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|| Aum Namah Shivaya ||



HOLY MOUNT KAILASH | 2016  
AND MANSAROVAR YATRA



**Karnali Excursions Nepal**

Please join with us for the journey of a lifetime to experience Satyam, Shivam and Sundaram....!

## Aum Namah Shivaya!

Here in Himalaya, we consider Mt. Kailash as a power point and important place to visit to gain inspiration and energy to transform ourselves from the physical to the spiritual condition. It is further believed that our human condition allows us the possibility to go to a higher level, and because of this thousands of tourists and pilgrims take on the arduous, yet spiritually fulfilling journey to Kailash each year. Karnali Excursions' mission is to bring inspiration to their pilgrims on this amazing, spiritual journey of a lifetime.

The custom of Circumambulation the Holy Mountain is believed to purify our soul and cultivate the ability to perceive the Divine. Certainly, the experience is elevating and inspiring, and people do return to their homes with feelings of exaltation and spiritual inspiration.

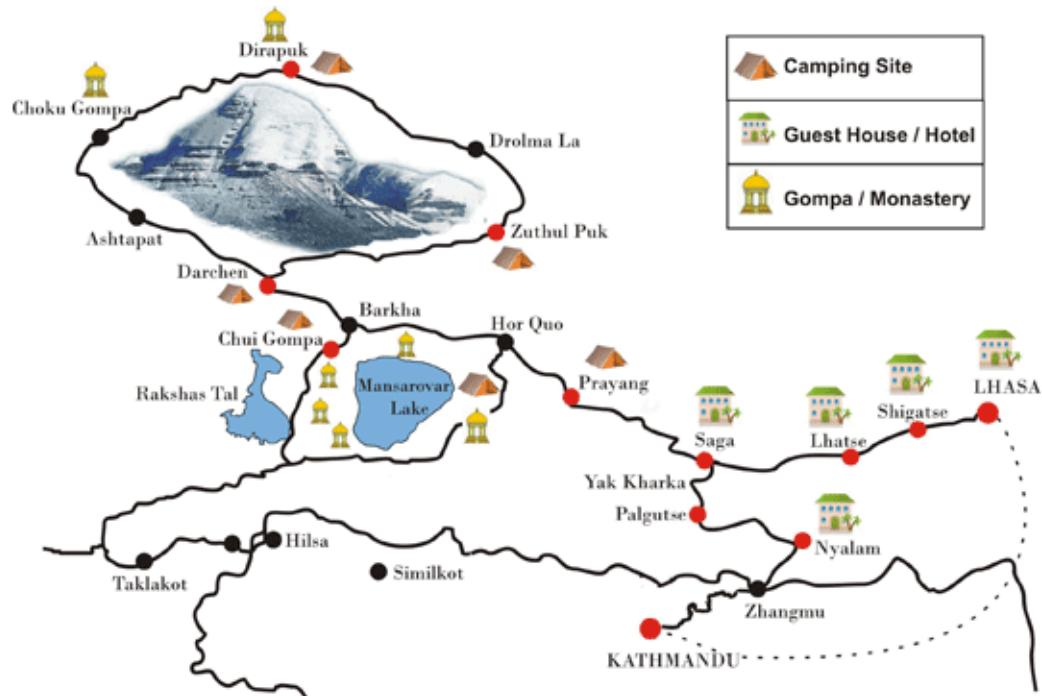
Since Karnali Excursions was one of the first tour agencies in Nepal to offer pilgrimages to Mt. Kailash in 1993, when China opened its doors to tourism, we have developed a strong, well-organized and spiritually fulfilling experience for those who join us for this holy Yatra.



### Here are some of the things we offer that makes our Yatra special and meaningful

- Teaching pranayam yoga, Physical training and guidance as a way to help you acclimatize to the high altitude
- Consistent support along the pilgrimage that helps you cope with acute mountain sickness
- Personal escort for senior citizens
- Orientation and support about walking, trekking and food habits during your journey
- Organizers join you for the Yatra.
- Morning and evening prayers followed by Bhajans and Kirtans
- Vegetarian, North Indian, Chinese, Gujarati and South Indian meals are offered
- Please view our Yatra plan with different options below

