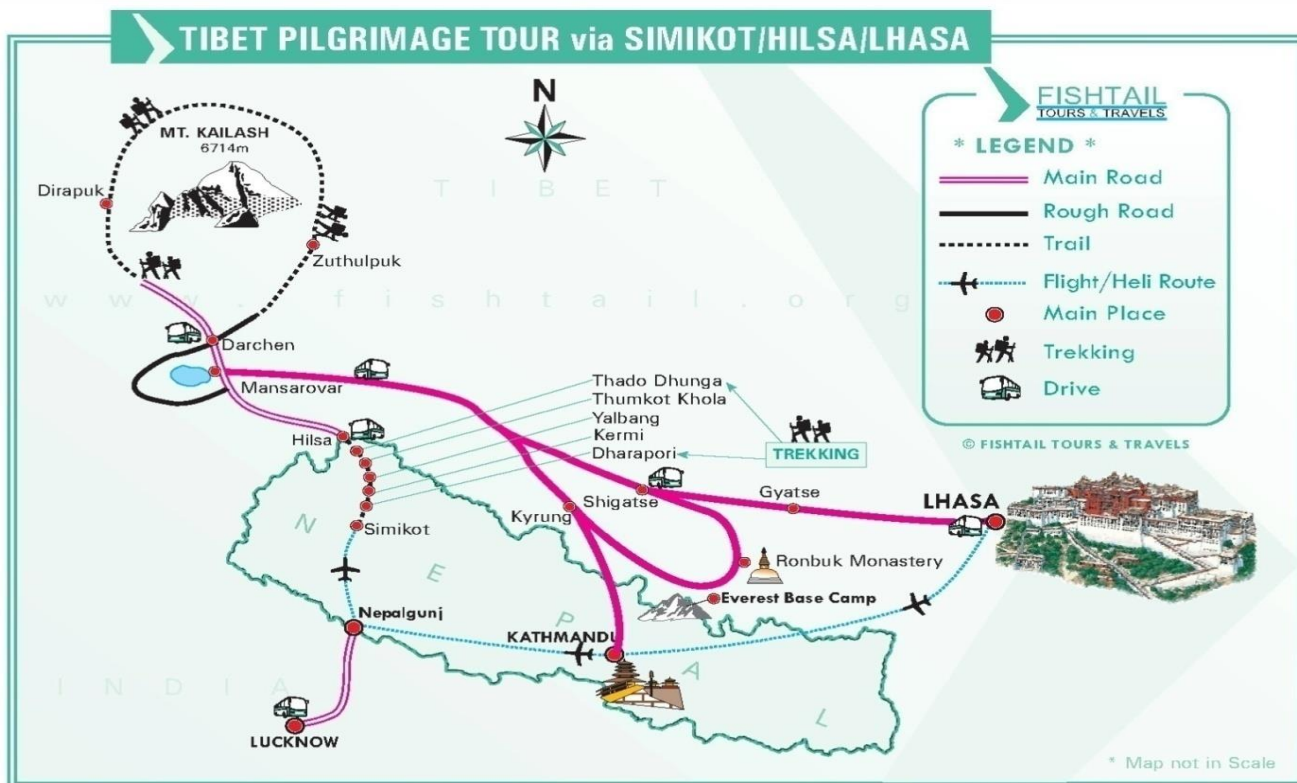


## SIMIKOT TREK WITH MT KAILASH & EBC – EXIT FROM LHASA



### PRODUCT INTRODUCTION:

This tour is the combination of nature, culture, adventure and pilgrimage in nature. The tour consist soft adventure cultural trek to most scenic Humla region from Simikot to Hilisa, Pilgrimage to the Holiest Mt Kailash and Mansarovar Lake, visit to Ronbuk Monastery – the only monastery situated at the altitude of 4,980 meter possess an unique architect and Everest Base Camp from where you can witness Magnificent view of Mount Everest – the highest point of the world 8,848 meter. During the trip you will witness many scenic and cultural sites of Tibet- beautiful Shishapangma Himalayas, Pikucho lakes, and many other cultural and historical sites. During the trip you will also visit historical Lhasa City, famous Yamdrok Lake, Mt.Nyechen Kangsar glacier, Gyantse Kubum stupa and cross 3 high passes with altitude of 4,794m 5,039m & 4,280m during drive from Shigatse to Lhasa.

