

# journey to mount kailash



## trip highlights

Join devout pilgrims in a supported trek around Mount Kailash, considered to be the mythical Mount Meru

Experience the wonder of the Saga Dawa festival

Journey across the Tibetan Plateau with sweeping Himalaya views

Explore Lhasa, including the Potala, former home of the Dalai Lama

Traverse the Himalaya overland from the Tibetan Plateau to Kathmandu



**Trip Duration** 18 days **Trip Code:** JTK

**Grade** Moderate

**Activities** Trekking, Adventure Touring

**Summary** 18 day trip, 1 night hotel in Chengdu, 2 nights hotel Lhasa, 12 nights basic hotel/ lodge, 2 nights Radisson Hotel, Kathmandu

## welcome to World Expeditions

Thank you for your interest in our Journey to Mount Kailash trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

## why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips in the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 3 to 4 star accommodation in hotels hand-picked for their local character and charm. In most cases, all internal transport, entrance fees, national park fees and transfers are included in the cost of your trip.

Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more on our Responsible Travel philosophy and projects later in these trip notes.

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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares to Kathmandu and stopover ideas, contact our expert staff today to receive a detailed quote.

## the trip

Mount Kailash is said to be the mythical Mount Meru, the centre of the universe. It is revered in both Hindu and Buddhist legends, while its location, close to the sources of the four main rivers that flow across the Indian sub-continent, contributes to its mystique. Our adventure includes a week long journey from Lhasa (via Gyantse and Shigatse) across the vast Tibetan plateau. We plan to reach Mount Kailash at the time of the Saga Dawa festival when many thousands of pilgrims from throughout Tibet gather to pay homage to the mountain. After the celebrations we will undertake a three day trek, or kora, around Mount Kailash, with inspiring views of one of the world's most iconic mountains, before the drive back to Lhasa and onto Kathmandu.

## at a glance

DAY 1	ARRIVE CHENGDU, CHINA
DAY 2	FLY CHENGDU TO LHASA (3,670M)
DAYS 3-4	IN LHASA (3,670M)
DAY 5	COMMENCE DRIVE TOWARDS KAILASH TO GYANTSE (3,900M)
DAY 6	DRIVE TO SHIGATSE (3,800M)
DAY 7	DRIVE ACROSS THE TIBETAN PLATEAU TO SAGA (4,640M)
DAY 8	DRIVE ACROSS THE TIBETAN PLATEAU TO LAKE MANASAROVAR (4,600M)
DAY 9	DRIVE ACROSS THE TIBETAN PLATEAU TO DARCHEN (4,575M)
DAY 10	IN DARCHEN, PRELUDE OF SAGA DAWA FESTIVAL (4,575M)
DAY 11	SAGA DAWA FESTIVAL, COMMENCE MOUNT KAILASH TREK TO DERA PHUK (5,000M)
DAY 12	TREK AROUND MOUNT KAILASH TO ZUTRUL PHUK VIA DOLMA LA (5,600M)
DAY 13	COMPLETE MOUNT KAILASH TREK (4,575M)
DAY 14	DRIVE TO KATHMANDU ACROSS THE TIBETAN PLATEAU (4,640M)
DAY 15	DRIVE TO KATHMANDU ACROSS THE TIBETAN PLATEAU (4,130M)
DAY 16	DRIVE FROM KYIRONG TO KATHMANDU (1,400M)
DAY 17	IN KATHMANDU
DAY 18	IN KATHMANDU, TRIP CONCLUDES

## what's included

- 17 breakfasts, 12 lunches and 11 dinners
- airport transfers if arriving on day 1, 2 and 18
- good quality accommodation in Chengdu/Lhasa/Shigatse/Gyantse
- expert bilingual guide
- the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- souvenir World Expeditions kit bag
- yaks to carry all group equipment
- private transportation
- group medical kit
- portable altitude chamber for group use
- all park entrance fees and trekking permits
- sightseeing and site entry fees as listed
- bottled Oxygen for emergency use

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

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## trip dates

**2021** 25 May- 11 Jun

## important notes

**Note:** - A Lunar Calendar is used in Tibet which determines the date of the Saga Dawa Festival. The dates are confirmed in February each year which may require a change in departure date by a few days.

