

KAILASH MANSAROVAR YATRA 2026

A Complete Pilgrimage Guide via Kerung, Tibet

Beautiful Quote Pages

"The journey to Mount Kailash is not only a walk through the Himalayas but also a journey into your own heart."

"Every step taken around Mount Kailash is a step toward peace, faith, and inner strength."

Understanding Tibet and the Sacred Mount Kailash

This Kailash Leaflet contain approximately the following:

- ✓ Introduction to Tibet, Bon, Buddhism, Lhasa, Mount Kailash and Lake Manasarovar
- ✓ Complete 22-Day Itinerary with tables and daily guidance
- ✓ Cost Includes & Excludes
- ✓ **108 Professional FAQs**
- ✓ Complete packing checklist
- ✓ Altitude sickness guide
- ✓ Do's and Don'ts
- ✓ Electricity and charging information
- ✓ Food and accommodation guide
- ✓ Useful Tibetan words and phrases
- ✓ Religious significance in Hinduism, Buddhism, Bon, and Jainism
- ✓ Pilgrim's prayer

22 Days Kailash Mansarovar Yatra 2026 (Summary Itinerary)

Day	Date	Weekday	Route	Altitude (m / ft)	Distance (km / miles)
01	09 Sept 2026	Wednesday	Kathmandu → Kyirong	2,700 m / 8,858 ft	Approx. 175 km / 109 mi
02	10 Sept 2026	Thursday	Kyirong → Saga	4,640 m / 15,223 ft	Approx. 232 km / 144 mi
03	11 Sept 2026	Friday	Acclimatization at Saga	4,640 m / 15,223 ft	Local walk

Day	Date	Weekday	Route	Altitude (m / ft)	Distance (km / miles)
04	12 Sept 2026	Saturday	Saga → Lake Manasarovar → Darchen	4,670 m / 15,322 ft	Approx. 495 km / 308 mi
05	13 Sept 2026	Sunday	Darchen → Dirapuk Monastery (1st Kora)	5,080 m / 16,667 ft	Trek 20 km / 12.4 mi
06	14 Sept 2026	Monday	Dirapuk → Dolma La Pass → Darchen	Highest 5,630 m / 18,471 ft	Trek 32 km / 19.9 mi
07	15 Sept 2026	Tuesday	Darchen → Dirapuk (2nd Kora)	5,080 m / 16,667 ft	Trek 20 km / 12.4 mi
08	16 Sept 2026	Wednesday	Dolma La Pass → Darchen	Highest 5,630 m / 18,471 ft	Trek 32 km / 19.9 mi
09	17 Sept 2026	Thursday	Darchen → Dirapuk (3rd Kora)	5,080 m / 16,667 ft	Trek 20 km / 12.4 mi
10	18 Sept 2026	Friday	Dolma La Pass → Darchen	Highest 5,630 m / 18,471 ft	Trek 32 km / 19.9 mi
11	19 Sept 2026	Saturday	Darchen → Dirapuk (4th Kora)	5,080 m / 16,667 ft	Trek 20 km / 12.4 mi
12	20 Sept 2026	Sunday	Dolma La Pass → Darchen	Highest 5,630 m / 18,471 ft	Trek 32 km / 19.9 mi
13	21 Sept 2026	Monday	Darchen → Dirapuk (5th Kora)	5,080 m / 16,667 ft	Trek 20 km / 12.4 mi
14	22 Sept 2026	Tuesday	Dolma La Pass → Darchen	Highest 5,630 m / 18,471 ft	Trek 32 km / 19.9 mi
15	23 Sept 2026	Wednesday	Darchen → Dirapuk (6th Kora)	5,080 m / 16,667 ft	Trek 20 km / 12.4 mi
16	24 Sept 2026	Thursday	Dolma La Pass → Darchen	Highest 5,630 m / 18,471 ft	Trek 32 km / 19.9 mi
17	25 Sept 2026	Friday	Darchen → Dirapuk (7th Kora)	5,080 m / 16,667 ft	Trek 20 km / 12.4 mi
18	26 Sept 2026	Saturday	Dolma La Pass → Darchen	Highest 5,630 m / 18,471 ft	Trek 32 km / 19.9 mi
19	27 Sept 2026	Sunday	Darchen → Saga	4,640 m / 15,223 ft	Approx. 495 km / 308 mi
20	28 Sept 2026	Monday	Saga → Kyirong	2,700 m / 8,858 ft	Approx. 232 km / 144 mi
21	29 Sept 2026	Tuesday	Kyirong → Nepal Border → Kathmandu	1,400 m / 4,593 ft (Kathmandu: 1,400 m / 4,593 ft)	Approx. 175 km / 109 mi
22	30 Sept 2026	Wednesday	Rest Day / Departure from Kathmandu	1,400 m / 4,593 ft	—

Days Kailash Mansarovar Yatra 2026

Via Kerung, Tibet

DAY 01: Wednesday, 09 September 2026

Kathmandu, Nepal (1,400 m / 4,593 ft) Drive to Kyirong, Tibet (2,700 m / 8,858 ft)





Today's Journey

Particular		Details
Starting Point		Kathmandu
Destination		Kyirong (Gyirong)
Starting Altitude		1,400 m (4,593 ft)
Ending Altitude		2,700 m (8,858 ft)
Altitude Gain		1,300 m (4,265 ft)
Driving Distance	Approx.	175 km (109 miles)
Driving Time	formalities)	7–9 Hours (depending on road and border formalities)
Road Condition		Paved highway with some mountain sections
Accommodation		Hotel / Guesthouse
Breakfast		Included
Lunch		Self-paid
Dinner		Self-paid
Difficulty		Easy

Today's Highlights

- ❖ Scenic drive through the Trishuli River Valley.

- ❖ Beautiful Himalayan mountain views.
- ❖ Cross the Nepal–China border.
- ❖ Enter Tibet through Kyirong.
- ❖ Begin your sacred Kailash pilgrimage.

Description

After an early breakfast, leave Kathmandu and drive north along the scenic Trishuli Highway toward the Nepal–China border. Pass beautiful villages, terraced fields, waterfalls, and green hills before reaching the border. After completing immigration and customs formalities, enter Tibet and continue to Kyirong. Check in to your hotel and rest well. This is your first night on the Tibetan Plateau, so avoid heavy physical activity and drink plenty of water.

Accommodation

Comfortable Hotel or Guesthouse
Twin-sharing room (subject to availability)

Meals

- ❖ Breakfast: Included
- ❖ Lunch: Self-paid (Approx. RMB 30–50)
- ❖ Dinner: Self-paid (Approx. RMB 40–70)

Pilgrim Tip

Drink at least **3 liters of water** today and avoid alcohol. Walk slowly to help your body adjust to the higher altitude.

Today's Weather

- Day: 10°C–18°C
- Night: 2°C–8°C

Inspirational Thought

"Every sacred journey begins with a single step. Today, your dream of visiting Mount Kailash truly begins."

DAY 02

Thursday, 10 September 2026

Kyirong (2,700 m / 8,858 ft) Drive to Saga (4,640 m / 15,223 ft)





Today's Journey

Particular	Details
Starting Point	Kyirong
Destination	Saga
Starting Altitude	2,700 m (8,858 ft)
Ending Altitude	4,640 m (15,223 ft)
Altitude Gain	1,940 m (6,365 ft)
Driving Distance	Approx. 232 km (144 miles)
Driving Time	6–7 Hours
Road Condition	Mostly paved highway

Today's Highlights

- ❖ Drive across the vast Tibetan Plateau.
- ❖ Enjoy panoramic Himalayan scenery.
- ❖ See traditional Tibetan villages and grazing yaks.
- ❖ Reach the important town of Saga.

Description

After breakfast, drive through wide valleys, high mountain passes, and open grasslands toward Saga. The scenery changes dramatically from green forests to the dry Tibetan Plateau. Keep your camera ready for beautiful mountain landscapes and herds of yaks and sheep. Arrive in Saga by afternoon and rest well to continue acclimatization.

Accommodation

Comfortable Hotel
Twin-sharing room

Meals

- ❖ Breakfast: Included
- ❖ Lunch: Self-paid (Approx. RMB 35–60)
- ❖ Dinner: Self-paid (Approx. RMB 40–80)

Pilgrim Tip

Because you are now above 4,500 meters, walk slowly, avoid running, and drink plenty of warm water.

DAY 03

Friday, 11 September 2026 Acclimatization Day at Saga (4,640 m / 15,223 ft)

Today's Journey

Particular	Details
Location	Saga
Altitude	4,640 m (15,223 ft)
Activity	Acclimatization Walk
Walking Distance	2–4 km (1.2–2.5 miles)
Walking Time	1–2 Hours

Today's Highlights

- ❖ and acclimatize.
- ❖ Rest Short walk around Saga.
- ❖ Visit local markets (if available).
- ❖ Prepare for the higher elevations ahead.

Description

Today is an important acclimatization day. A short walk helps your body adjust to the high altitude. Drink plenty of water, eat light meals, and avoid unnecessary physical effort. This preparation greatly reduces the chance of altitude sickness before reaching Mount Kailash.

Pilgrim Tip

Never ignore headache, dizziness, or shortness of breath. Inform your guide immediately if symptoms become severe.

DAY 04

Saturday, 12 September 2026 Saga → Lake Manasarovar → Darchen

Today's Journey

Particular	Details
Starting Point	Saga
Destination	Darchen via Lake Manasarovar
Highest Altitude	4,670 m (15,322 ft)
Driving Distance Approx.	495 km (308 miles)
Driving Time	8–9 Hours

Today's Highlights

- ❖ First view of sacred Lake Manasarovar.
- ❖ First glimpse of Mount Kailash (weather permitting).
- ❖ Holy water prayer at the lake.
- ❖ Continue to Darchen, the starting point of the Kora.

Description

Drive across the spectacular Tibetan Plateau toward the sacred Lake Manasarovar. Spend time at the lakeshore for prayers, meditation, and photography. If weather conditions are clear, enjoy your first unforgettable view of Mount Kailash. Continue to Darchen and prepare for tomorrow's trek.

Pilgrim Tip

Keep your camera and warm jacket easily accessible. Weather near the lake can change very quickly.

