Kailash Mansarovar Overland Tour - 14 Days via Tibet

Trip overview

Embark on the ultimate spiritual tour with our **14-Day Kailash Mansarovar Overland Tour**. This meticulously designed land-only journey takes you from the vibrant cultural hub of Kathmandu, through the rugged Himalayan border crossings, and deep into the mystical landscapes of the Tibetan Plateau. Witnessing the sacred, untamed beauty of Mount Kailash and the shimmering turquoise waters of Lake Manasarovar is a once-in-a-lifetime experience for adventurers and adventurers alike.

Your journey begins with comprehensive cultural sightseeing and vital pre-tour preparations in Nepal's capital. From there, you will navigate winding mountain roads to cross into Tibet, allowing your body to adapt gradually to the soaring altitudes under the care of our expert guides. The highlight of this tour is the profound three-day circumambulation around Mount Kailash—reaching a peak elevation of 5,630 meters at the legendary Dolma-La Pass—complemented by sacred rituals and prayers at Lake Manasarovar. Designed for those seeking a raw, authentic, and deeply spiritual overland adventure, this itinerary perfectly balances rigorous high-altitude tour with seamless logistical execution.

- **Durations:** 14 Days
- **Destinations:** Kathmandu - Tibet
- **Tour inquiry:** https://asiachinatour.com/kailash-mansarovar-overland-tour-14-days-via-tibet/

Itinerary

Day 1: Arrival in Kathmandu (1,300m)

Upon your arrival at Tribhuvan International Airport, our dedicated team will be waiting at the arrival hall to extend a warm Nepalese welcome. You will be transferred via a comfortable private vehicle directly to your hotel for a smooth check-in. The remainder of the afternoon is yours to unwind, shake off any jet lag, or take a leisurely stroll through the vibrant local neighborhood. In the evening, we will gather for an authentic welcome dinner, paired with a comprehensive pre-tour briefing to walk you through the exciting itinerary and preparation details ahead. Overnight in

Kathmandu.

Meals: Welcome Dinner

Accommodation: Standard Hotel

Expert Tip for Day 1

To ensure a stress-free start to your journey, please share your flight details with us in advance so our airport representative can track your arrival, and we highly recommend exchanging a small amount of local currency (Nepalese Rupee) at the airport terminal for minor personal expenses before joining the evening briefing.

Day 2: Kathmandu Cultural Sightseeing & Tour Preparation

Embark on a captivating full-day guided tour to explore the spiritual heart and UNESCO World Heritage highlights of Kathmandu. We begin at the sacred **Pashupatinath Temple**, one of the most revered Hindu shrines dedicated to Lord Shiva, before paying our respects at the nearby **Guhyeshwari Temple**, an ancient site steeped in powerful Shakti traditions. Next, we drive north to marvel at **Budhanilkantha**, the remarkable open-air stone carving of the Sleeping Vishnu reclining on a bed of cosmic serpents. Conclude your sightseeing at the monumental **Boudhanath Stupa**, one of the largest spherical stupas in the world and a vibrant hub of Tibetan Buddhism. The afternoon is dedicated to a final gear check and packing, ensuring you are fully prepared for the incredible journey ahead. Overnight in Kathmandu.

Meals: Welcome Dinner

Accommodation: Standard Hotel

Expert Tip for Day 2

As today involves visiting deeply sacred Hindu and Buddhist sanctuaries, please dress respectfully by covering your shoulders and knees, and note that shoes must be removed and leather items are strictly prohibited inside the main courtyard of Pashupatinath. Additionally, take full advantage of this afternoon's free time to cross-check your packing list and complete any last-minute gear rentals or purchases, as Kathmandu is the final opportunity to secure high-quality tour equipment before crossing the border.

Day 3: Drive to the Nepal-China Border (Rasuwagadhi or Kodari)

After a hearty breakfast, we embark on a scenic drive toward the Nepal-China border. Depending on current border openings and operational status, our route will take us either through the lush landscapes of Rasuwagadhi (Kerung border) or Kodari (Tatopani border). The journey spans approximately 6 hours along winding mountain roads, treating you to dramatic valley vistas and roaring river views for most of the way. Upon arrival, we check into our hotel near the border to rest and prepare for the crossing tomorrow. Overnight near the border.

Meals: Breakfast

Accommodation: Basic Hotel

Expert Tip for Day 3

As today's drive follows winding Himalayan mountain roads with significant curves, we highly recommend keeping motion sickness medication handy if you are prone to car sickness, and staying well-hydrated throughout the journey to help your body naturally adjust to the changing terrain.

