

# Kailash Manasarovar *Yatra*

## with Muktinath

### 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: 12 Nights / 13 Days overland trip

|| चलो चले कैलाश ||

**DAY 01: DRIVE TO POKHARA VIA MANOKAM ANA DEVI TEM PLE 200KM**

[www.kailash-yatra.org](http://www.kailash-yatra.org)

Upon arrival at Kathmandu International Airport meet our company's representative and get transfer to you 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 MANOKAM ANA DEVI TEM PLE 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 MUKINATH**

Morning – transfer to Pokhara airport and flight to Jomom - 30Minutes flight – reach Jomsom – some time walk get jeep stand drive to Muktinath temple 2HRS- Holy Snan 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 KATHM ANDU TO JOIN YOUR GROUP TO MOUNT KAILASH**

After breakfast drive to Kathmandu, 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: CITY TOUR OF KATHM ANDU**

Today Morning after breakfast explore the Kathmandu city included: Pashupatinath Temple, Boudhanath stupa and Kathmandu Durbar Square. Later return back to hotel for Lunch, rest of the day at leisure you can make your packing arrangements or do some shopping for tomorrow. Dinner and stay overnight in the hotel at Kathmandu.

Optional: Passengers can also book the Mountain Flight as an optional tour for this morning. This is an hour flight over World's highest Mountain peaks. The flight departure time is at 6.30 am so those passengers who booked for this incredible flight should be ready by 5.30 am in the hotel and one of our tour officer will pick up and transfer to the domestic airport.

#### **DAY 07: KATHM ANDU TO NYALAM VIA KODARI BORDER**

Today we are going to take our first step towards Kailash Yatra as per the schedule we will depart early in the morning about 0600 hrs. On the way we will make short break for tea/ coffee with pack breakfast.

Upon arrival at Kodari border our officers will make all possible arrangements. In the mean time you will have packed lunch. Then get ready to cross the border in Tibet region and board your Chinese vehicle for onward journey to Nyalam. After dinner stay overnight in the hotel / guest house at Nyalam.

#### **DAY 08: DAY FREE IN NYALAM FOR ACCLIMATIZATION**



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Today after breakfast our team and passengers may organize a short trip around Nayalam for acclimatisation to face the 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 Tibet climate. Later return to hotel / guest house for overnight stay.

#### **DAY 09: DRIVE TO NEW DONGBA / SAGA**

After having breakfast take another one drive towards New Dongba / Saga our journey begins to reach our ultimate destination.

We leave friendship highway that goes to Lhasa and change the direction to the west. We halt for half an hour on the way at near Peiku Tso for lunch.

Star drive our onwards destination, enroute you may also stop at the bank of River Brahmaputra (Yarlung Tsangpo). Finally, we will reach at our destination, after some refreshment you will have diiner and stay overnight in hotel / guest house.

#### **DAY 10: DRIVE TO LAKE M ANASAROVAR**

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 11: DRIVE TO DARCHEN**

Today wake up comfortably in the morning before breakfast do spiritual activities thereafter find a good place for holy dip in Lake Manasarovar., in the mean time our representative we make the arrangements of shower tent nearby the bank of lake for change the clothing. Our crew member will assist you if anything helps require. After completing holy bath and puja, our team will ready to serve you breakfast.

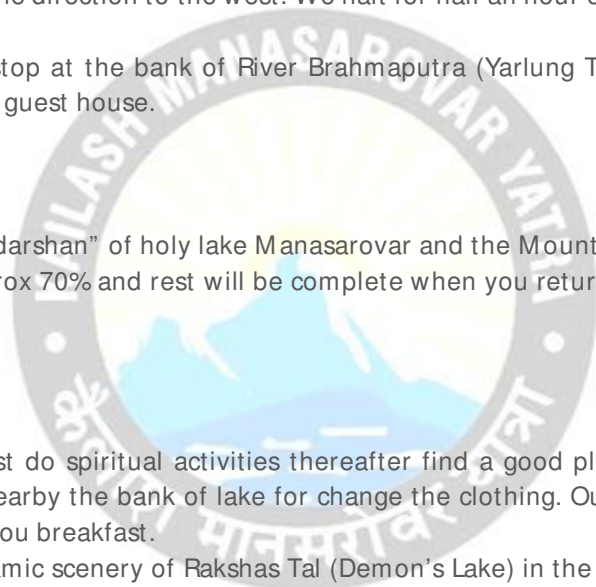
Later take a short drive to Darchen, you may also see panoramic scenery of Rakshas Tal (Demon's Lake) in the other side of Lake Mansarovar. Darchen is also known as base camp and major administrative hub of Kailash region, from where the circumambulation around Kailash begins. You can explore the small market in Darchen in the afternoon. Have dinner and stay overnight at guest house in Darchen.

Optional: we can also arrange excursion trip to Asthapad from Darchen on request.

#### **DAY 12: DRIVE TO YAM A DWAR AND START PARIKRAM A**

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.



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

#### **DAY 13: 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 14: LAST DAY OF PARIKRAM A NEAR DARCHEN AND DRIVE BACK TO DONGBA**

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

#### **DAY 15: RETURN TO NYALAM**

After breakfast drive towards Nayalam. Check into the hotel / guest house and rest of the time at leisure you may explore the local markets or surrounding of Nayalam city. Stay overnight at hotel / guest in Nayalam.