## Mount Kailash Mansarovar Yatra Map



Please view our Yatra plan with different options below

## 1. Shree Kailash Mansarovar Yatra (14 nights 15 days)

### DEPARTURE DATES:

S.No.	Batch	Arrival Ktm	Dep to Tibet	Back to Ktm	Depart home
1	May-June	28 May 2016	30 May 2016	9 June 2016	11 June 2016
2	June I	11 June 2016	13 June 2016	23 June 2016	25 June 2016
3	June II	13 June 2016	15 June 2016	25 June 2016	27 June 2016
4	July I	9 July 2016	11 July 2016	21 July 2016	23 July 2016
5	July II	16 July 2016	18 July 2016	28 July 2016	30 July 2016
6	Aug I	31 July 2016	2 Aug 2016	12 Aug 2016	14 Aug 2016
7	Aug II	20 Aug 2016	22 Aug 2016	01 Sept 2016	3 Sept 2016
8	Sept I	3 Sept 2016	5 Sept 2016	15 Sept 2016	17 Sept 2016
9	Sept II	14 Sept 2016	16 Sept 2016	26 Sept 2016	28 Sept 2016

### Trip highlights:

- Darshan of highly revered Pashupatinath Temple and perform Rudrabhishek
- Darshan of Doleshwor Mahadev (head part of Kedarnath temple)
- Pilgrimage to sacred Lake Mansarovar, holy Mt. Kailash and Tirthapuri
- Nandi and Asthapada Darshan, close view of Mt. Kailash
- Travel by tourist vehicles to Lake Mansarovar and base camp of Kailash (no walking involved)

### Brief itinerary:

- Day 01: Arrive in Kathmandu, Yatra briefing  
 Day 02: Pashupatinath Darshan, Rudrabhishek, Puja and preparation  
 Day 03: Drive to Nyalam, enter Tibet  
 Day 04: A day in Nyalam to rest and acclimatize  
 Day 05: Drive to Saga or Dongba  
 Day 06: Drive to holy Mansarovar Lake  
 Day 07: Holi bath, Hawan, and Rest day  
 Day 08: Drive Tirthapuri, explore and back to Darchen  
 Day 09: Kora starts, trek to Deraphuk  
 Day 10: Trek to Zuthulphuk crossing Dolma La, Gauri Kunda darshan  
 Day 11: Trek to Tangsar/ Drive to Dongba via lake  
 Day 12: Drive to Nyalam  
 Day 13: Drive to Kathmandu  
 Day 14: Visit Doleshwor temple and Bagmati Ganga Aarti at Pashupatinath  
 Day 15: Trip conclude, Departure



## 2. Shree Kailash Mansarovar Yatra with Muktinath Darshan (18 nights 19 days)

### DEPARTURE DATES:

S.No.	Batch	Arrival Ktm	Dep to Tibet	Back to Ktm	Depart home
1	May-June	24 May 2016	30 May 2016	9 June 2016	11 June 2016
2	June I	7 June 2016	13 June 2016	23 June 2016	25 June 2016
3	June II	9 June 2016	15 June 2016	25 June 2016	27 June 2016
4	Sept I	3 Sept 2016	5 Sept 2016	15 Sept 2016	21 Sept 2016
5	Sept II	14 Sept 2016	16 Sept 2016	26 Sept 2016	02 Oct 2016



### Brief itinerary:

Day 01: Arrival in Kathmandu, briefing on immediate arrangements  
 Day 02: Drive to Pokhara via Manakamna Darshan  
 Day 03: Fly to Jomsom and drive to Muktinath/ Damodar Kunda, holy bath and Puja  
 Day 04: Fly to Pokhara and explore  
 Day 05: Back to Kathmandu, Kailash Yatra briefing  
 Day 06: Pashupatinath Darshan, Rudrabhishek, Puja and preparation  
 Day 07: Drive to Nyalam, enter Tibet  
 Day 08: A day in Nyalam to rest and acclimatize  
 Day 09: Drive to Saga or Dongba  
 Day 10: Drive to holy Mansarovar Lake  
 Day 11: Holi bath, Hawan, rest day at Manasarovar.  
 Day 12: Drive to Tirthapuri, explore and back to Darchen for overnight stay.  
 Day 13: Kora starts, trek to Deraphuk  
 Day 14: Trek to Zuthulphuk crossing Dolma La, Gauri Kunda darshan  
 Day 15: Trek to Tangsar/ Drive to Dongba via lake  
 Day 16: Drive to Nyalam  
 Day 17: Drive to Kathmandu  
 Day 18: Visit Doleshwor temple and Bagmati Ganga Aarti at Pashupatinath  
 Day 19: Trip conclude, Departure