**NB:** - Kathmandu - Lhasa - Kathmandu flights required due to closure of land border

## fast facts

### Visas:

Please check visa requirements with your reservations consultant\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

## what's not included

- International flights
- Chengdu-Lhasa flight. Please contact your local World Expeditions office to arrange your flights.
- Meals not included in the daily itinerary
- Alcoholic and bottled drinks
- Items of a personal nature such as phone calls, laundry etc
- Tips
- Airport and departure taxes
- Visas
- Travel insurance

## detailed itinerary

As a general rule the further west you travel through Tibet the more basic the accommodation becomes. While we source the best available accommodation for you, there may be times where it will be necessary to stay in lodges utilising multi-share rooms with shared bathroom facilities.

### DAY 1 Arrive Chengdu, China

You will be met by a representative of World Expeditions and transferred to the hotel. Remainder of the afternoon/evening at leisure.

Overnight: Chengdu Jaho Forstar Wenshuyuan or similar  
meals: NIL

### DAY 2 Fly Chengdu to Lhasa (3,670m)

This morning we are transferred to the airport for the flight to Lhasa. You will be advised which flight to book as the group are required to arrive into Tibet together due to the group permit. On arrival at Lhasa Airport you will be transferred to the city – a drive that takes around two hours. Due to the high altitude, you need to take it easy when you arrive in Lhasa. (Chengdu to Lhasa flights not included in trip cost.) A briefing will be given around 5pm by your guide, where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket.

Drive: 65km, ~2hrs

Altitude: 3,670m

Overnight: Gangjian Hotel or similar

meals: B

### DAYS 3-4 In Lhasa (3,670m)

The following two days are scheduled to appreciate the long and rich cultural history of Lhasa. We include visits to the Jokhang, the Norbulingka (the Summer Palace of the Dalai Lama), and the famous Potala Palace. We also include visits to the nearby monasteries of Drepung and Sera. The Jokhang The Old City of Lhasa was built around the Jokhang, the most sacred temple in Tibet.

Drive: N/A

Altitude: 3,670m

Overnight: Gangjian Hotel or similar

meals: B

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## thoughtful travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook.

This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel.

Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website

[www.worldexpeditions.com](http://www.worldexpeditions.com)

## trip grading Moderate

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of passes crossings and the length of the trek. The three day trek around Kailash is optional.

Alternative arrangements can be made if you elect not to undertake the trek. For those that do the trek it is graded moderate due to the high altitude as we ascend to the Dolma La (5630 metres), but short duration of only 3 days. The trail is well defined and given the time spent acclimatising en route to Kailash should not prove to be too challenging.

In order to complete this trek we advise that you undertake regular exercise – 1 hour of swimming, cycling, jogging, three or four times a week and extended periods of exercise during the weekend will accustom you to regular exercise, for at least three months prior to your departure. Hill walking with a daypack is also recommended.

### DAY 5 Commence drive towards Kailash to Gyantse (3,900m)

Today we commence our drive across the Tibetan plateau, which is perhaps much more mountainous than you might expect, towards Kailash. It is approximately 1300kms from Lhasa to Darchen, at the base of the Kailash. There is a newly imposed lower speed limit of 60km/hr on the highways outside of Lhasa, which means plenty of time to take in the extraordinary Himalayan views!

From Lhasa we drive down the Kyichu Valley to the Yarlung Tsangpo (Brahmaputra) before ascending to the Khamba La (Khamba Pass) at 4900m. The views are outstanding – in the foreground is the vast freshwater Yamdrok Tso or Turquoise Lake, while to the south the snow-capped ranges merge with the main Himalayan range. We drive around the lake before crossing the Karo La (5200m) to reach Gyantse. We visit the remarkable octagonal chorten, the Kumbum (or Pango Chorten) – built in 1444 on a series of four levels, each of which contains separate chapels.

Note: while we endeavour to stick to the projected itinerary, travel in Tibet is by nature unpredictable and a flexible approach is always needed.

