



KAILASH MANASAROVAR YATRA

VIA LHASA

April – October 2016

18 Days / 17 Nights trip





KAILASH MANASAROVAR YATRA

a spiritual journey to within

Enquiry : +91 8800750030
Office : +91 11 40504060
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Website : www.kailash-yatra.org

About Kailash Manasarovar Yatra

The journey to holy Mt. Kailash and Lake Manasarovar is an important spiritual journey for the followers of Hindu, Jain, Buddhism and Bonpo followers. It is divinely said that bathing in the icy cold sapphire waters of Lake Manasarovar at the mountain's base and a dip in holy water of Lake Manasarovar and one circuit (circumambulation) of the sacred Mt. Kailash (54 km/32-mile) is enough to wipe out all the sins of innumerable lifetime....doing this holy pilgrimage could change the course of your life forever! Known as the mother of all holy places the Mt. Kailash Yatra is considered to be one of the most difficult treks in Asia. With our professional staff and excellent support from associate offices in Nepal and Tibet we are successfully operating this yatra for many years. We specialise in Kailash Yatra by road, Kailash Yatra by Helicopter, Kailash Inner Kora, Kailash Yatra via Lhasa, Astpad and Muktinath Darshan tours.

» Mt. Kailash and Lake Manasarovar Yatra via Lhasa

One of the most easiest and simpler way to reach Kailash Mansarovar Lhasa offers an exclusive and luxurious mean to complete Manasarovar Yatra. Flying over the Mount Everest and reaching Lhasa and afterward carrying the trip from metallic road till reaching the Manasarovar while enjoying the sightseeing beautiful views and sites of Tibet

» Where is Mt. Kailash and Lake Manasarovar?

Mount Kailash is a peak in the Gangdisê Mountains, which forms part of the Transhimalaya in Tibet. It lies near the source of some of the longest rivers in Asia including the Indus River, the Sutlej River (a major tributary of the Indus River), the Brahmaputra River, and the Karnali River (a tributary of the River Ganga). It is considered a sacred place in four religions Hinduism, Jainism, Buddhism and Bon. Mount Kailash (22,000 feet) lies near Lake Manasarovar and Lake Rakshastal in Tibet region.

Lake Manasarovar (also Manas Sarovar) is a freshwater lake in the Tibet Autonomous Region, China, 940 kilometres (580 miles) from Lhasa, the capital town of Tibet. It lies at an elevation of 4,590 metres (15,060 ft) above mean sea level, a relatively high elevation for a large freshwater lake on the mostly saline lake-studded Tibetan Plateau. Lake Manasarovar is relatively round in shape with the circumference of 88 kilometres (55 mi). Its depth reaches a maximum depth of 90 m (300 ft) and its surface area is 320 square kilometres (120 sq mi). Lake Manasarovar is near the source of the Sutlej, which is the easternmost large tributary of the Indus. Nearby are the sources of the Brahmaputra River, the Indus River, and the Ghaghara, an important tributary of the Ganges.

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» What is the importance of this spiritual trip?

According to Hinduism, Lord Shiva, the destroyer of ignorance and illusion, resides at the summit of a legendary mountain named Kailasa, where he sits in a state of perpetual meditation along with his wife Pārvati. Description in the Vishnu Purana of the mountain states that the four faces of Mount Kailash are made of crystal, ruby, gold, and lapis lazuli. Mount Kailash is said to be a pillar of the world and is located at the heart of six mountain ranges symbolizing a lotus.