### Trip highlights:

- Darshan of highly revered Pashupatinath Temple and perform Rudrabhishek
- Darshan of Doleshwor Mahadev (head part of Kedarnath temple)
- Pilgrimage to sacred Lake Mansarovar, holy Mt. Kailash and Tirthapuri
- Nandi and Asthapada Darshan, close view of Mt. Kailash
- Visit city of natural beauty- Pokhara and holy tour to Muktinath in the Himalaya
- Travel by tourist vehicles to Lake Mansarovar and base camp of Kailash (no walking involved)

### 3. Shree Kailash Mansarovar Yatra and Everest Base Camp (14 nights 15 days)

#### DEPARTURE DATES:

S.No.	Batch	Arrival Ktm	Dep to Tibet	Back to Ktm	Depart home
1	May-June	28 May 2016	30 May 2016	9 June 2016	11 June 2016
2	June I	11 June 2016	13 June 2016	23 June 2016	25 June 2016
3	June II	13 June 2016	15 June 2016	25 June 2016	27 June 2016
4	July I	9 July 2016	11 July 2016	21 July 2016	23 July 2016
5	July II	16 July 2016	18 July 2016	28 July 2016	30 July 2016
6	Aug I	31 July 2016	2 Aug 2016	12 Aug 2016	14 Aug 2016
7	Aug II	20 Aug 2016	22 Aug 2016	01 Sept 2016	3 Sept 2016
8	Sept I	3 Sept 2016	5 Sept 2016	15 Sept 2016	17 Sept 2016
9	Sept II	14 Sept 2016	16 Sept 2016	26 Sept 2016	28 Sept 2016

#### Brief itinerary:

- Day 01: Arrive in Kathmandu, Yatra briefing  
 Day 02: Pashupatinath Darshan, Rudrabishek, Puja and preparation  
 Day 03: Drive to Nyalam, enter Tibet  
 Day 04: A day in Nyalam to rest and acclimatize  
 Day 05: Drive to Saga or Dongba  
 Day 06: Drive to holy Mansarovar Lake  
 Day 07: Holi bath, Hawan, rest day at Manasarovar.  
 Day 08: Drive to Tirthapuri, explore and back to Darchen for overnight stay.  
 Day 09: Kora starts, trek to Deraphuk  
 Day 10: Trek to Zuthulphuk crossing Dolma La, Gauri Kunda darshan  
 Day 11: Trek to Tangsar/ Drive to Dongba via lake  
 Day 12: Drive to Tingri  
 Day 13: Visit Everest Base Camp and drive to Kathmandu  
 Day 14: Visit Doleshwor temple and Bagmati Ganga Aarti at Pashupatinath  
 Day 15: Trip conclude, Departure

#### Trip highlights:

- Darshan of highly revered Pashupatinath Temple and perform Rudrabishek
- Darshan of Doleshwor Mahadev (head part of Kedarnath temple)
- Pilgrimage to sacred Lake Mansarovar, holy Mt. Kailash and Tirthapuri
- Nandi and Asthapada Darshan, close view of Mt. Kailash
- Base camp to Top of the world
- Travel by tourist vehicles to Lake Mansarovar and base camp of Kailash (no walking involved)



## 4. Shree Kailash Mansarovar Yatra with Lhasa and Everest Base Camp (16 nights 17 days)

### DEPARTURE DATES:

S.No.	Batch	Arrival Ktm	Dep to Tibet	Back to Ktm	Depart home
1	May-June	26 May 2016	28 May 2016	9 June 2016	11 June 2016
2	June I	9 June 2016	11 June 2016	23 June 2016	25 June 2016
3	June II	11 June 2016	13 June 2016	25 June 2016	27 June 2016
4	July I	7 July 2016	9 July 2016	21 July 2016	23 July 2016
5	July II	14 July 2016	16 July 2016	28 July 2016	30 July 2016
6	Aug I	29 July 2016	31 July 2016	12 Aug 2016	14 Aug 2016
7	Aug II	18 Aug 2016	20 Aug 2016	01 Sept 2016	3 Sept 2016
8	Sept I	1 Sept 2016	3 Sept 2016	15 Sept 2016	17 Sept 2016
9	Sept II	12 Sept 2016	14 Sept 2016	26 Sept 2016	28 Sept 2016