#### **DAY 16: RETURN JOURNEY TO KATHM ANDU**



Today is the last day in Tibet; the land of snow. Wake up comfortably after breakfast start drive towards Kathmandu via kodari border. Our team will help to complete the custom formalities. Thereafter, enter in Nepal and start drive to Kathmandu. Upon arrival, check into the hotel rest of the day at leisure. After a long trip the dinner smells delightfully delicious just waiting for you at the dining table, stay comfortably overnight at hotel in Kathmandu.

#### **DAY 17: DEPARTURE FROM KATHM ANDU**

After breakfast get departure transfer to onwards destination according to your flight schedule.

## **KAILASH YATRA OVERLAND PACKAGE COST**



Nationality of the traveler ▼	By Deluxe Bus ▼ 	Land cruiser Jeep ▼ 
For Indian Nationals:	INR 108,000 per person	INR 108,000 + 15000/- per person
For Foreign Nationals & NRI	USD 2150 per person	USD 2150 + USD 280 per person
For US passport holders	USD 2150 + USD 300 per person	USD 2450 + USD 280 per person

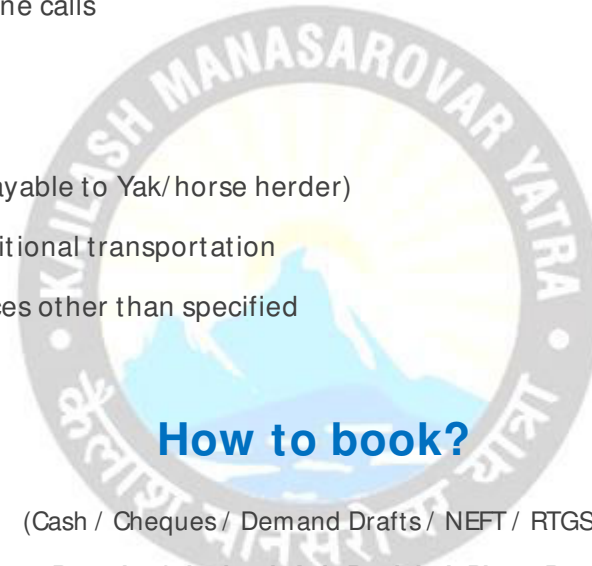
## WHAT IS INCLUDED IN OUR PACKAGE :

- Arrival & departure transportation
- Sightseeing tour of Pashupatinath, Boudhanath and Budhanilkantha.
- 3 nights in 3/4 Star hotel in Kathmandu on twin sharing basis with all meals
- Return transfer to Kodari by bus.
- Tibet Portion: accommodation in best available Hotels / Guest Houses / tents
- While camping we provide two-man tents, mattresses, sleeping bag & camping equipments like dining & toilet tents
- Pure vegetarian meals, Japanese Deluxe coaster & support trucks
- English speaking Tibetan guides
- Nepali tour leader supported by cook & helpers depending on the group size.
- Gamow bag, oxygen, basic first-aid kit
- Necessary permit for Mt. Kailash visit & normal Tibet/China visa fee.

- Kodari land tax.

## WHAT IS NOT INCLUDED :

- Airfares from Home - Kathmandu - Home
- All beverages, Photography charges and Telephone calls
- Travel Insurance of clients
- Emergency evacuation expenses.
- Riding Yak/ Horse for Kailash Parikrama (direct payable to Yak/horse herder)
- Extra cost in the event of landslide for hiring additional transportation
- expenses of personal urgent visa fee etc & Services other than specified
- Service tax



### 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

## USEFUL FACTS FOR KAILASH TRIP:

<b>KAILASH LOCATION</b>	Western Tibet
<b>ALTITUDE</b>	Kailash peak (6714m) above the Sea level
<b>BASE CAM P</b>	Darchen (4800m) above Sea level.
<b>CLIM ATE</b>	Unpredictable M ax 20 degree C to Min. -16 degree Celsius
<b>BELIFES</b>	Hindu, Buddhist, Jain, Ban-Po (all AUM followers)
<b>SEASON</b>	Late April to Early November.
<b>PARIKRAM A OF KAILASH</b>	52 Km. {three days} - 42 Km. only by walk
<b>ALTTITUTE OF M ANSAROVAR</b>	4550m. above Sea level <a href="http://www.yatra.org">yatra.org</a>
<b>PARIKRAM A OF M ANSAROVAR</b>	102 Km. (3-4 hrs by Bus/ Jeep )
<b>KILOM ETER FROM KTM</b>	817 one way including 52 Km round of Mt. Kailash and excluding 110 ktm 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

## 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

**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 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 Yuan. The basic unit of Chinese Currency, Yuan equal Rs 9, Jiao and 1 Jiao equal 10 Fen, at Present US\$1=8 Yuan (Approx), Credit card not accepted. 1 Yuan=INR 7/- (Approx).

**Staff:** Our highly experienced Sherpa staff will be responsible 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 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-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](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.

## PAYMENTS :

Rs. 25,000 OR USD 750 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.