Drive: 290km, ~8-9hrs

Altitude: 3,900m

Overnight: Gyantse Hotel or similar

meals: B,L,D

### DAY 6 Drive to Shigatse (3,800m)

In Shigatse we visit the famous Tashilhunpo Monastery, founded in 1447 by the very first Dalai Lama. Since the time of the fifth Dalai Lama in 1642, the abbot of Tashilhunpo has been known as the Panchen Lama (literally the 'Great Scholar'). Over the generations, the Panchen Lama became established as the chief spiritual and temporal adviser of the huge western portion of Tibet known as Tsang, and at times was even considered a rival to the Dalai Lama.

Drive: 90km, ~3hrs

Altitude: 3,800m

Overnight: Manasarova Hotel or similar

meals: B,L,D

### DAY 7 Drive across the Tibetan plateau to Saga (4,640m)

The drive to Kailash is a spectacular but demanding adventure across the roof of the world. From Shigatse, we head west across the Tibetan plateau to the trading town of Saga. Roads in Tibet are under continuous development and are very different from what you might be used to at home. At times they can be very slow moving but this is all part of the adventure in this remote part of the Himalayas.

Drive: 450km, ~9-10hrs

Altitude: 4,500m

Overnight: Saga Hotel or similar

meals: B,L,D

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## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

### DAY 8 Drive across the Tibetan plateau to Lake Mansarovar (4,600m)

Today will be a demanding drive. We will pass through the settlement of Pharang then traverse a number of sandy sections en route to the to Chui Gomba on the shores of Lake Mansarovar, our overnight stop.

Drive: 240km, ~5hrs

Altitude: 4,600m

Overnight: basic guesthouse/ lodge (no single supplement availability)

meals: B,L,D

### DAY 9 Drive across the Tibetan plateau to Darchen (4,575m)

Today's drive is a short one so this morning we can take our time to enjoy the truly spectacular views of Lake Mansarovar, also called Mapam Yumtso. This high altitude freshwater lake is fed by melt water from the Kailash Glaciers near Mount Kailash. The lake is revered a sacred place in four religions, Bön, Buddhism, Hinduism, and Jainism. After soaking up the magnificent views of the Himalaya, we continue on the final section of this epic and memorable drive across the expansive Tibetan plateau to Darchen, a small village in Purang County. Darchen is situated right in front of the sacred mountain, Mount Kailash, and is the starting point for pilgrimages in the region

Drive: 40km, ~1hr

Altitude: 4,575m

Overnight: Chongqing Hotel or similar

meals: B,L,D

### DAY 10 In Darchen, prelude of Saga Dawa Festival (4,575m)

We witness the arrival of many Tibetan pilgrims for the Saga Dawa Festival who may have spent up to a month travelling across Tibet to attend the festival. An ideal day to explore the trails in the vicinity of Mt Kailash that afford fine views of the South Face of this sacred mountain.

Drive: N/A

Altitude: 4,575m

Overnight: Chongqing Hotel or similar

meals: B,L,D

### DAY 11 Saga Dawa Festival, commence Mount Kailash trek to Dera Phuk (5,000m)

After the full moon the monks offer their prayers and blessings to the huge gathering before the ceremonial pole is slowly lifted by means of support poles. The event takes several hours creating a feeling of awe and expectation before the pole is finally put into place. It is then time for the more devout pilgrims to commence the 'kora' or pilgrimage around Mt Kailash, a 49km trek that we will undertake together with many of the pilgrims. In the afternoon we commence our trek - the 'kora', around the base of Mt Kailash. We follow in the footsteps of the pilgrims, guiding us past a dome outcrop known as "Padasambhavas Tomb" before the valley widens

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out below the Dri Puk Monastery. Please note that the accommodation during the trek is very basic but following the ban on camping by the authorities, there are no alternatives.

Drive: ~30mins

Trek: ~6hrs

Altitude: 5,000m

Overnight: basic local lodge (no single supplement availability)

meals: B,L,D

## DAY 12 Trek around Mount Kailash to Zutrul Phuk via Dolma La (5,600m)

Today, we trek the the second stage and climb to the Dolma La (5,600m). En route the trail passes an area referred to as Shive Tso which is marked by a large collection of discarded clothing – where pilgrims are said to undertake a symbolic death, leaving an item of clothing behind before proceeding to the pass. The final 200m climb to the pass is not unduly strenuous while on the pass the pilgrims pay homage to the gods of the pass. It is a very special occasion particularly at this time of the year. From the top of the pass we head down the valley to the small monastery of Zutrul Puk. The site known as the miracle cave marks the place where the celebrated Buddhist teacher Milarepa performed miracles in a contest with the high priest of the Bon Po's, the original animistic religion of Tibet before Buddhism. Milarepa won the contest but consented for the followers of Bon Po to continue their own pilgrimage around Mt Kailash in an anti clockwise fashion, a tradition that still holds today.