### Brief itinerary:

Day 01: Arrive in Kathmandu, Yatra briefing  
 Day 02: Pashupatinath Darshan, Rudrabhishek, Puja and preparation  
 Day 03: Fly to Lhasa, explore around  
 Day 04: Guided sightseeing in Lhasa  
 Day 05: Guided sightseeing in Lhasa  
 Day 06: Drive to Sigatse  
 Day 07: Drive to Saga via Everest Base Camp  
 Day 08: Drive to holy Mansarovar Lake  
 Day 09: Holi bath, Hawan, rest at Manasarovar.  
 Day 10: Drive to Tirthapuri and back to Darchen  
 Day 11: Kora starts, trek to Deraphuk  
 Day 12: Trek to Zuthulphuk crossing Dolma La, Gauri Kunda darshan  
 Day 13: Trek to Tangsar/ Drive to Dongba via lake  
 Day 14: Drive to Nyalam  
 Day 15: Drive to Kathmandu  
 Day 16: Visit Doleshwor temple and Bagmati Ganga Aarti at Pashupatinath  
 Day 17: Trip conclude, Departure

### Trip highlights:

- Darshan of highly revered Pashupatinath Temple and perform Rudrabhishek
- Darshan of Doleshwor Mahadev (head part of Kedarnath temple)
- Pilgrimage to sacred Lake Mansarovar, holy Mt. Kailash and Tirthapuri
- Nandi and Asthapada Darshan, close view of Mt. Kailash
- Top of the world's base camp (EBC) and holiest city Lhasa
- Travel by tourist vehicles to Lake Mansarovar and base camp of Kailash (no walking involved)

## 5. Shree Kailash Mansarovar Yatra with Janakpur, Valmiki Ashram, Lumbini and Muktinath (21 nights 22 days)

### DEPARTURE DATES:

S.No.	Batch	Arrival Ktm	Dep to Tibet	Back to Ktm	Depart home
1	May-June	21 May 2016	30 May 2016	9 June 2016	11 June 2016
2	June I	4 June 2016	13 June 2016	23 June 2016	25 June 2016
3	June II	6 June 2016	15 June 2016	25 June 2016	27 June 2016
4	Sept I	3 Sept 2016	5 Sept 2016	15 Sept 2016	24 Sept 2016
5	Sept II	14 Sept 2016	16 Sept 2016	26 Sept 2016	05 Oct 2016

### Trip highlights:

- *Darshan of highly revered Pashupatinath Temple and perform Rudrabishek*
- *Darshan of Doleshwor Mahadev (head part of Kedarnath temple)*
- *Pilgrimage to sacred Lake Mansarovar, holy Mt. Kailash and Tirthapuri*
- *Nandi and Asthapada Darshan, close view of Mt. Kailash*
- *Pilgrimage to Birth place of Sita Mata- Janakpur, Birth place of Buddha-Lumbini & Valmiki Ashram*
- *Visit city of natural beauty- Pokhara and holy tour to Muktinath in the Himalaya*
- *Travel by tourist vehicles to Lake Mansarovar and base camp of Kailash (no walking involved)*

### Brief itinerary:

- Day 01: Arrival in Kathmandu, briefing on immediate arrangements  
 Day 02: Fly to Janakpur, after visiting temples drive to Chitwan  
 Day 03: Drive to Devghat for holy bath and Jungle safari in Chitwan National Park  
 Day 04: Drive to Lumbini on the way visit Valmiki Ashram  
 Day 05: Explore birth place of Buddha and drive to Pokhara  
 Day 06: Fly to Jomsom and drive to Muktinath/Damodar Kunda, holy bath and Puja  
 Day 07: Fly to Pokhara and explore  
 Day 08: Back to Kathmandu, Kailash Yatra briefing  
 Day 09: Pashupatinath Darshan, Rudrabishek, Puja and preparation  
 Day 10: Drive to Nyalam, enter Tibet  
 Day 11: A day in Nyalam to rest and acclimatize  
 Day 12: Drive to Saga or Dongba  
 Day 13: Drive to holy Mansarovar Lake  
 Day 14: Holi bath, Hawan, rest at manasarovar.  
 Day 15: Drive to Tirthapuri and back to Darchen.  
 Day 16: Kora starts, trek to Deraphuk  
 Day 17: Trek to Zuthulphuk crossing Dolma La, Gauri Kunda darshan  
 Day 18: Trek to Tangsar/ Drive to Dongba via lake  
 Day 19: Drive to Nyalam  
 Day 20: Drive to Kathmandu  
 Day 21: Visit Doleshwor temple and Bagmati Ganga Aarti at Pashupatinath  
 Day 22: Trip conclude, Departure



