

# Kailash Manasarovar Yatra - 2017



According to the Hindus Mythology, Lord Shiva spends his most of the time on the top of the holy Mount Kailash, practicing Yogic austerities, joy and love with his divine consort Parvati (Mother of Mythology). The Lake Mansarovar and the holy Mount Kailash are the SOUL of all AUM followers in the world.

"Conventional wisdom says a single circuit of Mt. Kailash wipes out the sins of a lifetime, 108 Parikramas guarantees enlightenment. A ritual bath in the sacred Mansarovar Lake delivers pilgrim to Brahma's paradise and a drop drink of its water relinquishes the sins of hundreds of lifetimes."

DAYS	ITINERARY	HALTS	Remarks
Day 01:	Arrival in Tribhuvan International Airport (TIA) Kathmandu (1350m), our representative from will be there with your name card. Transfer to Hotel. Evening briefing about Kailash and our country Nepal.	Hotel 4*****	Transfer to Hotel and brief
Day 02:	<b>Fly to Nepalgunj (150m/492ft)</b> Morning visit Pashupatinath Temple. This temple is famous and a sacred Hindu Temple. It is located on the banks of the Bagmati River. Pashupatinath temple is recognized by "UNESCO" world heritage site, listed in 1979. After darshan, we drive back to hotel and Yatra preparation. Afternoon we departure to domestic Airport and fly to Nepalgunj by Yeti / Buddha Airlines. This flight will be take 55minutes to reach. Transfer to hotel. Nepalgunj temperature is "HOT".	Hotel	Flight 55min
Day 03:	<b>Fly to "Simikot" which lies in the Humla Region (2950m/9676ft) .</b> We take an early morning flight to Simikot by Tara / Sita Airlines. The flight will take 55minutes. A representative from our office will be there to meet and transfer to Sun Valley Resort / Similar hotel. Simikot is located in a mountainous region, most people here are Buddhist. Rest day for acclimatization. After lunch you can visit Shiva Mandir (walking).	Sun Valley Resort or Similar	Flight 45min
Day 04:	<b>Fly to Hilsa by Helicopter and Drive to Purang (3800m/12464ft).</b> We fly to Hilsa by helicopter. This flight is of 20 minutes. Once you land at Hilsa walk over the Karnali River. Upon crossing one enters the "Kailash" Region.	Purang Hotel	By heli 20 min & drive for an hour

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	Immigration takes place on the China / Tibet side. Drive to Purang by bus. Purang is small town with beautiful landscape. Evening you can walk around the market and buy some trekking equipment if required.		
Day 05:	<b>Drive to Holy Lake Manasarovar(4590m/15060ft).</b> Today we drive to Lake Manasarovar by bus. It will take 2 hours to reach (55km). On the way, you will pass the Rakshas Taal. Here we will take a short break and continue driving to Lake Manasarover. Afternoon we start the "Parikrama of Mansarovar" - 105km and Holy Bath, Puja etc.	MANSAROVAR Guest House	Drive 3 hours to Lake Manasrowar as well as its Parikrama
Day 06:	<b>Drive to Darchen (Kailash Base Camp) (4575m/15010ft)</b> Today we drive to Kailash Base Camp known as Darchen. it is just a 45minutes to. Darchen is a small town like Purang. It is located in the base of Holy Mount Kailash and is the starting point for pilgrimage. Evening one can walk around the small town.	Darchen Hotel	45min drive by Bus
Day 07:	<b>Drive to Yama Dwar and Trek to Diraphuk (4920m/16137ft)</b> Early morning after breakfast, drive to Yama Dwar (15km). Yama Dwar is the gateway to starting point of the Parikrama. From here we can see the Mt. Kailash East/South face (as shown in the above picture). From here the group will divided into two. Parikrama group and non-Parikrama group. Parikrama group will start their onward journey by foot. Non parikrama pilgrims will drive back to Darchen. Trekking will take around 5-6 hours to reach Deraphuk. The trail is not so difficult. One could find it challenging due to the high elevation. While proceeding one gets excellent view of Mt. Kailash.	Guesthouse	Drive 2 hrs and walk 5-6hrs
Day 08:	<b>Trek to Zuthulphuk / Dolma La Pass (4780m/15442ft).</b> Very early morning wakeup call by the Sherpa Team. After breakfast start up hill trekking to Dorlma La pass (5560m/18236ft). This pass is the highest pass and uphill trekking. After Dolma La pass, we decend to the next valley Zuthulphuk. The holiest Lake Guri Kund is situated beyond the Dolma La pass. Hindu followers believe that, Lord Shiva consortium Parvati used to take bath in this lake. Hence the name Gauri Kund. Trekking Zuthulphuk, could take anything between 10 to 12 hours covering 20 to 22km which has to be covered in a day.	Guest House	Trek 10-12 hrs depending on one capacity / caliber
Day 09:	<b>Trek to Zhongdo and drive to Purand / Hilsa (3800m/12464ft)</b> Early morning we start our trek to Zhongdo. Today trekking is quite easy and flat, after 3 hours, we reach Zhongdo and the Coach will pick us up and drive to Purang / Hilsa depending on the circumstances.	Hotel	Trek 3 hrs and drive 4 hrs
Day 10:	<b>Fly to Simikot – Nepalgunj – Kathmandu,</b> early morning we get ready to fly by helicopter to Simikot. Flight will take 20 minutes to reach Simikot and continue fly to Kathmandu via Nepalgunj.	Hotel *****	Flight to Kathmandu

