. Consult your own doctor before travelling; do not start it for the first time on the trip.
- Tell your guide at the first symptom. Not the second day of symptoms.

Our rule

If our guide judges that you must descend, you descend. A staff member accompanies you down while the group continues. We would rather return you safely than have you complete a Kora you cannot walk away from.

Which Kailash Route Is Right For You?

Choosing the right [route for your Kailash Manasarovar Yatra](#) depends on your budget, fitness level, available time, and nationality. If you want the fastest and easiest journey, choose the Kailash Mansarovar Yatra by helicopter route. If you want the best balance of cost, comfort, and acclimatization, choose Nepal Overland via the Kyirong route. If you want a government-supported, mostly road-based journey with moderate effort, choose the Nathu La Pass route. And if you want the most local, spiritual, and physically challenging pilgrimage, choose the Lipulekh Pass (Uttarakhand) route.

Route	Days	Cost Range	Best For
Nepal (Overland via Kyirong)	14 days	USD 2,770 (INR 2,64,682)	Budget-conscious pilgrims wanting a spiritual journey
Nepal (Helicopter via Hilsa)	11 days	Varies (helicopter pricing fluctuates)	Pilgrims with limited time who prefer a shorter, quicker journey
Lipulekh Pass (Uttarakhand)	23-25 days	USD 3,000-3,600 (INR 2,86,660-3,43,991)	Fit pilgrims, spiritual seekers, adventure lovers
Nathu La Pass (Sikkim)	18-22 days	USD 2,500-3,500 (INR 2,38,880-3,34,435)	Older pilgrims wanting govt route with less trekking and more driving

Kailash Mansarovar Yatra Complete Cost Breakdown

Our 14-day overland yatra from Kathmandu runs USD 2,770 to USD 3,250 (₹2.65 - 3.10 lakh) per person, depending on group size. Across the market, overland yatras from Nepal generally fall between USD 1,700 and USD 4,000, and helicopter yatras between USD 4,000 and USD 6,500. Below is a simple breakdown table for easy understanding.

Cost Item	Budget (~USD)	Standard (~USD)	Premium (~USD)
Tibet Travel Permit (TTP)	100	100	100
PSB Permit	30-50	30-50	30-50
Aliens' Travel Permit (ATP)	50	50	50
Chinese Group Visa	60	75	90
Agency Service Fee	100	200	350
Professional Tibet Guide	80	120	200
Porter / Horse (Kora)	150	150	300
Guesthouse (Tibet)	60	150	250
Hotel (Kathmandu/Lhasa)	60	180	300
Meals (Tibet leg)	100	250	385

Transport (Kathmandu-Kyirong)	600	900	1,200
Evacuation Insurance	100 - 150	150 - 250	300+
TOTAL	1,510	2,100	2,700
Helicopter Add-on	3,500 - 4,500	4,500 - 6,500	8,000 - 10,000

Helicopter comparison

Our [11-day helicopter yatra via Simikot and Hilsa](#) is priced at USD 4,395 (approx. ₹4.20 lakh). It cuts the road travel almost entirely and suits pilgrims who are short on time or cannot manage long drives at altitude. Helicopter pricing moves with fuel and charter availability , contact us for the current rate.

A fuller breakdown, including what changes between budget and premium, is in our complete [Kailash Mansarovar Yatra cost guide](#).

Permits & Visa for Kailash Mansarovar Yatra

For a pilgrimage to Mount Kailash and Lake Mansarovar, the main documents that an Indian and Nepali citizen needs to acquire are a **Chinese Group Visa, Tibet Travel Permit (TTP), Alien's Travel Permit (ATP), Military Area Entry Permit, and Restricted Area Permit for Nepal** (*Simikot/Hilsa or Rasuwagidhi, depending on the route*). An ordinary tourist Chinese visa won't work here; you need to obtain a Chinese Group Visa strictly, and that too from a registered travel agent.

There are certain rules that an Indian pilgrim should consider here. *An Indian pilgrim should obtain these permits and a Chinese visa before leaving India. Also, Indian citizens doing the Kailash and Mansarovar yatra via Nepal must obtain a Chinese Visa from the Embassy of China in New Delhi, not from the Embassy of China in Kathmandu.* The visa processing time can take anywhere between 4-5 days. The duration is a bit short for Nepali citizens.



邀请函 (PU)

Invitation Letter(TE)

(香客)

(pilgrims)

编号/No.: HW ; 1101176

此函仅限申请人前往中华人民共和国驻印度大使馆申请签证时使用。

Please apply forthwith for visa at the Embassy of P.R.China in India with this letter.