Day 4: Cross the Border into Tibet (Kerung or Nyalam)

Following breakfast, we complete the Nepalese immigration exit formalities and cross the border into Tibet. After clearing Chinese customs, you will be warmly greeted by your expert Tibetan guide and driver. We will then transfer to our dedicated tour vehicle and begin our ascent onto the Tibetan Plateau, driving to either Kerung (2,800m) or Nyalam (3,750m) depending on the designated border crossing. Upon arrival, we check into the hotel for a restful evening to allow your body to begin adapting to the significant change in altitude. *(Note: The final entry point and route are subject to official assignment by Chinese border authorities based on current infrastructure status.)*

Meals: Breakfast

Accommodation: Standard Hotel

Expert Tip for Day 4

Today marks your official entry into a high-altitude region, so it is absolutely essential to avoid any strenuous physical exertion, drink plenty of warm water, and refrain from taking hot showers tonight to help your body acclimate smoothly and prevent altitude sickness.

Day 5: Acclimatization and Rest Day (Kerung or Nyalam)

Today is dedicated entirely to rest and acclimatization, allowing your body to adapt to the high-altitude environment of the Tibetan Plateau. You can enjoy a relaxed morning with options for gentle, low-intensity walks to explore the local town and its surroundings. Taking it easy today is crucial for your well-being, as our journey will continue to ascend to much higher elevations starting tomorrow. Overnight in Kerung or Nyalam.

Meals: Breakfast

Accommodation: Standard Hotel

Expert Tip for Day 5

Treat this rest day with high priority by avoiding any running or heavy lifting during your morning walks, and consider drinking local butter tea or ginger water, which many travelers find helpful for natural acclimatization before we head into higher territory tomorrow.

Day 6: Scenic Drive to Saga via Pekhu Tso Lake

Today, we embark on a spectacular 245 km journey across the vast Tibetan Plateau to Saga. Our route ascends through dramatic mountain scenery, crossing the high-altitude Labung-La Pass at an impressive 5,050 meters, where you can take in panoramic Himalayan vistas. As the plateau opens up, you will pass the pristine, turquoise waters of Pekhu Tso Lake and catch glimpses of

traditional nomad camps and grazing yak herds. In the late afternoon, we cross the iconic Brahmaputra River before arriving at our destination. Overnight in Saga.

Meals: Breakfast

Accommodation: Standard Hotel

Expert Tip for Day 6

Since we will be crossing a high-altitude pass over 5,000 meters today, please keep your windbreaker or down jacket easily accessible in your hand luggage, as temperatures drop significantly and winds pick up rapidly at the pass summit during our brief photo stops.

Day 7: Drive to Sacred Lake Manasarovar

Today features a long but breathtakingly scenic 500 km drive across the heart of the Tibetan Plateau to Lake Manasarovar. The changing landscape unfolds outside your window, showcasing sweeping valleys, vast grazing lands, striking sand dunes, and snow-capped peaks framing the horizon. By late afternoon, the anticipation builds as you catch your very first, unforgettable glimpse of the sacred Mount Kailash and the shimmering, turquoise waters of Lake Manasarovar. We conclude our journey at Chiu Gompa or a nearby lakeside village to settle in for the night. Overnight near Lake Manasarovar.

Meals: Breakfast

Accommodation: Mud House (Basic Guesthouse)

Expert Tip for Day 7

Accommodation near Lake Manasarovar consists of very rustic, local mud houses or guesthouses with shared, basic facilities and no running hot water, so we highly recommend packing plenty of wet wipes, a high-quality sleeping bag liner for extra warmth, and a reliable headlamp or flashlight for navigating the property after dark.

Day 8: Holy Rituals at Lake Manasarovar & Drive to Darchen

The morning begins with a deeply spiritual opportunity for early morning rituals, traditional prayers, and a symbolic holy dip at Lake Manasarovar. Formed at the base of the Himalayas, this sacred body of water stands as one of the highest freshwater lakes in the world, beautifully framed by the majestic peaks of Mount Kailash, Mount Gurla Mandhata, and the neighboring Lake Rakshastal. After completing your morning prayers and absorbing the tranquil energy of the lakeside, we embark on a short drive to Darchen, the bustling base camp and primary gateway for the upcoming Mount Kailash Tour. Overnight in Darchen.

Meals: Breakfast

Accommodation: Standard Hotel

Expert Tip for Day 8

If you plan to take a ritual dip or wash your hands and feet in the holy waters of Lake Manasarovar, please be prepared for freezing water temperatures and brisk morning winds by having a thick, dry towel and a complete change of warm layers immediately ready to prevent

catching a chill before we depart for Darchen.

Day 9: Tour to Dirapuk (Day 1)

Today marks the profound commencement of your Mount Kailash Tour. We embark on an 18 km hike from Darchen to Dirapuk, a journey that takes approximately 6 to 7 hours of steady walking. The well-trodden trail guides you through a dramatic landscape of towering rocky cliffs, deep valleys, and cascading glacial waterfalls, offering awe-inspiring views of Mount Kailash's north face throughout most of the day. Upon reaching Dirapuk, you will settle into a local guesthouse positioned directly opposite the magnificent peak. Overnight in Dirapuk.