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Day 11	Today is the final day of this Kailash tour. we drop you to airport for final departure, according to your flight schedule. And fly back to sweet home.		
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**Note: Itinerary are subject to change due to unavoidable circumstances and the extra cost occurred has to be paid by the clients.**

<b>Heli Ex Kathmandu: Departure Date 2017</b>
May: 06*, 12, 18, 24, 30
June: 05*, 11, 17, 23, 29,
July: 05*, 11, 17, 23, 29
Aug: 03*, 09, 15, 21, 27
Sept: 02*, 08, 14, 20,26,
<b>Fullmoon Dates, Kailash/Manasarovar 2017:</b>
May 06*, June 05*, July 05*, Aug 03* Sept 02*
<b>Heli Ex Nepalgunj: Departure Date 2017</b>
May: 07*, 13, 19, 25, 31
June: 06*, 12, 18, 24, 30,
July: 06*, 12, 18, 24, 30
Aug: 04*, 10, 16, 22, 28
Sept: 03*, 09, 15, 19, 27,

**Individual Pax joining the above Fixed Departures:**

## **SERVICES INCLUDED IN ABOVE TOUR COST**

- Airports pick up and drop services.
- Double sharing full board basis 4-starhotel in Kathmandu, as per itinerary
- A visit of Pashupatinath Temple.
- Scheduled flight Kathmandu - Nepalgunj - Kathmandu
- Scheduled flight Nepalgunj - Simikot – Nepalgunj
- Charter Helicopter flight share by 5-6 person Simikot – Hilsa - Simikot
- Double sharing hotel in Nepalgunj and 3or 4 pax in Simikot and Tibet with meals at all places.
- Transport by Tourist Bus up to Mansarovar and Eco Buses from Manasarovar to Darchen - Yamdwar per group sizes / Truck for Luggage.
- Nepali Team Leader and Supporting Sherpa Team
- English speaking Tibetan guide, Chinese visa fee of the and staff.
- Veg. Indian meals during the trip and Guesthouses and camping charges in Tibet.
- Duffel Bag (a large bag to keep the yatri's luggage for the trip)
- Gore-Tex Jacket (on loan - returnable after the trip)
- All camping and cooking equipment.
- Yak for Kailash Parikrama for the luggage only and all entrance and conservation fee of Tibet.
- Upper Humla permit fee for client and Helicopter landing.
- Gamow bag oxygen and oxy- meter for safety

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- **Note:** in the the Mansarovar to Kailash **Private vehhiles are not allowed.**

## **SERVICES EXCLUDE IN TOUR COST**

All beverages during the trip and in Kathmandu, Nepalgunj and Simikot.  
Extra rooms bills due to flight delays or weather conditions or any other reason.  
Stick and a water bottle ( mineral water too )  
Insurance of clients and evacuation cost just in case required  
Personal horse / yak riding charges during Kailash Parikrama  
Domestic excess baggage charges and airport taxes.  
Tips for supporting staff

## **Booking and payments**

As per New regulations , trip booking should be done 2 months in advance.  
If there is a seat available bookings will be accepted at a later date too.  
Final close of the booking will be 25 days prior to the departure date.  
Minimum 6 months valid date passport is required from the date of entry.  
25% at the time of booking will be required.  
45 days prior to tour departure date, 50% of the total cost should reach us.  
Full payment should made 25 days before departure to Kailash Manasarovar Yatra

## **Tour Cancellation** policy:

All notice of cancellation must be sent to our office in writing.  
Verbal cancellations will not be entertained.  
40 days prior from tour departure date 30% cancellation.  
30 days' prior from tour departure date 50% cancellation.  
Tour operators has full right to change the dates and cancel the trip due to any unavoidable circumstances.

## **Fitness:**

This is not a trek or expedition but a tour; therefore no specific level of fitness is required. Anybody can join this Yatra if they think themselves fit and have strong willpower. People suffering from cardiac or respiratory problems should consult to their doctor. Morning and evening walks, jogging, stretching, meditation and regular exercise make the journey comfortable for all.

## **Clothings:**

As the temperature varies greatly between day and night (from max. 20 degrees Celsius to min. -16 degrees Celsius) one should prepare accordingly.

## **Bring the following items with you:**

Woolen gloves, Balaclava, Sun hat, Thermal wear, Water bottle, Woolen socks, Towel, Light Jacket, Sunglasses, Sun cream, Torch with extra batteries/bulbs, Muffler, Mask, Raincoat, Sweater, Shirt/T-shirt & Trekking shoes

## **Insurance:**

Full travel insurance coverage for medicine, Helicopter evacuation if in case of emergency, lost of belongs, and trip cancellation is strongly recommended

## **Trip booking:**

Minimum 30 days advance booking is required to arrange visa approval and Travel permit issue. We need 50% advance of tour payment by bank while booking trip.

## **Chinese visa application:**

**10 days before departure date, original passport and 2 pp sizes photo should reach our office in Delhi.**  
**Yatri those are above 70 yrs may get visa rejected by the Chinese Authority. We shall try our best.**

**Illegal:** 500 and 1000 notes from India is illegal to bring to Nepal.