## 6. Shree Kailash Mansarovar Yatra with Janakpur, Valmiki Ashram, Lumbini, Muktinath and Lhasa-EBC (23 nights 24 days)

### DEPARTURE DATES:

S.No.	Batch	Arrival Ktm	Dep to Tibet	Back to Ktm	Depart home
1	May-June	21 May 2016	30 May 2016	9 June 2016	13 June 2016
2	June I	4 June 2016	13 June 2016	23 June 2016	27 June 2016
3	June II	6 June 2016	15 June 2016	25 June 2016	29 June 2016
4	Sept I	3 Sept 2016	5 Sept 2016	15 Sept 2016	26 Sept 2016
5	Sept II	14 Sept 2016	16 Sept 2016	26 Sept 2016	07 Oct 2016

### Trip highlights:

- *Darshan of highly revered Pashupatinath Temple and perform Rudrabhishek*
- *Darshan of Doleshwor Mahadev (head part of Kedarnath temple)*
- *Pilgrimage to sacred Lake Mansarovar, holy Mt. Kailash and Tirthapuri*
- *Nandi and Asthapada Darshan, close view of Mt. Kailash*
- *Pilgrimage to Birth place of Sita Mata- Janakpur, Birth place of Buddha-Lumbini & Valmiki Ashram*
- *Visit city of natural beauty- Pokhara and holy tour to Muktinath in the Himalaya*
- *Top of the world's base camp (EBC) and holiest city Lhasa*
- *Travel by tourist vehicles to Lake Mansarovar and base camp of Kailash (no walking involved)*

### Brief itinerary:

- Day 01: Arrival in Kathmandu, briefing on immediate arrangements
- Day 02: Fly to Janakpur, after visiting temples drive to Chitwan
- Day 03: Drive to Devghat for holy bath and Jungle safari in Chitwan National Park
- Day 04: Drive to Lumbini on the way visit Valmiki Ashram
- Day 05: Explore birth place of Buddha and drive to Pokhara
- Day 06: Fly to Jomsom and drive to Muktinath/Damodar Kunda, holy bath and Puja
- Day 07: Fly to Pokhara and explore
- Day 08: Back to Kathmandu, Kailash Yatra briefing
- Day 09: Pashupatinath Darshan, Rudrabhishek, Puja and preparation
- Day 10: Drive to Nyalam, enter Tibet
- Day 11: A day in Nyalam to rest and acclimatize
- Day 12: Drive to Saga or Dongba
- Day 13: Drive to holy Mansarovar Lake
- Day 14: Holi bath, Hawan, rest at Manasarovar.
- Day 15: Drive to Tirthapuri and back to Darchen.
- Day 16: Kora starts, trek to Deraphuk
- Day 17: Trek to Zuthulphuk crossing Dolma La, Gauri Kunda darshan
- Day 18: Trek to Tangsar/ Drive to Dongba via lake
- Day 19: Drive to Tingri
- Day 20: Visit Everest base camp and drive to Sigatse
- Day 21: Drive to Lhasa, explore around
- Day 22: Sightseeing in Lhasa
- Day 23: Fly to Kathmandu, visit Doleshwor temple and Bagmati Ganga Aarti at Pashupatinath
- Day 24: Trip conclude, Departure

## NOTES:

1. Janakpura (Birth place of Sita Mata) Darshan is also available in Plan 1-4 in same period.(optional)
2. Damodar Kunda and Kagbhusundi Lake visit by Helicopter is also available in Plan 2,5&6 on the same period. (optional)

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**Har Har Mahadev!! See you in Himalaya!**



# Karnali Excursions Nepal

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