

Kailash Mansarovar Yatra with Saga Dawa Festival

The Kailash Mansarovar Yatra during the Saga Dawa Festival is a rare and spiritually heightened pilgrimage that draws devotees from the Hindu, Buddhist, Jain, and Bon faiths to the majestic landscapes of southwestern Tibet. While the journey is always sacred, arriving during Saga Dawa—the most holy month in the Tibetan calendar—transforms the experience into a vibrant celebration of enlightenment and merit.



For Hindus, this Yatra is the ultimate spiritual journey to Mount Kailash, the eternal abode of Lord Shiva and Goddess Parvati. Nearby sits the divine Lake Mansarovar, created by the mind of Lord Brahma, where the water is believed to wash away the sins of lifetimes. During the Saga Dawa Festival, the spiritual energy of this "axis mundi" (center of the universe) is said to be multiplied.

Completing the Parikrama (circumambulation) while the festival's giant Tarboche flagpole is raised and prayers fill the air is considered a supreme blessing, offering a powerful path toward spiritual liberation and Moksha.

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:** 15 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
10 June	Arrival in Kathmandu	30 min	
11 June	Sightseeing Tour of Pashupatinath Temple, Budhanilkantha Temple (Sleeping Vishnu), Boudhanath Stupa and Kathmandu Durbar Square. Yatra Beefing in the evening.	4-5 hrs	Breakfast
12 June	Drive from Kathmandu to Timure	5-6 hrs	Breakfast, Lunch, & Dinner
13 June	Drive to Rasuwagadhi Border, cross the Border, and drive to Kyirong Town in Tibet	3-4 hrs	Breakfast, Lunch, & Dinner
14 June	Rest and Acclimatization in Kyirong Town (Optional Hike to Hidden Kingdom of Kyirung)	Free Day	Breakfast, Lunch, & Dinner
15 June	Drive from Kyirong to Milerappa Cave (2 Hours Hiking from the highway) and drive to Saga Town	6-7 hrs	Breakfast, Lunch, & Dinner
16 June	Drive from Saga to Mansarovar Lake and Manasarovar Lake Kora / Circumambulation (Half) by Conservation Vehicle.	8-9 hrs	Breakfast, Lunch, & Dinner
17 June	Puja and Visit Manasarovar Lake Side, explore Chiu Gompa and drive to Darchen	2-5 hrs	Breakfast, Lunch, & Dinner
18 June	Drive from Darchen to Tarboche (4,675m) – Celebrate Saga Dawa Festival And experience the Full Moon Night	3-6 hrs	Breakfast, Lunch, & Dinner
19 June	Drive to Yamadwar and Kailash Kora Starts: Trek to Diraphuk	6-7 hrs	Breakfast, Lunch, & Dinner
20 June	Mt. Kailash Kora continues: Trek to Zuthulphuk Via Dolma La Pass (5680m) and Gauri Kund.	8-10 hrs	Breakfast, Lunch, & Dinner
21 June	Last Day of Kailash Kora: Trek to Mani Wall near Darchen (8 km) and drive to Saga	8-10 hrs	Breakfast, Lunch, & Dinner



22 June	Drive from Saga to Kyarung Town via Pelku Lake	6–8 hrs	Breakfast, Lunch, & Dinner
23 June	Drive from Kyarung to Nepal border and drive to Kathmandu	7–8 hrs	Breakfast, Lunch, & Dinner
24 June	Departure from Kathmandu	30 min	Breakfast

What is included?

- ✓ All Airport hotel transfers by private tourist vehicle
- ✓ 3 nights 4-Star Hotel in Kathmandu
- ✓ Pashupati Nath Temple Darshan with special Rudrabhishek Puja
- ✓ Sightseeing Tour of Budhanilkantha Temple (Sleeping Vishnu), Boudhanath Stupa and Kathmandu Durbar Square
- ✓ All necessary Paperwork for the Tibet Travel permit and Group Visa
- ✓ Tibet Travel Permit (TTB), Alien Travel Permit, Military Permit and other required route permits
- ✓ China Group Visa (will be applied through the Chinese Embassy in Kathmandu if needed)
- ✓ Kathmandu To Rashuwagadi (Tibet Nepal Border) by Tourist Vehicle
- ✓ Rashuwagadi (Tibet Nepal Border) to Kathmandu by Tourist Vehicle
- ✓ All ground transportation in Tibet (9-25 seats comfortable tourist vehicle according to the group size)
- ✓ Required vehicle transportation for the Lake Mansarovar Kora (circumambulation).
- ✓ All food (Breakfast, Lunch & Dinner) during the Tour in Tibet
- ✓ 1-night stay in Timure (Tibet Nepal Border) with vegetarian meals.
- ✓ 3-Star Hotel in Tibet (Kyirong, Paryang, Darchen and Saga)
- ✓ Best available Guesthouse and lodge in Tibet (Manasarovar Lake, Diraphuk, 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 purposes
- ✓ All necessary government and service charges
- ✓ Farewell dinner in Kathmandu

What isn't included?