Holy Mt Kailash is considered as the most important pilgrimage center for Hindu. Similarly, Buddhist worship Mt Kailash as **DEMCHOK** (Buddha in forceful form) seated on the summit of Kailash. It is also called Dharmapala, one version quotes the deity as a form of Shiva's manifestation. The description of the deity is more or less like Shiva. Devi is also given a similar form like Parvati. Buddhists adore Kailash as **KANG RINGPOCHE** and Manasarovar as **TSO MAPHAM**. Guru Rinpoche (The great Indian Master **PADMASAMBHAVA** who introduced Buddhism) and Saint Milerapa are greatly revered here by the pilgrims. Since **TANTRISM** runs through the main core of Buddhism here, their customs and practices would be found running close and parallel to Hindu

traditions. Like Hindus, they also consider (**DOLMA (DEVI)** and **GAURI KUND** (ThukiZingbu) as holiest spots. Buddhists strongly believe that pilgrimage to this place liberates them to **NIRVANA**.

### YATRA INFORMATION

Tour code	Tour Title	Tour Duration	Destination Covered
FFPL11000	Mt. Kailash - Simikot Trek & EBC - Lhasa Exit	22 Nights/23 Days	Kathmandu, Nepalgunj, Simikot Hilsa, Mt Kailash, Mansarovar, Shigatse & Lhasa

### TRIP FACTS

Best Season	Highest Altitude to Trek	Average Trek Duration	Lowest Temperature	Tour Grade
May to September	5,560 Meter	7 to 8 hours	(-10)° C	3

### OUTLINE ITINERARY:

- Day 01:** Arrive Kathmandu and submit application for Tibet visa
- Day 02:** Pilgrimage sightseeing and Briefing about the trip.
- Day 03:** UNESCO world heritage sightseeing tours
- Day 04:** Fly to Nepalgunj and transfer to hotel
- Day 05:** Fly to Simikot and trek to Dharapari
- Day 06:** Trek from Dharapani to Kermi
- Day 07:** Trek to Yalbang
- Day 08:** Trek to Tumkot Khola
- Day 09:** Trek to Thado Dhunga
- Day 10:** Trek from Dhado Dhunga to Hilsa & drive to Taklakot
- Day 11:** Drive to Gurla Mandhata Base camp & drive to Mansarovar
- Day 12:** Full day acclimatization at Mansarovar
- Day 13:** Drive to Darchen
- Day 14:** Witness Saga Dawa Festival and trek to Dirapuk
- Day 15:** Holy Trek to Zuthulpuk
- Day 16:** Holy Trek to Darchen & drive to New Dong Pa
- Day 17:** Drive to Ronbuk Monastery/ EBC
- Day 18:** Visit EBC & drive to Shigatse
- Day 19:** Drive to Lhasa via Gyatse
- Day 20:** Lhasa sightseeing
- Day 21:** Lhasa Sightseeing
- Day 22:** Fly to Kathmandu
- Day 23:** Final Departure Onward

## FIXED DEPARTURE DATES 2020

Month	Group Code	Arrive in Kathmandu	Fly to Nepalgunj	Drive Lhasa	Fly KTM	Dep.	Full Moon Dates
May	FHT 601	26 <sup>th</sup> April	29 <sup>th</sup> April	14 <sup>th</sup> May	17 <sup>th</sup> May	18 <sup>th</sup> May	07 <sup>th</sup> May
June	FHT 603	25 <sup>th</sup> May	28 <sup>th</sup> May	12 <sup>th</sup> June	15 <sup>th</sup> June	16 <sup>th</sup> June	05 <sup>th</sup> June
July	FHT 605	24 <sup>th</sup> June	27 <sup>th</sup> June	12 <sup>th</sup> July	15 <sup>th</sup> July	15 <sup>th</sup> July	05 <sup>th</sup> July
Aug	FHT 607	23 <sup>rd</sup> July	26 <sup>th</sup> July	10 <sup>th</sup> Aug	13 <sup>th</sup> Aug	14 <sup>th</sup> Aug	03 <sup>rd</sup> Aug
Sep	FHT 609	22 <sup>nd</sup> Aug	25 <sup>th</sup> Aug	09 <sup>th</sup> Sep	12 <sup>th</sup> Sep	13 <sup>th</sup> Sep	02 <sup>nd</sup> Sep
Oct	FHT 611	20 <sup>th</sup> Sep	23 <sup>rd</sup> Sep	08 <sup>th</sup> Oct	11 <sup>th</sup> Oct	12 <sup>th</sup> Oct	01 <sup>st</sup> Oct

