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| **Nomber of Day** | **Activities** | **Elevation and Hours to walk** |
| Day 1 | Arrival day in Kathmandu and rest | Drive from airport to Hotel. |
| Day 2 | Permit and trip permit preparation day , | Site sings some important place. |
| Day 3 | Evening flight to Neplajung , stay over night in Hotel Sidhartha. | 50 minute Flight  250m 825feets |
| Day 4 | Fly to Simikot (Humla) after lunch start trek to Thayab, | 45 minutes flight and 3 hrs walk .  3300m |
| Day 5 | Trek to Kermi through kshatri settlement as well as river bank of longest river of Nepal,Karnali river. We have lots of up and down hill and rocky trails. | 6/7 hrs walk and 3200m |
| Day 6 | Trek to Yalbang Monastery, beautiful day walk also view of Mt Shaipal, Highest mountain in west Nepal. | 6/7 hrs walk,  3300m hight. |
| Day 7 | Trek to Tumkot Khola , this day we will walk mostly with Karnali River, right and left site. Another great day. | 6/7 hrs walk and 3400m |
| Day 8 | Trek to Thado Dunga , we will be above tree line we will walk mostly up hill. | 6/7 hrs walk  4000m |
| Day 9 | Trek over the high pass Nara la 4500m and cross the border and first night in Tibet little town call Purang. 30k drive. | 6/7 hrs walk and 1hrs drive . 3440m |
| Day 10 | Drive to holy lake Manasarover 80k and camp near the Lake also view of Mt kailash and Mt Gurlamandata. | 3/4 hrs drive,  4330m |
| Day 11 | Explore day around lake and visit Gusul and Chieu Moanastery. | Full day |
| Day 12 | Drive to base Of Kailash ( Darchen) and strat circumambulation of Mt Kailash. Over night in Dira Phuk, we skip to stay in Darchen because its not nice to stay very newly settling | 4800m 6/7 hrs walk |
| Day 13 | Big day, quite a climb most holy site of Mt Kailash, Dolma La(Tara pass) camp in other site of valley. | 7/8hrs 7/8 hrs walk. |
| Day 14 | Trek half to complete the circumambulation and drive to Tritha Puri. Another holi site of Tibet, | 3hrs walk and 2hrs drive. |
| Day 15 | Drive to Zanda valley to see most spectacular land Scape and art. | 6/7 hrs drive. |
| Day 16 | Site sing Tsaparng castle and Thuling monastery. | Full day |
| Day 17 | Drive long way back to Manasrover. | 7/8 hrs |
| Day 18 | Drive to Saga. 6/7 hrs 500k | 4/5 hrs  4300m |
| Day 19 | Drive to Kerung 260,k visit most Ruined monastery. | .4/5 hrs drive 3400m |
| Day 20 | Early morning drive to Kerung border and exit the Tibet and further drive to Kathmandu. | 7/8 |
| Day 21 | Free day in Kathmandu | Full day |
| Day 22 | Fly back to home. |  |

**Trip cost included**

1 Air fair Kathmandu to Nepaljung and to simikot ,

2 permit and porters insurance, chinese visa and trip alien permit.

3 Salary of guide and all the local transportation and staffs.

4 pick up from Tibatan border to kathmanadu .

5 Two night hotel in Kathmandu.

6 Transportation and all the entrance fee in Tibet.

7 Three times meal and tea coffee during the trip.

8 All the equipment like tent, kitchen stuff, gas and stoves etc.

**Cost excluded**

1 International air ticket and client insurance.

2 Tips and souvenir.

3 Drinks and Beverage.

4 Any kind personal wants .

Group of 5 pax

**Per person 3300$**