Meals: Breakfast

Accommodation: Basic Guesthouse

Expert Tip for Day 9

As this is your first full day of hiking at 5,000 meters, it is crucial to maintain a slow, steady, and rhythmic walking pace—often referred to as the "Himalayan shuffle"—and to pack a lightweight daypack containing only your absolute essentials (water, rain gear, and snacks), leaving your primary luggage to be transported by yaks or porters.

Day 10: Tour to Zuthulpuk via Dolma-La Pass (Day 2)

Today is the most challenging yet profoundly rewarding day. We begin with a steep, demanding ascent to the legendary Dolma-La Pass, standing at an impressive 5,630 meters as the absolute highest point of the entire Travel. Along the way, we pass Shiva-sthal, a deeply sacred site where adventurers traditionally leave behind old clothing or personal items to symbolize the shedding of past karma and spiritual rebirth. After reaching the summit, the trail descends steeply past the emerald waters of Gauri Kund (the Lake of Compassion). By late afternoon, we reach the peaceful valley of Zuthulpuk, home to the historic monastery built around the ancient meditation cave of the Tibetan saint, Milarepa. Overnight in Zuthulpuk.

Meals: Breakfast

Accommodation: Basic Guesthouse

Expert Tip for Day 10

As this is an grueling 10-to-12-hour hiking day over a 5,630-meter pass, it is highly recommended to start before dawn, dress in multiple adjustable layers to handle extreme wind chills at the summit, and use two hiking poles to significantly reduce the impact on your knees during the steep, rocky descent.

Day 11: Drive Back to Saga (Day 3)

Today marks the final day of your sacred Parikrama. We begin the morning with a gentle, scenic two-hour walk to complete the holy circuit of Mount Kailash. At the trail's end, your driver and vehicle will be waiting to pick you up and transfer you back to Darchen for a short rest. From Darchen, we embark on the return drive across the high plateau back to Saga. While it is a long

journey, the familiar landscapes of rolling hills, sweeping valleys, and distant snow peaks offer a deeply reflective backdrop to celebrate the successful completion of your tour. Overnight in Saga.

Meals: Breakfast

Accommodation: Standard Hotel

Expert Tip for Day 11

Since you will be transitioning directly from a morning hike into a long drive back to Saga, we highly recommend packing a fresh change of comfortable travel clothes in your daypack so you can change out of your hiking gear at the vehicle and enjoy a much more relaxing ride.

Day 12: Drive to the Border Region (Kerung or Nyalam)

Today, we begin our journey back toward the Nepal-China border, driving to either Kerung or Nyalam depending on our designated route. As we leave the central plateau behind, the road descends gradually, offering a final opportunity to take in the vast, open vistas and sweeping landscapes that define this high-altitude region. Upon arrival at our border town, you will check into your hotel and enjoy a completely free evening to rest, relax, and reflect on the incredible journey of the past several days. Overnight in Kerung or Nyalam.

Meals: Breakfast

Accommodation: Standard Hotel

Expert Tip for Day 12

As you descend to significantly lower altitudes today, you will likely notice an immediate increase in oxygen levels and a boost in energy; however, the transition can still cause mild fatigue, so we recommend taking it easy this evening and using the time to organize your passport and travel documents for tomorrow's border crossing.

Day 13: Border Crossing & Return Drive to Kathmandu

Following breakfast, we proceed to the border checkpoint to complete the immigration formalities, including clearing Chinese exit customs and processing your Nepalese re-entry visa. Because immigration procedures at the border can be thorough and time-consuming, we appreciate your patience during this transition. Once all official customs clearances are finalized, we board our private vehicle and continue our drive back to Kathmandu, winding through lush mountain valleys and arriving in the capital by evening. Overnight in Kathmandu.

Meals: Breakfast

Accommodation: Standard Hotel

Expert Tip for Day 13

Since border processing times can be highly unpredictable and often involve standing in queues, we strongly advise keeping your passport, original entry permits, and a pen easily accessible in your hand luggage, along with a few snacks and a bottle of water to stay comfortable during any potential delays.

Day 14: Transfer to Kathmandu Airport for Departure

Enjoy your final breakfast in Kathmandu before your memorable journey concludes. At the designated time, our airport representative and team will transfer you via a comfortable private vehicle to Tribhuvan International Airport. We will assist you with your luggage and guide you to the departure terminal for your onward flight home. Your sacred Mount Kailash and Lake Manasarovar Travel officially ends here, leaving you with unforgettable spiritual memories and lifelong friendships.

Meals: Breakfast

Accommodation: None (Departure Day)

Expert Tip for Day 14

To guarantee a relaxed and hassle-free departure, we highly recommend checking out of your hotel and planning your airport transfer to arrive at the terminal at least three hours prior to your scheduled international flight time, ensuring ample time to navigate check-in counters and security lines.

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

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