

## Kailash Mansarovar Yatra – २०२०

शिव शिलन को जाइए, तज िया अर्शिन । जयय जयय पग आगे धरे कोटि यज सिन ॥



## Itinerary-

Ex Kathmandu

Duration- 13 Nights- 14 Days

**Day 01 : Arrival in Kathmandu** Start your trip from Kathmandu today as you arrive at Kathmandu international airport. Upon arrival the representative of TTO will greet you outside the airport and will provide you transfer to your hotel in Kathmandu. Rest of the time is free. Dinner and night stay will be at the hotel.

Meals included: Veg Dinner at the  
hotel, Max. Elevation: 1400m Distance

Covered: 20 kms / 01 hour

Accommodation Style: 3\* hotel

**Nepal Tourist Visa :** The Indian passport holders do not require a visa to visit Nepal. However, while travelling to Tribhuvan International airport, Kathmandu from any international airport in India, an Indian citizens require to show a valid Indian passport OR Voter Identity Card (Indin Electrol Card). Kindly take a note that Aadhaar Card and Driving Licence are not valid documents to board a flight to Kathmandu from Indian airports. On the other hand Nepal visa for all non Indian passport holders is available on arrival at Kathmandu international airport. Non-Indian passport holders may also apply such Nepal entry visa online to save their time at the Kathmandu airport.

**Tibet Group Travel Visa :** In order to obtain Chinese visa, the Indian passport holders, irrespective to their country of residence and geographical location, have to present their original passport in China embassy New Delhi through the tour Company who has obtained the necessary Tibet entry permit and invitations for them. The China Embassy in Delhi takes minimum 4-5 working days to give a decision on such visa. All other travellers holding a non-Indian passport (Including NRIs with non Indian passport, OCI card holders and Green Card holders) require to go through biometrics in China Visa Center Kathmandu for submission of their China entry visa application. The original passport with visa application documents and coloured recent photographs (in a prescribed size and format) are to be the provided to the Chinese Embassy in Kathmandu. The Chinese Embassy takes minimum 3-4 working days to give decision on such visa.

**Day 02 : Kathmandu sightseeing** Today Morning the temple visit will start. We will try to reach Pashupatinath Temple before 09.00am to attend aarti in the main temple. Also visit many small and big temples in the complex. After visiting Pashupatinath Temple visit the 'Sleeping Vishnu' Temple (Jal Narayan Temple) and Guheshwari Mata Temple. After visiting temples, drive back to your hotel and spend time in preparing for the next day travel to Nepal-China border. If you want to buy some stuff for your trip you may pay a visit to the popular market of Thamel. Here you may get almost every item related to trekking and adventure activities. In the evening, we will have short briefing program followed by introduction of all group members. Overnight stay and dinner at the hotel.

Meals included: Veg Breakfast, Lunch and Dinner,

Max. Elevation: 1400m, Distance Covered: 40

kms within the city / 04 hours Accommodation

Style: 3\* hotel sharing basis

**Day 03 : Kathmandu to Syabrubesi** After breakfast, the group will drive to Syabru Besi (2380m) in a bus. The drive to Syabru Besi is not long in distance but the bad road conditions and traffic can make it much tiring, uncomfortable and time taking. Estimated driving time is around 07 - 08 hours to cover the distance of 148kms. Upon reaching Syabru Besi, stay will be organized in a lodge. Dinner and stay at Syabru Besi.

Meals included: Veg Breakfast, Lunch, Dinner,

Max. Elevation: 2380m, Distance Covered:

148 kms / 7-8 hours approx. Accommodation

Style: Guesthouse / Home Stay

**Day 04 : Shyabrubesi to Kyirong** Today the group will be entering China and there can be time taking formalities at the border immigration. The guide might announce early wake up and breakfast so that we reach the border early to avoid rush of pilgrims at the border immigration counter. We start our short drive to the Nepalese border Rasuwagadhi (1850m) which is about 15 kms 01 hour) from

Syabru Besi. After completing immigration formalities, the group will cross the border on foot to reach China side. The pilgrims are then transferred on their Chinese bus for onward 110 kms drive to Kyirong (2700m). Travel in sturdy and comfortable vehicles that are controlled and guided by Tibetans. The accompanying Nepalese Sherpas get into the coaches after loading your luggage, necessary food materials, water supply etc and the onward journey into the Tibetan/Chinese region continues toward the town of Kyirong (also spelled as Gyirong or Kerung or Keyrong sometimes). On arrival, check into your guesthouse and take rest. Our kitchen crew will serve hot tea or coffee with light snacks within short interval of time, after setting their kitchen. Then you can stroll around hotel vicinity or go for a walk in nearby markets. Dinner will be prepared by our Nepalese chef and serve between 7 to 8 PM (local time). Overnight stay will be in a guesthouse at Keyrong in dormitory style.