**Note:** Please be noted that minimum **4 FULL WORKING DAYS** (Mon to Fri) required for the Chinese visa process and can be submitted before 11.00 only. Hence requested to book the flight ticket with comfortable time to obtain Chinese visa.

Apart of the provided Tour duration, program & cost, supplement cost will be applied for the accommodation and additional tour or extension tours as per client request.

## DETAILED ITINERARY:

### DAY 01: ARRIVE KATHMANDU & SUBMISSION FOR TIBET VISA

-/D

Arrival at Tribhuvan International airport, meet & welcome by our office representative & transfer to hotel. Collect original passport for the Tibet visa document submission. *Overnight stay at hotel.*

### DAY 02: KATHMANDU VALLEY PILGRIMAGE & HISTORICAL SIGHTSEEING

B/L/D

Breakfast and proceed for local sightseeing covering Pashupatinath temple- holiest hindu temple dedicated to Lord Shiva, Boudhanath Stupa- one of the biggest stupa of the world dedicated to Budha and Budhanilakanth temple also known as Jal Narayan temple- temple of Lord Narayana. Return to hotel and rest. Evening briefing about the trip. *Dinner and overnight stay at hotel.*

### DAY 03: KATHMANDU VALLEY UNESCO HERITAGE SIGHTSEEING

B/L/D

Breakfast and proceed for the half day UNESCO world heritage site tour covering Soyambhunath stupa- One of the oldest stupa of the valley, situated on a hillock overlooking Kathmandu valley and rims and Patan Durbar Square –one of the oldest Durbar square where you can visit many historical sites-stone temple- dedicated to lord Krishna, old Durbar, Museum, Hiranya Varna Mahavihar etc. Return to hotel, rest and evening briefing about the Yatra. *Dinner and overnight stay at hotel.*

### DAY 04: FLY TO NEPALGUNJ AND TRANSFER TO HOTEL

B/L/D

Breakfast and morning hour free for personal activities. Afternoon, transfer to airport for flight to Nepalgunj. Arrive Nepalgunj and transfer to hotel. *Dinner and overnight stay at hotel.*

#### **DAY 05: FLY TO SIMIKOT (2,950M) AND TREK TO DHARAPARI**

**B/L/D**

Early morning with packed breakfast, transfer to airport for flight to Simikot. This flight will offer a thrill of flight between tall hills and mountains, which you might not find easily in any other part of the world. The landing will be done at the tiny mountain airstrip at Simikot is an unforgettable experience. Arrive Simikot, do the necessary preparation and trek to Dharapani. The trek start with little climbing for few hours through the villages of Tuling, following trail that passes through walnut and apricot trees to the village of Dharapari. *Dinner and overnight stay at tented camp.*

#### **DAY 06: TREK FROM DHARAPARI TO KERMI (2,800M)**

**B/L/D**

Today, we will trek through the rice and wheat fields to a point where the valley narrows and the river is choked with the huge mountain rocks. As per the legends these rocks represents the silver fishes that swam up from the Ganges and couldn't make it any further. Rice is not grown above this point and we will be passing through small fields of buckwheat and open pine woodland. Right in front of us will be towering snowcapped mountains and beautiful waterfalls. Today's trek will be last for 6 to 7 hours. Lunch will be served on the way. *Dinner and overnight stay on tented camp.*

#### **DAY 07: TREK FROM KERMITO YALBANG**

**B/L/D**

We will follow the trail that at many occasions comes close to the river. We will go through the path built up with rocks and timber. Then we will cross the Humla Karnali River and climb steadily to Munchu which lies at the altitude of 2,920m above the sea level. Here we will come across a police check post. Then we will follow the trail that passes below Gompa and the stone houses of the village. We will then gently descent to the river bank and reach to camp site. Lunch will be served on the way. The trek will be last for 6/7hrs. *Dinner and overnight stay at tented camp.*