邀请单位名称 Name of Invitation Unit		西藏自治区人民政府外事办公室			
被邀请人情况 Information of the Invited					
	外文姓名 Full Name	性别 Sex	出生日期 Date of Birth	国籍 Nationality	护照号码 Passport No.
1	RAKESH KUMAR KHANNA	男	10-10-10	印度	164195
2	ANIL KUMAR DUBEY	男	01-01-01	印度	1908411
3	DEVANAND TIWARI	男	08-08-08	印度	Vt 181
4	KIRITBHAI BHAGWANDAS VAIDYA	男	06-08-00	印度	V6 990
5	KRISHAN GOPAL AGARWAL	男	08-08-08	印度	W8260
其余人员名单附后/List of the other personnel is enclosed.					
申请签证有效期 3个月 Validity of Visa Intended to Apply		拟入境次数 1次 Number of Entries		最长停留天数 20 Longest Stay	
拟入境日期 09-09-11 Date of First Entry		访问地点 西藏 Places to Visit		事由 其他事由 Purpose of Visit	
联系人 刘芬 Contact Person		邀请单位盖章及负责人签署 Seal and Signature  5年 09月 09日 Year Month Day			
电话 0891-6- Tel					
传真 0891-63- Fax					
邮箱 有效ofa@三.政.com E-mail					

注:1.本邀请函有效期三个月。

Notes: 1.This letter is valid for three months.

Visa and Permit process for both Indian and Nepalese citizens

- Choose a licensed tour operator (India or Nepal) experienced in the Kailash Yatra.
- Make sure your passport is valid for at least 6 months from the start of your travel, and it has enough blank pages.
- Submit a recent passport-size photo and a group application form.
- Your tour agency will now apply for the Chinese Group Visa.
- Once the visa is confirmed, the tour agency applies for the Tibet Travel Permit (TTP) through the Tibet Autonomous Region (TAR) authorities or the Pilgrim Centre.
- The agency also takes care of the Alien's Travel Permit, Military Area Entry Permit, and Restricted Area Permit.

Good to know: *The Chinese Government banned the Kailash Mansarovar Yatra from India in 2020 due to the COVID-19 pandemic and rising tensions between India and China following border clashes that year. Now, after five years, both countries have agreed to restart the pilgrimage for Indian travelers to Tibet in 2025. The Indian government organizes the Yatra through two main routes: Lipulekh Pass in Uttarakhand (near the India-Nepal-China border) and Nathu La Pass in Sikkim.*

Kailash Mansarovar Yatra from India

Indian pilgrims can also choose the Nepal route for the Kailash Mansarovar journey because it is faster and easier to organize. The helicopter route is currently the most popular choice for travelers who want to reduce long road travel and save time. *The journey starts from Delhi, Lucknow, or Kathmandu and continues through Nepalgunj, Simikot, and Hilsa before entering Tibet.* This route takes around 9-11 days and costs between INR 2.8 lakh and INR 3.5 lakh per person.

The overland road route from Nepal is another popular option for Indian travelers who prefer a longer mountain journey in the Tibetan plateau. The trip starts from Kathmandu and continues by road through Syabrubesi and the Rasuwagadhi-Kyirong border into Tibet. This route takes around 13-14 days and costs INR 2.25 lakh to INR 2.6 lakh per person.

Experience Culture And Language Shaped By 3 Nations in Kailash Mansarovar Yatra

The Kailash region lies in the **tripoint between India, Nepal, and Tibet (China)**. Thus, you will find the **culture, tradition, and languages influenced by these three countries**. People here **live simple lives** filled with faith and spirituality, and the cultures mix beautifully across the borders. They speak different languages, like **Tibetan, Chinese, and Nepali**. **Tibetan is the main language spoken** in Western Tibet, where Mount Kailash is located. **Chinese is used for official work** and by the local government. Likewise, **Nepali is common among traders, pilgrims, and guides coming through the Nepal border area**. Guides, travelers, and some locals also **speak English to communicate with foreign pilgrims**.

Local people also follow different religions like **Hindu, Buddhist, Jain, and Bon**. Though their beliefs differ, everyone sees this place as a symbol of purity, peace, and divine power. Further, out of deep respect, **no one is allowed to climb Mount Kailash**. Locals believe it would disturb the sacred balance of the mountain. There are **no permanent buildings nearby** as well. Instead of climbing, pilgrims walk around the Kailash in a 42KM journey from Tarboche called the parikrama, which represents faith and spiritual cleansing. In this holy region, *the borders of India, Nepal, and Tibet disappear, and the same*

devotion and peace unite all who travel to Kailash Mansarovar.

Kailash Mansarovar Yatra Eligibility and Fitness Requirements

The Mount Kailash pilgrimage takes place in a remote high-altitude region, so travelers must meet certain eligibility and health requirements before joining the journey. Most Kailash Mansarovar Yatra groups accept travelers aged 18 to 70, though younger and older pilgrims can also join after special approval.