Meals included: Veg Breakfast, Lunch, Dinner, Max.

Elevation: 2700m, Distance Covered: 125 kms / 4

hours approx, Accommodation Style: 3\* equivalent

hotel sharing basis

**Important Remark :** As you are staying now travelling in high altitude, there might be consequences of ~~uneasy~~ feeling with your health, therefore it is advised to all travelers that they drink liquid more as possible that may be in any form of soup, juice, tea, coffee or hot water etc. This will help them in rehydration as well as in improving the breathing system.

**Day 05 : Free day Kyirong for acclimatisation**

This day is reserved for acclimatization in Tibet's tough climatic conditions. Our tour manager will assist you for a short hike in and around Keyrong for warming up your body to adjust with Tibet's high altitude. Also, you can enjoy the day with chanting Bhajan or Katha in the guesthouse. (Note - If situation permits, the guides may take the group to Saga today for night stay).

Meals included: Veg Breakfast, Lunch, Dinner, Max.

Elevation: 2700m (if at Kyirong), 4640m (if at Saga)

Distance Covered: 0km Accommodation Style: 3\*

equivalent hotel sharing basis

**Day 06 : Kyirong to Saga / Zhongba** The enjoyable drive through the mountains terrain and then the plains of Tibet provides us a marvelous view as we travel to Saga from Keyrong. Cross the Yarlung Zangpo (Brahmaputra River) and then turn for the northern route, and arrive at beautiful town of Saga (4640m). Saga is a beautiful Tibetan town with some fairly good hotel or guesthouses, some good local restaurants and market where you can spend good time while acclimatizing. Meals and night stay will be at Saga.

Meals included: Veg Breakfast, Lunch, Dinner, Max.

Elevation: 4640m Distance Covered: 105 kms to Saga

/ 300 kms to Zongba Accommodation Style: 3\*

equivalent hotel sharing basis

**Note** If time and situation permits, the guide may take the group further to Zhongba known ~~also~~ (as Dongba) for night stay to minimize the driving time for the following day to Lake Mansarovar. Please follow guides instructions.

**Day 07 : Saga to Lake Mansarovar** Today is an important day of your drive as today you will not only reach the holy Lake Mansarovar but will also get the first glimpse of holy Mount Kailash. The drive starts early as we have to travel a long way to Lake Mansarovar and there are several check points on the way which will make the journey tiring and time taking. It is estimated to start the drive by 07.00 am. Before Mayumla Pass (4900m) we will stop at the check post. From here we continue our drive to Lake Mansarovar and get the first darshan of Mount Kailash. Though the drive today is long but the road conditions are good and surrounded with scenic beauty. Reach Lake Mansarovar and check into a guesthouse. Dinner and stay will be at the guesthouse.

Meals included: Veg Breakfast, Lunch, Dinner,

Max. Elevation: 4590m Distance Covered: 461kms

Accommodation Style: Guesthouse Dormitory

Style

**Night view of Lake Mansarovar :** In the night the travelers may pay a visit to Lake Mansarovar to witness its beauty under the moon light. Though visiting lake in the night is

completely safe but it is advisable to go in a group and if possible take a Nepalese Sherpa with you for any required help. Cover yourself properly with warm clothes or blanket as the temperature outside will be cold. Also don't forget to carry a torch and a whistle.

#### Day 08 : Lake Mansarovar to

##### Darchen

Early morning visit the Mansarovar lake for holy bath, performing puja, hawan and other rituals as per your own customs. The lake looks stunning in the morning and the beautiful sight of Mount Kailash makes it even more delightful. The water of the lake will be definitely very cold but the devotees are always full of spirituality and devotion and do not wish to skip this holy bath. It is to be noted carefully that the recent change in the law of Tibetan Govt has restricted dip bath in the lake and has categorized it as a punishable offence. So kindly refrain from going inside the lake and for the bath ask our sherpas only to bring water in a bucket for you. After dip bath and prayer the group is ready to drive to Darchen and will travel through Rakshasa Taal and Chiu Gompa by performing 70% parikrama of the holy lake. Remaining part of parikrama will be performed while coming back from Darchen after kora of Mt. Kailash.

On reaching Darchen check into the hotel and spend rest of the time relaxing and preparing for the next day kora of Mount Kailash. Dinner and night stay at the hotel.