#### **DAY 08: TREK FROM YALBANG TO TUMKOT KHOLA**

**B/L/D**

Today you will follow the trail through the villages. You will find villages and forest area. We will then gently descent to the river bank and reach to camp site. Lunch will be served on the way. The trek will be last for 6/7 hrs. *Dinner and overnight stay at tented camp.*

#### **DAY 09: TREK FROM TUMKOT KHOLA TO THADO DHUNGA**

**B/L/D**

Today, after the breakfast we start our journey again and leave the Humla Karnali River to meet after two days' time, crossing the Tumkot River. A two hour climb brings us to a ridge crest at 3310m marked by a large cairn. We will continue our trek through the open juniper trees past Palbang and to the village of Yari where with a small shop and a school. We can rest there for a while and move on to a meadow half an hour away from Yari to camp for the night. This meadow is locally known as Dzungjen. We need to get acclimatized for the next day so we can climb up the ridges for an aid to acclimatization. From the top of the ridges we can view fantastic scenery of Sipel Himal. Today's trek last for 7/8hrs trek. *Dinner and overnight stay on tent.*



## **DAY 10: TREK FROM THADO DHUNGA TO HILSA & DRIVE TO TAKLAKOT B/L/D**

Today, we will climb from our campsite to Nara Lagna- 4850m, which takes about 3 and half to 4 hours of time. The summit is marked by two huge cairns draped with prayer flags. Below, we can look into Tibet where the arid hillsides are a stark contrast to the greenery of the Humla region we have recently trekked through. It's a steep downward climb to Sher where our Vehicle wait for us. En route we might come across the traders with lots of sheeps and goats carrying rice for the Tibetan side or salt for the Nepalese side. On the way we can visit Khojarnath where a large red Gompa is situated *Overnight stay at hotel at Taklakot.*

## **DAY 11: DRIVE TO MANSAROVAR VIA GURLA MANDHATA BASE CAMP B/L/D**

Drive to Mansarovar (120km/3hrs). After lunch visit Chui Gumpa and enjoy at Lake Mansarovar. *Overnight stay at guesthouse/ camp.*

## **DAY 12: FULL DAY ACCLAMATISATION AT MANSAROVAR B/L/D**

Today is free day to acclimatize yourself at Mansarovar Lake. *Overnight stay at guesthouse/ camp.*

## **DAY 13: DRIVE TO DARCHEN B/L/D**

Today we will drive for mere 1 hours to Darchen. Darchen is a cluster of buildings within walled compound that's makes the pilgrim's gateway to Mt. Kailash. *Overnight stay at guesthouse.*

## **DAY 14: WITNESS SAGA DAWA FESTIVAL-TREK TO DIRAPUK B/L/D**

Breakfast and drive to Tarboch Flag Pole and sky Burial ground, visit the flag pole site and drive to Sersong. Meet with porters, guide, horse men etc as per your pre -booking & head north up the Lha Chu Valley and enter the Valley of the God through the two legged chorten known as Chorten Kangnyi. It's a gentle hike on a well-defined path at the right side of the river. On the way you can find many nomadic herders herding yak and sheep to the grazing areas west of mountains. Then we will cross the Lha Chu to camp below Dri Ra Phukgompa at the height of 5010m. The view of Kailash's north face is very impressive from the Gompa. *Overnight stay at guesthouse.*

## **DAY 15: HOLY TREK TO ZUTHULPUK GUMPA B/L/D**

Today, we will begin our trekking with steep climb on a winding path over a moraine ridge to a level meadow area. Our route will take us to ShiwaTsal cemetery where we can see that the Tibetans have left part of their clothing of drop of blood to respect the dead ones. From here is a steady climb to the Dolma La at the height of 5630m. Dolma La is marked by streamers of prayer flags and a huge Dolma stone that represents the goddess Dolma. Then the trail descends by the series of rocky switchbacks above the frozen lake of GouriKunda to reach the Valley of Zhong Chu. We will follow the river and call it a day to camp in the area of Zutul Phunl Gompa at the height of 4820m. This hike will take

around 7 to 9hrs of your time. What you will pass through and things you will come across in this tour will make it a truly memorable day. *Overnight stay at camp/ guesthouse.*