In Jainism, Kailash is also known as Meru Parvat or Sumeru. Ashtapada, the mountain next to Mt. Kailash, is the site where the first Jain Tirthankara, Rishabhadeva, attained Nirvana/moksa (liberation)

Tantric Buddhists believe that Mount Kailash is the home of the Buddha Demchok (also known as Demchog or Chakrasamvara), who represents supreme bliss. There are numerous sites in the region associated with Guru Rinpoche (Padmasambhava), whose tantric practices in holy sites around Tibet are credited with finally establishing Buddhism as the main religion of the country in the 7th–8th century AD. It is said that Milarepa (c. 1052-c. 1135 AD), champion of Tantric Buddhism, arrived in Tibet to challenge Naro Bön-chung, champion of the Bön religion of Tibet. The two magicians engaged in a terrifying sorcerers' battle, but neither was able to gain a decisive advantage. Finally, it was agreed that whoever could reach the summit of Kailash most rapidly would be the victor. While Naro Bön-chung sat on a magic drum and soared up the slope, Milarepa's followers were dumbfounded to see him sitting still and meditating. Yet when Naro Bön-chung was nearly at the top, Milarepa suddenly moved into action and overtook him by riding on the rays of the sun, thus winning the contest. He did, however, fling a handful of snow on to the top of a nearby mountain, since known as Bonri, bequeathing it to the Bonpo and thereby ensuring continued Bonpo connections with the region

The Bon, a religion which predates Buddhism in Tibet, maintain that the entire mystical region and the nine-story Swastika Mountain are the seat of all spiritual power.

» Who can travel to Kailash?

Any person who is in good health conditions to undertake travel in high altitude of 5000 mtrs and above can travel to Holy Mount Kailash and Lake Manasarovar. The age limit is 70 years but sometimes we are able to get permit for people upto 75 year of age depending on his/her fitness and consideration of the concerned authorities. Issuance of permit cannot be guarantee because the same is always on the discretion of the concerned authorities only. It is strictly advisable for every pilgrim to consult with your

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doctor and undergo the basic medical tests to ensure that he/she is fit to travel to such high altitude areas. We require a doctor's certificate to confirm your participation in the yatra. In the event of non-receipt of the medical certificate before the commencement of the yatra and/or sudden change in health of the traveler which does not allow the traveler to take the trip, we retain the right to cancel your participation in our batch and all payments shall be non-refundable. A valid passport, visa, special permit are mandatory for this yatra. In the event of delay in grant of Visa from Embassy and non-receipt of the passport, Indian Nationals can fly to Nepal with their photo Identity Card (Voter ID Card).

» Organizing Kailash Yatra for pilgrims

Organising Kailash Yatra for pilgrims in such a high altitude Tibetan region which lack of good services and facilities itself is a challenging job for us. We try to do our best efforts to ensure that your yatra is completed with less hassles, lesser discomfort and without any hurdle. But, since this trip is very unpredictable we do not guarantee that your trip will be without errors or problems. One should be prepared for tough situations and if God permits you may have a pleasant and successful journey to Mt. Kailash.

» Risks and difficulties involved in organizing the yatra

Organising travel to Tibet region is the most difficult part of Kailash Yatra as the travel permit is difficult to get (for Kailash Yatra one need a special permit and group Visa). The rules and regulations of the local authorities keeps changing quite frequently. Moreover Tibet is a remote area with very limited availability of services and one should not expect to receive luxury or high comfort while travelling to Kailash Manasarovar and other region in Tibet. It is advisable to read about Kailash Yatra and guidelines for travelling to Tibet, before you book a trip.

Also natural disasters and sudden changes in weather are frequent and a common factor which makes the trip tough for us and for the travelers as well. Helicopter and flights are most affected due to bad weather conditions and sudden climatic changes leading to difficulties of getting proper food and clean accommodation are quite a common thing. One should be prepared for this. Sometimes you may have to stay in backcountry accommodation which may not be comfortable.

High altitude sickness is also a very common factor seen in the travelers. Trekking and kora / parikrama (circumvallation) of Mt Kailash will be challenging and one need to be prepared for the same.

To overcome difficulties and risks and make the yatra comfortable one must make himself/herself aware of the Kailash Manasarovar travel guidelines. Please contact our office for any clarification or information.

