



16-Day Dhaka-Kailash Ultimate Pilgrimage Tour

The 16-Day Dhaka-Kailash Ultimate Pilgrimage Tour is a transformative journey blending spiritual devotion with awe-inspiring adventure. Once you fly to Lhasa from Dhaka via Kunming, the itinerary seamlessly transitions into the breathtaking landscapes of the Tibetan Plateau. The three-day Mount Kailash kora stands out as the spiritual and physical pinnacle, offering a deeply rewarding experience. Highlights also include the Everest Base Camp, serene Lake Manasarovar and opportunities to immerse in the rich cultural traditions of Tibet. Thoughtfully planned with acclimatization and rest, this pilgrimage is an unforgettable quest for the soul and senses.

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Detailed Itinerary:

DAY 01: FLY FROM DHAKA TO KUNMING

Kunming, the spring City in China. A place of mild climate, vibrant flower markets, and a rich blend of ethnic cultures.

Arrive in Kunming after your flight from Dhaka. Once you land, take a transfer to your hotel and check in. Depending on your arrival time, you might want to rest for a bit to recover from your journey. Relax and freshen up so you're ready for the day ahead.

DAY 02: FLY FROM KUNMING TO LHASA

Welcome to Lhasa (3650m)! We are going to start your amazing journey to center of Tibet

Take the early flight from Kunming to Lhasa. When you arrive in Lhasa, our friendly Tibetan guide will greet you with a Hada (the traditional Tibetan ceremonial scarf) and warm blessings.

Then, the guide and the driver will take you to your hotel in downtown Lhasa. You may view the Yarlung Tsangpo River/Brahmaputra River (the Longest and largest river in Tibet) and Lhasa River.

After settling into your hotel, take some time to rest and adjust to the high altitude.

In the afternoon or evening, your guide will meet you with traditional Tibetan gifts, provide travel instructions, and introduce your group members.

Stay overnight in Lhasa.



DAY 3: LHASA TOUR-DREPUNG MONASTERY AND SERA MONASTERY (B, D)

Today is Tibetan Monastery Day! You'll have a full day to explore the largest monastery in Tibet, delve into the knowledge of Tibetan Buddhism, and immerse yourself in the daily life of Tibetan monks. In the morning, you'll explore the largest monastery in Tibet - Drepung Monastery, which was once the home to over 10,000 monks. As you walk through the Coqen Hall, your guide will provide detailed explanations of the worldview of Tibetan Buddhism and introduce notable figures in Tibetan Buddhist history. Next, you'll visit the renowned Loseling College (or an equivalent), offering a glimpse into the study and life of Tibetan

monks. Explore their dormitories to gain insights into the Tibetan monks' daily routines and living conditions. In the afternoon, you'll head to Sera Monastery, another of the 'great three' Gelug monasteries of Tibet, to witness the famous Tibetan Monks Debate (15:00 - 17:00, from Monday to Saturday). Your guide will intricately explain how Tibetan monks engage in these debates to acquire knowledge and advance in their academic degrees. After today's tour, enjoy a welcome dinner with your group members

DAY 4: LHASA TOUR - POTALA PALACE, JOKHANG TEMPLE, BARKHOR STREET

Today's Highlight is a visit to UNESCO World Heritage Sites Potala Palace and Jokhang Temple, providing a glimpse into the daily beliefs and lives of the people of Lhasa.



POTALA PALACE



Jokhang Temple



After breakfast, your first stop is the Potala Palace, where you can enjoy a panoramic view of the Lhasa Old Town. Discover the lives and stories of the Dalai Lamas through history within the palace, and the extraordinary treasures it holds. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and the meditation cave of the 33rd great king of Tibet.

After touring the Potala Palace, you will visit Longwangtan Park at the foot of the Potala Palace. Here, you can appreciate the majestic Potala Palace from a different perspective and engage in local Tibetan folk activities.