DAY 05

Sunday, 13 September 2026 Darchen (4,670 m / 15,322 ft) Trek to Dirapuk Monastery (5,080 m / 16,667 ft)







Today's Journey

Particular

Starting Point

Destination

Starting Altitude

Ending Altitude

Altitude Gain

Trekking Distance

Trekking Time

Accommodation

Difficulty

Details

Darchen

Dirapuk

4,670 m (15,322 ft)

5,080 m (16,667 ft)

410 m (1,345 ft)

20 km (12.4 miles)

6–8 Hours

Guesthouse

Moderate to Difficult

Today's Highlights

- ❖ Begin the first Kailash Kora.
- ❖ Walk through the Lha Chu Valley.
- ❖ Visit Dirapuk Monastery.
- ❖ Magnificent close-up view of the north face of Mount Kailash.

Description

Today begins the sacred Kailash Kora. Walk along the beautiful Lha Chu Valley with prayer flags, glaciers, and dramatic mountain scenery. As you approach Dirapuk, the magnificent north face of Mount Kailash appears before you. Many pilgrims consider this the most inspiring view of the entire pilgrimage.

Pilgrim Tip

Walk slowly and maintain a steady pace. There is no need to hurry. Enjoy every step of this sacred journey.

DAY 06

Monday, 14 September 2026 Dirapuk → Dolma La Pass (5,630 m / 18,471 ft) Continue to Darchen





Today's Journey

Particular

Starting Point

Highest Point

Details

Dirapuk

Dolma La Pass

Particular	Details
Ending Point	Darchen
Highest Altitude	5,630 m (18,471 ft)
Trekking Distance	32 km (19.9 miles) <i>(including return to Darchen by vehicle from the trek end, depending on local logistics)</i>
Walking Time	9–11 Hours
Accommodation	Hotel
Difficulty	Very Difficult

Today's Highlights

- ❖ Cross the highest point of the Kailash Kora.
- ❖ Pass colorful prayer flags at Dolma La.
- ❖ View the sacred **Gauri Kund** below the pass.
- ❖ Complete the first full Kailash Kora.

Description

Today is the most challenging and rewarding day of the pilgrimage. Climb gradually to Dolma La Pass, the highest point of the Kora. After offering prayers, descend carefully past Gauri Kund and continue through beautiful valleys before returning to Darchen. Completing your first Kora is a memorable spiritual achievement.

Pilgrim Tip

Start early in the morning, keep a slow and steady pace, stay hydrated, and follow your guide's instructions carefully throughout the day.

Professional Note

The traditional Kailash Kora is **approximately 52 km (32 miles)**:

- ❖ **Day 1:** Darchen → Dirapuk: about **20 km (12.4 mi)**
- ❖ **Day 2:** Dirapuk → Zutulpuk via Dolma La: about **22 km (13.7 mi)**
- ❖ **Day 3:** Zutulpuk → Darchen: about **10 km (6.2 mi)**

DAY 07

Tuesday, 15 September 2026 Darchen (4,670 m / 15,322 ft) Trek to Dirapuk Monastery

Second Kailash Kora – Day 1



Today's Journey

Particular	Details
Starting Point	Darchen
Destination	Dirapuk
Starting Altitude	4,670 m (15,322 ft)
Ending Altitude	5,080 m (16,667 ft)
Altitude Gain	410 m (1,345 ft)
Trekking Distance	20 km (12.4 miles)
Trekking Time	6–8 Hours
Accommodation	Guesthouse
Meals	Breakfast Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Moderate to Difficult

Today's Highlights

- ❖ Begin your second Kailash Kora.
- ❖ Walk through the peaceful Lha Chu Valley.
- ❖ Enjoy magnificent views of Mount Kailash.
- ❖ Visit Dirapuk Monastery.

Description

Today you begin your second sacred Kora. The familiar trail now offers a deeper spiritual experience, allowing you to appreciate the peaceful surroundings and the majestic north face of Mount Kailash. Many pilgrims feel a stronger connection with the mountain during their second circuit.

Pilgrim Tip

Walk at a comfortable pace and conserve your energy for tomorrow's crossing of Dolma La Pass.

DAY 08

Wednesday, 16 September 2026 Dirapuk → Dolma La Pass → Darchen (Second Kailash Kora – Day 2)





Today's Journey

Particular

Starting Point

Highest Point

Details

Dirapuk

Dolma La Pass

Particular	Details
Ending Point	Darchen
Highest Altitude	5,630 m (18,471 ft)
Trekking Distance	32 km (19.9 miles) <i>(including return to Darchen by vehicle from the trek end, depending on local logistics)</i>
Trekking Time	9–11 Hours
Accommodation	Hotel
Meals	Breakfast Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Very Difficult

Today's Highlights

- ❖ Cross Dolma La Pass for the second time.
- ❖ Offer prayers beneath colorful prayer flags.
- ❖ View the sacred Gauri Kund.
- ❖ Complete the second Kailash Kora.

Description

Crossing Dolma La Pass again is both physically demanding and spiritually rewarding. Each circuit gives pilgrims another opportunity to pray, reflect, and appreciate the sacred landscape before returning to Darchen.

Pilgrim Tip

Drink warm water regularly and avoid walking too quickly on steep sections.

DAY 09

Thursday, 17 September 2026 Darchen → Dirapuk

Third Kailash Kora – Day 1

Today's Journey

Particular	Details
Starting Point	Darchen
Destination	Dirapuk
Starting Altitude	4,670 m (15,322 ft)
Ending Altitude	5,080 m (16,667 ft)
Trekking Distance	20 km (12.4 miles)
Trekking Time	6–8 Hours
Accommodation	Guesthouse
Meals	Breakfast Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Moderate to Difficult

Today's Highlights

- ❖ Begin your third Kora.
- ❖ Walk beside the Lha Chu River.
- ❖ Enjoy spectacular Himalayan scenery.
- ❖ Experience the peaceful atmosphere of Dirapuk.

Description

Your body is now becoming more familiar with the altitude, making the walk more comfortable. The peaceful surroundings and sacred mountain continue to inspire devotion and inner calm.

Pilgrim Tip

Even if you feel stronger, continue walking slowly and stay well hydrated.

DAY 10

Friday, 18 September 2026 Dirapuk → Dolma La Pass → Darchen

Third Kailash Kora – Day 2

Today's Journey

Particular	Details
Starting Point	Dirapuk
Highest Point	Dolma La Pass
Ending Point	Darchen
Highest Altitude	5,630 m (18,471 ft)
Trekking Distance	32 km (19.9 miles) <i>(including return to Darchen by vehicle from the trek end, depending on local logistics)</i>
Trekking Time	9–11 Hours
Accommodation	Hotel
Meals	Breakfast Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Very Difficult

Today's Highlights

- ❖ Cross Dolma La Pass for the third time.
- ❖ Enjoy breathtaking mountain scenery.
- ❖ Complete the third Kailash Kora.

Description

Today's journey is another opportunity to deepen your pilgrimage. The climb to Dolma La Pass requires patience and determination, while the descent rewards you with magnificent views of the surrounding valleys.

Pilgrim Tip

Use trekking poles if available to reduce strain on your knees during the descent.

DAY 11

Saturday, 19 September 2026 Darchen → Dirapuk

Fourth Kailash Kora – Day 1

Today's Journey

Particular	Details
Starting Point	Darchen
Destination	Dirapuk
Starting Altitude	4,670 m (15,322 ft)
Ending Altitude	5,080 m (16,667 ft)
Trekking Distance	20 km (12.4 miles)
Trekking Time	6–8 Hours
Accommodation	Guesthouse
Meals	Breakfast Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Moderate to Difficult

Today's Highlights

- ❖ Start the fourth sacred Kora.
- ❖ Walk through the beautiful Lha Chu Valley.
- ❖ Observe prayer flags and stone mani walls.
- ❖ Overnight at Dirapuk.

Description

As you continue your pilgrimage, each step becomes a meaningful act of devotion. The familiar route offers new perspectives and moments for quiet reflection.

Pilgrim Tip

Keep a light daypack and carry only essential items to make trekking more comfortable.

DAY 12

Sunday, 20 September 2026 Dirapuk → Dolma La Pass → Darchen

Fourth Kailash Kora – Day 2

Today's Journey

Particular	Details
Starting Point	Dirapuk
Highest Point	Dolma La Pass
Ending Point	Darchen
Highest Altitude	5,630 m (18,471 ft)
Trekking Distance	32 km (19.9 miles) <i>(including return to Darchen by vehicle from the trek end, depending on local logistics)</i>
Trekking Time	9–11 Hours
Accommodation	Hotel
Meals	Breakfast Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Very Difficult

Today's Highlights

- ❖ Complete your fourth Kailash Kora.
- ❖ Pray at Dolma La Pass.
- ❖ Descend through beautiful valleys to Darchen.

Description

The fourth Kora marks the halfway point of your seven-circuit pilgrimage. It is a time to reflect on your journey, appreciate the sacred landscape, and gather strength for the remaining Koras.

Pilgrim Tip

Celebrate your progress, but continue to listen to your body. Adequate rest, hydration, and nutritious meals remain essential throughout the pilgrimage.

progress indicator

Kora Completed	Progress
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Kora Completed

Progress

After Day 06	✓ 1 of 7 Completed
After Day 08	✓✓ 2 of 7 Completed
After Day 10	✓✓✓ 3 of 7 Completed
After Day 12	✓✓✓✓ 4 of 7 Completed

DAY 13

Monday, 21 September 2026 Darchen (4,670 m / 15,322 ft) Trek to Dirapuk Monastery (5,080 m / 16,667 ft)

Fifth Kailash Kora – Day 1

Today's Journey

Particular	Details
Starting Point	Darchen
Destination	Dirapuk
Starting Altitude	4,670 m /15,322 ft)
Ending Altitude	5,080 m (16,667 ft)
Altitude Gain	410 m (1,345 ft)
Trekking Distance	20 km (12.4 miles)
Trekking Time	6–8 Hours
Accommodation	Simple Guesthouse
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid

Today's Highlights

- ❖ Begin the fifth Kailash Kora.
- ❖ Walk through the peaceful Lha Chu Valley.
- ❖ Enjoy magnificent views of the north face of Mount Kailash.
- ❖ Spend another spiritual night at Dirapuk.

Description

The fifth Kora often becomes a deeply personal experience. The familiar trail now feels peaceful and inspiring. Every prayer, every step, and every view of Mount Kailash reminds pilgrims that this journey is about both physical endurance and spiritual growth.

Accommodation

Simple Tibetan Guesthouse, Twin or Dormitory Sharing, Shared Toilet, Limited Electricity.

