

Destination Mt Kailash Manasarovar

MT KAILASH MANASAROVAR IS CONSIDERED AS THE HOLIEST PILGRIMAGE. MT KAILASH IS BELIEVED TO BE THE SPIRITUAL CENTRE OF THE UNIVERSE, A PILLAR OF THE WORLD AND IS LOCATED AT THE HEART OF SIX MOUNTAIN RANGES SYMBOLISING A LOTUS.



The lake is situated 4,485 meters above sea level making it the highest freshwater lake in the world. It is relatively round in shape with a circumference of about 88 km and 90 meters deep in the central part. The lake freezes in the winter, and Tibetan people cross the lake by walking across or on yak, and it melts only in spring. The four major rivers that originate near Mt Kailash are Indus, Brahmaputra, Karnali and Sutlej.

Mt Kailash, a rock pyramid 6714 meters high, situated in China-Tibet Himalayas, can be accessed from Nepal via Nepalgunj and from India via Almora, Dharchula, Gabyag and Lipu Ghat. The Indian government every year provides an opportunity to take the yatra, but that is a longer route of 30 days, via Nepal one can complete the yatra in 15 days.

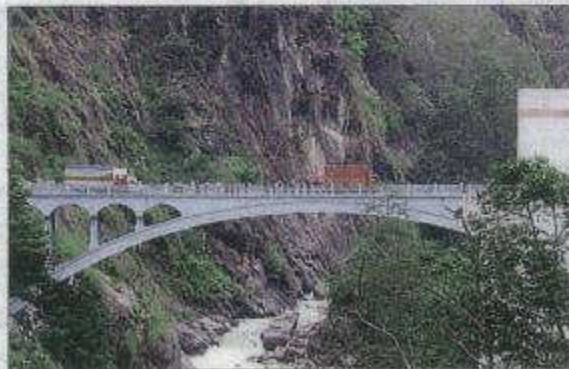
Our journey to Mt Kailash Manasarovar began with a visit to Sri Pasupatinath temple and Swayambhunath Stupa in Kathmandu. As we landed at Nepalgunj and took a bus ride to Tatopani, a Nepal border village, we then completed our immigration process at Zhangmu post and crossed over to

China on Friendship Bridge that joins Nepal and China.

Manasarovar

Our first overnight camping was at Nyalam located at 3800 meters, on complete acclimatisation, we moved

to Saga via Lalung La pass, from this pass we saw the beautiful Mt Cho-Oyu the 6th highest peak in the world. On day four we travelled to Paryang and stopped to see the breath-taking view of



Piku Tso Lake, we also crossed the Brahmaputra river known as Yarlung Tsangpo in the China-Tibet region. The next day we were all excited to reach the mesmerising Manasarovar Lake which also gives the first glimpse of Mt Kailash. A dip in the lake followed by a puja early in the morning felt like it was all that we waited for all our lives. We continued our journey and left Manasarovar Lake to reach Darchen from where we have to trek the Parikrama route.

Mt Kailash Parikrama/Kora

Parikrama is a trek around Mt Kailash; it's a distance of 52 km and starts from Darchen which is the base of Mt Kailash. We reached Tarboch flag pole, the gateway which is called the "Yam Dwar", every pilgrim passes through the

gate prying for a safe journey of Parikrama. We reached Drira-Puk, which is at 4765 meters and is situated on the banks of Lhachu river, and there we got the full view of Mt Kailash, it felt like the most beautiful view on earth. Perfectly symmetric snow clad Mt Kailash peak looks like a Swayambhu Shivlinga himself covered in ashes. We trekked the Dolma La pass which is at 5610 meters and is indeed the toughest part of Parikrama. On crossing the pass we got to see the Gaurikund, a lake of about one kilometre circumference frozen at all the times. Our next camp was at Juthul-Puk which is at 4700 meters, next day we trekked closer to Darchen and drove to Hore/Hor-Qu on the other side of Manasarovar Lake there by ending our Parikrama yatra.

—JIGNA MODH

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