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# KAILASH MANSAROVAR YATRA With Muktinath

*13 nights / 14 days by helicopter*

**“A spiritual journey to find yourself”**





**Kailash Manasarovar Yatra**

*A spiritual journey to find yourself*



## ABOUT KAILASH YATRA

The journey to Mt. Kailash is an important spiritual journey for millions of Hindus & Buddhists, in addition to Jains and also to the Bonpo. It is divinely said that one circuit of the sacred Mt. Kailash (54 km/32-mile) is enough to wipe out all the sins of a lifetime. However, eliminating all the sins of your lifetime is only part of the task; the major purification requires that you also do 108 revolutions. Bathing in the icy cold sapphire waters of Lake Manasarovar at the mountain's base is also truly believed to remove the sins of innumerable lifetimes..doing this holy pilgrimage could change the course of your life forever!!!

## YATRA SCHEDULE: 13 NTS / 14 DAYS (By Helicopter with Muktinath)

### DAY 01: DRIVE TO POKHARA VIA MANOKAMANA ANA DEVI TEMPLE 200KM

Upon arrival at Kathmandu International Airport meet our company's representative and get transfer to your pre-booked hotel. Rest of the day at leisure you can explore the local market over there - overnight at hotel.

### DAY 02: DRIVE TO POKHARA VIA MANOKAMANA ANA DEVI TEMPLE 200KM

Today morning after breakfast take a drive to Pokhara via Manokamana Devi temple - visit temple by cable car ride – really its wonder full and exciting cable car ride – reach pokhara evening - overnight

### DAY 03: FLY TO JOM SOM AND DRIVE TO MUKTINATH

Morning – transfer to Pokhara airport and flight to Jomsom - 30minutes flight – reach Jomsom – some time walk get jeep stand drive to Muktinath temple 2HRS- Holy Snnan and Darshan temple Pooja back to Jomsom overnight

### DAY 04: FLY BACK TO POKHARA AND POKHARA CITY TOUR

After breakfast fly back to Pokhara pick form Airport transfer to hotel and day city tour at Pokhara, overnight stay.

### DAY 05: DRIVE TO KATHMANDU TO JOIN YOUR GROUP TO MOUNT KAILASH

**Kailash Yatra Booking Office in India**

**MAX HOLIDAYS INDIA PVT. LTD.** 809, IITL Twin Towers B09, Netaji Subhash Place, Pitam Pura, New Delhi 110034 (India)

Phone: ++91 11 40504060, Fax: ++91 11 40504000, Email: [kmybookings@gmail.com](mailto:kmybookings@gmail.com), Web: [www.kailash-yatra.org](http://www.kailash-yatra.org)



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After breakfast drive to Kathmandu. Upon arrival check into your hotel after some refreshment, rest of the day at leisure for independent activities, you can explore the local market for the mean time but, do not forget to attend short briefing at 1900 hrs in your hotel. Dinner and stay overnight in the hotel at Kathmandu.

#### **DAY 06: KATHMANDU CITY TOUR AND FLY TO NEPALGUNJ- 1 HR. 30 MINUTES FLIGHT**

After breakfast in the hotel, start exploring the capital of Nepal “Kathmandu” a half day sightseeing tour of Kathmandu city included Pashupatinath Temple and Boudhnath Stupa.

Later in the afternoon have lunch into your hotel and then get departure transfer to the domestic airport of Kathmandu to board you flight towards Nepal Gunj.

Upon arrival in Nepal Gunj get transfer to the hotel / guest house. Check into your hotel for dinner and overnight stay.

#### **DAY 07: FLY TO HILSA VIA SIMIKOT (2950 M ) AND DRIVE TO TAKLAKOT (3700 M )**

After breakfast board your chartered helicopter towards Hilsa via Simikot. Upon arrival in Hilsa helipad get transfer to Taklakot. En- route complete the custom formalities and start drive towards Taklakot. Have first dinner at the Tibetan land and stay overnight in the hotel / guest at Taklakot.

#### **DAY 08: ACCLIMATIZATION AT TAKLAKOT (PURANG)**

Today after breakfast our team and passengers may organize a short trip around Takalakov for acclimatization to face the difficulties of Tibet’s climate because at this altitude every cell in the human body needs a constant supply of oxygen to survive. Let’s warm up your body to adjust with Tibetan climate. Later return to hotel / guest house for overnight stay.

#### **DAY 09: DRIVE TO MANASAROVAR (4560 M )**

The day we’ve been waiting for, today you will get the first “darshan” of holy lake Manasarovar and the Mount Kailash. After breakfast start drive towards Lake Manasarovar en-route we will complete Lake Manasarovar parikrama approx 70% and rest will be complete when you return from Kailash Trek. Upon arrival check into your hotel / guest house for overnight stay.