In the afternoon, you will head to the heart of Tibetan religion - the Jokhang Temple. Inside you can see the statue of Buddha Sakyamuni at the age of twelve. Outside, you can see pilgrims making prostrating in front of Jokhang Temple. Around the temple is Barkhor Street, where you can do kora (a religious circle of a building or mountain) with pilgrims and locals, and explore the old market. Next, follow your guide to one of the liveliest indoor Tibetan tea houses in Lhasa. Sip traditional Tibetan sweet tea alongside local Tibetans as your guide shares insights into Tibetan social dynamics and daily life. Stay overnight in Lhasa.

DAY 5: LHASA TO YAMDROK LAKE TO SHIGATSE VIA GYANTSE 360 KM

In the morning, start the overland journey from Lhasa to Shigatse, which includes visits to Tibet's most beautiful Yamdrok lake, glacier, and charming Tibetan villages.

First, drive over the Gampala pass (4790 m) to catch a glimpse of Yamdrok-tso (4400m). The Yamdrok Lake is surrounded by many snow-capped mountains and in the distance you can have spectacular views of Holy Mount Nyenchen Khangsar (7191m), the highest mountain near Lhasa. Continue to explore the lakeshore from various viewpoints, and at the end of the lake, you could visit a local family in the village and have lunch with the locals.

Next, you will pass and enjoy the Korola Glacier on the roadside. It is the largest glacier in Tibet. As you see the ice tongue of the glacier climb the entire hillside, you will feel the magical power of nature.

Then, continue your journey to Gyantse. On the way, you will stop at Simila Mountain Pass, where you can hang prayer flags to pray for world peace and the health of your family.

After arriving in Gyantse, you can spend some time taking photos of the ancient city of Gyantse. From Gyantse to Shigatse, you will pass by green (in summer) and golden (in autumn) Tibetan barley fields and countless farms.

Finally, we will arrive in Shigatse, the second-largest city in Tibet. After checking in to the hotel, you can take a good rest and prepare for the next day's trip to Mount Everest.

Stay overnight in Shigatse.



DAY 6: SHIGATSE (3850M) TO EVEREST BASE CAMP (5000M)

Take the most use of your time today to admire the stunning Himalayan mountain ranges!

After breakfast, you will head directly to Mount Everest.

First, you will pass Gyatsola Pass (5280m). At Gyatsola Pass viewpoint, you'll catch your first glimpse of Mount Everest. Hidden behind the mountain range, the Everest resembles a budding lotus flower, a captivating sight along the roadside.

Shortly after we enter Mount Everest National Nature Reserve, you will enjoy the panoramic view of the Himalayas at Gawula Pass (5198m). At this viewpoint, you will marvel at the majestic lineup of the five highest

peaks in the Himalayas, including Everest at the forefront. This is your second glimpse of Everest.

Then we drive along the new zigzag road to Everest Base Camp (5000m). As you get close to the base camp, the majestic Everest gradually unfolds before you, drawing nearer with each winding turn. This marks your third view of Everest.

Upon reaching Everest Base Camp, the colossal white pyramid peak of Mount Everest stands towering before you. As the day transitions to dusk, witness the golden hues of the sun casting a warm glow on Everest's northern face—your fourth view.

As night falls, the sparkling Milky Way and the snow-white peak of Mount Everest reveal your fifth and final encounter with Everest.

Stay overnight at Everest Base Camp or in the local village near EBC if the EBC tent hotels are closed during the winter season.



DAY 7: EVEREST BASE CAMP TO SAGA

In the morning, you may have the chance to see the pink sunlight casting its glow upon the summit of Mount Everest. After breakfast, visit the Rongbuk Monastery, the world's highest-altitude monastery at 5154 meters above sea level.

Then, move on to Ngari, the most mysterious region in Tibet, to visit the sacred Mount Kailash and holy Lake Manasarovar. On the way, you'll pass by Mt. Shishabangma (8027 meters), one of the world's highest mountains over 8000 meters. You can enjoy a close view of the three main peaks of Shigabangma, as well as the golden glow of Pelku Tso Lake beneath the peaks.

After crossing the grassland around Peiku Tso Lake, you'll reach Saga County, the transfer hub of western Tibet. This marks your entry into the gateway of the Mount Kailash region. The rest of the journey to Mount Kailash is at an average elevation of 4500 meters on the Ngari Plateau. If you need some essentials for your Kailash trek, you can buy them in Saga County. Stay overnight in Saga.



DAY 8: SAGA TO DARCHEN

After breakfast, you'll start your trip to the Darchen. En route, you may witness herds of yaks and sheep on the vast grasslands beneath the snow-capped mountains. Meanwhile, you'll pass by the beautiful green lake - Gongzhucuo Lake.

After passing through the Mayum La Mountain at 5211 meters, you officially enter the Ngari Region. Crossing the mountain pass feels like entering a wilderness inhabited by wild animals, with the holy Lake Manasarovar coming into view. The view of Lake Manasarovar, with Mount Kailash in the distance, often makes people feel amazed and inspired. After that, you'll continue your drive to Darchen, the little town at the foot of Mount Kailash.



DAY 9: DARCHEN TO DIRAPUK MONASTERY (TREK DAY 1: 13KM)

Start your first day of trekking along the valley at the base of Mount Kailash! Enjoy the picturesque views of its southern, southwestern, and western slopes. After breakfast, you are supposed to take an eco-bus from Darchen to Sarshung Valley, where to start today's trek around Mount Kailash.

Today's trek is relatively easy, guiding you through the valley at the foot of Mount Kailash. You can clearly see the southern and western slopes of the sacred Mount Kailash. After reaching the foot of the western slope, you will check in at the guesthouse in Dirapuk Monastery.

For the remainder of the day, follow our guide to explore the ancient Dirapuk Monastery (also known as Zhire Temple). Capture unforgettable moments in front of the sacred stupas and the grandeur of the western slope of Mount Kailash.

Weather permitting, immerse yourself in the awe-inspiring spectacle of the sunset over Mount Kailash from Dirapuk Monastery. Witness the sun's afterglow delicately illuminating the steep cliffs of the western slope as night descends. Stay overnight in the local Guesthouse.



DAY 10: DIRAPUK MONASTERY TO ZUTULPUK MONASTERY (TREK DAY 2: 24KM)

Start your day early with a 4-kilometer trek from Dirapuk Monastery to reach 5430 meters. This section offers a rapid climb with a breathtaking view of the sunrise over the northwest slope of Mount Kailash. Afterward, you'll continue another 2-kilometer trek to Dolma La Pass, the highest point at an altitude of 5630 meters. Along this path, you'll see prayer flags hanging everywhere on the pass.

(Notice: The high altitude means even in summer, the path is icy and scattered with rocks, requiring caution to prevent slipping.)

After successfully crossing Dolma La Pass, you'll be greeted by the emerald-green Lake of Compassion (also known as Guri Kund), believed to purify a lifetime of sins with a dip. You'll also witness the thick glaciers on the

northwest slope of Mount Kailash.

Following the Lake of Compassion, a gradual descent leads you to the valley beneath the southeast foot of Mount Kailash, where Zutulpuk Monastery (also known as Dzutripuk Monastery) is located. Here, you may encounter adorable wild animals and find a peaceful resting spot on the grasslands. Stay overnight in the local Guesthouse.



DAY 11: ZUTULPUK MONASTERY TO DARCHEN, (TREK DAY 3: 12KM)

In the morning, you'll trek back from Zutulpuk Monastery to Darchen, the starting point of Kailash Trek.

Later today, you will take a rest to refresh your body and mind. Stay overnight in Darchen.



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DAY 12: DARCHEN TO LAKE MANASAROVAR TO SAGA

In the morning, you are going to take a 30-kilometer drive to Lake Manasarovar. You'll approach the shores of the sacred lake to touch its holy waters. At the lakeside, you can engage in meditation, listen to the rhythmic waves of the sacred waters, or simply clean your body with the holy water, which holds significant spiritual meaning for Hindus and Buddhists.