Drive: N/A

Trek: ~10hrs walking

Altitude: 4,900m

Overnight: basic local lodge (no single supplement availability)

meals: B,L,D

## DAY 13 Complete Mount Kailash trek (4,575m)

From Zutrul Puk it is a further 4 hours trek across the open plains and past lines of mani walls and prayer flags which brings up back to the small town of Darchen. We have the afternoon to savour our final views towards Kailash we are reminded of the sacredness of this region for the many pilgrims that venture here each year.

Drive: N/A

Trek: 4hrs

Altitude: 4,575m

Overnight: Chongqing Hotel or similar

meals: B,L,D

## DAY 14 Drive to Kathmandu across the Tibetan plateau (4,640m)

In total, it is a four day drive to Kathmandu from Hor Chu. Following the 2015 earthquake the former friendship highway was badly damaged resulting in its continued closure. This new route was opened initially to ensure that trade between Nepal and China could continue. In 2017 the border post was opened to tourists allowing for travel along this legendary overland route to recommence. This road is sure to add to the sense of adventure as it traverses parts of both Tibet and Nepal

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new to tourism. Road conditions along this route are changeable as improvements to the road continue to ensure that it can accommodate the traffic using it. Tonight's overnight stop will be in Saga.

Drive: ~9hrs

Altitude: 4,640m

Overnight: Saga Hotel or similar

meals: B,L,D

## DAY 15 Drive to Kathmandu across the Tibetan plateau (4,130m)

Continue our drive to Kathmandu. Today we are heading for the border town of Kyirong. Following the 2015 earthquake the former friendship highway was badly damaged resulting in its continued closure. This new route was opened initially to ensure that trade between Nepal and China could continue. In 2017 the border post was opened to tourists allowing for travel along this legendary overland route to recommence. This road is sure to add to the sense of adventure as it traverses parts of both Tibet and Nepal new to tourism. Road conditions along this route are changeable as improvements to the road continue to ensure that it can accommodate the traffic using it.

Drive: ~9-10hrs

Altitude: 4,130m

Overnight: Pingcuo Raoxi Hotel or similar

meals: B,L,D

## DAY 16 Drive from Kyirong to Kathmandu (1,400m)

Today we cross the border into Nepal and complete the final stage of our journey from Lhasa via the earthquake ravaged Langtang region. It is a fitting conclusion to an epic overland journey and the comfort of the Radisson Hotel in Kathmandu will no doubt be welcomed with open arms.

Drive: 160km, ~6hrs

Altitude: 1,400m

Overnight: Radisson Hotel

meals: B,L

## DAY 17 In Kathmandu

Today you have a full day to explore Kathmandu's bustling streets and significant landmarks. You may wish to start by exploring the city's two most important World Heritage Listed spiritual sites: Pashupatinath, Nepal's most sacred Hindu temple and an important cremation site; and Boudhanath, the largest Buddhist stupa in Nepal and the most sacred Tibetan Buddhist shrine outside of Tibet. Alternatively you could wander through the markets and shops of the busy Thamel precinct or explore some more of the city's significant sites such as Swayambhunath (Monkey Temple) or the World Heritage Listed plazas of Patan, Bhaktapur or Durbar Square.

