



Lemurian Reactivation Journey to Tibet, August 5-21, 2010

Dear Ones,

Here is the detailed program if you feel to know more about the next Worldwide Lemurian Reactivation Ceremony. This intense 16 days long adventure will take us to the Heart of Tibet. It is a very powerful journey energetically rather than physically. No difficult trekking included. The program below is a route description. Meditations and reactivation ceremonies will build up the energy all the way long for the Worldwide Lemurian Reactivation event at Mt Kailash and Lake Mansarovar.

If your heart wants to know more or feel the call to join us please write to lemurianawakeninginfo@gmail.com

Namaste,
Kata

KAILASH MANSAROVAR YATRA 2010 Itinerary via Lhasa (without Parikrama)

Day 01: Kathmandu (1300m). Arrival and transfer to hotel. If time permits we will visit Pashupatinath for Arati between 5.00: to 7:30pm. Dinner & overnight at hotel in Katmandu.

Day 02: Kathmandu. Breakfast, guided tour of Pashupatinath temple, Budhanilkantha, & Swayambhunath Stupa till time permit. Back to hotel for lunch. Afternoon: final preparation. Personal gear and equipment to be checked & if anyone need to buy or rent can be assisted. Overnight at hotel in Kathmandu.

Day 03: Kathmandu - Lhasa (3650m / 01 hr flight).

Early breakfast. Transfer to airport to connect Lhasa by China Air. The flight to Lhasa takes approx an hour and passes through the high mountains. On a clear day Mt. Everest, Gauri Shankar and other peaks can be viewed.

Arrive at Gonggar Airport in Lhasa, the capital city of Tibet that was ruled by His Holy

Highest Dalai Lama. It is the religious, cultural and economic center of Tibet. Airport to hotel takes about one hour drive. Rest at the hotel in the afternoon to acclimatize. Evening, walk around the city. Overnight at hotel in Lhasa.

Day 04: Lhasa (3650m).

Full day sight seeing of Lhasa city covering the famous Potala Palace of Dalai Lama, Norbulingka Palace – summer palace of Dalai Lama, Shera Monastery & Drepung Monastery till time permits. Overnight at hotel in Lhasa.



Day 05: Lhasa – Xigatse (3840m / 250km).

Early breakfast, and drive for a small city Xigatse / Shigatse. It is the second largest city in Tibet Autonomous Region with a population of 80,000 at southwest of Lhasa at the confluence of Brahmaputra and Nianchuhe rivers was the ancient capital of U-Tsang province. Visit Shigatse Monastery from outside only as not allowed inside for visitors. Overnight at lodge / hotel in Xigatse.



Day 06: Xigatse – Lhatse (4050m / 180km).

The road to Lhatse is good like any of the highway. It is one of the recent developments in Tibet that connects to Nepal & Kailash. The drive will offer a scenic view as well as an experience of ancient Tibetan culture. In Lhatse, there are few guest houses with basic facilities. Food may not permitted from outside and must take from their restaurant on own. Overnight at lodge / hotel in Lhatse.

Day 07: Lhatse – Saga (4600m / 300km). Early breakfast & drive towards Saga. The roads are not like the one from Lhasa to Lhatse but the stunning views of the Himalayas and in particular Shisha Pangma (8012m) make up for the rough travel. Most of the road construction is still on progress. By late afternoon we will cross the Bhramaputra River and a quick drive will bring us to Saga – a small town. Overnight at lodge / camp in Saga.



Day 08: Saga – Paryang (4800m / 255 km)

Our jeeps and trucks roll through the gigantic valleys following the various rivers & streams through the grazing lands of yaks and sheep & crossing a small village Dongba (145km). Paryang is next town 110 km from Dongba. The landscape is highlighted by snow capped peaks rising out of the distant sand dunes. Depending on the season, many Tibetan nomads and traders in traditional dress will inhabit at this area. Overnight at lodge / camp in Paryang.

Day 09: Paryang - Lake Mansarovar (4500m / 300km).

After breakfast, drive towards Lake Mansarovar passing through many diversions of rough roads, green pastures, huge valleys with yak herders, nomadic camp & local settlements before crossing the Sang Sang river (47km) western Paryang. After crossing Mayum La pass (5216m) descend to a grassy plain valley of Kirkey Tso Lake, where herds of wild ass called Kyang can be seen. Further drive takes to the open plateau from where gives way to the first sight of holy Mt. Kailash & Lake Mansarovar. Overnight at guest house in Hor Chu around Lake Mansarovar.



Day 10: Mansarovar – Chu Gompa (4500m / 104 km).