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» Yatra booking requirements and process

To register yourself in one of our fixed departure dates for Kailash Yatra please contact our India head office at mobile phone no. +91 8800750030 OR office landline no. +91 11 40504060 or email us your details at kmybookings@gmail.com / info@kailash-yatra.org. Please take proper information from our office and tell our yatra booking team about the date and type of yatra you want to select for your participation. We need a coloured copy of your passport (passport should be valid for atleast six months from the date of travel), Registration Form cum Agreement duly filled and signed by the traveler, one passport size coloured photograph (affixed on the Registration Form) and booking advance payments which can be done via bank transfer, cash deposit, cash, credit card payment gateway and other options available with our office. It is the responsibility of the traveler to take all necessary yatra related information from our office as while making the bookings with us you have agreed to the 'Booking Terms' specified on our website www.kailash-yatra.org and also conveyed to you during the course of correspondence.

» About Mt. Kailash Parikrama (Kora)

The parikrama of Mt. Kailash is made in a clockwise direction by Hindus and Buddhists. Followers of the Jain and Bonpo religions circumambulate the mountain in a counterclockwise direction. The parikrama of Mount Kailash is 52 km (32 mi) long out of which about 9 kms is done by a vehicle. Some pilgrims believe that the entire walk around Kailash should be made in a single day, which is not considered an easy task. A person in good shape walking fast would take perhaps 15 hours to complete the trek. Some pilgrims venture a much more demanding regimen, performing body-length prostrations over the entire length of the circumambulation. The mountain is located in a particularly remote and inhospitable area of the Tibetan Himalayas. A few modern amenities, such as benches, resting places and refreshment kiosks, exist to aid the pilgrims in their devotions. It is a popular belief that the stairways on Mount Kailash lead to heaven.

Walking around the holy mountain has to be done on foot, pony or yak, taking some three days of trekking starting from a height of around 15,000 ft (4,600 m) past the Tarboche (flagpole) to cross the Drolma La pass 18,200 ft (5,500 m), and encamping for two nights en route. First, near the meadow of Dirapuk Gompa and second at Zuthulpukh after crossing Gauri Kunda.

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Kailash Yatra Itinerary : 17Nights/18Days via Lhasa

Day 01 : Arrival Kathmandu

Arrive at Kathmandu airport to start your tour to Kailash Manasarovar Yatra. Assisted transfer at the airport to the hotel. Enroute take a stop at Pashupatinath Temple – the abode of Lord Shiva. Overnight stay will be at Hotel Soaltee Crowne Plaza or Gokarna Golf and Spa Resort or similar.

Day 02 Temple visit in Kathmandu

Breakfast in the hotel and then proceed for a half day sightseeing tour of Pashupatinath Temple and Boudhnath Stupa. An optional tour for Muktinath Darshan can be arranged to worship Lord Vishnu. Evening time free in Kathmandu till we arrange your visa for Tibet. Overnight at Hotel Soaltee Crowne Plaza or Gokarna Golf and Spa Resort or similar hotel in Kathmandu. The additional cost for Muktinath Darshan by helicopter is approx. INR 20000 per person, on first come/first serve basis subject to group size in multiple of 22. If the weather conditions are not favourable, we shall arrange an excursion to Manokamna Temple (100 km / 3 hrs. one way from Kathmandu) @ INR 1800 per person extra.

Day 03 : Fly from Kathmandu to Lhasa (3650 m) 1 hr. 30 minutes flight

After breakfast get transferred to Tribhuvan International Airport in Kathmandu to board your flight to Lhasa, Tibet. Upon arrival at Gonggar Airport, Lhasa the group shall meet our local staff / representative who will escort the group to the pre booked hotel in Lhasa. It will take about 2 hours for the group to reach the hotel. Spend the first day free to acclimatize with the altitude as Kathmandu is at 1200 m above sea level and Lhasa is at 3650m. Spend the night at Hotel Brahmaputra or Four Points by Sheraton or similar in Lhasa.

Day 04 : Lhasa - after breakfast take a tour of Lhasa visiting Jokhang temple, Barkhor street and Potala palace

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Jokhang Temple : This is a huge building structure consisting of three floors and an open roof all dotted with chapels and chambers. The Jokhang Temple has undergone massive additions and reconstructions since the 7th century and particularly during the reign of 5th Dalai Lama in the 17th century. While parts of the existing temple structure date from Potala Palace Tibet earlier times, most of the murals are from the 18th and 19th centuries and few statues (with the notable exception of the Joyo Sakyamuni) are older than the 1980's. The temple was sacked several times during Mongol incursions but its worst treatment has been at the hands of the Chinese since their occupation of Tibet in 1959. The Jokhang is the most celebrated temple in Tibet. Because the temple is not controlled by a particular sect of Tibetan Buddhism it attracts adherents of all the sects as well as followers of Bon-Po, Tibet's indigenous religion. Three pilgrimage circuits exist in Lhasa, each directing pilgrims to the Jowo Sakyamuni statue: the Lingkor, which encircles the city's sacred district; the Barkhor, which encloses the Jokhang temple; and the Nangkor, a ritual corridor inside the Jokhang. Every day throughout the year hundreds of pilgrims circumambulate each of these three circuits. Some pilgrims will cover the entire distance by prostrating every few feet, and others will walk slowly, chanting sacred mantras and spinning hand-held prayer wheels. For more than a thousand years millions of pilgrims have trod these sacred paths with devotion in their hearts; this cumulative focusing of intention and love has charged the Jokhang with an enormously powerful field of sanctity.

Barkhor Street : The center of the old Lhasa, Barkhor is a circular street, which is the oldest street in Lhasa and remains very traditional. It is a place where Tibetan Norbulinka Palace culture, economy, religion and arts assemble and a place to which a visit must be paid. It was said that in the seventh century when Songtsen Gampo, the first Tibetan King (617 or ?-650) who unified Tibet, married Chinese Princess Wencheng and Nepal princess Tritsun. Later Princess Tritsun built Jokhang Temple to accommodate the Jowo Sakyamuni aged 12 brought to Tibet by Princess Wencheng. Barkhor is the road which pilgrims tramped out around Jokhang Temple through centuries. Buddhist pilgrims walk or progress by body-lengths along the street clockwise every day into deep night. They comprise most of Lhasa's floating population.

Potala Palace : Potala was the winter palace of the Dalai Lama, which was originally built in the 7th century by the king Sotsen Gampo and rebuilt to the present size by the 5th Dalai Lama in the 17th century. Built in the mid-18th century by the 7th Dalai Lama, Norbulingka, the Jewel Park was the Dalai Lama's summer palace; it covers 100 acres with palaces, pavilions and a zoo.

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Overnight at Hotel Brahmaputra or Hotel Lhasa in Lhasa.

Day 05 : In Lhasa visiting Norbulinka palace and Drepung Monastery

After breakfast, visit Norbulinka Palace and Drepung Monastery.

Norbulinka Palace : Norbulingka, meaning Jewel Park, was Dalai Lama's summer palace since the Seventh. Its light-hearted air makes it less demanding than most sights in Lhasa. The Norbulinka is well worth a visit at festival times and public holidays. On Shoton Festival, the park is crowded with picnickers, and traditional Tibetan opera performances are also held there. Khamsum Zilnon is a very eye-catching building behind the main gate. It was originally a Han style pavilion and later changed into a theater where the Dalai LaDrepung Monasterymas watched Tibetan opera. Tsokyl Potrang is a group of buildings on water. Dalai Lamas used to read in a hall of the palace. In 1922, the Thirteenth Dalai Lama began to build his Golden Lingka and Chensel Potrang, which is located at the back of the woods. Various flowers, grasses and trees were planted around. The palace was heavily painted with murals, which bear strong Han characteristics. Takten Migyur Potrang, meaning Eternal Palace in Tibetan, was completed in 1956 for the Fourteenth Dalai Lama. Though it is called New Summer Palace, it is a very traditional architecture except for its interior modern facilities. In the palace there are many splendid murals painted by a Fourteenth Dalai Lama's painter. The topics of the murals include Tibetan officials, Sakyamuni preaching under a Bodhi tree, and Tibetan history from its founding by the Holy Monkey, the vicissitudes of Tubo Kingdom (633-844) and Tibetan Buddhism to Panchen Lama and Dalai Lama's interviews with Chairman Mao Zedong in Beijing. The present Dalai Lama's private apartment is also on view, remaining untouched. In a little sutra hall, there is a Dalai Lama's throne which is wrapped in gold foils and decorated with gems.