Pilgrim Tip

Walk at your own pace and never compare yourself with other pilgrims. Every pilgrim has a different rhythm at high altitude.

DAY 14

Tuesday, 22 September 2026 Dirapuk → Dolma La Pass (5,630 m / 18,471 ft) → Darchen

Fifth Kailash Kora – Day 2

Today's Journey

Particular	Details
Starting Point	Dirapuk
Highest Point	Dolma La Pass
Ending Point	Darchen
Highest Altitude	5,630 m (18,471 ft)
Trekking Distance	32 km (19.9 miles) <i>(including return to Darchen by vehicle from the trek end, depending on local logistics)</i>
Trekking Time	9–11 Hours
Accommodation	Hotel
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid

Particular	Details
Difficulty	Very Difficult

Today's Highlights

- ❖ Cross Dolma La Pass for the fifth time.
- ❖ Pray beside colorful prayer flags.
- ❖ Pass the sacred Gauri Kund.
- ❖ Complete your fifth Kailash Kora.

Description

The fifth crossing of Dolma La Pass reflects perseverance and devotion. The magnificent Himalayan scenery and sacred atmosphere encourage pilgrims to continue their journey with renewed faith and determination.

Pilgrim Tip

Take short breaks during the climb, but do not remain seated for too long in the cold wind.

✓ Progress

Five Kailash Koras Completed

DAY 15

Wednesday, 23 September 2026 Darchen → Dirapuk

Sixth Kailash Kora – Day 1

Today's Journey

Particular	Details
Starting Point	Darchen
Destination	Dirapuk
Starting Altitude	4,670 m (15,322 ft)

Particular	Details
Ending Altitude	5,080 m (16,667 ft)
Trekking Distance	20 km (12.4 miles)
Trekking Time	6–8 Hours
Accommodation	Simple Guesthouse
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Moderate to Difficult

Today's Highlights

- ❖ Begin the sixth Kailash Kora.
- ❖ Enjoy the peaceful Lha Chu Valley.
- ❖ Observe Tibetan prayer flags and mani walls.
- ❖ Experience another beautiful sunset near Mount Kailash.

Description

Your sixth Kora reflects remarkable dedication. Many pilgrims feel a sense of gratitude and peace as they continue walking around one of the world's holiest mountains.

Pilgrim Tip

Continue drinking 3–4 liters of water every day, even if you do not feel thirsty.

DAY 16

Thursday, 24 September 2026 Dirapuk → Dolma La Pass → Darchen

Sixth Kailash Kora – Day 2

Today's Journey

Particular	Details
Starting Point	Dirapuk
Highest Point	Dolma La Pass
Ending Point	Darchen
Highest Altitude	5,630 m (18,471 ft)
Trekking Distance	32 km (19.9 miles) <i>(including return to Darchen by vehicle from the trek end, depending on local logistics)</i>
Trekking Time	9–11 Hours
Accommodation	Hotel
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Very Difficult

Today's Highlights

- ❖ Sixth crossing of Dolma La Pass.
- ❖ Beautiful Himalayan landscapes.
- ❖ Complete the sixth Kailash Kora.

Description

Today brings another rewarding journey across the highest point of the pilgrimage. The breathtaking mountain scenery and sacred environment make every step meaningful.

Pilgrim Tip

Keep your gloves, warm hat, and waterproof jacket easily accessible. Weather at Dolma La Pass can change within minutes.

✓ Progress

Six Kailash Koras Completed

DAY 17

Friday, 25 September 2026 Darchen → Dirapuk

Seventh Kailash Kora – Day 1





Today's Journey

Particular	Details
Starting Point	Darchen
Destination	Dirapuk
Starting Altitude	4,670 m (15,322 ft)
Ending Altitude	5,080 m (16,667 ft)
Trekking Distance	20 km (12.4 miles)
Trekking Time	6–8 Hours
Accommodation	Simple Guesthouse
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Moderate to Difficult

Today's Highlights

- ❖ Begin your seventh and final Kailash Kora.
- ❖ Walk with gratitude and devotion.

- ❖ Enjoy one last unforgettable view of the north face of Mount Kailash.
- ❖ Overnight at Dirapuk.

Description

Today begins the final Kora of this extraordinary pilgrimage. Many pilgrims experience deep emotions as they realize they are completing a rare spiritual journey. The magnificent north face of Mount Kailash provides an unforgettable setting for prayer and reflection.

Pilgrim Tip

Walk mindfully and enjoy every moment. This is your final overnight stay along the sacred Kora route.

DAY 18

Saturday, 26 September 2026 Dirapuk → Dolma La Pass (5,630 m / 18,471 ft) → Darchen.

Seventh Kailash Kora – Day 2



Today's Journey

Particular

Starting Point

Highest Point

Ending Point

Details

Dirapuk

Dolma La Pass

Darchen

Particular	Details
Highest Altitude	5,630 m (18,471 ft)
Trekking Distance	32 km (19.9 miles) <i>(including return to Darchen by vehicle from the trek end, depending on local logistics)</i>
Trekking Time	9–11 Hours
Accommodation	Hotel
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Very Difficult

Today's Highlights

- ❖ Complete your seventh Kailash Kora.
- ❖ Offer final prayers at Dolma La Pass.
- ❖ Celebrate this extraordinary spiritual achievement.
- ❖ Return to Darchen for a well-earned rest.

Description

Today marks the successful completion of your seven Kailash Koras. This is an exceptional accomplishment requiring faith, determination, and physical endurance. Many pilgrims consider completing seven Koras to be one of the greatest spiritual experiences of their lives.

Pilgrim Tip

After returning to Darchen, rest well, drink plenty of fluids, and allow your body time to recover from the demanding trek.

Congratulations!

Seven Kailash Koras Successfully Completed

Total Kora Distance: **Approximately 364 km (226 miles)**

Highest Altitude Reached: Dolma La Pass: 5,630 m (18,471 ft)

Total Trekking Days: 14 Days

A Spiritual Reflection

"Completing seven Kailash Koras is not only a remarkable physical achievement but also a profound journey of faith, patience, and inner transformation. Whether undertaken as an act of devotion, meditation, or personal reflection, every step around the sacred mountain becomes a lasting memory that pilgrims carry with them for life."

DAY 19

Sunday, 27 September 2026 Darchen (4,670 m / 15,322 ft) Drive to Saga (4,640 m / 15,223 ft)





Today's Journey

Particular	Details
Starting Point	Darchen
Destination	Saga
Starting Altitude	4,670 m (15,322 ft)

Particular	Details
Ending Altitude	4,640 m (15,223 ft)
Altitude Loss	30 m (99 ft)
Driving Distance	Approximately 495 km (308 miles)
Driving Time	8–9 Hours
Road Condition	Mostly paved highway
Accommodation	Hotel
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Easy

Today's Highlights

- ❖ Leave the sacred Mount Kailash region.
- ❖ Enjoy spectacular views of the Tibetan Plateau.
- ❖ Pass beautiful valleys, rivers, and grazing yak herds.
- ❖ Return to the comfortable town of Saga.

Description

After breakfast, bid farewell to Mount Kailash and begin the return journey. Drive across the vast Tibetan Plateau with unforgettable views of snow-capped mountains, wide grasslands, and traditional Tibetan settlements. Arrive in Saga in the evening for an overnight stay.

Pilgrim Tip

Keep your camera ready throughout today's drive. The return journey offers excellent opportunities to capture the beauty of western Tibet.

DAY 20

Monday, 28 September 2026 Saga (4,640 m / 15,223 ft) Drive to Kyirong (2,700 m / 8,858 ft)





Today's Journey

Particular

Starting Point

Destination

Starting Altitude

Ending Altitude

Altitude Loss

Driving Distance

Driving Time

Road Condition

Accommodation

Breakfast

Lunch

Dinner

Difficulty

Details

Saga

Kyirong

4,640 m (15,223 ft)

2,700 m (8,858 ft)

1,940 m (6,365 ft)

Approximately 232 km (144 miles)

6–7 Hours

Mostly paved highway

Hotel

Included

Self-paid

Self-paid

Easy

Today's Highlights

- ❖ Descend from the high Tibetan Plateau.
- ❖ Enjoy changing landscapes from open plains to green valleys.
- ❖ Overnight in beautiful Kyirong.

Description

Today's drive gradually descends from the high plateau into the greener Kyirong Valley. The increasing oxygen level makes breathing easier, and many pilgrims begin to feel more energetic after several days at high altitude.

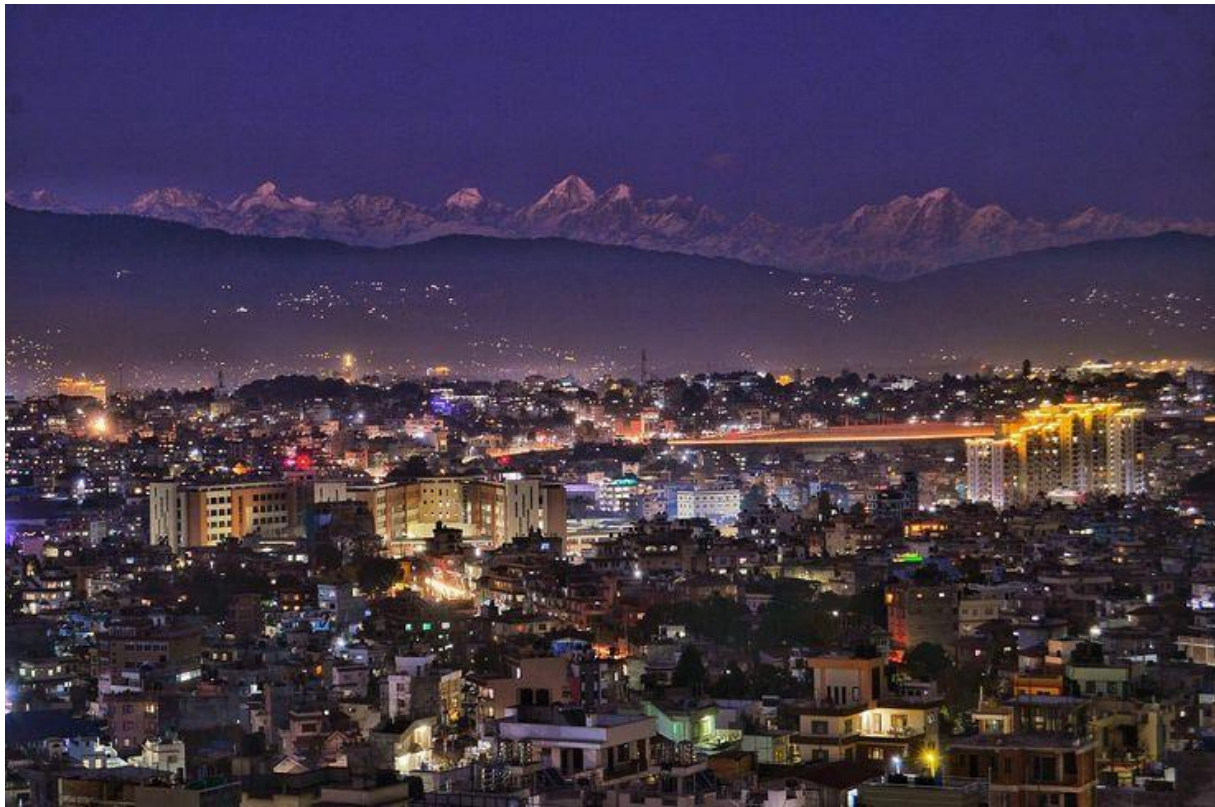
Pilgrim Tip

Continue drinking plenty of water even though you are descending to a lower altitude.