- ✕ Nepal visa fee (The lowest available is for a 15-day visa costing \$30/person)
- ✕ International airfare to and from Kathmandu
- ✕ Personal horse or porter for the Kailash Kora
- ✕ Ashtapad Excursion from Darchen
- ✕ Emergency/Optional Jeep Transportation before or after Dolma-la Pass
- ✕ Extra night accommodation (In the case of early arrival, late departure, or delays, then the scheduled itinerary)
- ✕ Travel and rescue insurance
- ✕ Personal expenses (Phone calls, Internet, laundry, bar bills, personal drinks, etc)
- ✕ Costs arising from weather delays or natural events
- ✕ Permit or regulatory changes imposed by the relevant authorities.
- ✕ Tips and gratuities for the Tibetan guide, drivers, Nepali tour leader, Kitchen staff and Kora support staff

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 & Day Pack
- Namaste Nepal's T-shirt / Baseball 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 Per Helicopter
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 Per Porter
4	Horse for the Cora 3 Days Package	\$500 Per Horse
5	Single Supplement: An additional for single occupancy.	\$550 Per Person



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 Derapuk, 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 Derapuk & Lunce Place before Zuthulphuk

Visa Information for Kailash Mansarovar Yatra 2027

The visa process for the **Kailash Mansarovar Yatra 2027** depends on your nationality and your current Chinese visa status. Please carefully read the information below to determine which category applies to you.

1. Citizens of China Visa-Free Countries

If you hold a passport from a country that is currently **visa-free for entry into China**, you **do not need to arrive in Kathmandu earlier** for Chinese visa processing.

You can simply join our **standard 14-day Kailash Mansarovar Yatra itinerary** and arrive in Kathmandu on the official group departure date.

Standard Departure

- Arrive in Kathmandu on the scheduled departure date.
- Follow the standard **14-day itinerary** without any additional days.
- We will process your **Tibet Travel Permit** and other required Tibet travel documents before your arrival.

Countries Currently Eligible for Visa-Free Entry to China

Andorra	Antigua and Barbuda	Argentina	Armenia	Australia	Austria
Azerbaijan	Bahrain	Barbados	Belarus	Belgium	Bosnia and Herzegovina
Brazil	Brunei	Bulgaria	Chile	Croatia	Cyprus
Czech Republic	Denmark	Estonia	Finland	France	Georgia
Germany	Greece	Hungary	Iceland	Ireland	Italy
Japan	Kazakhstan	Kuwait	Latvia	Liechtenstein	Luxembourg
Malaysia	Malta	Monaco	Montenegro	Netherlands	New Zealand
North Macedonia	Norway	Oman	Poland	Portugal	Qatar
Romania	San Marino	Saudi Arabia	Singapore	Slovakia	Slovenia
South Korea	Spain	Switzerland	Thailand	United Arab Emirates	Uruguay

Please note: China's visa-free policy is subject to change. We recommend confirming your eligibility with us before booking your trip.

2. Citizens of Countries That Require a Chinese Visa

If your nationality **requires a Chinese Group Visa**, you **must arrive in Kathmandu at least 3 working days before your scheduled departure date**. Your **Chinese Group Visa** will be processed through the Chinese Embassy in Kathmandu after your arrival.

Travelers Holding a Valid Chinese L (Tourist) Visa



If you already hold a **valid Chinese L-category (Tourist) Visa** issued by the Chinese Embassy or Consulate in your **country of residence**, you **do not need to arrive three working days earlier**.

You may simply join our **standard 14-day Kailash Mansarovar Yatra itinerary** and arrive in Kathmandu on the official departure date.

Please send us a copy of your Chinese visa before booking so we can verify that it is suitable for travel to Tibet.

3. Indian Passport Holders

Due to specific bilateral regulations regarding Mount Kailash pilgrimages, visa and permit processing for Indian nationals is handled through New Delhi rather than Kathmandu.

- **Standard Process:** We will apply for your Chinese visa at the Chinese Embassy in New Delhi. You must send your original passport to our New Delhi office **15 days before** your departure date. We will contact you in advance to confirm the exact timeline once we verify the real-time Tibet Tourism Bureau (TTB) permit situation.
- **Non-Resident Indians (NRIs):** If you are an Indian passport holder living abroad and you obtain an individual L-category Chinese visa from your current country of residence, you bypass the New Delhi passport requirement. You can follow the standard 14-day itinerary and arrive in Kathmandu on the scheduled departure date.

Important Note

Visa policies, Tibet Travel Permit requirements, and Chinese immigration regulations may change without prior notice. We strongly recommend contacting **Namaste Nepal Trekking & Research Hub** before booking so we can advise you on the latest requirements based on your passport nationality and current country of residence.



✉ Info@namastenenepaltrekking.com



 ॐ नमः शिवाय/Om Namah Shivaya