Drepung Monastery : It was established near Lhasa, Tibet in 1416 by Choje Tashi Palden. It had four departments, of which Loseling, or "The Hermitage of the Radiant Mind," was the largest, housing more than three quarters of Drepung's ten to fifteen thousand monks. Drepung Loseling was especially close to the Dalai Lama incarnations; the Second Hotel Shanghai ManasarovarDalai Lama made his residence here in 1494, and subsequent incarnations maintained this link. After the Chinese Communist invasion of Tibet in 1959 and the forced closure and destruction of its 6,500 monasteries, some 250 monks from Loseling managed to escape the holocaust and rebuild their institution in Karnataka State, South India. The

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traditional training program was thus preserved. Over the years many more young spiritual aspirants have fled Chinese-occupied Tibet and sought entrance into the monastery, thus helping to preserve their traditional culture. The number of monks presently in the re-established Drepung Loseling has increased to more than 2,500. Overnight at Hotel Brahmaputra or Hotel Lhasa in Lhasa.

Day 06 : Drive to Shigatse (3900 m) - 350 km/ 7-8 hrs.

After breakfast in your hotel visit Norbulinka Palace and take a drive to Shigatse which is the 2nd largest city of Tibet. Built in 1447 by the first Dalai Lama the Tashilhunpo Monastery in Shigatse is a very important monastery in China as it is known as seat of the Panchan Lama. Night stay will be at Hotel Shigatse or Hotel Manasarovar or similar in Shiagtsue.

Day 07 : Drive from Shigatse to Lhatse (4350 m) 308 km. / 6 - 7 hrs.

Have early breakfast in your hotel and drive to Lhatse which is about 308 km. and 7 hrs drive away from Shigatse. Our representative will serve packed lunch en route. Arrive at Latse and check into the hotel Hotel Shanghai or similar for night stay.

Day 08 : Drive from Lhatse to Saga (4640 m) 300 km. / 8 - 9 hrs.

Early breakfast in the hotel and continue drive to Saga. The drive is quite long today. Packed lunch will be served by our representative en route. On arrival check into Hotel Saga or equivalent for dinner and overnight stay.

Day 09 : Drive Saga to Prayang 255 kms/ 6 - 7 hrs. drive

Have breakfast at the hotel and drive to Paryang (4750 m). Today we drive through the windswept territory passing many villages and camps of Yak herders with distance view of snow capped Mountains. Today the drive is comfortable as the road is quite flat. On arrival at Prayang check into Prayang Parmarth Guest House or similar for night stay.

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Day 10 : Drive Prayang to Hor Quo (4560 m) 223 km/ 5 - 6 hrs. drive

Take a 112 kms drive to Mayum River where we will have lunch. After lunch continue 5-6 hours drive to Hor Quo (4560 m). Drive pass through Mayum La pass (5200 m). Today is the lifetime day as you will get the first darshan (sight) of Holy Mount Kailash and Holy Lake Manasarovar during your Kailash pilgrimage yatra. We will stay in a camp / guesthouse on the bank of Holy Mansarover Lake. Overnight at Parmarth Chui Gompa Guest House / fixed tents.

Day 11 : Manasarovar Parikarma (4520 m) 115 km/ 4 - 5 hrs. & drive to Darchen (4620 m)

This is the day to do some Puja & Holy bath in the holy Lake Manasarovar. After breakfast and bath take a parikrama of Mansarover Lake by Jeep (4520 m). The parikrama takes 115 km and 4 to 5 hrs. During the parikrama we will stop near Trugu Gompa for Holy Bath in Holy Lake Manasarovar. During the Parikarma we will have a picnic lunch on the bank of Holy Lake Manasarovar.

If time permits we will also visit Chui Gompa for hot spring bath.