Meals included: Veg Breakfast, Lunch, Dinner, Max. Elevation: 4575m

Distance Covered: 114kms Accommodation Style: Guesthouse /

Dormitory/ Camp Style Day 09 : 1st Day kora/parikrama of Mt. Kailash,

13kms trek to Dirapuk

Today, we wake up early and after taking light breakfast, we head to Tarboche. Do not forget to fill your water bottle before leaving for the trek. All pilgrims have the opportunity to visit Yama Dwar before trek (kora) starts. Tarboche is the point (towards the South face of Mount Kailash) where one can hire horse/pony to ride on the trek during the kora. The price and availability of horse/pony and porter is controlled by the local Union and Kailash yatra trip operators and our team will have no control over it. From Tarboche we proceed to Yama Dwar which is considered to be the start point of Kailash kora. From Yama Dwar we start 13 kms trek to Dirapuk slowly and gradually. The trek to Dirapuk Gompa today is fairly easy but as you walk in high altitude lack of oxygen in the air makes the trek little difficult, as you feel short of breath on the trek. We will take a stop in the middle of the trek where we find



some small shops and tea stall and then again continue to Dirapuk. On reaching Dirapuk the pilgrims will see the majestic Mount Kailash standing high on right side of their trek. Take some beautiful photos and then continue to your guesthouse near Dirapuk Monastery. The night will be too cold below zero degree temperature so we will have quick and light dinner (Khichdi, soup etc) and rest in the bed.

Meals included: Veg Breakfast, Lunch, Dinner, Max.

Elevation: 5210m Distance Covered: 06 kms drive + 13

kms hiking Accommodation Style: Guesthouse Dormitory /

Camp Style

**Important remark :** Group members who want to make change in their schedule and want to go for trekking may visit Yam Dwar and come back to the hotel at Taklakot. They may ask the guide to arrange for their additional hotel stay in Darchen and can pay for their hotel and other additional expenses directly.

**Optional trip from Darchen :** It is possible to arrange a visit to Ashtapad from Darchen on request of the pilgrim but please be informed that one should trek from Darchen to Ashtapad and back to Darchen, as there is no transport service permitted by Chinese authorities in this area. The trip to Ashtapad is subject to permission of local authorities and on direct payment basis to Tibetan Guides.

**Visit Charan Sparsh from Dirapuk :** Charan Sparsh (5475m is 3 kms one side trek from Dirapuk. One can consult with tour guide to take this short trek to touch the feet of Mt. Kailash (considered to be Lord Shiva Himself). This trek is not a part of the package and depends on weather conditions and guide's advise. (Distance 03 kms / 02 hours one side / very challenging trek)

**Day 10 : 2nd Day parikrama, 19kms trek to Zuthulpukh via Gauri Kund**

Wake up very early morning before dawn and witness the first sunlight on Mt. Kailash offering amazing view of the 'Golden Kailash'. Take a quick light breakfast, fill hot water in your flask and carry your snacks for the lunch and get ready to begin the trek towards Zuthulphuk. This day is considered as the toughest day of this entire trip as the trek goes steep up continuously up to Dolma-La pass (5630 m) and then steep down to Gauri Kunda. Near Dolma La pass you will witness colourful flags around and belongings of people spread nearby. This place is called Shiva Tsal (Shiva Sthal). It is said that people performing

parikrama must leave something behind here may be a used cloth or ornament or a drop of blood or a lock of hair which symbolizes the act of leaving this life behind and wishing for the end of a miserable life. The total trek today we have to cover is about 19 kms to reach Zuthulpuk Gompa for night stay.

Meals included: Veg Breakfast, Lunch, Dinner, Max.

Elevation: 5630m Distance Covered: 19 kms challenging

trekking Accommodation Style: Guesthouse Dormitory

Camp Style

**Important remark :** If at Dirapuk you do not feel for continuing trek further to Zuthulpuk and wish to change your schedule and go back to Darchen for night stay, you must inform the guide for additional arrangement for you. All additional expense for the change including accommodation and meals at Darchen are to be taken care by the traveler(s) changing their schedule.

Day 11 : 3rd Day 06kms trek to Darchen, Drive to

Saga

This is our last day on Mount Kailash trek. Wake up and after light breakfast we continue our trek down to reach Darchen. We walk on gradual trek for about 6 kms and reach at a point where the vehicles are waiting for us. The vehicles will take us to Darchen where other group members are waiting. After some refreshment continue drive to Saga by completing the remaining course (approx. 30%) of Lake Manasarovar parikrama by vehicle. Relaxed time and stay at guesthouse in Saga.

Meals included: Veg Breakfast, Lunch, Dinner, Max.

Elevation: 4640m Distance Covered: 492kms

Accommodation Style: 3\* equivalent hotel sharing

basis Day 12 : Saga to Kyirong

After breakfast we begin our journey towards Keyrung. We cross the bridge over beautiful Brahmaputra River and continue our journey across the vast open Tibetan plains. The journey offers stunning Himalayan views, particularly of Shishapangma and the Pieko-Tso Lake. Driving on well-pitched roads and mountainous terrain we reach Keyrung for night stay.



