

# Simikot Kailash Trek

**Duration:** 20 Days Days

**Max Altitude:** 5,120 m

**Destination:** Nepal

**Trip Grade:** Moderate

**Best Season:** Summer, Autumn

## Trip Overview

Mount Kailash lies in the spiritual land of Tibet. The peak is 6714m and holds significance to Hindus and Buddhists. It is one of the holiest places of pilgrimage to Tibetans as well. Tourists are drawn by the image of beautiful mountain scenery and holiness of this region which leaves them to strive for wandering lust. Each year numerous tourists from all around the world gather in Darchen to experience the mighty Mt. Kailash. The trek takes you to on a surreal journey with thin air and extreme altitude. Such divine experience is certainly not found anywhere else in the world.

On our 20 days journey to Mount Kailash, we travel along pilgrimage routes and trade links and across the border into Tibet. You start by visiting Garuda valley which is a place believed to be the cradle of Tibetans during ancient times of the reigning kings. This was done long before Buddhism was found. By walking along the route in ascending and descending trails, you finally reach Kora valley. After three days of trekking in Kora valley, you finally arrive at Mansarovar Lake. This lake has a circumference of 90km thus making it one of the highest fresh water in the world. It also holds religious significance, and it is believed that once a person takes a dip in this holy water, their sins get washed. After the lake, we move on to Saga and to Zhangmu. After crossing the security needful, we will travel back to Kathmandu. The trek is moderate to strenuous but the fun and adventure do not fit into the grading system. The best time to visit Mt Kailash is from February to May and October to December.

Our experienced team will assist you in collecting surreal travel stories to share back home. Pack your bags and come visit this beautiful place on Earth.

## Detailed Itinerary

Day 01 Arrival in Kathmandu (1,300m/4,264ft)

Upon arrival in Kathmandu, you will be greeted by our representative and will be

taken to your hotel. Feel free to enjoy the rest of the day.

O/N at 3 Star Hotel | Meals provided: Breakfast

Day 02 Kathmandu: Sightseeing and Trek Preparation

Today is rest day and you will be taken to different places in Kathmandu for sightseeing. Also, our representatives will give you basic information about plans, places, and precautions for the trip. You can stroll in the street of Thamel later in the day.

O/N at 3 Star Hotel | Meals provided: Breakfast, Lunch, and dinner

Day 03 Fly from Kathmandu to Nepalgunj|1Hrs|

We take a flight to Nepalgunj which is in the western part of Nepal. Nepalgunj is a town near the Indian border. This place is an interesting town that shows diverse culture, locally produced food, and ethnic villages.

O/N at 3 Star Hotel | Meals provided: Breakfast, Lunch, and dinner

Day 04 Fly to Simikot (2,985m/9,790ft) and trek to Dharapuri (2,360m/7,740ft)|4 – 6 Hrs|

We fly to Simikot (40 minutes) and get wanderlust to the beauty of mountains. Here, we can experience indigenous people and their culture which is close to the Tibetans. From Simikot, we ascend and then descend to the trails to Tuling. We walk through the virgin jungles and villages along the Karnali River which leads to Dharapuri.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 05 Dharapuri to Kermi (2,860m/9,383ft) |5 – 6 Hrs

We walk on flat trails along the Karnali River. We can see fields cultivated with rice, potatoes, buckwheat etc. There are two hot springs near Kermi which can relieve your body aches. You can see Buddhist monasteries called Laikyo Gumba and Lhundrup Choeling Gumba once you get to Kermi.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 06 Kermi to Yalbang (2,879m/9,445ft)|5 – 6 Hrs

We ascend to the steep trails to reach a small pass and then cross a suspension bridge over the Salli River. You can see amazing views of the Pine trees and Karnali River. You can also experience a monastery called Namkha Khyung Dzong.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 07 Yalbang to Tumkot (3,073m/10,082ft)|5 – 6 Hrs

We ascend further and see ample pine trees along the way. Upon reaching Tumkot, we can visit Dhungkar Choezom Gumba which is the important Sakya monastery in the Tibetan region.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 08 Tumkot to Yari (3,663m/12,017ft)|6 – Hrs

Today is the easiest yet amazing trail over the Karnali River. After an hour hike, we experience a change in topography, vegetation, and the temperature. Due to change in climate, you will see short and low bushes rather than trees in the way.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 09 Yari to Hilsa (3,647m/11,965ft) via Nara La pass|5 – 6 Hrs  
After trekking for the day, we finally reach the Nara La Pass (4620m) where the landscapes are similar to Tibet. We can see Tibetan plains and the Yari village. Then, we descend down till we reach Hilsa which is a point for pilgrims to go to Mt Kailash.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 10 Hilsa to Purang (3,772m/12,375ft)|2 – 3 Hrs  
We cross a bridge at Hilsa and ascend from Hilsa to Purang by passing Rinzing Zangpo Gumpa and Kangye Village along our trails. After reaching Purang, we will see Purang Gumba and Buddhist paintings of the 12th century.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 11 Purang to Montser (4,450m/14,599ft) and sightseeing in Tirtapuri|3 – 4 Hrs

