



# Kailash Manasarovar Overland Tour from Kathmandu

Day-by-Day Itinerary • Sacred Journey across Nepal and Tibet

## 13 Days

Kathmandu to Kailash and back

## Overland Route

Via Kyirong, Saga & Manasarovar

## Spiritual Focus

Darshan, rituals and Kora

# A complete overview of your journey

This brochure presents the full 13-day overland route from Kathmandu to Lake Manasarovar and Mount Kailash. It combines practical travel flow with the spiritual milestones of the yatra, including border crossing, acclimatization, darshan, holy rituals, and the revered Kailash Kora.

|                      |                                                                 |               |                                                           |
|----------------------|-----------------------------------------------------------------|---------------|-----------------------------------------------------------|
| Tour Length          | 13 Days / 12 Nights                                             | Route Style   | Overland via Nepal and Tibet                              |
| Kora Section         | Dirapuk • Dolma La • Zuthulphuk                                 | Highest Point | 5,630 m at Dolma La Pass                                  |
| Spiritual Highlights | Lake Manasarovar rituals, first Kailash darshan, full parikrama | Best For      | Pilgrims seeking a structured overland Kailash experience |

## Pilgrim moments from the route



Group departure energy



Waterfall stop on the route



Sacred moments at Manasarovar

# Day-by-Day Itinerary

Each day below balances travel flow, altitude progression, and the spiritual rhythm of the Kailash pilgrimage.

DAY 1

## Arrival in Kathmandu

Arrival / Rest

Upon arrival in Kathmandu, you will be warmly received and transferred to your hotel. The rest of the day is free for relaxation and recovery. Depending on your arrival time, enjoy a quiet evening at the hotel or a short walk nearby. Overnight stay in Kathmandu.

| Start     | Max Altitude | Bus   | Hiking | End       |
|-----------|--------------|-------|--------|-----------|
| Kathmandu | 1,400 m      | 10 km | 0 km   | Kathmandu |

DAY 2

## Kathmandu Sightseeing & Yatra Preparation

Sightseeing / Briefing

Visit the sacred Pashupatinath Temple and the iconic Boudhanath Stupa. Later, attend the Yatra briefing covering travel procedures, packing guidance, altitude awareness, and final preparations. Overnight stay in Kathmandu.

| Start     | Max Altitude | Bus   | Hiking | End       |
|-----------|--------------|-------|--------|-----------|
| Kathmandu | 1,400 m      | 25 km | 0 km   | Kathmandu |

DAY 3

Kathmandu to Syabrubesi

Drive / Scenic Journey

Begin the overland journey through winding mountain roads, terraced hillsides, traditional villages, and picturesque countryside. The route introduces Nepal’s rural beauty with rivers, valleys, and hillside settlements. Overnight stay in Syabrubesi.

| Start     | Max Altitude | Bus    | Hiking | End        |
|-----------|--------------|--------|--------|------------|
| Kathmandu | 1,550 m      | 145 km | 0 km   | Syabrubesi |

DAY 4

Syabrubesi to Kerung / Kyirong

Drive / Border Crossing

Drive toward the Nepal-Tibet border through rugged Himalayan scenery. Complete immigration and customs formalities before crossing into Tibet and continuing to Kerung / Kyirong. Overnight stay in Kerung / Kyirong.

| Start      | Max Altitude | Bus   | Hiking | End     |
|------------|--------------|-------|--------|---------|
| Syabrubesi | 2,700 m      | 24 km | 0 km   | Kyirong |

DAY 5

Kerung / Kyirong to Saga

Drive / Scenic Journey

Travel from Kerung to Saga across the Tibetan plateau, passing high-altitude plains, rugged mountain ranges, distant snow peaks, and the mighty Brahmaputra River. Overnight stay in Saga.

| Start   | Max Altitude | Bus    | Hiking | End  |
|---------|--------------|--------|--------|------|
| Kyirong | 4,640 m      | 230 km | 0 km   | Saga |

DAY 6

Saga to Lake Manasarovar

Drive / Sacred Darshan

Depart early for sacred Lake Manasarovar. Upon arrival, complete the lake parikrama by vehicle and receive the first darshan of Mount Kailash, one of the most moving highlights of the journey. Overnight stay near Lake Manasarovar.

