

**Pilgrimage to Mt. Kailash and Central Tibet through Upper Humla with Tempa Dukte Lama  
September 21<sup>st</sup> to October 13<sup>th</sup>, 2020**

Day	PROGRAM	ALTI.	MILES / HOUR	LODGING
Day 1 - Sept 21	Arrival in <b>Kathmandu</b>	4,593'		Hotel
Day 2 – Sept 22	Heritage Sightseeing in <b>Kathmandu</b>			Hotel
Day 3 – Sept 23	Evening Flight to <b>Nepalgunj</b>	492'		Hotel
Day 4 – Sept 24	Fly to <b>Simikot</b>	9,678'		Guest house
Day 5 – Sept 25	Trek to <b>Dharapari</b>	7,448'	5.6 miles /4-5 h	Camp
Day 6 – Sept 26	Trek Dharapori to <b>Kermi</b>	8,760'	6.2 miles /5-6 h	Camp
Day 7 – Sept 27	Trek Kermi to <b>Yalbang Monastery</b>	10,039'	6.2 miles /5-6 h	Camp
Day 8 – Sept 28	Trek Yalbang to <b>Tumkot</b>	10,072'	8 miles /6 h	Camp
Day 9 – Sept 29	Trek to <b>Yari/Thado Dunga</b>	12,434'	5.6 miles /4-5 h	Camp
Day 10 – Sept 30	Trek over <b>Nara Pass (14,764')</b> to <b>Hilsa</b> then drive to <b>Purang /Taklakot</b>	12,369'	5 h trek, 45 mins drive	Hotel
Day 11 – Oct 1	Drive to <b>Manasarowar / Turgo Gompa</b>	14,862'	1 h drive	Guesthouse
Day 12 – Oct 2	Drive to <b>Guru Gyam Bon Monastery</b>	12,215'	2-3 h drive	Guesthouse
Day 13 – Oct 3	Drive to <b>Garuda Valley</b> and explore, then drive to <b>Darchen</b>	14,961'	4-5 h drive	Guesthouse
Day 14 – Oct 4	<b>Kora (circumambulation) Day 01:</b> Drive to <b>Darpoche</b> and trek to <b>Dira Phug</b>	16,398'	5-6 h drive & trek	Guesthouse
Day 15 – Oct 5	<b>Kora Day 02:</b> Trek to <b>Zutrul Phug</b> via <b>Dolma La Pass (18,471')</b>	18,471'	11.8 miles /8-9 h	Guesthouse
Day 16 – Oct 6	<b>Kora Day 03:</b> Trek to <b>Zongdue (3.7 miles /2 h)</b> then drive to <b>Saga</b>	14,764'	5-6 h drive	Guesthouse
Day 17 – Oct 7	Drive to <b>Shigatse</b> and visit Tashi Lunpo Monastery	17,060'	6-7 h drive	Guesthouse
Day 18 – Oct 8	Drive to <b>Yungdrung Ling</b> , visit Yungdrung Ling and Menri Monastery	12,467'	7-8 h drive	Hotel
Day 19 – Oct 9	Drive to <b>Lhasa</b> via Gyantse and Yamdrok Lake, visit Kumbum & Palcho Monastery	11,975'	6-7 h drive	Hotel
Day 20 – Oct 10	Sightseeing in <b>Lhasa</b> : Potala Palace, Jokhang Temple and Barkhor Street	11,975'		Hotel
Day 21 – Oct 11	Sightseeing in <b>Lhasa</b> : Drepung, Sera Monastery and Norbulinkha Palace	11,975'		Hotel
Day 22 – Oct 12	Fly to <b>Kathmandu</b>	11,716'		Hotel
Day 23 – Oct 13	Fly Home			