DAY 21

Tuesday, 29 September 2026 Kyirong (2,700 m / 8,858 ft) Drive to Kathmandu (1,400 m / 4,593 ft)





Today's Journey

Particular	Details
Starting Point	Kyirong
Destination	Kathmandu
Starting Altitude	2,700 m (8,858 ft)
Ending Altitude	1,400 m (4,593 ft)
Altitude Loss	1,300 m (4,265 ft)
Driving Distance	Approximately 175 km (109 miles)
Driving Time	7–9 Hours (including immigration procedures)
Road Condition	Mountain Road
Accommodation	Hotel (if included in package)
Breakfast	Included
Lunch	Self-paid
Dinner	Self-paid
Difficulty	Easy

Today's Highlights

- ❖ Complete immigration formalities.
- ❖ Cross the Nepal–China border.
- ❖ Return to Kathmandu.
- ❖ Celebrate the successful completion of your pilgrimage.

Description

After breakfast, drive to the Nepal–China border and complete immigration and customs procedures. Continue the scenic drive to Kathmandu through the Trishuli River Valley. Upon arrival, transfer to your hotel and enjoy a relaxing evening.

Pilgrim Tip

Check your passport and personal belongings carefully before leaving the border area.

DAY 22

Wednesday, 30 September 2026 Kathmandu (1,400 m / 4,593 ft)

Today's Program

Particular	Details
Location	Kathmandu
Altitude	1,400 m (4,593 ft)
Activity	Leisure / Departure
Accommodation	Own Arrangement

Today's Highlights

- ❖ Free time for shopping or sightseeing.
- ❖ Transfer to the airport according to your flight schedule.
- ❖ End of the pilgrimage.

Description

Today marks the conclusion of your unforgettable Kailash Mansarovar pilgrimage. Depending on your international flight schedule, enjoy some free time in Kathmandu for shopping, visiting nearby temples, or simply relaxing before your airport transfer.

Total Cost USD 3955.00 (Three Thousand Nine Hundred Fifty Five Only)

COST INCLUDES

Your tour package includes the following services:

Transportation

- ✓ Private tourist vehicle in Nepal.
- ✓ Comfortable tourist vehicle throughout Tibet.
- ✓ All fuel, road taxes, and parking fees.

Permits & Documentation

- ✓ Tibet Travel Permit.
- ✓ Alien's Travel Permit (where required).
- ✓ Group Visa for Tibet/China (as applicable).
- ✓ All necessary travel permits for the Kailash region.

Accommodation

- ✓ Hotel accommodation in Kyirong, Saga, and Darchen.
- ✓ Basic guesthouse accommodation during the Kailash Kora.

Meals

- ✓ Daily breakfast as mentioned in the itinerary.

Professional Staff

- ✓ Experienced English-speaking Tibetan guide.
- ✓ Nepal tour coordinator.
- ✓ Skilled local driver.

Support Services

- ✓ Yak or porter service for carrying personal luggage during the Kailash Kora (according to the package).
- ✓ Duffel bag for the pilgrimage.
- ✓ Basic first-aid kit.
- ✓ Oxygen cylinder for emergency use in the vehicle (subject to availability).

Taxes

- ✓ Government taxes and service charges.

COST EXCLUDES

The tour price does **not** include:

- International airfare.
- Nepal entry visa (if applicable).
- Personal travel insurance (strongly recommended).
- Lunch and dinner throughout the tour.
- Additional drinks, snacks, and bottled beverages.

- Personal expenses such as laundry, telephone calls, Wi-Fi charges, and shopping.
- Camera or video fees where applicable.
- Horse, pony, or personal porter hire during the Kailash Kora unless specifically included in the package.
- Rescue, evacuation, or medical treatment expenses.
- Tips and gratuities for guides, drivers, porters, and hotel staff.
- Expenses arising from natural disasters, road closures, landslides, political unrest, flight delays, or other circumstances beyond the company's control.
- Any service not specifically mentioned under "**Cost Includes.**"

Welcome

Welcome to the sacred journey of **Mount Kailash and Lake Mansarovar**, one of the world's greatest spiritual pilgrimages. Every year, thousands of pilgrims travel to western Tibet to seek peace, blessings, and spiritual awakening. This journey is not only a physical adventure but also a journey of the heart and soul.

Whether you are visiting for religious faith, spiritual practice, or the beauty of the Himalayas, this pilgrimage offers unforgettable experiences. The breathtaking landscapes, ancient monasteries, high mountain passes, and sacred lakes make every moment special.

This guide has been prepared to help you understand the history, religion, culture, travel conditions, and daily itinerary before starting your sacred journey.

Tibet at a Glance

Item

Information

Capital:	Lhasa
Average Altitude:	4,500 m (14,764 ft)
Currency:	Chinese Yuan (RMB)
Language:	Tibetan & Mandarin Chinese
Time Zone:	China Standard Time (UTC+8)
Electricity:	220V / 50Hz

About Tibet

Tibet is a beautiful land located on the highest plateau in the world. It is often called the **"Roof of the World"** because its average altitude is over **4,500 meters (14,764 feet)** above sea level. Tibet is surrounded by the mighty Himalayas and many of the world's highest mountains.

Today, Tibet is officially known as the **Tibet Autonomous Region (TAR)** of China. It shares borders with Nepal, India, Bhutan, and several Chinese provinces.

Tibet is famous for its snow-covered mountains, vast grasslands, crystal-clear lakes, colorful monasteries, and unique Buddhist culture. The people of Tibet are warm, friendly, and deeply religious. Their daily life is closely connected with Buddhism, prayer, and respect for nature.

The climate in Tibet is generally dry and cool. Even during summer, the weather can change quickly. Days are usually sunny, while mornings and evenings can be cold. Because of the high altitude, the sunlight is very strong, and visitors should always wear sunglasses, sunscreen, and warm clothing.

Tibet is also the source of many of Asia's great rivers, including the Brahmaputra, Indus, Sutlej, Mekong, Yangtze, and Yellow River. These rivers provide water to millions of people across the continent.

For many centuries, Tibet has been a center of spirituality, meditation, and pilgrimage. People from different religions visit Tibet to experience its peaceful atmosphere and sacred places.

Mount Kailash at a Glance

Item	Information
Height:	6,638 m (21,778 ft)
Kailash Kora:	Approximately 52 km (32 mi)
Highest Point:	Dolma La Pass – 5,630 m (18,471 ft)
Region:	Ngari, Western Tibet

Lake Mansarovar at a Glance

Item	Information
Elevation:	4,590 m (15,060 ft)
Circumference:	Approximately 88 km (55 mi)
Maximum Depth:	Approximately 90 m (295 ft)
Water Type:	Freshwater

Why is Seven Kailash Koras Considered Extremely Special?

Completing **seven Kailash Koras** is regarded by many pilgrims as an extraordinary expression of faith, determination, and devotion.

Each full Kora covers approximately **52 kilometers (32 miles)**. Completing seven Koras means walking about **364 kilometers (226 miles)** at altitudes ranging from **4,670 meters (15,322 feet)** to **5,630 meters (18,471 feet)**.

Many Hindu and Buddhist traditions associate repeated Koras with increasing spiritual merit and deeper commitment to religious practice. While interpretations differ among traditions, seven Koras are widely respected as a rare and meaningful accomplishment.

Beyond religious belief, completing seven Koras requires:

- Exceptional physical endurance
- Strong mental determination
- Patience and discipline
- Respect for nature
- Deep personal commitment

For many pilgrims, the greatest reward is not simply completing the distance, but returning home with a renewed sense of gratitude, humility, inner peace, and spiritual purpose

Pilgrim Tips

Pilgrim Tip: Drink at least 3–4 liters of water daily to reduce the risk of altitude sickness.

Pilgrim Tip: Walk slowly during the Kora. At high altitude, steady pacing is more important than speed.

Pilgrim Tip: Carry warm clothing in your daypack, as weather conditions can change quickly.

The Ancient Bon Religion in Tibet

Before Buddhism came to Tibet, the people followed an ancient religion called **Bon**. Bon is believed to be more than 3,000 years old and is one of the oldest spiritual traditions in the Himalayan region.

The followers of Bon believe that mountains, rivers, lakes, forests, and rocks have spiritual power. They respect nature and believe that all living beings should live in harmony with the environment.

Bon priests performed rituals for healing, protection, good harvests, and blessings. Prayer flags, incense, sacred dances, and ritual ceremonies were important parts of Bon worship.

The founder of Bon is traditionally believed to be **Tonpa Shenrab Miwoche**, who is regarded by followers as an enlightened teacher.

Even today, Bon is practiced in Tibet, Nepal, Bhutan, and parts of India. Many Bon monasteries still preserve their ancient traditions.

One interesting difference is that Bon pilgrims traditionally walk **counter-clockwise** around sacred mountains, including Mount Kailash, while Buddhist and Hindu pilgrims usually walk **clockwise**.

Many ancient Bon beliefs later became part of Tibetan culture and influenced Tibetan Buddhism.