After passing Rakshas and Mansarover lakes, we reach Montser. After a while, we visit Tirtapuri located northwest of Mount Kailash. We can see Tirthapuri hot springs consisting Guru Rinpoche's footprint. Later, we return to Montser.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 12 Sightseeing of Garuda Valley, then transfer to Darchen (4,560m/14,956ft)|3 – 4 Hrs

After 2 hours we reach Garuda Valley, southwest of Mt. Kailash. We can see the cradle of Tibetan civilization during the reign of Shang Shung kings. Afterward, we move to Darchen which is a small town situated in front of Mount Kailash.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 13 First day of Kora: hiking to DiraPukMonasterys (5120m/16,792ft) |5 – 6 Hrs

We walk in a valley through walls of red rocks and cross plains to Shershong. Later, cross a bridge that leads us to Chhuku Gumba and then to Dirapuk. Here you can see the amazing view of Mt. Kailash (6638m).

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 14 Second day of Kora: hike to Dzutul-puk (4790m/15,765ft) |6 – 7 Hrs  
Today is the difficult part where we climb Dolma-la pass(5750m). We can see five colored praying flags. We descend to Dzutul-puk, we experience amazing Thungje Zinbu and caves.

O/N at Tea House of Dzutul-puk | Meals provided: Breakfast, Lunch, and dinner

Day 15 Third day of Kora: hiking to Darchen (4,560m/15,000ft)| 3 – 4 Hrs  
We walk towards Barka plain. After holy Kora of Mt.Kailash at Darchen, we drive to Mansarovar Lake which holds religious importance to Hindus and Buddhists. The lake is the significance of purity and spiritual belief.

O/N at Tea House at Masarova | Meals provided: Breakfast, Lunch, and dinner

Day 16 Tour of the Mansarovar Lake|7 – 8 Hrs  
Today, we take a tour of Mansarovar which has the circumference of 90km making it one of highest freshwater lakes in the world. It is believed that drinking or taking the holy dip in the lake will clear up your sins. We circle round the

lake in a vehicle and later visit Chui Gumba.

O/N at Tea House | Meals provided: Breakfast, Lunch, and dinner

Day 17 Mansarovar to Saga (4,600m/15,088ft)|8 – 9 Hrs

We drive through Hor Quo and Mayum La pass(5200m) where we can see small towns like Zhongba and Paryang. The journey takes us 270km away from Mansarovar to Paryang and connects Saga, 255km away from Paryang.

O/N at Tea House in Saga | Meals provided: Breakfast, Lunch, and dinner

Day 18 Saga to Zhangmu (3,750m/12,300ft)|4 – 5 Hrs

We drive from Saga to Nyelam for 2 hours and again to Zhangmu, which is the border town of Tibet.

O/N at Tea House of Zhangmu | Meals provided: Breakfast, Lunch, and dinner

Day 19 Zhangmu to Kathmandu: 153km|4 – 5 Hrs

After being checked at the border, our representatives will pick you up from Chinese Friendship Bridge and drive you back to Kathmandu.

O/N at 3 star hotel | Meals provided: Breakfast, Lunch, and dinner

Day 20 Final Departure

Today, you will head back to your home country. After breakfast, our representative will leave you at the airport 3 hours before the scheduled time.

Meals Provided: Breakfast

## What's included

- Airport / Hotel pick up and drop off by private car.
- Kathmandu – Nepalgunj – Simikot airfare.
- Humla / Simikot special permits.
- Chinese Group visa fee and Tibet permit.
- English Speaking guide in Nepal and Tibet.
- Two nights 3 star hotel in Kathmandu on Bed & Breakfast plan.
- Meals on Full Board (Breakfast, lunch and dinner) during whole trek
- Trekking map.
- An experienced Government licensed holder guide.
- Trekking porter / Sherpa who will carry your bags during the trekking.
- Food, drinks, accommodation, insurance, salary, equipments, transportation, local tax for Guide and porter.
- Group medical supplies (first aid kit will be available).
- All necessary paper work and national park entry permits.
- Travel and Rescue arrangement.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charge.

## What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 – US\$ 20 per day

- Your travel insurance ( Rescue )
- Tips for trekking staff and driver. (Tipping is expected but it is not mandatory)
- Extra porter charge for a personal bag pack
- Nepal entry visa fee
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipments

# Trip Map



## **Contact Us**

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