Meals included: Veg Breakfast, Lunch, Dinner, Max. Elevation: 2700m Distance Covered: 105kms Accommodation Style: 3\* equivalent hotel sharing basis Day 13 : Kyirong to Kathmandu via Rasuwagadhi

After breakfast, drive towards Keyrong border. Here we walk to the Nepalese immigration control in Rasuwagadi, complete the Nepal entry formalities and get transferred to your vehicle standing in Nepal side. Drive further to Kathmandu. This drive may take about 7-8 hours or more by bus depending on road and traffic conditions. Dinner and night stay will be in the hotel at Kathmandu.

Meals included: Veg Breakfast, Lunch, Dinner, Max. Elevation: 1400m Distance Covered: 232kms Accommodation Style: 3\* hotel sharing basis Day 14 : Fly back to home from Kathmandu

Intime you will be transferred to Kathmandu Tribhuvan International airport to board your flight back to your hotel/next destination

Meals included: Veg Breakfast

**Package Cost @ INR 220000/- Per**

**Person**

**Group departure dates:-**

July- Aug- 18 July 02 Aug (FM) 18

September- & 23 Aug 08 Sept, 12 &

17 Sept

**Cost**

**Includes:**

India / Nepal portion of the trip Nepal portion of the trip

Airport to hotel return transfers in Kathmandu

03 night stay in a 3 star equivalent hotel in Kathmandu on sharing basis,

03 breakfast, 03 lunches, 03 dinners in Kathmandu hotel (pure vegetarian buffet meal),

Temple visits in Kathmandu,

Kathmandu to Kyirong (Kerung) border return transfers by Nepalese non a/c bus,

01 night stay in a guest house at Timure /SyabruBesi with local veg meals,

#### Tibet portion of the trip

03 nights stay in a hotel at Kyirong on sharing basis with all veg meals,

02 nights at Saga in a hotel with all veg meals,

01 night stay in a guesthouse near Lake Mansarovar on group group sharing basis with veg meals,

01 night stay in a hotel at Darchen with all veg meals,

01 night stay in a guesthouse at Dirapuk on group sharing basis,

01 night stay in a guesthouse at Zuthulpukh on group sharing basis,

Light breakfast, packed lunches, light dinners during parikrama days,

Transport in Tibet side by Luxury air conditioned Tibetan bus,

Support truck to carry kitchen equipment and other material in Tibet,

English speaking Tibetan Tour guide cum Officer in Tibet side,

Nepali tour leader supported by cook, helper and sherpa,

Basic first aid kit with tour guide,

Oxygen cylinders during trekking in Tibet for emergency use,

Necessary group travel permits for visiting restricted areas in Tibet,

Normal Tibet single entry group visa to visit Kailash Manasarovar,

Nepal-China border tax, all Nepalese and Tibetan Govt taxes,

## Cost not includes:

Please check the list of extra expense that may have to be paid by the traveller for this trip:

Travel expense for travelling from home to Kathmandu and back,

Travel and medical insurance (kindly buy an insurance which is valid for high altitude travel and emergency evacuation expense),

Mule (Pony) and porter charges for Mount Kailash parikrama,

India Govt. GST (Goods and Service Tax),

TCS (Tax Collected at Source) 5% (if foreign travel expense is less than INR 7,00,000/-) or 20% (if foreign travel expense has increased INR 7,00,000/- limit). TCS is payable by Indian residents on total cost of foreign tour package),

List of other cost exclusions that may have to be taken care by travellers in extreme cases:

Additional hotel accommodation, meals, transportation, flights etc in the event of delay in the trip or change in the itinerary or route due to any unforeseen reason or changes,

Transport services for any additional sightseeing service which is not mentioned in the itinerary,

Emergency evacuation expenses,

Emergency medical expenses in the event of hospitalisation,

Extra expense for additional necessary permissions or visa splitting charges and all additional services in the event of change in tour plan by the traveller before or during the yatra,

Urgent visa fee if required,

All additional expense for returning early from the trip due to any personal reason,

Any and all additional expense or increase in cost of any trip item or service due to sudden hike in permit fee, visa charges, flight fares, hotel prices or price for other trip services by concerned authorities or flight companies or hotel owners or vendors etc. or due to any other reason or situation which is beyond our control,

Our services also does not include any other additional expense incurred before or during the trip due to any unforeseen circumstances including, but not limited to, weather conditions, natural disaster, act of God, technical failure, flight delay or cancelation, delay by authorities in issuing permits or entry visa, strikes, riots, political closures, not opening of the borders due to lockdown

situation or any other reason, war situation, and/or any other situation or circumstances which are beyond our control,

Any service/s which is not mentioned in our above 'list of package cost inclusions' does not fall under the liability of the Company and the same will be paid by the traveller only in advance or at the time of consuming the service, as may be the requirement of the case,

Any expenses of personal nature,