In the afternoon drive to Darchen (4620 m). Darchen is a small village with few guesthouses located under the splendid holy Mount Kailash. During the Kailash ManZuthulphuk Seensarovar Yatra period one can see the place flooded with pilgrims with a large number of tents placed all around the village. Continue trek Serrlung Monastery to visit Asthaphat which offers an excellent view of Nandi Parvat and Mount Kailash. Night stay will be in the guest house or camp.

Day 12 : Drive to Tarboche (13 km) and trek to Dirapuk (4860 m) 7 km/ 5 - 6 hrs.

This morning take a short drive of about 13 Kms. to reach Tarboche which is the starting point for the trekking on Holy Mount Kailash Parkrama. The first day of our Kora is a gradual walk with multitudes of other local pilgrims chanting and praying. The trek today leads us to few ups and downs till we reach our camp/guest house at Dirapuk (4860 m). Stay in a basic camp on the grassy meadows giving you the fascinating view of Mount Kailash, north-west face. Important point to note is that those who are not feeling fit to continue the Mount Kailash Parikarma will be driven back to Darchen where they will wait for the other group members to return. Night stay will be in the guest house or camp.

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Day 13 : Trek to Zuthulphuk (4760 m) 18 km/ 9 - 10 hrs.

This day is difficult and full of climax on the holy yatra of Mount Kailash ParvatManasarovar. Today after early breakfast we trek to the higher side of the Mountains justunder theHoly Mount Kailash. The walk along the Mount Kailash will bring you to Drolma La, 5,200 m. which is one of the highest points on the trek. From here we descend towards the gradual fields of Zuthulphuk where we have the overnight stay arranged. The descend is steep to the valley below. From the valley below the walk becomes pleasant and relaxing a bit. The path takes you through some gentle slopes over the grassy field. Reach Zuthulphuk for overnight stay in a fixed tent.

Day 14 : Zuthulphuk to Darchen trek 10 km/ 4 - 5 hrs. drive to Paryang.

Breakfast will be served near the camp and one can enjoy the morning time in exploring the caves, visiting the temples and shrine built around. Here you will see a married old couple supervising the temple. The temple is a residence for over half a dozen Tibetan devotees, helpers or relatives who keep busy themNyalam Landcruiserselves busy with the maintenance of the buildings. The caves also contains meditation platforms. Climbing up to these caves before ending the final trek of the holy Kailash Manasarovar Yatra is worth. After a 10 kms / 4-5 hours walk we reach to the final destination of our Manasarovar Yatra trek near Darchen.

Near Darchen you will meet the other member of the group who would not do the Mount Kailash Parikarma and were sent back. Here the Land Cruiser will be waiting for you to continue the further journey on your Lake Manasarovar Yatra.

Overnight stay at Prayang Parmarth Guest House or similar.

Day 15 : Drive Prayang to Saga (4600 m) 255 kms/ 6 - 7 hrs. drive

Have your leisurely breakfast at the guest house continue your drive to Saga where the stay will be in a guest house.

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Day 16 : Drive Saga to Nyalam (3700 m) 240 Kms./ 6 - 7 hours drive

Today after breakfast we continue our drive further to Nyalam. Night stay will be at Hotel Nyalam or similar guest house.

Day 17 : Drive Nyalam to Kathmandu

After having breakfast we drive downhill to Zhangmu & Friendship Bridge where we finish the final formalities to exit Tibet area before crossing the Friendship Bridge. The Tibert side vehicle will go back and after a 15 minute walk we will reach the Nepal immigration post where we will have our Nepal representative waiting for us. After clearing the formalities at Nepal border we proceed to Kathmandu for a comfortable night stay.

Day 18 : Fly back to your home with memories of Mount Kailash & Holy Lake Manasarovar

Breakfast in the hotel and some time free to do some last minute shopping around or for other personal activities etc. Our representative will then transfer you to the Tribhuvan International airport of Kathmandu from where you take your flight to home / onward destination.