This day offers a wonderful opportunity for holy bath, Puja and Parikrama of Lake Mansarovar by drive, viewing Mt. Gurla Mandhata (7728m) & Rakshas Tal at the left to the South & Mt. Kailash & Lake Mansarovar at the right to the North reaches Chu Gompa. One can hike to Chu Gompa or visit Hot water spring spot.

Lake Mansarovar is regarded as the most holiest lake of Tibet. According to Hindu and Buddhist cosmology the four great rivers of the Indian sub-continent, the Bramhaputra, Sutlej, Ganges, and Indus all arise from this lake & its surrounding glaciers. It is said that Lord Vishnu floated in it for an eternity, dreaming, until the life force stirred, and out of the water's infinite potential sprang forth all of creation. Overnight at guest house at the bank of Lake Mansarovar in Chu Gompa.

Day 11: Extra night stay around Mansarovar / Chu Gompa / Darchen. To visit monasteries.

Day 12: Chu Gompa – Darchen / Tarchen (4600m / 60km).

Tarchen is the base camp for all Yatri preparing for the Parikrama of Mt Kailash from where Yak & Yak men collected. Drive up to Tarboche (Yamdwar) foothill 4 km for the close up view of Mt. Kailash who do not go for Parikrama trek & walk up to the top of the ridge which takes an hour from where can have a fine views of the mountain, Lake Mansarovar, and Rakshas Tal. Tarboche flagpole is the site of annual Saga Dawa Festival celebration. The flagpole is raised every year on the full moon day in May to commemorate the anniversary of Lord Buddha's birth, enlightenment and death. Overnight at guest house in Darchen.



Day 13: Darchen – Dongba (4500m / 460 km).

Today, return from Darchen via Lake Mansarovar to Dongba. Overnight at lodge in Dongba.

Day 14: Dongba – Nyalam (3750m / 388km).

Drive back crossing the bridge of Yarlung Zangpo (Bhramaputra River) the drive continues the plain and couple of high passes witnessing spectacular view of Himalayas in the backdrop. Overnight at lodge in Nyalam.

Day 15: Nyalam-Zhangmu-Kathmandu (1300m / 150km). After immigration formalities in Zhangmu drive towards Friendship Bridge (Nepal/China border). Crossing the border at Kodari, board at Nepal vehicle to proceed Kathmandu 120km. Over night at hotel in Kathmandu.

Day 16: After breakfast, transfer to airport to connect flight to home.

END OF TOUR

Tour Cost per person: 3,999USD per person based in three Toyota Land-cruisers.
The cost is based on minimum 12 pax

Cost includes:

3 nights accommodation in Kathmandu at Deluxe hotel with breakfast.

4 nights accommodation in Standard hotel in Lhasa / Gangtey or Shigatse with breakfast & sightseeing.

8 nights accommodation en-route Kailash (inside Tibet) and vise-versa at best available lodges/guest houses/camps on full board.

Both ways Kathmandu airport transfer.

One way airfare for Kathmandu/Lhasa by China Air with both way airport transfer.

Half day tour of Pashupatinah, Budhanilkantha or Swayambhunath in Kathmandu.

Nepal transportation by non a/c Coaster.

Tibet transportation by Toyota Land Cruiser 4500 series (4 person in 01 vehicle)

Meals during Kailash tour (breakfast / pack lunch / dinner) strictly vegetarian.

Warm water for face & hand wash.

Mineral water, Tea, Coffee, Juice, fruits during the trip in Kailash.
Sleeping, Dining, Kitchen, Toilet tents & camping gears.
Supporting truck to carry luggage, food stuff and equipments.
English speaking Tibetan guide in Tibet + One Nepali Team Leader from Kathmandu to Mansarovar & return.
Gamow bag, first aid kit, & oxygen cylinder with mask for emergency use.
Kailash Mansarovar permit, Tibet/China VISA Fee.
Applicable hotel taxes.
(from Saga onwards, our crew with logistic support, camping gears, cook, Nepali team leader, will join by road for Kailash Mansarovar tour & return to Kathmandu, Nepal all together).

Cost does not includes:

Int's Airfare other than mentioned above, airport taxes, all kinds of travel & medical insurance, evacuation cost in case of emergency, Pooja Samagri and Havan Kunds etc. Camera fees for carrying them in the monasteries (charges are hefty). Any extra expenses due to road blockage, political disturbances, terrorist acts, natural calamities like landslides, flood, flight delay, expenses of personal nature, telephone calls, tips etc & not mentioned in "Cost include" title.