



Kailash Mansarovar Yatra in July 2026:

The Kailash Mansarovar Yatra is a sacred pilgrimage that draws devotees and spiritual seekers from around the world, primarily from the Hindu, Buddhist, Jain, and Bon faiths. The journey involves traveling to Mount Kailash and Lake Mansarovar, both of which are located in the remote and majestic landscapes of southwestern Tibet.



For Hindus, the Kailash Mansarovar Yatra is one of the most revered and spiritually profound pilgrimages. It is a divine journey to Mount Kailash (6,638 meters / 21,778 feet), considered the sacred abode of Lord Shiva and Goddess Parvati. Nearby lies the serene Lake Mansarovar (4,590 meters / 15,060 feet), believed to have been created in the mind of Lord Brahma and thus named "Mansarovar" (Manas – Mind; Sarovar – lake).

According to ancient Hindu scriptures, Mount Kailash is the cosmic axis—the center of the universe (axis mundi)—where the heavens meet the earth. It is surrounded by layers of mythological and spiritual symbolism that transcend time, culture, and geography. Completing a circumambulation (parikrama) of Mount Kailash is believed to cleanse one of sins and lead to spiritual liberation (moksha).

Kailash Mansarovar Yatra Summery

- **Duration:** 16 Days
- **Maximum Elevation:** 5,630 meters (18,471 ft) – Dolma-La Pass
- **Difficulty Level:** Moderate to Challenging
- **Kora (Parikrama):** 3 Days – Approx. 52 km on foot

- **Group Size:** 5-25 People
- **Yatra Type:** Fixed Departure – Fixed Departure Group Tour / Private Tour

Welcome to Namaste Nepal Trekking and Research Hub:

“Your Trusted Partner for Kailash Mansarovar Yatra and Himalayan Pilgrimage Journeys”

Namaste Nepal Trekking and Research Hub is a government-registered travel and adventure company based in **Kathmandu, Nepal**, proudly specializing in the **Kailash Mansarovar Yatra** and spiritual Himalayan tours for over 15 years. Since our establishment, we have been committed to offering seamless, spiritually enriching experiences for Indian pilgrims, grounded in safety, authenticity, and personalized service.

What sets us apart is our **direct operation model**—we work without intermediaries, ensuring full control over the quality, cost, and coordination of your Yatra. Our experienced **in-house team** includes dedicated Kailash guides fluent in **Hindi, English, and Nepali**, along with a specialized kitchen crew that prepares **fresh, hygienic, pure vegetarian meals** throughout the journey.

Why Choose Namaste Nepal Trekking and Research Hub?

- ✓ **Government-registered operator** based in Kathmandu, Nepal
- ✓ **15+ years of expertise** in organizing Kailash Mansarovar Yatra
- ✓ **Direct operations** — no agents, no third-party involvement
- ✓ **Dedicated Kailash guides** fluent in Hindi, English & Nepali
- ✓ **In-house kitchen team** serving diverse fresh, hygienic vegetarian meals with Indian Specialties
- ✓ **24/7 support** before, during, and after the pilgrimage
- ✓ **Trusted by thousands** of pilgrims every year
- ✓ **Focus on safety, spirituality, and logistical excellence**

Meet the Team Behind Your Journey

Led by **Mr. Rajan Lamichhane**, founder of Namaste Nepal Trekking and Research Hub, our team brings decades of firsthand experience and deep spiritual understanding to every journey. Rajan has personally completed and organized numerous successful Kailash Yatras and is supported by a core team of trained field staff, guides, and logistics experts.

- 👣 **Personally led and completed multiple Kailash Yatras**
- 🙏 **Spiritual and safety-focused service approach**
- 🍲 **Pure vegetarian meals prepared by our in-house kitchen crew**
- 💬 **Friendly, multilingual team to assist you at every step**
- 🕉 **Driven by devotion, backed by professionalism**



Join us for a **transformational journey to the sacred abode of Lord Shiva**—Mount Kailash and Lake Mansarovar—where every step becomes a prayer, and every moment a memory of a lifetime.

Kailash Mansarovar Yatra Outline Itinerary

Day	Itinerary	Time	Meals
6 July	Arrival in Kathmandu	30 min	
7 July	Visa Application Submission Day and Sightseeing Tour of Patan Durbar Square, Kathmandu Durbar Square, and Swambhunath Stupa.	4-5 hrs	Breakfast
8 July	Morning visit of Pashupatinath Temple, Budhanilkantha Temple (Sleeping Vishnu), and Boudhanath Stupa.	4-5 hrs	Breakfast
9 July	Obtain the Visa / Tibet Entry permit, Group Briefing, Tour Preparation Day		Breakfast
10 July	Drive from Kathmandu to Timure / Tatopani	5-6 hrs	Breakfast, Lunch, & Dinner
11 July	Drive to Rasuwagadhi / Tatopani Border, Cross the Border, and drive to Kyarung / Nyalam Town in Tibet	3-4 hrs	Breakfast, Lunch, & Dinner
12 July	Rest and Acclimatization in Kyarung / Nyalam Town	Free Day	Breakfast, Lunch, & Dinner
13 July	Drive from Kyirong to Milerappa Cave (2 Hours Hiking from Highway) or Drive from Nyalam to Saga Town	6-7 hrs	Breakfast, Lunch, & Dinner
14 July	Drive from Saga to Mansarovar Lake (4,590m) and Manasarovar Lake Kora / Circumambulation (Half) by Conservation Vehicle.	8-9 hrs	Breakfast, Lunch, & Dinner
15 July	Visit Manasarovar Lake Side, Explore Chiu Gompa and Drive to Darchen (4,575m)	2-5 hrs	Breakfast, Lunch, & Dinner
16 July	Drive to Yamadwar and Kailash Kora Starts: Trek to Diraphuk (4765M).	6-7 hrs	Breakfast, Lunch, & Dinner
17 July	Mt. Kailash Kora Continues: Trek to Zuthulphuk (4700M) Via Dolma La Pass (5680m) and Gauri Kund.	8-10 hrs	Breakfast, Lunch, & Dinner



18 July	Last Day of Kailash Kora: Trek to Mani Wall near Darchen (8 km) and drive to Saga	8–10 hrs	Breakfast, Lunch, & Dinner
19 July	Drive from Saga (4,640m) to Kyarung / Nyalam via Pelku Lake	6–8 hrs	Breakfast, Lunch, & Dinner
20 July	Drive from Kyarung / Nyalam to Nepal border and drive to Kathmandu	7–8 hrs	Breakfast, Lunch, & Dinner
21 July	Departure from Kathmandu	30 min	Breakfast

Clarification on the Kailash Mansarovar Yatra 2026 Route:

Traditionally, the Kailash Mansarovar Yatra is operated via the Rasuwagadhi–Kyirong route. However, due to recent flood washed away the Rasuwagadi border crossing Friendship Bridge, the journey is currently being operated through the Tatopani–Kodari–Nyalam–Saga route.

For the **2026 Yatra**, the route will depend on the decision of the Chinese authorities regarding border access.

👉 **Please note: Regardless of the entry point, the standard itinerary, sacred sites, and total number of days spent in Tibet remain the same.**

What is included?

- ✓ All Airport hotel transfers by private tourist vehicle
- ✓ **5 nights** 4-Star Hotel in Kathmandu Valley (anywhere inside the Kathmandu Valley area)
- ✓ Pasupathi Nath Darshan and 2 full days Sightseeing Tour of Kathmandu Valley
- ✓ All necessary Paperwork for the Tibet Travel Permit or Group Visa
- ✓ Tibet Travel Permit / China Group Visa (will be applied through the Chinese Embassy in Kathmandu once you arrive)
- ✓ Kathmandu To Rasuwagadhi / Tatopani (Tibet Nepal Border) by Tourist Vehicle
- ✓ Rasuwagadhi / Tatopani (Tibet Nepal Border) to Kathmandu by Tourist Vehicle
- ✓ All ground transportation in Tibet (Private comfortable tourist vehicle according to the group size)
- ✓ All food (Breakfast, Lunch & Dinner) During the Tour in Tibet
- ✓ 4-Star Hotel in Tibet (Kyirong, Nyalam, Saga, Darchen)



- ✓ Best available Dormitory Guesthouse and lodge in Tibet (Diraphuk, Manasarovar Lake and Zuthulphuk)
- ✓ An experienced English-speaking Tibetan local tour guide
- ✓ Nepalese group escort / Leader throughout the tour from Kathmandu to Kathmandu
- ✓ Necessary support crew members like a cook, Support Staff / Helpers
- ✓ Big oxygen bottle in Vehicle for Emergency Propose
- ✓ All necessary government and service charge
- ✓ Farewell dinner in Kathmandu

What isn't included?

- ✗ International airfare to and from Kathmandu
- ✗ Extra Porters and Yaks for carrying luggage during the Mount Kailash Kora
- ✗ Extra night accommodating (if in the case of early arrival and Late Departure from the tour then the scheduled itinerary)
- ✗ Travel and rescue insurance
- ✗ Personal expenses (Phone calls, laundry, bar bills, personal drinks, bottle or boiled water, internet, etc)
- ✗ Tips for guides, porters, and Drivers.

Complimentary Services

- Personalized virtual consultation before finalizing your Kailash Mansarovar Yatra
- Online Pre-Trip Briefing after booking confirmation
- Free excess luggage storage facilities at our office/Hotel store
- Down Jacket
- Namaste Nepal's duffle bag
- Namaste Nepal's T-shirt / Base Ball Cap
- A self-sufficient medical first aid kit containing vital medications.
- Tour Certificate
- Oximeter to check your pulse oxygen saturation and heart rate twice daily (Very useful to check AMS symptoms)

Additional Services and Cost

Sn	Services	Cost USD
1	Private Helicopter ride from Kathmandu to Tibet Nepal Border	\$1825



2	Sharing Helicopter ride from Kathmandu to Tibet Nepal Border (if available)	\$380 Per Person
3	Porter for Cora 3 Days Package (1 Porter = 10 Kg)	\$250
4	Horse for the Cora 3 Days Package	\$500
5	Single Supplement: An additional for single occupancy.	\$550

Essential Do's and Don'ts for Kailash Mansarovar Yatra

Before embarking on the sacred Kailash Mansarovar Yatra, it is crucial to prepare well and follow essential guidelines to ensure a safe and smooth pilgrimage.

Do's: Essential Preparation Tips

- ✓ Pack light snacks such as mint, chocolates, glucose, and energy bars for instant energy.
- ✓ Engage in physical fitness activities like aerobics, yoga, and cardio exercises before the journey to enhance endurance.
- ✓ Carry warm, layered clothing, including thermal wear, jackets, gloves, caps, and scarves, to withstand extreme weather conditions.
- ✓ Use high-quality sunglasses and sunscreen to protect against strong UV rays. Check the weather conditions in advance.
- ✓ Maintain a steady walking pace during the **Kailash Parikrama / Kora** to avoid exhaustion and altitude sickness.
- ✓ Pack sturdy, durable bags, preferably a duffel bag, with only essential trekking gear.
- ✓ Always carry valid identification documents and permits throughout the journey.
- ✓ Travel in a group, maintain team spirit, and assist fellow pilgrims in case of emergencies.

Don'ts: Things to Avoid

- ✗ Avoid traveling if you suffer from medical conditions such as asthma, high blood pressure, or respiratory issues. Consult a doctor before planning the trip.
- ✗ Do not sleep with your shoes or trekking boots on, as it may cause discomfort and poor circulation.



- ✖ Refrain from carrying excessive luggage or unnecessary items. Pack only what is required.
- ✖ Avoid alcohol and smoking, as they can exacerbate altitude sickness.
- ✖ Do not skip meals, and stay well-hydrated by drinking plenty of water.
- ✖ Strictly avoid carrying books or materials related to the Dalai Lama, as it may cause issues during border checks.
- ✖ Never take a photos and Videos on the prohibited Area, Military etc.
- ✖ Drones are strictly prohibited by Chinese authorities and are not allowed to be brought into Tibet under any circumstances.
- ✖ Religious books, such as the Bhagavad Gita, Bible, or other spiritual texts, may be confiscated during border checks. It is advised not to carry any religious literature.
- ✖ Political materials, including pamphlets, flags, or clothing with political slogans, are sensitive in the region and strictly forbidden.
- ✖ Maps displaying political borders, especially those that depict disputed India-China borders or non-standard territorial lines, can be confiscated by authorities.
- ✖ Large flags or banners are considered politically sensitive and are not permitted in Tibet.
- ✖ Satellite phones are illegal for personal use in Tibet unless prior official permission has been obtained.
- ✖ Photographs of the Dalai Lama are strictly prohibited and carrying such images could result in detainment or deportation.

Recommended Packing List for Kailash Mansarovar Yatra

The following basic equipment checklist is designed to assist you in preparing for your Kailash Mansarovar Yatra. It is important to pack efficiently and keep the weight of your gear as light as possible to ensure a comfortable Trekking and Tour experience. Please review the checklist carefully and pack accordingly to maximize your enjoyment and minimize any unnecessary strain.

Note: Items marked by (*) are provided by our company as the complementary / Included in the Package.



Headwear

- Sun hat or cap
- Warm fleece hat or woolen beanie
- Scarf, buff, or balaclava (1–2 pieces)
- Sunglasses (UV protection recommended)

Upper Body

- Quick-dry T-shirts (3–4 pieces, preferably full-sleeved)
- Fleece jacket or pullover
- Optional: Fleece Wind-Stopper jacket
- Waterproof shell jacket (breathable fabric preferred)
- **Down jacket ***
- Thermal innerwear tops (2 sets)

Hands

- Lightweight gloves and or
- Warm, waterproof gloves

Lower Body

- Underwear (5–6 pieces, moisture-wicking)
- Hiking shorts
- Lightweight cotton or trekking pants (2 pairs)
- Thermal/woolen pants (1 pair for colder days)
- Waterproof pants
- Thermal innerwear bottoms (2 sets)

Feet

- Thin, lightweight inner socks
- Warm woolen hiking socks (3 pairs)
- Cotton socks (3 pairs)
- Trekking boots with ankle support and spare laces (waterproof)
- Camp shoes, slippers, or sandals (for evenings)

Bags & Storage

- **Duffle bag (main luggage) ***
- **Daypack (for daily use) ***



- Dry bags/pouches (2–3 pieces to protect electronics or clothes from moisture)

Toiletries & Personal Hygiene

- Quick-drying medium-sized towel
- Toothbrush and toothpaste
- Biodegradable multipurpose soap and shampoo (travel-sized)
- Deodorant
- Wet wipes (baby wipes)
- Tissue/toilet roll – 2 packs
- Antibacterial hand sanitizer
- Face and body moisturizer
- Lip balm with SPF
- Sunscreen lotion (SPF 50+)
- Nail clippers
- Comb or hairbrush (optional)
- Personal hygiene products (as needed)

First Aid & Medicine

- Basic first aid kit
- Diamox (as prescribed) – for altitude sickness
- Paracetamol / Ibuprofen – for fever or pain
- Cold & cough medicine
- Anti-diarrheal tablets
- ORS sachets (4–6)
- Band-aids (blister care)
- Personal medications (enough for the entire trip)

Accessories & Essentials

- **Trekking poles (Recommended for Kora) ***
- Headlamp or torch (with extra batteries)
- Water bottles (1–2 pieces) – thermal preferred
- Thermos flask (for hot drinks)
- Power bank
- Trail map or guidebook
- Journal and pen
- Snacks (10–15 energy/protein bars)

Important Documents

- Original passport



- Passport-sized photos (4–6 pieces)
- Photocopies of passport and visa (2 sets)
- Travel insurance copy
- Emergency contact list (printed and digital)

Extras / Optional Items

- Reading book
- iPod or music player
- Pencils and small notebooks
- Travel games (Uno, playing cards, dice, etc.)
- Prayer beads (optional for spiritual travelers)
- Face masks (2–3 pieces for dust and cold)
- Earplugs and eye mask (for better sleep)

Practical Information for Kailash Mansarovar Yatra

Topic	Details
Charan Sparsh	Yes, Possible if its open (50/50 chances) on the day you trek to Dirapuk
Outer Kora	Included as part of the itinerary
Inner Kora	Can be done on the day you drive to Darchen if its officially allowed
Bathing at Lake	Not allowed directly in the lake; bring water outside and perform rituals
Puja at Mansarovar Lake	Yes, puja can be performed lakeside; a priest can be arranged on request
Carry Jal/Holy Water from the Lake and Rivers	Yes, you can carry sacred Holy water from Mansarovar Lake and Rivers
Hire Horse for Kora	Available from Darchen and Derapuck, up to Dolma-La Pass (not beyond), for an additional cost
Porter Hire	Available in Darchen, for an additional cost
Can Pony Man Act as Porter?	Yes, but porter service is charged separately
Oxygen Availability	Have big Cylinders in the vehicle and the hotel we stay and Portable oxygen cylinders available throughout the Kora Yatra route
Drinking Water	Boiled and bottled water available throughout the Yatra
Food	All freshly cooked Vegetarian/Non-Vegetarian meals provided
Hospitals	Available in Kerung, Saga, and Darchen; not available in Mansarovar, Dirapuk, and Zutulpuk
Additional Days in Tibet	Available but it should be Predefined before we apply for route permit
Ambulance for Emergency during the Kora	Ambulance is available in Derapuck & Lunce Place before Zuthulphuk



 Info@namastenenepaltrekking.com



©www.namastenepal trekking.com

 **ॐ नमः शिवाय/Om Namah Shivaya** 