There are also hot springs (optional) offering foot baths or soaking opportunities for visitors. If the Mount Kailash pilgrimage has left you feeling weary, consider spending a few dollars to enjoy the hot springs. After today's tour, drive to Saga, and stay overnight in Saga.



DAY 13: SAGA TO SHIGATSE

Today's highlight is to explore the snowy mountains and forests on the edge of the Himalayas. In the morning, start your journey to Shigatse from Saga. As the altitude drops, the scenery along the roadside changes from snow-capped mountains and wastelands to dense forests and canyon landscapes.

Along the way, you'll pass through traditional Tibetan villages, surrounded by dense forests, peaceful hamlets, and majestic snow-capped peaks towering above the trees. After a 450 km drive, you'll arrive in Shigatse. Spend the night there, rest up, and prepare for the exciting day ahead.



DAY 14: SHIGATSE TO LHASA VIA NYEMO

Today's main attraction is a visit to Shigatse's largest monastery, the Tashilhunpo Monastery. Later, you'll return to Lhasa along the Yarlung Tsangpo River.

In the morning, we will visit the home of Panchen Lama - Tashilhunpo Monastery. The grand and magnificent halls of the largest local monastery occupy the entire hillside. This is the spiritual home of the Tibetan people in Shigatse, housing the world's largest statue of Maitreya Buddha. Inside, you will see monks adorned with yellow hats and red robes, moving about the temple.

Next, we will return to Lhasa along the Yarlung Tsangpo River, the mother river of the Tibetan people.

Finally, you will arrive in Lhasa. Enjoy leisure time wandering freely through Barkhor Street, where you can shop for gifts to bring back home for your family.

Stay overnight in Lhasa.



DAY 15: LHASA TO KUNMING

Say goodbye to Lhasa and you'll take the flight from Lhasa to Kunming.

Please make sure to verify your departure flight details with our guide in advance. And your guide will take you to the airport and you'll take the flight from Lhasa to Kunming.

Upon arrival, head to your hotel for check-in and take some time to rest after the journey.

In the late afternoon, if time allows, visit the Kunming Museum, where you can explore its rich collection of

cultural and historical artifacts. The museum provides a fascinating glimpse into the diverse heritage of Yunnan province, showcasing everything from ancient relics to regional art.

In the evening, head to one of Kunming's bustling night markets. Wander through the lively stalls, sampling local delicacies like the famous "crossing-the-bridge noodles" and various street snacks, while enjoying the vibrant atmosphere of this energetic city.



DAY 16: KUNMING TO DHAKA

Today marks the end of your tour and you'll go back to Dhaka!

Please make sure to verify your departure flight details with our guide in advance. And your guide will take you to the airport.

Thank you for choosing Bengal Vista, and we extend a warm welcome for your return to Tibet in the future.

Price: 2190 USD (Per Pax)

- Age 1-3 Years, 30% of Base Price
- Age 4-6 Years, 50% of Base Price
- Age 7-11 Years, 70% of Base price
- Age 12-Above 100% price

Service includes

- ✓ Hotels with Bed and Breakfast (2nights in Kunming and 13 nights in Tibet side). Kora will be Guesthouse Dormbeds
- ✓ All Permits, Entrance, Eco-Bus related
- ✓ One welcome dinner in Lhasa, one Family lunch at Yamdrok lake
- ✓ English speaking guides according to group size
- ✓ Oxygen, water, accident insurance, etc.

Service excludes:

- ❖ all air tickets
- ❖ Kunming hotels, transfers guide & 2 times Dinner. (Including If you Join Our Suggested Date Group Tour)
- ❖ China visa (Including If you Join Our Suggested Date Group Tour)
- ❖ personal expense and tips for staff.
- ❖ meals not mentioned