#### **DAY 16: TREK TO DACHEN & DRIVE TO NEW DONG PA/SAGA**

**B/L/D**

This is our final day on the Kora. Today we will take an easy three hours trek as we exit Zhong Chu valley through a narrow George reaching Darchen. From Darchen we will drive for 6 hours to reach New Dong Pa and 7hrs to Saga. En-route you can enjoy border Himalayas and many sand dunes. *Overnight stay at hotel.*

#### **DAY 17: DRIVE TO RONBUK MONASTERY/ EBC**

**B/L/D**

Breakfast and drive to Rongbuk Monastery (4,980m, 375km, 7hrs drive). En-route you can witness Pikutso Lake and Mount Shishapangma. Finally arrive Rongbuk Monastery and check into guesthouse. After get refreshed drive to Everest Base Camp (5,180 meter) and witness the stunning view of the Mount Everest (8,848 meter). Return to Ronbuk monastery, *dinner and overnight stay.*

#### **DAY 18: DRIVE TO SHIGATSE**

**B/L/D**

Breakfast and visit Everest Base camp. Walk up to some distance to enjoy the better view of the tallest Mountain of the world. After enjoying few hours at the base camp, return to guesthouse, check out and drive to Shigatse. Arrive Shigatse after 6hrs drive. *Overnight stay at hotel.*

#### **DAY 19: DRIVE TO LHASA VIA GYATSE**

**B/L/D**

After breakfast, visit various monasteries of the city, later drive to Gyatse (90kms, 1.5hrs drive). Arrive Gyatse and further drive to Lhasa, en-route visit Holy Yamdrok Lake, Mt. Nyechen Kangsar glacier, Gyantse Kubumstupa and cross 3 high passes with altitude of 4794m, 5039m & 4280m. Finally Arrive Lhasa and check into hotel. *Dinner and overnight stay at hotel.*

**PALKHOR MONASTERY:** Also called "The Baiju Monastery" by the Chinese, this monastery is situated in Xigatse city which is about 230 Km away from capital Lhasa. Implausible combination of temples and Stupas will attract anyone. The architecture you will see in this place, are form the 14th and 15th century which make this place a Hotpoint for ancient archeological researchers. This place has more than 3000 statues from the statues of Buddha to famous King Songtsen Gampo. Number of tourist visiting this place has been increasing every year.

**TASHILHUNPO MONASTERY:** Located in Shigatse 250 Km away from the capital city Tashilhunpo monastery was built by the 1st Dalai Lama in 1447. Among the six hugest monasteries in Tibet this monastery stands on massive area of 300,000 Sq. m and known as the "Seat of Panchen Lama". Panchen Lama is considered as the second most important religious leader after Dalai Lama in Tibet.

#### **DAY 20: LHASA CITY SIGHTSEEING**

**B/L/D**

After breakfast leave for full day city sightseeing tour to Magnificent Potala Palace-the winter palace of the Dalai Lama; the place where the former great Dalai Lama's stupas are being kept; once the seat of the Tibetan government. With a history of over 1,300 years, the Potala Palace is the treasure of

Tibetan religion and culture, storing plenty of figures of the Buddha, murals, sutras etc. After visiting Potala Palace, you will visit one of the three largest monasteries of Gelugpa- the Sera Monastery, and the Dalai Lama's summer palace of the treasure Park of Tibet, the Norbulingka. Return to hotel and *Overnight stay at hotel.*

#### DAY 21: LHASA CITY SIGHTSEEING

B/L/D

After breakfast, you will visit the No 1 Monastery of Gelugpa-Drepung Monastery, which is the richest monastery ever in Tibet, and is still active today. Then you will be guided to visit the spiritual center of Tibet, the Jokhang Temple, where you might meet many pilgrims, who even prostrate by full length to the threshold of the temple. You will visit the sacred pilgrim path, the oldest street in Lhasa, the Barkhor Street, which is the place where Tibetan culture, economy, religion and arts assemble. In the afternoon, you can pay a visit to the Tibetan Traditional Hospital, where you will see how the Tibetan doctors treat patients in their traditional ways, and in its library, you will find massive medical sutras and medical thankas. The Lhasa Carpet Factory is also a place you should not miss. The carpets there are all hand-made on old-styled vertical looms in traditional processes. *Overnight stay at hotel.*

#### DAY 22: FLY TO KATHMANDU & FREE DAY

B/D

Breakfast and transfer to airport for flight to Kathmandu. Arrive Kathmandu, meet, welcome and transfer to hotel. Rest of the day is free to explore your own. Evening fare well dinner at Typical Nepali restaurant with traditional Nepali cultural program. *Overnight stay at hotel.*

#### DAY 23: FINAL DEPARTURE TRANSFER

B/-/-

Today you are free till transferred to International airport for onward flight with sweet memories of wonderful Nepal and Tibet cultural, Pilgrimage and Adventure Tours.

#### DELUXE SIC YATRA COST (BASED ON MINIMUM 25 PAX& ABOVE):

Type of Tour	SIC Yatra Cost	Single Room Supplement- Kathmandu, Nepalgunj, Shigatse and Lhasa only
Deluxe – Nepal /Tibet Treks with Mt Kailash & EBC- Exit from Lhasa	US \$ 4,450.00	US \$ 650.00

#### PRIVATE YATRA COST AS PER THE BELOW GROUP SIZE:

Type of Tour	Currency	Tour cost as per the group size in Pax				Single Room Supplement- Kathmandu, Nepalgunj, Shigatse and Lhasa only
		8 to 10	11 to 13	14 to 16	17 & above	
Deluxe – Nepal /Tibet Treks with Mt Kailash & EBC- Exit from Lhasa	USD (\$)	4,900.00	4,750.00	4,600.00	4,450.00	650.00

#### PRICE INCLUDES:

- ☒ Special welcome on arrival in Kathmandu

- ☑ One briefing session in Kathmandu
- ☑ Welcome at International airport in Kathmandu
- ☑ 1 briefing session in Kathmandu
- ☑ 5 nights stay at 4 star equivalent hotel in Kathmandu.
- ☑ 1 night stay at 4 star equivalent hotel at Nepalgunj
- ☑ 5 Nights/6 Days full organized trek with camping accommodation, kitchen team, Sherpa team and porters from Simikot to Hilsa
- ☑ 8 nights' accommodation at hotel/ guesthouse at Mt Kailash area and Ronbuk area.
- ☑ 3 nights stay at 4 star equivalent hotel in Lhasa.
- ☑ Fully trained Sherpa team with Professional government license holder English speaking tour guide in Tibet,
- ☑ Three meals (Breakfast, Lunch & Dinner) every day while on the yatra,
- ☑ Required trekking & kitchen equipment & First aid kit,
- ☑ Mineral & boiled water,
- ☑ Oxygen cylinder and oxygen pillow as per the requirements,
- ☑ Simikot Area Entry Permit, Tibet Visa & Permit Fee and necessary Border charges,
- ☑ Ground transfers in Tibet on Deluxe Coach,
- ☑ Free use of Down Jacket, Backpack, Rain coat ( Pancho) , Monkey cap & duffel bag for free,
- ☑ Yatra Completion Certificate,
- ☑ Wages, meals, accommodation, transportations, equipment, insurance and other facilities to the tour staffs during the trip,
- ☑ All kind of local and government TAX etc.

#### **PRICE EXCLUDES:-**

- ☒ Nepal visa fees US\$ 30 or 50 (Single Entry Visa valid for 15 or 30 days respectively payable in cash at immigration and requires a recent photograph), no visa applicable for the Indian passport holder.
- ☒ Any kind of airfare domestic /international (Lhasa-Kathmandu)
- ☒ Meals other than mentioned in the itinerary.
- ☒ Any items and services not mentioned in **PRICE INCLUDE** section



- ☒ Items of personal nature such as trekking equipment, bar bills, alcoholic beverages, laundry, telephone, calls internet, SIM Card, extra mileage, personal gratuities as tips to the staffs at hotel, guide, driver, porter, Horse / Pony ride etc.
- ☒ Extra costs that may arise due to delay to receive Tibet Travel Permit and Visa, prolonged delays or postponement of flight due to technical reasons.
- ☒ Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances.
- ☒ Personal insurance policy - suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization
- ☒ Insurance that covers Trekking/ Travel/ Accident /Medical/Emergency evacuations, [Helicopter rescue]
- ☒ Photography charges in the monasteries and monument.