

# Mount Kailash – Tibet

## The Most Sacred Mountain on Earth

Monday May 17<sup>th</sup> - Monday June 7<sup>th</sup> 2010

**US\$4250 from Kathmandu**

Mount Kailash Kora - The Sacred Mountain Pilgrimage  
Remote Trekking from Simkot, North Western Nepal  
Guided Buddhist teachings and meditations  
13 Days fully supported trekking. 4 Nights Hotel Kathmandu.

Trekking to Mount Kailash in Tibet, and walking around this Sacred Mountain is an historic mountain journey and possibly the greatest mountain pilgrimage on earth. Trekking in Nepal, from Simkot in the remote North West region of Humla adds a fascinating approach to Mount Kailash and an insight into a rarely visited region of Nepal. Our approach trek through Humla provides an opportunity to leave our normal daily routines behind and immerse ourselves in this inspirational journey. Mount Kailash is the source of four of the greatest rivers in Asia and at the base of the mountain are two great lakes, Manasarovar and Rakshas Tal. Ancient texts describe Mount Kailash as the spiritual centre of the universe and we will undoubtedly share this special journey with many Buddhist and Hindu pilgrims who may well have endured great hardships to make this pilgrimage. We have timed our trek to Mount Kailash to coincide with the Saga Dawa festival at Darboche which involves the raising of a gigantic flagpole at to celebrate the Buddha's birth and enlightenment.

Trekking to Mount Kailash from Nepal is likely a once in a lifetime experience and Wilderness Trekking wanted to add something special to our 2010 Mount Kailash Trek. The Mount Kailash Kora has more spiritual history than any other Himalayan journey and with this in mind we are delighted to be joined by our friend Antonio Pascual. Antonio has been a Tibetan Buddhist student for the last 35 years and has lived in Nepal for 12 years, including 4 years at Kopan Monastery in the Kathmandu Valley. He studies Buddhist philosophy, spiritual thanka painting and has undertaken extended meditation retreats. Antonio will be accompanying us on trek and leading meditations and Buddhist teachings during our journey to Mount Kailash. At present he is living in Kathmandu where he is the Spiritual Program Coordinator and meditation teacher of the Himalayan Buddhist Meditation Centre.

Starting out from Kathmandu, we take two mountain flights to reach Simkot, North Western Nepal. A remote 6 day trek, crossing the Nara Lagna (4460m / 14,632ft) brings us to the Tibetan Border. We take jeeps overland to Lake Manasarovar and Mount Kailash. We have a full day set aside to experience the Saga Dawa festival at Darboche before taking 4 days to walk the Kailash

Kora, a challenging high altitude trek around Mount Kailash. Our exciting return overland journey across Tibet will take three days to reach Kathmandu.

Trekking around Mount Kailash and across the Humla region of Nepal is a demanding high altitude trek and should not be undertaken too lightly. However, there is no technical climbing involved and a keen walker with appropriate preparation can enjoy this amazing journey through the worlds' most inspiring mountain region.

## Itinerary

### **Day 1: Group arrival and briefing in Kathmandu (1300m) – Hotel.**

On arrival at Tribhuvan International airport on the outskirts of Kathmandu, you will be met and escorted to our Hotel in the heart of this vibrant city. We will get together this evening and enjoy our first meal together as a group, where there will be plenty of opportunity to discuss the finer details of our Himalayan journey.

### **Day 2: Sightseeing and ‘fine tuning’ in Kathmandu (1300m) – Hotel.**

This morning we take an expertly guided tour of some of the most fascinating sacred sites in the Kathmandu Valley. The great Buddhist temple of Swyambunath, and the most important Hindu temple and cremation site of Pashupatinath are an eye opening introduction to the complex cultural traditions of Kathmandu. We take a leisurely lunch in the tranquil gardens of ‘Mike’s Breakfast’ and spend the afternoon exploring the vibrant heart of Kathmandu on foot. There is the opportunity for last minute shopping and equipment checks before we head out on trek. This evening we can relax in one of the City’s finest restaurants, maybe even indulging a night cap at the expeditions favorite, Sam’s Bar.