#### **DAY 10: DRIVE TO YAMADWAR AND START PARIKRAMA**

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Wake up early as per today's schedule, have breakfast. Later drive to Yam Dwari from where you will start your trekking towards Dirapuk. All pilgrims have opportunity to pass through Yama Dwar before trek commence. Also, the members who are not going for parikrama will return from Yama Dwar after very close darshan of Mt. Kailash from this point and get back to Darchen waiting for parikrama group.

For those who wanted to explore the land of kailashpati Maharaj will start trekking ahead through horse or by foot. Today's trek is flat and gradual ascend along through the bank of Glacier River so it will be pretty easy to reach Diraphuk.

Our officers make all required arrangements for stay. After first trek reach Dirapuk and have dinner, stay overnight in guest at Dirapuk.

#### **DAY 11: PARIKRAM A TO ZUTULPHUK VIA GAURI KUNDA**

Wake up early in the morning have quick and light breakfast and start towards Zuthulphuk. Today on the way at Dolmala pass (5600 m.) at this point blood oxygen levels fall in some of travellers. You don't worry about it, we have trained medical assistance to face this kind of problems.

Continue trek downwards Zuthulphuk via Gaurikund. Reach at the destination take your seats for dinner, thereafter go to warm bed for overnight stay in guesthouse.

#### **DAY 12: LAST DAY OF PARIKRAM A NEAR DARCHEN AND DRIVE BACK TO TAKLAKOT**

Today is the last day of our trekking, after breakfast lets trek up to where the road is accessible and drive to Darchen, have lunch and board the vehicle with the other group members staying at Darchen. Thereafter drive towards Taklakot by completing the remaining course (approx. 30%) of parikrama of Lake Manasarovar. Reach at destination have dinner and stay overnight in the guest house / hotel.

#### **DAY 13: DRIVE TO HILSA AND FLY TO KATHMANDU**

Today after breakfast drive to Hilsa to board your chartered helicopter and fly back to Simikot – Nepal Gunj –Kathmandu. Rest of the day at leisure for individual activities, have dinner and stay overnight at hotel.

#### **DAY 14: DEPARTURE FROM KATHMANDU**

After breakfast get departure transfer according to your flight schedule to board your onward flight with life time memories of a spiritual journey to within.

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## KAILASH YATRA PACKAGE COST BY HELICOPTER

Nationality ▼	Yatra Cost by Helicopter ▼	Muktinath Package cost ▼
For Indian Passport Holders	INR 1,65,000 per person	INR 36,000 per person
For NRI and foreigners	USD 3450 per person	USD 750 per person
For US passport holders	USD 3850 + 150 per person	USD 750 per person

**Note:** Additional USD 300 per person will be applicable if the Chinese government applies the rule of 17 tourists per group in Tibet side.

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## WHAT IS INCLUDED IN OUR PACKAGE?

- Arrival/ departure transfers from airport to hotel in Kathmandu and Nepalgunj.
- 2 Nights decent 5\* hotel in Kathmandu with all veg meals
- 1 night in Nepalgunj with all veg. meals
- Half day city tour of Kathmandu covering Pashupatinath, etc
- Kathmandu/ Nepalgunj/ Simikot both way air fare by regular flight.
- Both way Helicopter from Simikot/ Hilsa (Kailash Border but in Nepal).
- Accommodation in hotel/ guest house during Kailash Yatra with all Veg. meals.
- A/ C coach/ 4W Japanese land cruiser, supporting truck for luggage from Kodari.
- Nepali Team leader and supporting team as per Chinese rules and regulations.
- English speaking Tibetan and Nepali guides.
- Chinese visa.
- Permit fee of Nepali staff & Client.
- Humla Restriction fee.
- Sleeping mat, Jacket and Sleeping Bag while on Kailash Tour.
- Free Duffel Bag.
- Yak for Kailash Parikrama for luggage only.
- Gamow bag, oxygen cylinder.
- A/ c transportation for Muktinath trip
- Return flights to Jomsom

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## WHAT IS NOT INCLUDED?

- Air ticket from Home-Kathmandu-Home
- Extra cost for additional stay/accommodation
- Food & transport in the any delay due to weather or unforeseen reason
- Evacuation cost
- Travel insurance & expenses of personal nature etc.
- Entrances & cable car ride tickets in Muktinath trip
- Any other expenses not mentioned in “WHAT IS INCLUDED IN OUR PACKAGE?”

## How to book?

(Cash / Cheques / Demand Drafts / NEFT / RTGS)

**Name & Branch of the bank Axis Bank Ltd. Pitam Pura, Delhi**

Swift Code	<b>AXISINBB040</b>
Beneficiary Name	<b>M AX HOLIDAYS INDIA PVT. LTD.</b>
Beneficiary A/c No	<b>040010200031107</b>
Address of the Branch	Pitampura, New Delhi 110088
IFSC code	UTIB0000040

**Or**

**Name & Branch of the bank Andhra Bank Prashant Vihar, Delhi**

Name & Branch of the bank	<b>Andhra Bank</b>
Beneficiary Name	<b>MAX HOLIDAYS INDIA PVT LTD</b>
Beneficiary A/c No	<b>117311100004827</b>
Address of the Branch	Prashant Vihar, New Delhi 110085
IFSC code	ANDB0001173

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## USEFUL FACTS FOR KAILASH TRIP:

<b>KAILASH LOCATION</b>	Western Tibet
<b>ALTITUDE</b>	Kailash peak (6714m) above the Sea level
<b>BASE CAMP</b>	Darchen (4800m) above Sea level.
<b>CLIMATE</b>	Unpredictable Max 20 degree C to Min. -16 degree Celsius
<b>BELIEFS</b>	Hindu, Buddhist, Jain, Bon-Po (all AUM followers)
<b>SEASON</b>	Late April to Early November.
<b>PARIKRAMA OF KAILASH</b>	52 Km. {three days} - 42 Km. only by walk
<b>ALTITUDE OF MANASAROVAR</b>	4550m. above Sea level
<b>PARIKRAMA OF MANASAROVAR</b>	102 Km. (3-4 hrs by Bus / Jeep )
<b>KILOMETER FROM KTM</b>	817 one way including 52 Km round of Mt. Kailash and excluding 110 km to boarder
<b>TOTAL JOURNEY</b>	From Nepal to Nepal is 13 nights to 14 days normally and changes as per program itineraries
<b>CLOTHING</b>	Heavy woolen and clothing meant for mountaineering
<b>STANDARD TIME</b>	Tibet is 2:15 hours ahead than Nepal's time
<b>CURRENCY:</b>	The unit of currency is the Yuan. A dollar equivalent 7.00 Yuan approximately





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## KAILASH YATRA FACTS:

**Trip length:** 11 Days // **Grade:** Moderate to fairly challenging

**(Wonderful religious outing in the wild)**

**Starts in:** Kathmandu // **Ends in:** Kathmandu // **Accommodation:** Deluxe

**Transportation:** Helicopter and Landcruiser Jeep

**Meals:** Veg Breakfast, lunch and dinner during the trip// **Maximum altitude:** 5630m

## GENERAL INFORMATION FOR TRAVELERS

**Temperature and Weather:** Weather condition from June to September in TIBET, can be expected to be dry and sunny, with precipitation in July and August day time temperature can be as high as 22 degrees centigrade in Tibet the average daily temperature will be 10 degree centigrade, however, the intense sun at high altitude can bake it feel even hotter. At this time of year there is an incredible drop in temperature from early afternoon to evening time; temperature at Night time will drop as low as 0 to -10 degrees centigrade at altitudes of 5000 meters, our highest camp during the Parikarma.

**Health Considerations:** All participants must provide health certificate given by a reputed doctor confirming that the participant is fit to travel in altitude of 5700 M. We ask you to bring along your own small first aid kit (available at Pharmacies), some of the items we ask you to bring in the kit are antiseptic cream or wound disinfectant iodine, tube-squeeze cream, foot care and blister treatment ointments, band-aids, adhesive roll & strips, gauze pads, moleskin, (please bring trusted comfortable walking boots), gauze pads, gauze rolls, adhesive tapes, ace bandage for the ankle, elastic bandage rolls, water disinfectant tablets,

**Antibiotics:** (Triethoprim / Sulfamethoxazole - Bactrim DS or Septra (DS-Double strength/ 160mg 800mgs)

**Antidiarrheals:** Lomotil & Pepto - Bismol tablets and make sure you bring Charcoal tablets.

Please see your doctor for more advice concerning antibiotics & antidiarrheals

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**Anti: Inflammatory:** Advil, Rufen or Mortin. Aspirin / Tylenol or general painkillers, strong sunscreen oil, skin antibiotic cream, antifungal ointment, lozenges, Strepsils, small scissors & knife, waterproof matches safety pins, thermometer, lighter, dehydration salt packets, foot powder and cream, heat balm for muscles & joints, Vicks etc.

**Fitness:** Please start to get in shape now! Good 30 minute walk, jogging daily, stretching and regular exercise should put you in the right shape (concentrate on your heart & legs- Aerobics), Porters will be carrying the bulk of your equipment, but it is recommended that you bring a good day pack and are fit enough to carry shacks, filled water bottle/ Canteen food. Snacks, camera, film, map, jumper, sun hit, first aid kit, light weight, rain gear, extra clothes etc.

**Altitude Sickness:** As you are traveling over high terrain, you are likely to experience symptoms and discomfort of altitude sickness (headache, loss of appetite, nausea, exhaustion, sleeplessness, breathlessness etc.) until your body adjusts to the elevation. This can take a couple of days or more depending on an individual. For this reason alone, we have made it mandatory to stay 2 nights at Nyelam (12000ft) and a night in Smikot those who take journey of Helicopter before moving on to the higher altitudes. Drink plenty of water, be calm, and do not exercise. Do not drink alcohol or smoke prior to and during the tour. We also recommend you carry a strip of diamox tablets. Do consult your physician on the dosage. We provide Gamow bag (a special equipment to prevent sickness from high altitude) on this tour.

**Responsibility:** All arrangements within Tibet are solely at the discretion of the China Tibet Tourism Bureau (CTTB) a Government Organization, and we have no control over the quality of the vehicles or the facilities. Max Holidays India Pvt. Ltd. reserve the right to change itineraries without advance notice, depending on the weather and road condition and China Tibet Tourism Bureau (CTTB) reserve right to change itineraries without advance notice, depending upon any various diseases characterized by a high fever or any other strike in China.

**Currency:** All Major Foreign currencies and TCS are accepted in Zhangmu Bank in return for Yuen. The basic unit of Chinese Currency, Yean equal Rs 9, Jiao and 1 Jiao equal 10 Fen, at Present US\$1=8 Yean (Approx), Credit card not accepted. 1 yean=INR 7/- (Approx).

**Staff:** Our highly experienced Sherpa staff will be responsibility for all camping & cooking arrangements.

**Guide / Escort:** Local English speaking guide will escort the group throughout the tour in Tibet.

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**Oxygen:** One oxygen cylinder with will be provided in each vehicle and during the PARIKARMA. Please note that Oxygen is to be used only in case of emergency.

**Custom Formalities:** Valuable goods taken for personal use (radio & video cameras etc) should be declared at customs office by completing a customs declaration from and brought back on return journey. Antiques must be properly certified, otherwise they may be confiscated.

**Transportation:** Kathmandu to Kodari Private Minibus will be provided for the group. Border crossing from Kodari to Zhangmu (Tibet) will be on trucks, approximately 30 min. ride. Throughout the journey in Tibet you will be traveling in 4500 Land cruiser or 62 model Land cruiser. Trucks will be provided for luggage and all camping equipment and food supplies.

**Briefing and orientation:** There will be a briefing on the programme on next day of your arrival in Kathmandu. It's very important that all participants attend this briefing.

**Accommodation:** Accommodations in all palaces are Lodge, but during to time of PARIKARMA and stay at Mansarovar over Night will be in tent. The rooms at these places are very basic without any modern facilities. You will be required to bring sufficient supplementary food like chocolates, biscuits, nuts, pickles, bhujias, swahilies and your favorite tinned products to add variety to the meals. Lunch will be packed of light snacks.

**VISAS and Documentation:** You must be in possession of valid passport for at least 6 months. We will obtain your VISA for Tibet and will require the following information, when making your reservation. Full name as it appears in your passport, passport number, date of expiry, place of issue, nationality, date of birth and occupation, Two passport size photographs are also required. Additionally, you must allow a minimum of 10 full working days in Kathmandu for the visa. Getting a visa for Tibet on the Indian passport is guaranteed once the tour is booked. Your passports should reach us not later than 20 days prior to your departure.

Your Passport in case of delay receive with us, you have to additional pay \$43 per person for emergency VISA, here we would like request you resume your passport before 20 days of Departure.



**Photography:** Still cameras, home video cameras, are allowed to in China, but beware, please don't take photos, video Chinese Government area, like Army camp, Chinese Govt. home etc.

**Insurance:** We recommend that you insure yourself against sickness, EMERGENCY rescue, accident hospitalization, cancellation etc. As we accept no responsibility for damages or expenses which may arise from mishaps to persons of their belongings during those pilgrimages.

**Communication:** There are must of overnight stay area have communication connection. However! Please be informed that is may be difficult at times to get the connection. If any urgent messages have to be send to any of the participants, please contact us at our Kathmandu head office address.