| Start         | Max Altitude | Bus    | Hiking | End              |
|---------------|--------------|--------|--------|------------------|
| Saga / Dongba | 4,600 m      | 496 km | 0 km   | Lake Manasarovar |

DAY 7

Lake Manasarovar to Darchen

Rituals / Drive

Spend meaningful time at the sacred shores of Lake Manasarovar for holy bath rituals, puja, prayer, and reflection. Later, drive to Darchen with powerful views of the south face of Mount Kailash. Overnight stay in Darchen.

| Start            | Max Altitude | Bus   | Hiking | End     |
|------------------|--------------|-------|--------|---------|
| Lake Manasarovar | 4,670 m      | 35 km | 0 km   | Darchen |

DAY 8

Darchen to Yamdwar and Trek to Dirapuk

Drive / Trek

Drive to Yamdwar and begin the trek toward Dirapuk. This unforgettable stage offers close and divine views of the north face of Mount Kailash, making it one of the most cherished parts of the yatra. Overnight stay at Dirapuk.

| Start   | Max Altitude | Bus  | Hiking | End     |
|---------|--------------|------|--------|---------|
| Darchen | 5,210 m      | 8 km | 12 km  | Dirapuk |

DAY 9

Dirapuk to Zuthulphuk via Dolma La Pass

Hard Trek

The most challenging and spiritually significant day of the Kora. Trek across Dolma La Pass, the highest point of the pilgrimage, passing sacred Gauri Kund and other revered sites. Overnight stay at Zuthulphuk.

| Start   | Max Altitude | Bus  | Hiking | End        |
|---------|--------------|------|--------|------------|
| Dirapuk | 5,630 m      | 0 km | 22 km  | Zuthulphuk |

DAY 10

Complete Kailash Parikrama and Drive to Saga

Trek / Drive

Complete the final stretch of the sacred Kailash Parikrama and return toward Darchen. After the trek concludes, continue by vehicle to Saga, reflecting on the accomplishment of completing the revered Kailash Kora. Overnight stay in Saga.

| Start      | Max Altitude | Bus    | Hiking | End           |
|------------|--------------|--------|--------|---------------|
| Zuthulphuk | 4,600 m      | 479 km | 8 km   | Saga / Dongba |

DAY 11

Saga to Kerung / Kyirong

Drive / Return Journey

Begin the return drive from Saga to Kerung across the Tibetan plateau. The route again reveals sweeping plains, distant snow peaks, and rugged terrain—perfect for reflecting on the pilgrimage. Overnight stay in Kerung / Kyirong.

| Start | Max Altitude | Bus    | Hiking | End     |
|-------|--------------|--------|--------|---------|
| Saga  | 2,700 m      | 176 km | 0 km   | Kyirong |

DAY 12

Kerung / Kyirong to Kathmandu

Border Crossing / Drive

Travel back to the border, complete exit and entry formalities, and re-enter Nepal. Continue to Kathmandu through scenic hills, river valleys, and mountain roads. Overnight stay in Kathmandu.

| Start   | Max Altitude | Bus    | Hiking | End       |
|---------|--------------|--------|--------|-----------|
| Kyirong | 1,340 m      | 175 km | 0 km   | Kathmandu |

DAY 13

Free Day in Kathmandu and Final Departure

Leisure / Departure

Enjoy free time in Kathmandu depending on your flight schedule. Relax, shop for souvenirs, or explore the city at your own pace before transfer to the airport for your onward journey.

| Start     | Max Altitude | Bus   | Hiking | End               |
|-----------|--------------|-------|--------|-------------------|
| Kathmandu | 1,340 m      | 10 km | 0 km   | Airport Departure |

## Journey Gallery

Your attached images have been used throughout the brochure to create a more authentic, real-pilgrimage feel and to give the itinerary a stronger promotional presentation.



**Group departure energy**



**Waterfall stop on the route**



**Sacred moments at Manasarovar**

### End of Itinerary

This brochure can be customized further with departure dates, pricing, inclusions/exclusions, your company logo, booking terms, and contact information.