### **Day 3: Fly to Nepalganj (150m) - Lodge.**

We take our internal flight to the town of Nepalganj, close to the border with India.

### **Day 4 to 8: Fly to Simkot and trek through Humla to Yari (3900m) - Camping.**

We start with an early morning flight to Simkot in the Humla region of North Western Nepal. The border between Humla and Tibet has long been open to pilgrims but was only opened to foreign tourists in the 1990’s. According to Himalayan aficionado Steve Razzetti, “walking the trails of Humla is like passing a parade of the most exotic cultures surviving in Nepal today”.

We will take 6 days to trek through Hindu and Buddhist settlements on a trail that has been used by pilgrims and traders for centuries. Passing through Masigaon, Kermi and Yari before passing over the Nara Lagna pass at 4500m, the highest point on our Nepal section of pilgrimage to Mount Kailash.

### **Day 9: Trek to Hilsa and drive to Purang (3800m) – Camp.**

A short trek to Hilsa and a couple of hours jeep drive brings us to Purang.

### **Day 10: Drive to Lake Manasarovar (4556m) – Camp.**

Buddhists, Hindus, Jains and Bonpas all regard Lake Manasarovar as a very powerful and spiritual place. It is considered the source of the four great rivers of Asia and as such has been visited by pilgrims for

thousands of years. It is believed that one who drinks the water from the lake will be cleansed of their sins committed over a hundred lifetimes. We will make camp beside the lake.:

**Day 11: Short drive to Darchen and start of our Kora to Darboche (4560m) – Camp.**

We take a short drive to Darchen and meet with our local staff and yaks before starting our Kora, or circular trek around Mount Kailash.

**Day 12: Saga Dawa Festival at Darboche (4560m) – Camp.**

We have timed our trek to Mount Kailash to coincide with the Saga Dawa festival at Darboche which involves the raising of a gigantic flagpole at Darboche, to celebrate the Buddha's birth and enlightenment. We are sure to share this celebration with many devout pilgrims.

**Day 13 to 16: The Kora or Sacred Trek around Mount Kailash – Camping.**

Our clockwise circuit of Mount Kailash enters the Lha Chu (Divine River) Valley, passes behind Kailash's dramatic North face to the Drolma La (5550m), the highest point on our journey, and then descends into the Lham Chu Valley, where we will finish by camping on the shores of Lake Manasarovar. We will make three camps whilst circling around the mountain, ensuring a relaxed pace and giving time to explore monasteries and numerous sacred sites en route.

**Day 17 to 19: Drive across the Tibetan plateau to Zangmu (2300m) – Lodges.**

We make a spectacular three day drive across Tibet in Toyota land cruisers. Staying in 'tourist' lodges at the end of each day. On the third day we reach the border with Nepal at Zangmu.

**Day 20: Border crossing into Nepal and drive to Kathmandu (1300m) – Hotel.**

We complete the necessary, and often time consuming border formalities and enter the lush green lands of Nepal. There is a stark contrast to the arid Plateau we have been travelling on for the past few days. On arriving in Kathmandu we return to our hotel where we can make use of all the facilities that our hotel and the city has to offer.

**Day 22: Exploration of the Kathmandu Valley and farewell dinner – Hotel.**

There are endless possibilities for exploration and relaxation in the Kathmandu Valley. A visit to the ancient Durbar or central squares of Patan and Bhaktapur are architecturally fascinating and the shopping possibilities are endless. The day is free to spend entirely as you wish and there is plenty of advice available to help you make the most of your final day in the Capital. Tonight we will share our final meal together in one of Kathmandu's finest restaurants.

**Day 23: Group departure.**

Farewells, as we pack our bags and are escorted to Tribhuvan International Airport for our homeward journey.