Kailash Yatra via Lhasa Package Cost – 18Days/17Nights

Nationality of the traveller	Yatra cost
Indian nationals	INR 1,99,000 per person
Foreign nationals and NRIs	US\$ 3150 per person + US\$ 260 for Visa
American nationals	US\$ 3150 per person + US\$ 360 for Visa

Important remark: Chinese visa and permit fee is likely to increase by US\$80 for 2016 bookings and if do the same shall be charged extra

Important note : There are **NO FIXED DEPARTURE DATES FOR KAILASH MANSAROVAR YATRA VIA LHASA** however the group can operate on any specific date of your choice subject to Air China's flight operation from Kathmandu, as of now Air China operate flights Kathmandu / Lhasa on Tuesday, Thursday and Saturday every week.

Kailash Manasarovar Yatra Booking Office

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What is included in the package cost

- Airport / Hotel / Airport transfers in Kathmandu and Lhasa as applicable.
- Services of an English speaking Nepalese team leader and an English speaking Tibetan guide from Lhasa Airport onwards.
- Transportation inside Lhasa by a private coach however Lhasa onwards by Deluxe 4500 CC Japanese Land Cruiser (4 pax per land cruiser).
- One half day sightseeing tour of Kathmandu valley.
- Transportation Tibet Border (Kodari) / Kathmandu by a Non A/c Coach.
- Hiring charge of Sleeping Bags.
- A support truck to carry food / camping equipments etc. from Saga onwards.
- Necessary Yak & Yak men to carry your luggage (one piece per person only) for Kailash Kora
- Applicable entrance fees to visit Monasteries.
- Normal Tibet Entry Visa fee. One duffel bag per person.
- One down jacket per person on returnable basis.
- Yatra completion certificate to each pilgrim.
- Insurance for our sherpa team / team leader.
- Airfare Delhi / Kathmandu / Delhi on Jetlite as on 15th Jan'2016, subject to change

What is not included in our package cost:

- Travel & medical insurance – we strongly recommend that one should take insurance coverage to cope up with any eventuality.
- Rescue evacuation cost in case of emergency.
- Insurgent fee approx. INR 500 per Travel Medical Insurance person.
- Extra cost in the event of landslide for hiring additional transportation or portage on The Arniko Highway (INR 500 - 700) per person.
- Expanses of personal nature viz. soft / hard beverages, photography charges, portage at the airports / hotels, laundry, tips, telephone calls etc.
- Yak / Pony hiring charges for riding during Kailash Parikarma
- Anything not specifically mentioned in the clause, "The above cost includes".

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Useful Facts for Kailash Trip :

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

KAILASH YATRA FACTS:

Trip length: 18 Days / **Grade:** Moderate to fairly challenging (*Wonderful religious outing in the wild*)

Starts in: Kathmandu / **Ends in:** Kathmandu / **Transportation:** Flight, Landcruiser Jeep / Deluxe Bus

Accommodation: Standard hotels in Nepal, Lhasa, Shigatse, Lhatse and guesthouses in Tibet

Meals: Pure vegetarian breakfast, lunch and dinner /

Maximum altitude: 5630m

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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

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.

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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 Nyalam (12000ft) and a night in Simikot 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, Yearn equal Rs 9, Jiao and 1 Jiao equal 10 Fen, at Present US \$1=8 Yearn (Approx), Credit card not accepted. 1 yearn=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.

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 form 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.

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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, swahilis 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 trip.

Your Passport incase 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 or their belongings during those pilgrimages.

Communication: There are must of overnight stay area have communication connection. However! Please be informed that it may be difficult at times to get the connection. If any urgent messages have to be sent 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

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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-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 conduct 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)

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

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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.

Payments

Rs. 50,000 OR US\$ 1000 per head advance at the time of submitting documents for booking. Balance payments 30 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. This payment includes non-refundable INR 15,000 (for Indian nationals) or US\$300 (for other nationals).

If you want to do this pilgrimage, please forward us your scanned passport copies to obtain your Tibet Permits, the sooner the better If the group size is more than five people traveling together, we will be happy to provide decent discounts on a group exceeding more than 5 people. Departure dates can be adjusted for any convenient dates in May through October.

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. While making bookings for your yatra with us you confirm having read, understood and accepted the terms of booking as specified in the Booking Terms signed by you and also posted on our website www.kailash-yatra.org

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