**Clothing:** Clothing's for both extremes of climate and temperature. While driving to Kailash, it will be warm inside the vehicle and light clothing will be required, but as soon as you step out of the vehicle, warm clothing's will be required to keep off the cold winds of the Tibetan Plateau. Evening will be generally cold and warm clothing will be required we recommend that you bring along the following clothing and accessories with you - Down Jacket (can be rented in Kathmandu @ approx INR 30 per Day), warm thin pullover, warm thick pullover, warm pants, light loose cotton pants, warm windproof jacket, cotton sleeve T-shirts, thermal underpants, thermal vests full, rain coat with hood/ Poncho (should be roomy), ankle high walking boots, extra shoe laces, light tennis shoes & light rubber sandal, warm woolen socks, light cotton or silk scarf, warm gloves, soft paper tissues and handkerchief, monkey cap and sun hat, towels (big/ small), washing kit

**What to take:** Winter wear: Gore-Tex material, though expensive, is highly recommended. Down jacket, raincoat or windbreakers, thermal under wears, Jackets, warm trousers & woolen shirts (cotton will also do), warm sweaters, woolen gloves, sun hat, comfortable shoes, light leather boots in case of snow, woolen balaclava ('monkey cap') & scarf/dust mask to protect your eyes & nose from dust.

**Bring with you:** Snacks along the way. Chocolates, dry fruit, toffees, glucose; 'namkeen' etc. Strong water bottle & water purifying tablets. Personal medical kit and Diamox tablet (for high altitude). Sun glasses (to protect your eyes from UV, which is especially strong in high altitudes). Sun block or sun screen lotion, wet tissues (Fresh-ones are excellent to wipe off the dust), clothes-line/ clips, needle & thread, deo-





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spray (handy for smelly boots/feet and for a round of spray in the toilet tent!), toilet paper, torch & spare batteries, daypack (small shoulder bag), Camera & films, Binocular.

**Risks & Liability:** Max Holidays and its associates will put every effort to make your journey smooth and pleasant. However, all the tours in Tibet are conducted strictly under the rules & regulation of Tibet Tourism Bureau (TTB). Therefore, Max Holidays and its counterpart shall not be responsible for any change and alteration in the program due to unavoidable circumstances such as landslide, road blockage, flood, snow, political unrest, and cancellation of flight, delay arrival, sickness or accidents. Any extra cost incurred thereof shall be borne by the clients on the spot.

## YATRA BOOKING TERMS & CONDITIONS

*(please also refer to terms & conditions mentioned at [www.kailash-yatra.org](http://www.kailash-yatra.org))*

### A code for travel in the remote Himalaya

We would like to inform you that the trip you are taking now is a pure Himalayan Travel Journey, a Tirtha Yatra in essence. As you are aware, many of the areas in which we operate and travel are remote and under developed regions of the country, hence the conditions are less predictable and un-expected is the norm. Despite all of our logistical planning and organization, Mt. Kailash Travel can never be taken for granted like a normal holiday in your home country. Many of the places, which we visit, do not even have any facility of emergency health services.

Road conditions are below any international standards and travel can be uncomfortable and occasionally a vehicle may break down. Hotels & guest houses will be pretty much basic. If you think that you are not prepared to endure this nature of Himalayan Travel Experience, we request you to consider all these factors at the time of finalizing your trip to avoid any disappointments later.

Changing Himalayan weather patterns can also dictate that itinerary be changed from time to time. Delay in Yaks arrival, landslides on the way, strikes or political movements could also affect the original itinerary. The tour leader who is traveling with you will do everything in his capacity to ensure best possible service and minimize inconvenience of any nature. With all the above mentioned pre information, we hope that you have been fully clarified the game of this Himalayan Mt. Kailash Travel.

## TRAVEL INSURANCE:

We suggest that you take a comprehensive insurance policy to cover the risk of emergency during the Kailash travel.

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## PAYMENTS :

Rs. 50,000 OR USD 1000 per head advance at the time of submitting documents for booking. Balance payments 45 days prior to tour departure date, 100% of the total cost should reach Max Holidays India Pvt. Ltd account by Wire/NEFT transfer or cheque deposit along with passport of the Yatri.

**Remarks :** All information provided above are tentative and subject to change without notice. Max Holidays India Pvt. Ltd. or its management, staff, representative do not guarantee for accuracy of the above. Mt. Kailash Yatra is one of the most difficult treks organized under high challenges, hence the company and its representatives reserves the right to modify or cancel any part of the journey/information based on the conditions and circumstances beyond our control. No refund or claim for any modified or cancelled service will be offered.

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