Travelers must carry a passport with at least 6 months of validity from the travel date. Maintaining a healthy Body Mass Index (BMI), preferably below 27, is also recommended for safer travel. Indian government-organized routes are only for Indian citizens, while foreign nationals, OCI, and PIO cardholders can join the yatra through Nepal with us. Below are the fitness requirements needed for the Kailash Yatra:

- Walk, jog, or cycle 5-7 km daily before the trip to improve stamina and heart strength.
- Practice climbing stairs regularly to prepare for the uphill climb to Dolma La Pass.
- Do breathing exercises such as Pranayama or Anulom Vilom for 10-15 minutes daily to adjust to lower oxygen levels.
- Train your body at least 1-2 months before departure for better stamina at high altitude.
- Carry a recent medical fitness certificate signed by a registered doctor within 30-60 days before departure.
- Stay hydrated, avoid smoking and alcohol before the trip, and maintain a balanced diet during preparation.
- Prepare mentally as well, since long driving days and cold weather can make the journey hard on the body.

Do's And Don'ts During Kailash Mansarovar Yatra

Do's

- Carry your permits, passport, and ID.
- Stay with your group and follow your guide.
- Take enough acclimatization time to adjust to high altitude.
- Drink lots of water to stay hydrated.
- Wear warm clothes in layers.
- Respect local customs, temples, and religious sites,
- Keep your trash with you.
- Pray quietly and respectfully.
- Keep your emergency contacts and travel insurance ready.
- Follow the rules during the Kora.
- Walk clockwise during the parikrama.
- Dress modestly.
- Take off your shoes in temples and holy places.
- Tell your guide if you feel sick.

Don'ts

- Don't try to climb Mount Kailash.
- Don't take stones from holy places.
- Don't throw trash or pollute Lake Mansarovar.
- Don't shout, play loud music, or be noisy near sacred sites.
- Don't disrespect symbols or signs at religious places.
- Avoid alcohol, smoking, and non-vegetarian food.
- Don't take pictures of monks or local people without permission.
- Avoid arguments about religion or politics.

Kailash Mansarovar Yatra Packing List & Gear

This [packing list](#) is designed for the extreme weather of the Kailash Mansarovar Yatra, where temperatures can drop from 15°C during the day to -10°C or even colder at night near the Dolma La Pass.

Category	Item Name	Qty / Spec	Purpose & Tips
Layer	• Thermal Tops & Bottoms • Fleece Jacket / Sweater • Heavy Down Jacket • Trekking Pants	• 2-3 Pairs • 2 Nos • 1 No • 2-3 Nos	• Merino wool or high-quality synthetic. Never use cotton. • Light, breathable mid-layer for daytime walking. • Windproof, waterproof, rated for -10°C to -15°C • Quick-dry, water-resistant, fleece-lined pants.
Footwear	• Waterproof Trekking Boots • Sports Shoes / Camp Shoes • Woolen Trekking Socks	• 1 Pair • 1 Pair • 4-5 Pairs	• High ankle support, deeply broken-in • Light shoes or sandals to wear at guesthouses. • Thick merino wool socks to prevent blisters and cold feet.
Headwear	• Balaclava / Woolen Cap • Sun Hat / Cap • Inner Gloves • Outer Heavy Gloves	• 1-2 Nos • 1 No • 1 Pair • 1 Pair	• Must cover ears and neck completely • For daytime sun protection to prevent sunburn. • Thin synthetic/fleece gloves • Waterproof, windproof, insulated ski gloves.
Bags	• Duffle Bag (Main Luggage) • Daypack (Backpack)	• 1 No (70-90L) • 1 No (30-40L)	• Waterproof. Carried by yaks, porters, or buses. • For your rain gear, camera, water, meds, and passport.

Gear	• Trekking Poles • UV Sunglasses • Sleeping Bag Liner • Thermos / Insulated Flask	• 1 Pair • 1 No • 1 No • 1 No (1 Liter)	• Buy anti-shock poles • Category 3 or 4 UV protection to prevent snow blindness. • Fleece or silk liner • Heavy-duty steel flask
Power	• High-Capacity Power Bank	• 2 Nos (20,000mAh)	• Batteries drain rapidly in sub-zero temperatures.
Toiletries	• Sunscreen & Lip Balm • Wet Wipes & Hand Sanitizer	• SPF 50+ • 2-3 Packs	• High UV index at 5,000M causes sunburns. • Running water is rarely available at parikrama mud mud huts.
First Aid	• Personal Medical Kit	As needed	• Diamox, pain relievers, band-aids, ORS, and cold meds.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal