Kailash Mansarovar Yatra – Kerung Route

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DURATION	**16 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4,664 m**
GROUP SIZE	**10 People**
BEST SEASON	**ALL THE YEAR**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,000 per person**

Trip overview

The Kerung route is one of the most popular and accessible ways to undertake the sacred pilgrimage to Mount Kailash (6,638 m) and Lake Manasarovar (4,590 m). This overland journey begins in Kathmandu and travels north through the Nepal–Tibet border at Kerung.

Pilgrims drive across the vast Tibetan Plateau, passing through towns such as Saga and Paryang before reaching the holy Lake Manasarovar and the sacred Mount Kailash.

Compared to other routes, the Kerung route allows for gradual altitude acclimatization and comfortable overland travel, making it suitable for a wide range of pilgrims. The journey combines spiritual devotion with breathtaking landscapes, including snow-capped mountains, high-altitude lakes, and the expansive Tibetan plains.

Highlights

- Mount Kailash: Considered the sacred abode of Lord Shiva and revered in Hinduism, Buddhism, Jainism, and Bon traditions.
- Lake Manasarovar: One of the world’s highest freshwater lakes, believed to purify the soul and wash away sins.
- Scenic Overland Journey: Drive through the majestic landscapes of the Tibetan Plateau with stunning Himalayan views.
- Spiritual Pilgrimage: Perform the sacred Kailash Kora (circumambulation) around Mount Kailash.
- Cultural Experience: Encounter Tibetan culture, monasteries, prayer flags, and traditional villages.

Day-by-day itinerary

Day 01 : Arrival in Kathmandu (1,350 m)

Upon arrival at Tribhuvan International Airport, you will be transferred to your hotel in Kathmandu, located at an altitude of 1,350 meters. The airport is approximately 6 km from the hotel and the transfer takes around 20–25 minutes. In the evening, if time permits, you may attend the sacred Aarati ceremony at Pashupatinath Temple. A detailed tour briefing will be conducted at the hotel.

Day 02 : Visa Processing & Temple Visit (1,350 m)

This day is dedicated to Chinese Group Visa processing and spiritual preparation. You will participate in a special Panchamrit Puja and Rudrabhishek ceremony. The day involves short city drives within Kathmandu, typically 30–40 minutes between sites. Overnight at 1,350 meters.

Day 03 : Kathmandu Exploration (1,350 m)

A relaxed day for additional temple visits and final preparation for the journey. No altitude change. This day ensures proper rest before beginning the overland Himalayan drive.

Day 04 : Visa Collection & Preparation (1,350 m)

After receiving the Tibet visa, the remainder of the day is allocated for packing, duffel distribution, and final health guidance. Overnight at 1,350 meters.

Day 05 : Drive to Syabrubesi (1,500 m)

You begin your overland journey with a scenic mountain drive of 122 km to Syabrubesi. The journey takes approximately 8–9 hours, following river valleys and terraced hills. The altitude increases gradually from 1,350 meters to 1,500 meters, allowing gentle acclimatization.

Day 06 : Rasuwagadhi Border -> Kerung (2,900 m)

After a short morning drive of about 2 hours to Rasuwagadhi border, you complete immigration formalities and enter Tibet. From the border, a 35 km drive of approximately 4–5 hours takes you to Kerung (2,900 m). The altitude gain is significant, so rest and hydration are essential.

Day 07 : Kerung to Saga (4,640 m)

Today’s journey covers approximately 270 km across the Tibetan plateau and takes 5–6 hours. The road climbs steadily from 2,900 meters to 4,640 meters at Saga. You will cross several high passes offering magnificent Himalayan views. The substantial altitude gain makes this a key acclimatization day.

Day 08 : Saga to Paryang (4,550 m)

A 230 km drive of around 6–7 hours brings you to Paryang at 4,550 meters. The terrain is vast and open, with sweeping views of the Tibetan plateau. The altitude remains relatively stable, helping your body adjust.

Day 09 : Paryang to Lake Manasarovar (4,590 m)

Driving approximately 260 km for 5–6 hours, you reach the sacred Lake Manasarovar at 4,590 meters. During the journey, you will have your first majestic darshan of Mount Kailash. Evening time is reserved for meditation and gentle walks along the lakeshore.

Day 10 : Lake Manasarovar to Darchen (4,664 m)

After a morning holy bath and puja ceremony at 4,590 meters, a short 40 km drive of 1–2 hours takes you to Darchen (4,664 m), the base camp for the Kailash Parikrama. The minimal altitude gain allows preparation for the trek ahead.

Day 11 : Darchen to Dirapuk (4,909 m)

A 45 km drive of about 30–40 minutes takes you to Yam Dwar (4,740 m), the traditional starting point of the Kora. From there, you begin a 12 km trek to Dirapuk, which takes approximately 5–6 hours. The trail ascends gradually to 4,909 meters, offering close views of the North Face of Mount Kailash.

Day 12 : Dirapuk to Zuthulpuk via Dolma La Pass (5,630 m)

This is the most demanding day of the pilgrimage. The 22 km trek takes approximately 9–10 hours. You ascend steeply to Dolma La Pass at 5,630 meters — the highest point of the journey — before descending to Zuthulpuk at 4,820 meters. Due to high altitude and long walking hours, slow pacing is essential.

Day 13 : Zuthulpuk to Chongdo -> Drive to Saga (4,640 m)

A gentle 7 km trek of around 3 hours completes the Parikrama at Chongdo (4,660 m). From here, a long return drive of 7–8 hours brings you back to Saga at 4,640 meters.

Day 14 : Saga to Kerung (2,900 m)

Today you descend significantly from 4,640 meters to 2,900 meters over a 190 km drive lasting 6–7 hours. The lower altitude usually brings noticeable physical relief.

Day 15 : Kerung to Kathmandu (1,350 m)

After completing immigration formalities at the border, you continue with an 8-hour drive covering 180 km back to Kathmandu at 1,350 meters. This marks the conclusion of the overland pilgrimage.

Day 16 : Departure

Transfer to the airport (20–25 minutes). Your sacred Kailash Mansarovar Yatra concludes.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,350 m · day 31°C / night 24°C
- Day 2 · Visa Processing & Temple Visit · 1,350 m · day 31°C / night 24°C
- Day 3 · Kathmandu Exploration · 1,350 m · day 31°C / night 24°C
- Day 4 · Visa Collection & Preparation · 1,350 m · day 31°C / night 24°C
- Day 5 · Drive to Syabrubesi · 1,500 m · day 30°C / night 23°C
- Day 6 · Rasuwagadhi Border -> Kerung · 2,900 m · day 23°C / night 14°C
- Day 7 · Kerung to Saga · 4,640 m · day 14°C / night 3°C
- Day 8 · Saga to Paryang · 4,550 m · day 15°C / night 3°C
- Day 9 · Paryang to Lake Manasarovar · 4,590 m · day 14°C / night 3°C
- Day 10 · Lake Manasarovar to Darchen · 4,664 m · day 14°C / night 3°C
- Day 11 · Darchen to Dirapuk · 4,909 m · day 13°C / night 1°C
- Day 12 · Dirapuk to Zuthulpuk via Dolma La Pass · 5,630 m · day 9°C / night -4°C
- Day 13 · Zuthulpuk to Chongdo -> Drive to Saga · 4,640 m · day 14°C / night 3°C
- Day 14 · Saga to Kerung · 2,900 m · day 23°C / night 14°C
- Day 15 · Kerung to Kathmandu · 1,350 m · day 31°C / night 24°C

What’s included

Accommodation

- Hotels or guesthouses in Kathmandu, Nyalam, Saga, and Paryang as per itinerary.
- Basic guesthouse or tent accommodation in high-altitude regions near Mount Kailash and Lake Manasarovar.

Transportation

- Private vehicle/coach for overland travel along the route.
- Airport pick-up and drop-off in Kathmandu.
- Local transportation within towns and villages along the route.

Guides & Support

- Experienced English-speaking guide familiar with local culture and pilgrimage routes.
- Support staff for logistics, permits, and assistance during the journey.

Meals

- Daily breakfast, lunch, and dinner as per itinerary (mostly vegetarian-friendly).

Permits & Fees

- Tibet Travel Permit (TTP) and necessary border-crossing permissions.
- Entry fees for monasteries and official sites where applicable.

Medical & Safety Support

- Basic first-aid kit and guidance on altitude sickness management.

Cultural & Spiritual Experiences

- Visits to Mount Kailash, Lake Manasarovar, monasteries, and interaction with Tibetan communities.

Not included

Airfare

- International flights to/from Kathmandu.
- Optional domestic flights within Nepal (if required).

Visa Fees

- Nepal entry visa.
- China/Tibet visa or travel permit fees.

Personal Expenses

- Tips for guides, drivers, and support staff.
- Laundry, phone/internet services, souvenirs, and other personal purchases.

Travel Insurance

- Mandatory high-altitude travel insurance including emergency evacuation and medical coverage.

Optional Activities

- Additional trekking, helicopter rides, or excursions not included in the standard itinerary.

Medical Costs

- Any treatment, hospitalization, or evacuation due to illness, injury, or altitude sickness beyond basic first-aid support.

Dates & prices

- 01 Dec, 2026 – 16 Dec, 2026 · USD 1,000 · Available

Best time to visit

Best months: June–August. Kailash Mansarovar Yatra departures run from May to September, when the Dolma La (5,630 m) is passable. The full moon of Saga Dawa (May/June) is the most auspicious time for the kora.

What to bring — packing checklist

Clothing for high altitude

- [ ] Thermal base layers
- [ ] Fleece mid-layer and warm down jacket
- [ ] Waterproof jacket and trousers
- [ ] Warm hat, gloves, buff and sun hat
- [ ] Comfortable trekking boots and camp shoes
- [ ] Warm wool socks

Kora & overland

- [ ] Daypack 25–30 L
- [ ] Sleeping bag rated to –10 °C
- [ ] Trekking poles
- [ ] Snacks, energy bars and electrolyte powder
- [ ] Small bag for pony / porter on the kora

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Frequently asked questions

How difficult is the Kailash Mansarovar Yatra – Kerung Route?

The Kailash Mansarovar Yatra – Kerung Route is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Kailash Mansarovar Yatra – Kerung Route?

For the Mount Kailash & western Tibet region the best months are June–August. Kailash Mansarovar Yatra departures run from May to September, when the Dolma La (5,630 m) is passable. The full moon of Saga Dawa (May/June) is the most auspicious time for the kora.

What permits do I need for the Kailash Mansarovar Yatra – Kerung Route?

You need your Chinese group visa, Tibet Travel Permit, Alien's Travel Permit and the Kailash–Mansarovar area permits. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Kailash Mansarovar Yatra – Kerung Route?

Guesthouses and hotels in Nepal and Lhasa or Kerung, then basic guesthouses around Mansarovar and on the Kailash kora, where facilities are simple at high altitude. We provide sleeping bags and support staff throughout.

Can I book the Kailash Mansarovar Yatra – Kerung Route as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Kailash Mansarovar Yatra – Kerung Route?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Kailash Mansarovar Yatra – Kerung Route?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/kailash-mansarovar-yatra-kerung-route/

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