How Buddhism Came to Tibet

Buddhism first entered Tibet during the 7th century AD under the rule of King **Songtsen Gampo**. He married two Buddhist princesses—one from Nepal and one from China—who brought Buddhist scriptures, statues, and traditions to Tibet.

During the 8th century, King **Trisong Detsen** invited the great Indian Buddhist master **Padmasambhava**, also known as Guru Rinpoche, to Tibet. He played a major role in establishing Buddhism throughout the country.

Guru Rinpoche overcame many local obstacles and taught meditation, compassion, wisdom, and moral living. He also helped establish the first Buddhist monastery in Tibet.

Later, the great Indian scholar **Atisha** came to Tibet and helped revive Buddhist teachings with clear guidance on ethical living and spiritual practice.

Over the centuries, Buddhism became deeply rooted in Tibetan society. Beautiful monasteries were built across the country, and monks devoted their lives to studying, meditation, and helping local communities.

Today, Tibetan Buddhism is respected around the world for its teachings on compassion, wisdom, peace, and non-violence.

The Four Main Schools of Tibetan Buddhism

Tibetan Buddhism developed into four major traditions:

Nyingma School

The oldest school, founded on the teachings of Guru Rinpoche. It places great importance on meditation and ancient scriptures.

Kagyu School

Known for meditation practice and the teachings passed directly from teacher to student. The famous yogi **Milarepa** belongs to this tradition.

Sakya School

This school is well known for scholarship, philosophy, and balanced spiritual practice.

Gelug School

Founded by **Je Tsongkhapa**, it emphasizes discipline, learning, and compassion. The **Dalai Lama** belongs to this tradition.

Although each school has its own practices, they all teach kindness, compassion, wisdom, and respect for all living beings.

About Lhasa – The Holy City of Tibet

Lhasa is the capital and spiritual heart of Tibet. The word "Lhasa" means "**Place of the Gods.**"

Situated at an altitude of about **3,656 meters (11,995 feet)**, Lhasa has been an important religious and cultural center for over one thousand years.

The city is home to magnificent monasteries, ancient temples, and traditional Tibetan markets. Pilgrims from across Tibet and neighboring countries visit Lhasa to offer prayers and seek blessings.

Among its most famous landmarks are the **Potala Palace**, the former winter residence of the Dalai Lamas, and the **Jokhang Temple**, considered the holiest temple in Tibetan Buddhism.

Walking around the sacred **Barkhor Street**, visitors can experience Tibetan culture through prayer wheels, incense, traditional crafts, and the devotion of pilgrims performing full-body prostrations.

Lhasa beautifully combines history, religion, and everyday life, making it one of the world's most remarkable spiritual cities.

The Sacred Mount Kailash

The Spiritual Heart of Four Great Religions





Mount Kailash – The World's Most Sacred Mountain

Mount Kailash rises to an elevation of **6,638 meters (21,778 feet)** in the remote western region of Tibet. Although it is not the highest mountain in the Himalayas, millions of people regard it as the **holiest mountain on Earth**.

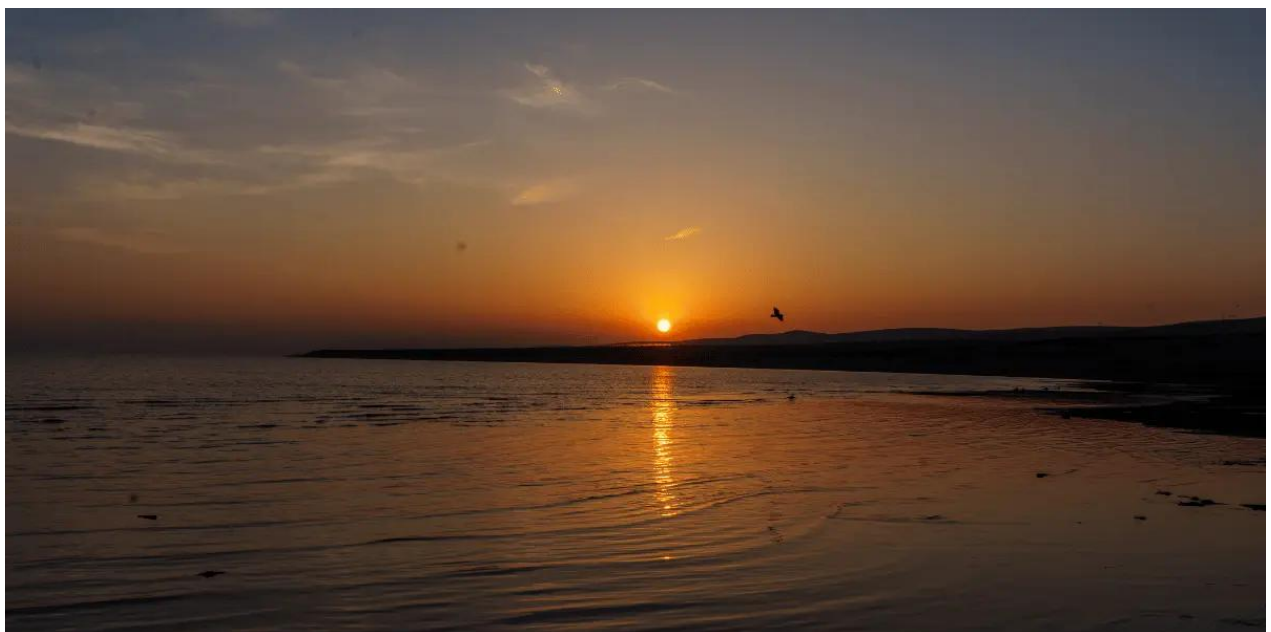
Unlike other famous mountains, Mount Kailash is not visited for climbing. Instead, people travel from around the world to pray, meditate, and walk around it. This sacred walk is called the **Kora** or **Parikrama**.

For thousands of years, Mount Kailash has inspired pilgrims seeking peace, wisdom, forgiveness, and spiritual growth. It is the only mountain in the world that is deeply revered by followers of **Hinduism, Buddhism, Bon, and Jainism**.

Many pilgrims believe that every step taken around Mount Kailash is a step toward inner transformation.

Mount Kailash in Hinduism





For Hindus, Mount Kailash is the eternal home of **Shiva**, the Lord of Transformation, and **Parvati**, the Goddess of Love, Strength, and Devotion.

According to Hindu tradition, Lord Shiva sits in deep meditation on Mount Kailash, blessing the world with peace, wisdom, and compassion. Rather than being only a physical mountain, Kailash is regarded as a symbol of spiritual balance, self-control, and liberation.

Many devotees believe that visiting Kailash is one of life's greatest spiritual achievements.

The Spiritual Meaning of Mount Kailash

Hindus believe that Mount Kailash represents the connection between heaven and earth. It reminds pilgrims to let go of pride, anger, greed, and attachment.

Walking around the mountain is more than a physical journey. It is also a journey of self-discovery, forgiveness, humility, and inner peace.

Every step is considered an offering of devotion to Lord Shiva.

What is Kailash Parikrama / Kora?

The word **Parikrama / Kora** means walking respectfully around a sacred place.

The full Kailash Parikrama / Kora is approximately **52 kilometers (32 miles)** and passes through valleys, rivers, monasteries, and the high **Dolma La Pass**.

Pilgrims complete the Parikrama / Kora while chanting prayers, reflecting on life, and expressing gratitude.

The Importance of Lake Manasarovar

Lake Manasarovar is located south of Mount Kailash at an altitude of **4,590 meters (15,060 feet)**. It is one of the highest freshwater lakes in the world.

The name comes from two Sanskrit words:

- ❖ **Manas** = Mind
- ❖ **Sarovar** = Lake

According to Hindu tradition, the lake first existed in the divine mind of **Brahma** before appearing on Earth.

Pilgrims believe that praying beside the lake brings mental peace and spiritual purification. Many collect a small amount of its water to take home as a sacred blessing.

Why Do Buddhist / Hindus Dream of Visiting Kailash?

Many Hindus consider Kailash Yatra to be a once-in-a-lifetime pilgrimage.

People travel to seek:

- ❖ Lord Shiva's blessings
- ❖ Inner peace
- ❖ Spiritual growth
- ❖ Strength during difficult times
- ❖ Gratitude for life's blessings

For many families, visiting Kailash is the fulfillment of a lifelong dream.

Mount Kailash in Buddhism





In Tibetan Buddhism, Mount Kailash is known as **Kang Rinpoche**, meaning "**Precious Snow Jewel**."

It is regarded as one of the most sacred places for meditation and compassion.

Pilgrims perform the Kora while reciting prayers, spinning prayer wheels, and hanging prayer flags as expressions of devotion.

Compassion in Buddhism

The teachings of the **Gautama Buddha** encourage compassion, wisdom, patience, and kindness toward all living beings.

The pilgrimage around Mount Kailash reminds Buddhists to practice these qualities in daily life.

Every step becomes a meditation.

Demchok (Chakrasamvara)

In Tibetan Buddhism, Mount Kailash is associated with **Chakrasamvara**, also called **Demchok**.

Demchok symbolizes the union of wisdom and compassion. Many Buddhists believe the sacred mountain is the spiritual home of this enlightened deity.

Milarepa and Naro Bonchung

One of Tibet's most famous legends tells of the Buddhist yogi **Milarepa** and the Bon master **Naro Bonchung**.

According to tradition, they held a spiritual contest to determine who would become the guardian of Mount Kailash. The story symbolizes the victory of wisdom, humility, and spiritual realization rather than physical strength.

Today, both Buddhist and Bon followers continue to respect the mountain according to their own traditions.

Meaning of Kora

The Tibetan word **Kora** means "to walk around a sacred place with respect and devotion."

Pilgrims often:

- ❖ Chant prayers
- ❖ Turn prayer wheels
- ❖ Recite mantras
- ❖ Practice mindfulness
- ❖ Reflect on compassion and gratitude

The Kora is considered both a physical journey and a spiritual meditation.

Mount Kailash in the Bon Religion

Before Buddhism became the main religion of Tibet, the ancient **Bon** religion flourished across the Tibetan Plateau.

Bon is one of the world's oldest living spiritual traditions and has a rich heritage of rituals, meditation, and reverence for nature.

The Nine-Storey Swastika Mountain

Bon followers call Mount Kailash the **Nine-Storey Swastika Mountain**.

In the Bon tradition, the swastika is an ancient symbol of eternity, harmony, and spiritual wisdom. It has no connection with its later misuse in the 20th century.

The mountain is regarded as the spiritual center of the universe.

Why Do Bon Pilgrims Walk Counter-Clockwise?

Unlike Hindu and Buddhist pilgrims, Bon followers traditionally perform the Kora **counter-clockwise**.

This reflects the customs and spiritual practices of the Bon religion and has been followed for many centuries.

Bon Spiritual Traditions

Bon teaches:

- ❖ Respect for nature
- ❖ Balance between people and the environment
- ❖ Compassion
- ❖ Meditation
- ❖ Harmony with all living beings

These values continue to guide Bon practitioners today.

Mount Kailash in Jainism

For followers of Jainism, Mount Kailash and its surrounding region hold profound spiritual significance.

Jains believe that **Rishabhadeva**, also known as Adinath, attained liberation near this sacred region.

As the first Tirthankara, Rishabhadeva is revered for teaching the path of self-discipline, non-violence, truth, and spiritual awakening.

The Spiritual Significance in Jainism

Jain pilgrims visit the Kailash region to remember the teachings of Rishabhadeva and to reflect on values such as:

- ❖ Non-violence (Ahimsa)
- ❖ Truthfulness
- ❖ Self-discipline
- ❖ Compassion
- ❖ Inner purification

The journey is regarded as an opportunity for personal reflection and spiritual progress.

Mount Kailash – The Sacred Mountain of the World

The Most Sacred Mountain on Earth





Mount Kailash is one of the world's most sacred mountains. It stands in western Tibet at an altitude of **6,638 meters (21,778 feet)**. Although it is not the highest

mountain in the Himalayas, millions of people believe it is the spiritual center of the world.

Unlike other famous mountains, Mount Kailash has never been climbed. It is respected as a holy mountain, and climbing it is not permitted out of respect for the religious beliefs of Hindus, Buddhists, Bon followers, and Jains.

The mountain has an almost perfect pyramid shape. Its four steep faces point toward the four directions of the earth. Many people believe this unique shape represents balance, strength, and harmony.

Near Mount Kailash are two famous lakes: the sacred **Lake Manasarovar** and the mysterious **Rakshas Tal**. These lakes add to the spiritual beauty of the region.

Many important rivers begin near Mount Kailash, including the Indus, Sutlej, Brahmaputra, and Karnali River systems. For this reason, the mountain is sometimes called the "**Water Tower of Asia.**"

Mount Kailash in Hinduism

For Hindus, Mount Kailash is the most sacred mountain in the world. It is believed to be the eternal home of **Shiva** and **Parvati**.

According to Hindu belief, Lord Shiva sits on Mount Kailash in deep meditation. From there, he blesses the universe with peace, wisdom, and spiritual energy. Goddess Parvati, his divine companion, represents love, strength, and devotion.

Many Hindu scriptures describe Mount Kailash as a place beyond ordinary human life, where heaven and earth seem to meet. For this reason, countless devotees dream of visiting the mountain at least once in their lifetime.

Pilgrims believe that walking around Mount Kailash, known as the **Kailash Parikrama** or **Kora**, is an act of great devotion. The circuit is about **52 kilometers (32 miles)** long and usually takes three days to complete.

According to Hindu tradition:

- ❖ One Kora is believed to help purify past wrong actions.
- ❖ Three Koras are believed to bring greater spiritual blessings.
- ❖ Many devotees undertake additional Koras as an expression of faith and dedication.

These beliefs are matters of religious tradition and personal faith.

Lake Manasarovar – The Sacred Lake

Just south of Mount Kailash lies **Lake Manasarovar**, one of the highest freshwater lakes in the world, at an altitude of about **4,590 meters (15,060 feet)**.

The name "Manasarovar" comes from the Sanskrit words "**Manas**" (mind) and "**Sarovar**" (lake). According to Hindu tradition, the lake was first conceived in the mind of **Brahma** before being created on Earth.

Pilgrims believe that bathing in the lake and offering prayers on its shore brings spiritual purification and inner peace. Because of the cold temperature and changing weather, many pilgrims now perform symbolic rituals by sprinkling the holy water rather than taking a full bath.

The sunrise and sunset over Lake Manasarovar are among the most peaceful and memorable experiences of the pilgrimage.

Rakshas Tal – The Lake of Mystery

Next to Lake Manasarovar lies **Rakshas Tal**, also called the "Lake of the Demon." Unlike the freshwater of Manasarovar, Rakshas Tal contains salty water and has no visible outlet.

In Hindu tradition, it is associated with **Ravana**, who is believed to have performed severe penance here to seek the blessings of Lord Shiva.

Today, pilgrims admire the lake for its dramatic beauty and spiritual significance, but most religious rituals are performed at Lake Manasarovar.

Mount Kailash in Buddhism

For followers of Tibetan Buddhism, Mount Kailash is known as **Kang Rinpoche**, meaning "**Precious Snow Jewel**."

Buddhists believe the mountain is the sacred abode of **Chakrasamvara** (Demchok in Tibetan tradition), who represents supreme bliss united with wisdom.

The mountain reminds Buddhists to develop compassion, patience, generosity, and wisdom. Walking around Mount Kailash is considered a spiritual practice that encourages self-reflection, humility, and kindness toward all living beings.

One of Tibet's most famous saints, **Milarepa**, is closely connected with Mount Kailash. Traditional stories tell of his spiritual contest with the Bon master **Naro Bönchung**, symbolizing the triumph of wisdom through compassion.

For Buddhists, the Kora is not simply a walk around a mountain. It is a moving meditation where each step is taken with mindfulness and devotion.

Mount Kailash in the Bon Religion

The Bon religion also regards Mount Kailash as its holiest mountain. It is known as the **Nine-Storey Swastika Mountain**, a sacred symbol representing eternity and the path of spiritual wisdom in the Bon tradition.

Bon followers believe that their founder, **Tonpa Shenrab Miwoche**, visited this region and spread spiritual teachings here.

A unique Bon tradition is that pilgrims perform the Kora **counter-clockwise**, unlike Hindu and Buddhist pilgrims, who usually walk clockwise. This difference reflects distinct religious customs while sharing deep respect for the sacred mountain.

Mount Kailash in Jainism

Mount Kailash is also sacred to followers of Jainism. According to Jain tradition, the first Tirthankara, **Rishabhadeva**, also known as Adinath, attained liberation near this sacred region.

For Jain pilgrims, the mountain represents spiritual victory through self-discipline, truth, non-violence, and detachment from worldly desires.

Although fewer Jain pilgrims visit than Hindu or Buddhist pilgrims, Mount Kailash remains one of the most important sacred places in their tradition.

The Kailash Kora

The Kailash Kora is a sacred walk around Mount Kailash. The full circuit is approximately **52 kilometers (32 miles)** and is usually completed over **three days**.

The highest point of the route is **Dolma La Pass**, at about **5,630 meters (18,471 feet)** above sea level. This is the most challenging section of the pilgrimage because of the high altitude and steep ascent.

Along the route, pilgrims pass prayer flags, monasteries, rocky valleys, glaciers, streams, and breathtaking Himalayan scenery. The journey requires physical effort, but many pilgrims describe it as one of the most meaningful experiences of their lives.

Why Do Millions of Pilgrims Visit Mount Kailash?

People from many countries and different religions travel to Mount Kailash because they believe it is a place of great spiritual power.

Some come to pray.

Some come to meditate.

Some come to fulfill a lifelong dream.

Others come simply to experience the peace and beauty of the Himalayas.

Whatever their reason, almost every visitor leaves with unforgettable memories and a deep appreciation for the natural beauty and spiritual atmosphere of this remarkable place.

Frequently Asked Questions (FAQ)

Tibet, Mount Kailash & Lake Manasarovar

1. Where is Mount Kailash?

Mount Kailash is located in the Ngari (Ali) region of western Tibet, China. It stands at an elevation of **6,638 meters (21,778 feet)** and is one of the most sacred mountains in the world.

2. What is Tibet?

Tibet Autonomous Region is a vast high-altitude region in western China, often called "**The Roof of the World.**" The average elevation is over **4,500 meters (14,764 feet)**. Tibet is famous for its mountains, monasteries, unique culture, and deep spiritual traditions.

3. Why is Mount Kailash so famous?

Mount Kailash is unique because it is considered sacred by **Hindus, Buddhists, Bon followers, and Jains**. Millions of pilgrims dream of visiting this holy mountain to pray, meditate, and perform the sacred Kora.

4. Has anyone climbed Mount Kailash?

No. Out of respect for its religious importance, climbing Mount Kailash is not permitted. It remains one of the few major mountains in the world that has never been officially climbed.

5. What is the height of Mount Kailash?

Mount Kailash stands at **6,638 meters (21,778 feet)** above sea level.

6. Why is Mount Kailash important in Buddhism?

In Tibetan Buddhism, Mount Kailash is known as **Kang Rinpoche**, meaning "**Precious Snow Jewel.**" It is associated with **Chakrasamvara** (Demchok), who symbolizes supreme bliss united with wisdom. Walking around the mountain is considered a sacred act of devotion and meditation.

7. Why is Mount Kailash important in Hinduism?

For Hindus, Mount Kailash is believed to be the eternal home of **Shiva** and **Parvati**. It is regarded as the center of divine energy, meditation, and spiritual power. Pilgrims visit the mountain to seek blessings, inner peace, and spiritual growth.

8. Why is Mount Kailash important in Jainism?

Jains believe that **Rishabhadeva** (Adinath), the first Tirthankara, attained liberation near the Mount Kailash region. Therefore, it is one of the holiest pilgrimage sites in Jainism.

9. Why is Mount Kailash important in the Bon religion?

Followers of the Bon religion believe Mount Kailash is the sacred **Nine-Storey Swastika Mountain**, representing spiritual wisdom and the center of the universe in Bon tradition. Bon pilgrims traditionally perform the Kora **counter-clockwise**.

10. What is Lake Manasarovar?

Lake Manasarovar is one of the world's highest freshwater lakes, located south of Mount Kailash at an altitude of **4,590 meters (15,060 feet)**. It is famous for its crystal-clear water and great religious importance.

11. Why is Lake Manasarovar sacred in Hinduism?

According to Hindu tradition, the lake was first conceived in the mind of **Brahma**, which is reflected in its name: *Manas* (mind) and *Sarovar* (lake). Pilgrims believe praying at the lake and using its holy water brings spiritual purification and inner peace.

12. Is it safe to bathe in Lake Manasarovar?

The water is extremely cold throughout the year. Many pilgrims choose to sprinkle the holy water on themselves or collect a small amount to take home instead of taking a full bath. Always follow your guide's advice and local conditions.

13. What is Rakshas Tal?

Rakshas Tal is a saltwater lake located beside Lake Manasarovar. In Hindu tradition, it is associated with **Ravana**, who is believed to have performed intense penance there to seek Lord Shiva's blessings.

14. What is the Kailash Kora?

The **Kora** is the sacred walk around Mount Kailash. The traditional route is approximately **52 km (32 miles)** long and usually takes three days to complete. Pilgrims walk the route as an act of faith, prayer, and personal reflection.

15. How difficult is the Kailash Kora?

The Kora is physically demanding because of the high altitude and mountain terrain. The highest point is **Dolma La Pass** at **5,630 meters (18,471 feet)**. Good preparation, slow walking, and proper acclimatization are very important.

16. What is Dolma La Pass?

Dolma La Pass is the highest point of the Kailash Kora. It is named after **Tara** (known as Dolma in Tibetan), who symbolizes compassion and protection. Pilgrims often offer prayers and hang prayer flags here. Dolma La Pass is situated at an elevation of **5,630 meters (18,471 feet)** above sea level.

17. Why do pilgrims perform the Kailash Kora?

Pilgrims perform the Kora to express devotion, seek blessings, meditate, reflect on life, and strengthen their spiritual practice. Many believe the journey brings inner peace and encourages compassion and humility.

18. Why do some pilgrims perform multiple Koras?

Many pilgrims choose to complete more than one Kora as a personal expression of faith and dedication. Different religious traditions have long associated repeated Koras with deeper spiritual merit. These beliefs are matters of religious tradition and personal faith.

19. Why is seven Kailash Koras considered special?

In several Hindu and Buddhist traditions, completing **seven Koras** is regarded as an extraordinary act of devotion and perseverance. Many pilgrims believe it represents a deeper level of commitment and spiritual practice, although the exact meaning varies among traditions and individuals.

20. What should pilgrims remember when visiting these sacred places?

Pilgrims should:

- ❖ Respect local customs and religious traditions.
- ❖ Dress modestly.

- ❖ Keep the environment clean.
- ❖ Avoid disturbing wildlife.
- ❖ Follow the guidance of local authorities and tour leaders.
- ❖ Remember that the pilgrimage is not only about reaching a destination, but also about developing patience, kindness, gratitude, and inner peace.

Frequently Asked Questions (FAQ – Part 2)

Travel, Health, Accommodation & Practical Information Documents & Permits

21. Do I need a passport to visit Tibet?

Yes. Your passport must be valid for at least six months from the date of travel.

22. Do I need a Chinese Visa?

Most foreign pilgrims travelling from Nepal to Tibet for the Kailash pilgrimage require a **Chinese Group Visa**, arranged through an authorized travel agency.

23. What is a Tibet Travel Permit?

It is an official permit issued by the Chinese authorities. Every foreign visitor must have this permit before entering Tibet.

24. Can I travel alone in Tibet?

No. Independent travel is generally not permitted for foreign visitors. You must travel with an approved tour operator, guide, and vehicle.

25. Can I extend my stay in Tibet?

Normally, the itinerary follows the approved travel permit. Any changes require official approval and may not always be possible.

Best Time to Visit

26. Which is the best season for Kailash Mansarovar Yatra?

The best months are **May to September**, when the roads are generally open and the weather is relatively stable.

27. Can I travel during winter?

Winter travel is possible in some areas but is not recommended for most pilgrims because of very cold temperatures, snow, and road conditions.

Weather

28. How cold does it become?

Night temperatures may fall below freezing, especially near Mount Kailash, even during the pilgrimage season.

29. Can the weather change suddenly?

Yes. Weather in Tibet can change very quickly. Sunshine, rain, snow, and strong wind may all occur on the same day.

Altitude

30. What is altitude sickness?

Altitude sickness occurs when your body cannot adjust quickly to high elevations where there is less oxygen.

31. What are the common symptoms?

- Headache
- Dizziness
- Nausea
- Loss of appetite
- Difficulty sleeping
- Shortness of breath

32. How can I reduce the risk?

- Walk slowly.
- Drink plenty of water.

- Avoid alcohol.
- Eat light meals.
- Follow the acclimatization schedule.
- Inform your guide if symptoms worsen.

33. Should I carry medicine for altitude sickness?

Yes. Consult your doctor before travelling. Many pilgrims carry medicines such as **Acetazolamide**, but it should only be taken according to medical advice.

34. Is oxygen available?

Tour vehicles usually carry emergency oxygen cylinders, but they are for emergency use only.

Food & Drinking Water

35. What food is available in Tibet?

Most restaurants serve rice, noodles, fried rice, vegetables, soup, eggs, chicken, yak meat, and simple Chinese or Tibetan dishes.

36. Is vegetarian food available?

Yes. Vegetarian meals are available in most towns along the route.

37. Can I get Indian or Nepali food?

Many pilgrimage groups arrange Indian or Nepali meals where possible, especially at popular pilgrim stops.

38. Is drinking water safe?

Drink only boiled, filtered, or bottled water. Avoid untreated water from rivers or streams.

39. How much does lunch or dinner cost?

A simple meal generally costs **RMB 30–80**, depending on the location and restaurant.

Accommodation

40. What kind of hotels are available?

Hotels in Kyirong, Saga, and Darchen are generally comfortable but simpler than international city hotels.

41. What are the guesthouses like during the Kora?

Guesthouses at Dirapuk and other trekking stops are basic, with shared rooms and limited facilities.

42. Are attached bathrooms available everywhere?

No. Attached bathrooms are available in many hotels but are uncommon in trekking guesthouses.

43. Is hot water available?

Many hotels provide hot water, but availability may be limited in remote areas.

44. Is Wi-Fi available?

Wi-Fi is available in some hotels, but the connection may be slow or unavailable in remote locations.

Electricity & Charging

45. What is the electricity supply?

China uses **220V, 50Hz** electricity.

46. Which plug type is used?

Type A, Type C, and Type I plugs are commonly used. Carry a universal travel adapter.

47. Can I charge my mobile phone every day?

Usually yes, but electricity in remote guesthouses may be limited or available only at certain times.

Communication

48. Can I use my Nepali SIM card?

International roaming may work with some providers, but it can be expensive.

49. Is mobile network available?

Most towns have mobile coverage, but signals may be weak or unavailable in remote mountain areas.

50. Can I access social media freely?

Some international websites and apps may not be accessible in mainland China. Check current regulations before travelling and avoid relying on a single communication method.

Money

51. Which currency is used in Tibet?

The official currency is the **Chinese Yuan (RMB/CNY)**.

52. Should I carry cash?

Yes. Carry enough cash because card payment facilities and ATMs are limited in remote areas.

53. Can I exchange Nepali Rupees in Tibet?

Generally no. Exchange your money into Chinese Yuan before entering Tibet.

Health

54. Are hospitals available?

Hospitals and clinics are available in larger towns, but medical facilities are limited in remote areas.

55. Should I buy travel insurance?

Yes. Comprehensive travel insurance that covers high-altitude travel and emergency evacuation is strongly recommended.

Trekking

56. Do I need previous trekking experience?

Previous experience is helpful but not essential if you are reasonably fit and well prepared.

57. Can senior citizens join the pilgrimage?

Many senior pilgrims successfully complete the journey after consulting their doctor and preparing adequately.

58. Can children join the tour?

This depends on their age, health, and the tour operator's policy. High altitude makes the pilgrimage unsuitable for many young children.

Animals

59. Can I hire a horse during the Kora?

Yes. Horses or ponies are often available for hire, subject to local availability and additional charges.

60. Can yaks carry luggage?

Yes. Yaks or porters may carry personal luggage during the Kora if arranged in advance.

Photography

61. Can I take photographs everywhere?

Photography is generally allowed outdoors, but some monasteries or religious ceremonies may have restrictions. Always ask before taking photographs inside temples or of local people.

Shopping

62. What can I buy in Tibet?

Popular souvenirs include prayer flags, prayer wheels, Tibetan incense, handicrafts, singing bowls, scarves, and locally made religious items.

Environment

63. Should I carry my rubbish?

Yes. Help protect the fragile Himalayan environment by carrying your waste until you find a proper disposal point.

Safety

64. Is Tibet safe for tourists?

Yes. Tibet is generally safe for organized tours. Follow your guide's instructions, stay with your group, and respect local regulations.

Customs

65. What should I avoid?

- Do not litter.
- Do not damage religious monuments.
- Do not touch sacred objects without permission.
- Do not disturb wildlife.
- Respect local customs and photography rules.

Pilgrimage

66. Is the Kailash Yatra only a religious journey?

No. While it is deeply spiritual for many people, others visit for cultural, historical, scenic, or personal reasons. Respect for the mountain and local traditions is important regardless of one's beliefs.

Final Advice

67. What is the most important advice for every pilgrim?

Travel with patience, walk slowly, respect local culture, stay hydrated, listen to your guide, and enjoy every moment. Mount Kailash and Lake Manasarovar offer not only breathtaking scenery but also an opportunity for reflection, gratitude, and personal growth.

68. What documents should I carry during the tour?

Carry your original passport, Tibet Travel Permit, Chinese Group Visa (if applicable), travel insurance, passport-size photographs, emergency contacts, and copies of all important documents.

69. How much luggage can I take?

One duffel bag (usually up to **15 kg / 33 lbs**) and one small daypack are generally recommended. Pack only essential items.

70. What should I carry in my daypack?

Water bottle, snacks, rain jacket, warm clothing, sunglasses, sunscreen, gloves, medicines, passport, camera, and a power bank.

71. Can I travel to Kailash by helicopter?

Some tour programs combine helicopter travel in Nepal with an overland journey into Tibet. Availability depends on weather, permits, and the tour itinerary.

72. What happens if roads are blocked?

Heavy rain, snowfall, or landslides may cause delays. The tour leader will arrange the safest alternative, but flexibility is important.

73. Is emergency evacuation available?

Emergency evacuation may be possible in certain situations, but weather, road conditions, and local regulations can affect response times. Comprehensive travel insurance is strongly recommended.

74. Should I buy travel insurance?

Yes. Your insurance should cover high-altitude travel, medical treatment, emergency evacuation, and trip interruption.

75. What medicines should I bring?

Bring your regular prescription medicines, pain relief tablets, medicine for altitude sickness (only after consulting your doctor), ORS, motion sickness tablets, antiseptic cream, adhesive bandages, and personal first-aid items.

76. What health check-up is recommended before the tour?

Consult your doctor, especially if you have heart disease, high blood pressure, diabetes, asthma, or other long-term medical conditions.

77. How much money should I carry?

Carry enough Chinese Yuan (RMB) for lunch, dinner, drinks, snacks, tips, shopping, and personal expenses. Cash is the most convenient option in remote areas.

78. What is the average daily personal expense?

Most pilgrims spend approximately **RMB 100–250 per day**, depending on meals, drinks, and shopping.

79. Are credit cards accepted?

Some larger hotels may accept international cards, but many restaurants and shops in remote areas accept cash only.

80. Are ATMs available?

ATMs are available in some larger towns but are limited in remote pilgrimage areas. Carry sufficient cash before leaving major towns.

81. What clothes should I wear?

Wear layered clothing so you can easily adjust to changing temperatures. Thermal wear, a fleece jacket, a waterproof outer jacket, and comfortable trekking trousers are recommended.

82. How many pairs of shoes should I bring?

Bring one pair of comfortable trekking boots and one pair of lightweight shoes or sandals for use at hotels and guesthouses.

83. Should I carry trekking poles?

Yes. Trekking poles provide extra balance and reduce pressure on the knees, especially when descending from Dolma La Pass.

84. How should I pack for changing weather?

Weather in Tibet can change quickly. Pack warm clothing, rain protection, gloves, a hat, sunglasses, and sunscreen, even if the day begins with clear skies.

85. Can I visit monasteries?

Yes. Visitors are welcome in many monasteries, but always respect local customs and follow your guide's instructions.

86. What is the proper etiquette inside a monastery?

Speak quietly, dress modestly, do not touch religious objects without permission, and ask before taking photographs.

87. Can I photograph monks or local people?

Always ask politely before taking photographs of monks, nuns, or local residents. Respect anyone who prefers not to be photographed.

88. What are prayer flags?

Prayer flags are colorful cloth banners printed with prayers and blessings. They are believed to spread goodwill and compassion as the wind carries their messages.

89. What is a Mani Wall?

A Mani Wall is a long wall built from stones carved with Buddhist prayers and sacred mantras. Pilgrims traditionally pass them on the appropriate side, following local custom.

90. Which festivals are celebrated in Tibet?

Important festivals include **Losar**, **Saga Dawa**, the Shoton Festival, and the Monlam Prayer Festival.

91. What is Saga Dawa?

Saga Dawa is one of the holiest Buddhist festivals. It commemorates the birth, enlightenment, and passing of the Buddha. Many pilgrims visit Mount Kailash during this period.

92. What animals may I see in Tibet?

You may see yaks, Tibetan sheep, wild kiang (wild ass), blue sheep, Tibetan antelope, Himalayan marmots, black-necked cranes, and many Himalayan birds.

93. Can I see a snow leopard?

Snow leopards live in parts of the Tibetan Plateau, but they are extremely rare and are seldom seen by visitors.

94. How should I greet local Tibetan people?

The traditional greeting is "**Tashi Delek**," which means "Good wishes" or "Good luck."

95. Should I bargain while shopping?

Friendly bargaining is acceptable in many souvenir shops, but always remain polite and respectful.

96. Is it safe to drink alcohol at high altitude?

It is best to avoid alcohol because it can increase dehydration and make altitude-related symptoms worse.

97. How can I stay safe while crossing high mountain passes?

Walk slowly, stay with your group, keep warm, drink plenty of water, and immediately inform your guide if you feel unwell.

98. Is the Kailash Yatra suitable for women?

Yes. Women of all ages participate successfully every year. Good preparation, appropriate clothing, and maintaining good health are important.

99. Can women travel during menstruation?

Yes. Women can complete the pilgrimage during menstruation. It is advisable to carry sufficient personal hygiene supplies, as facilities may be basic in remote areas.

100. Can senior citizens join the pilgrimage?

Many senior pilgrims successfully complete the Kailash Yatra after consulting their doctor, preparing physically, and following the guide's instructions carefully.

101. How can I protect the environment during the pilgrimage?

Carry your rubbish until you find a proper disposal point, avoid using single-use plastics where possible, stay on marked trails, and respect wildlife and vegetation.

102. Why should I avoid littering?

The Kailash region is both environmentally fragile and spiritually significant. Keeping it clean is a way of showing respect for nature and for future pilgrims.

103. What should I do if I feel very sick during the Kora?

Stop walking immediately, inform your guide, rest, and follow medical advice. Never ignore severe altitude-related symptoms.

104. Can I complete the Kora on horseback?

Yes. Horses or ponies are often available for hire, although availability cannot be guaranteed and additional charges usually apply.

105. What should I do if I cannot complete the Kora?

Your safety comes first. Discuss the situation with your guide, who will help arrange the safest available option according to local conditions.

106. Why is the number 108 sacred in Hinduism and Buddhism?

The number **108** has deep spiritual symbolism in both Hinduism and Buddhism. Traditional prayer malas contain **108 beads**, and practitioners often recite a mantra once for each bead. The number represents completeness, spiritual discipline, and the journey toward wisdom and enlightenment.

107. What is the significance of one Kailash Kora?

Many pilgrims believe that completing **one Kora** is a profound act of devotion, prayer, and personal reflection. It is often regarded as a once-in-a-lifetime spiritual journey.

108. What is the significance of 3, 7, 13, 21, and 108 Koras?

According to long-standing Hindu and Buddhist traditions, repeated Koras are believed by many pilgrims to represent increasing spiritual dedication.

- **1 Kora:** A complete pilgrimage around Mount Kailash and a meaningful act of devotion.
- **3 Koras:** Traditionally associated with strengthening faith and spiritual practice.
- **7 Koras:** Regarded by many as an extraordinary expression of perseverance and devotion.
- **13 Koras:** In some Tibetan traditions, completing thirteen Koras is believed to bring especially great spiritual merit.
- **21 Koras:** A rare accomplishment undertaken by highly devoted pilgrims over an extended period.
- **108 Koras:** Considered one of the highest forms of pilgrimage practice. Completing 108 Koras usually requires years of dedication and is viewed in many traditions as an exceptional lifetime spiritual achievement.

These meanings are based on **religious beliefs and traditional practices**. Different communities and lineages may interpret them differently.

"Mount Kailash does not ask who you are, where you come from, or what religion you follow. It invites every visitor to walk with humility, respect nature, cultivate compassion, and return home with a peaceful heart."

Useful Tibetan Words

English	Tibetan
Hello	Tashi Delek
Thank You	Thu-je-che
Water	Chu
Food	Zha
Tea	Cha
Yes	Lagso
No	Min
Goodbye	Kale phe

Tibetan Festival Calendar

Losar

Saga Dawa

Shoton Festival

Monlam Prayer Festival

Wildlife of Tibet

Yak

Wild Kiang

Blue Sheep

Tibetan Antelope

Black-necked Crane

Himalayan Griffon

Snow Leopard (rare)

A Pilgrim's Prayer

A Buddhist Pilgrim's Prayer (108 Words)

May the blessings of the Buddha, the Dharma, and the Sangha guide my thoughts, words, and actions. May this sacred journey help me develop wisdom, compassion, patience, and loving-kindness toward all living beings. As I walk around the holy Mount Kailash, may every step remind me to let go of anger, attachment, pride, and ignorance. May I cultivate mindfulness, generosity, forgiveness, and inner peace. Bless my family, fellow pilgrims, guides, and all who suffer with good health, happiness, and hope. May the merit of this pilgrimage benefit every living being and inspire me to live with compassion, wisdom, and peace throughout this life.

May all beings be happy.

A Bon Pilgrim's Prayer (108 Words)

May the sacred spirit of the Holy Mountain and the blessings of the ancient Bon tradition guide my heart with wisdom and harmony. May I walk this sacred path with respect for nature, gratitude for life, and kindness toward every living being. Bless me with courage, good health, patience, and inner strength during this pilgrimage. Help me live in balance with the earth, the sky, the mountains, and all creation. May peace replace fear, compassion replace hatred, and wisdom replace ignorance. Bless my family, fellow pilgrims, and all beings with happiness and harmony. May these sacred blessings remain with me throughout this life.

May peace fill the world.

A Jain Pilgrim's Prayer (108 Words)

I bow with reverence to the enlightened Tirthankaras and pray for the strength to follow the path of truth, non-violence, and self-discipline. May this sacred

pilgrimage inspire purity of thought, word, and action. Help me practice compassion, forgiveness, humility, and respect toward every living being. Remove anger, greed, pride, and attachment from my heart, and fill my life with wisdom, peace, and contentment. Bless my family, fellow pilgrims, guides, and all people with good health, happiness, and harmony. May the sacred land of Mount Kailash inspire me to live with kindness, simplicity, and spiritual awareness throughout this life.

Micchami Dukkadam.

A Hindu Pilgrim's Prayer (108 Words)

Om Namah Shivaya.

O Lord Shiva, the Eternal Yogi of Mount Kailash, and Divine Mother Parvati, bless me with a pure heart, a peaceful mind, and unwavering faith. Give me strength to walk this sacred pilgrimage with humility, patience, courage, and gratitude. Remove fear, pride, anger, and ignorance from my life, and fill my heart with love, compassion, forgiveness, and wisdom. Bless my family, friends, fellow pilgrims, guides, and all living beings with health, happiness, and harmony. May the sacred blessings of Mount Kailash and Lake Manasarovar inspire me to follow the path of truth, righteousness, and selfless service throughout this life.

Om Shanti Shanti Shanti.

The detailed itinerary pages

Congratulations!

You have successfully completed the **22-Day Kailash Mansarovar Pilgrimage** and the remarkable **Seven Kailash Koras**. This journey combines faith, endurance, and the breathtaking beauty of the Tibetan Plateau. We hope the memories, friendships, and spiritual experiences gained during this pilgrimage remain with you for a lifetime.

Farewell Message

Thank you for travelling with **Snowpal Trek and Expedition Pvt. Ltd.** We sincerely hope this sacred journey has brought you peace, happiness, good health,

and unforgettable memories. We look forward to welcoming you again on another adventure in Nepal, Tibet, Bhutan, or the Himalayas.