Drive: N/A

Altitude: 1,400m

Overnight: Radisson Hotel

meals: B

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## DAY 18 In Kathmandu, trip concludes

After breakfast, your trip concludes.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## places of interest

### The Jokhang

The Old City of Lhasa was built around the Jokhang, the most sacred temple in Tibet. Established in the 7th century, when Buddhism was first introduced into Tibet, the temple has been considerably enlarged, particularly during the reign of the 5th Dalai Lama. Within the Jokhang, our guide will be able to give you a detailed description of each of the main chapels. The main entrance to the Jokhang is always full of activity, with pilgrims prostrating themselves as they conduct their prayers before continuing on their ritual circuit around the temple. This circuit area, together with the Barkhor, the marketplace outside the Jokhang, is a gathering place for Tibetans, who may have travelled for many months to reach Lhasa. The Barkhor is the "real Tibet", with a multitude of stalls selling anything from ceremonial scarves to Chinese thermos flasks. You can spend many hours there people-watching, although be sure to ask first before taking any photographs.

### Sera and Drepung Monasteries

It is a short drive out of Lhasa to visit two of the most important Buddhist monasteries in Tibet. Drepung Monastery was founded in the 15th century. A century later, the 2nd Dalai Lama established the Ganden Palace that was to be his residence until the 17th century when he moved to the Potala Palace in Lhasa. While at the monastery we visit the huge Main Assembly Hall and the famous teaching colleges. Sera Monastery once housed a huge monastic population of around 5000 monks; sadly this number has declined to a few hundred since the Cultural Revolution. Like Drepung, Sera was founded in the 15th century and includes several important teaching colleges (including the famous debating courtyard) and the Main Assembly Hall with its important thangkas (painted or embroidered Buddhist banners) and impressive statues.

### The Norbulingka

This large compound, situated to the west of the city, is where successive Dalai Lamas spent their summer months. Indeed, the 14th (current) Dalai Lama often preferred to stay in this summer palace, rather than in the cold, isolated chambers of the Potala. The Palace of the 14th Dalai Lama is situated in the centre of the compound, and little seems to have changed since he escaped into exile in India in 1959. Most of the private quarters are open to the public, which always includes a steady flow of Tibetan pilgrims keen to pay homage to their exiled leader. The Palace of the 13th Dalai Lama, situated on the perimeter of the Norbulingka, is also open to the public.

### The Potala Palace

The Potala Palace is one of the highlights of a visit to Lhasa. It is divided into two main complexes: the outer white building that housed the administration, and the Red Fort, where chapels, tombs and the living quarters of the Dalai Lama were located. Founded in 1645 during the reign of the great 5th Dalai Lama, the White Palace was completed in 1648, twelve years after that Dalai Lama's death. To avoid possible problems, the head monks related to the masses that the 5th Dalai Lama was in deep meditation until after the Red Palace was completed. It is normal to approach the Potala through the Western Gate and make your way slowly through the labyrinth of chambers to the lower floor of the Red Fort. The most impressive hall within this medieval building is the chamber housing the tombs of the former Dalai Lamas, including the massive golden tomb of the 5th Dalai Lama. This chamber is currently undergoing renovation, however, and is not open to the public. Nearby is the chapel commemorating Padmasambhava, the Tantric sage who introduced Buddhism to Tibet. On the upper middle floor is the tomb of the 13th Dalai Lama, while the next floor contains the official Reception Hall and living quarters, some of which

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are open to the public. We complete our visit to the Potala Palace by leaving through the main gate and continuing on to the Red Fort, before descending the series of steps to the marketplace immediately in front of the palace. The time spent in the Potala will depend on the number of pilgrims and tourists that are visiting while we are there.

## suggested extensions

- Kathmandu to Delhi
- Chitwan Safari

## country information

Tibet was for centuries a mysterious Buddhist kingdom isolated from the rest of the world by the Himalaya. In the 1950s, however, when Tibet was annexed by the People's Republic of China, everything changed. The Dalai Lama, Tibet's religious and political leader, fled to Dharamsala in northern India in 1959, where he established a Government in Exile; and more than 120,000 Tibetan refugees now live in India, Nepal and Bhutan. Since 1965, Tibet has been administered as the Tibetan Autonomous Region (TAR). Much of what was once Tibet has been incorporated into the Chinese provinces of Qinghai and Gansu (formerly known as Amdo), and Sichuan and Yunnan (traditionally known as Kham). The first tourists stepped into what was formerly Tibet in the 1980s, only to find many of its legendary monuments and monasteries in ruins. But the essence of Tibet is still there; the heart of the country is still beating. There are still pilgrims reciting mantras and spinning prayer wheels, the faith and goodwill of the people seems unaffected, and there's still the country's incredible location amidst the highest and most spectacular mountains in the world. Travelling in Tibet may be a sobering experience these days, but it is still an incredible one.

## climate

The climate in Tibet is not as harsh as one would imagine it to be. Lhasa tends to have mild weather from May to November. Expect sudden cold snaps even in spring (April-May), and dramatic temperature ranges, particularly at high altitudes. Nepal, on the other hand, is subject to the defining influence of the Indian monsoon from late May to mid-September. The ideal time to visit this region is either pre-monsoon, from mid-March until the end of May; or post-monsoon, from October to mid-November, when the weather tends to be relatively cool and dry. Temperatures can vary considerably depending on your elevation but as a guideline, temperatures in April/May and October roughly range from 5C-15C.

## a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

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## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a duffel bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

## accommodation on the trip



As a general rule the further west you travel through Tibet the more basic the accommodation becomes. While we source the best available accommodation for you, there may be times where it will be necessary to stay in very basic lodges utilising multi-share rooms with shared bathroom facilities. Accommodation during the trek is very basic but following the ban on camping by the authorities, there are no alternatives. Single supplements are available for this trip. However, it does not apply to the accommodation at Lake Mansarover (day 8) or to the two nights during the trek during which there is no availability for single accommodation.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and/or yaks carry all group gear.

## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

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## acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## special visa requirements

An invitation letter covering your time in Tibet will be obtained on your behalf. In order to obtain this we require a clear, colour photocopy of your passport details page 8 weeks prior to departure. Please also provide details of the Chinese Diplomatic Mission that will be handling your visa application as a copy of this document will be forwarded to them from Tibet.

## high altitude travel by vehicle

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetazolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## visas

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all

# journey to mount kailash

Explore Kailash, the most sacred mountain in the Himalaya, during the Saga Dawa festival, and experience the traditional culture of sacred Tibet.



countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

## China/ Tibet

First of all, you will be required to obtain a Chinese visa. Once you have obtained your Chinese visa you will need to provide your travel agent or reservations consultant with a scan or photocopy of your Chinese visa and the photo page of your passport with your details. This will be used to obtain your Tibetan travel permit on your behalf. Please note, we advise to not mention the Tibetan section of your trip during the Chinese visa application.

Your Tibetan travel permit will be couriered to your hotel in mainland China as an original copy is required so that you are able to present it at check-in for your flight to Lhasa. The cost of this will be approximately US\$20, payable to your guide in cash upon arrival in Tibet. In addition, you will also need to carry with you 2 passport sized photos.

If travelling back into China from Tibet, you will not require another Chinese visa.

For further Chinese visa application process details please contact; <https://www.visaforchina.org/> Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit.

## Nepal Visa

It is advisable that you obtain your Nepali visa prior to arrival and before applying for your Chinese visa as this has the possibility of strengthening your Chinese visa application by demonstrating well advanced plans for onward travel.

Nepali visas can be obtained from your nearest diplomatic post. Costs vary from post to post so we advise you contact your nearest mission for specific details. Details on your nearest missions can be found at <https://nepalembassy.gov.np/>

It is possible to obtain your Nepal visa on arrival at the Nepali entry port. At the time of printing the cost is as follows;

15 day tourist visa US\$25

30 day tourist visa US\$40

90 day tourist visa US\$100 (All are multiple entry)

Although the preferred payment is USD, AUD, CAD and GBP will also be accepted very readily.

You can collect the application form required to obtain your visa on arrival, from your reservation consultant or at border post. You should carry two current passport photographs with you, to obtain the visa. These prices are subject to change without notice; however we will do our utmost to keep you informed prior to your departure.

## info nights

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a slide show schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

## private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

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Subscribe to our newsletter! To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly newsletter! You can do this online through our website, [www.worldexpeditions.com](http://www.worldexpeditions.com) or contact our office.

## social networking

Connect with us on social

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YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website [www.worldexpeditions.com](http://www.worldexpeditions.com). On completion, fax or post the form to your nearest World Expeditions office along with your non-refundable deposit. World Expeditions has access to competitive airfares to Morocco. Call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation.