

Kailash ManSarovar Yatra Via Tibet

Lhasa by flight



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"As the dew is dried up by the morning sun, so are the sins of human beings by the sight of Mt. Kailash and Lake Manasarovar" -Skanda Purana

Situated beyond the majestic Himalayas, the holy Mount Kailash stands as a sacred nucleus, revered as the earthly abode of Lord Shiva. This celestial peak, untouched by human ascent, invites pilgrims from around the world to undertake the profound ritual of circumambulation, a practice imbued with the promise of soul purification, spiritual awakening and sublime transformation. The journey around this sanctified mountain is not merely physical endeavor but a transformative pilgrimage, where the pilgrim is infused with the divine energy radiating from its pristine slopes. The Skandha Purana, an ancient Hindu text, offers a captivating glimpse into the revered landscapes of Mount Kailash and Lake Manasarovar, which hold profound spiritual significance within the Hindu, Buddhist, Bon and Jain traditions. These sacred sites, according to Hinduism are believed to be the abode of the divine Lord Shiva and his consort, Goddess Parvati, and are the axis mundi, or the center of the universe, where the physical and spiritual realms converge.

Mount Kailash, with its striking symmetrical peak, is revered as the earthly manifestation of Mount Meru, the cosmic mountain that is said to be the axis upon which the entire universe revolves. The Lake Manasarovar- situated in the center of Jambudvīpa is believed to be the source of the four great rivers of Asia - the Indus, Sutlej, Brahmaputra, and Karnali - and is considered a sacred body of water that cleanses the soul and grants liberation from the cycle of rebirth. The significance of these sacred landscapes extends beyond their physical attributes, as they are imbued with profound spiritual meanings and serve as a nexus for the convergence of various religious and cultural traditions.

Each step of the Kailash-Manasarovar Tirtha Yatra resonates with the whispers of ancient prayers, and the sacred air carries the essence of timeless spirituality. At the foot of this majestic peak lies Lake Manasarovar, its tranquil waters reflecting the heavens above and offering a moment of divine communion to those who seek it. Pilgrims often return from their sacred journey with hearts alight, their spirits elevated, and their souls profoundly inspired, carrying with them the eternal blessing of Shree Kailash Parvat.

The Kailash-Manasarovar Tirtha Yatra is not merely a modern-day pilgrimage, but a continuation of a sacred tradition rooted in Vedic Sanatani understanding. The Tirth yatra, or pilgrimage, was once seen not as a journey in the conventional sense, but rather as a "Yat'-sattrā," a continuous sacrifice of the pilgrim for the inward exploration through external journey. This ancient practice of the Tirth yatra, with its diverse goals and meanings, serves as the epitome for the modern pilgrimage to Kailash-

Manasarovar. Since the opening of tourism in China in 1997, Krishna Tours and Travels'

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Provider has been at the forefront of organizing transformative pilgrimages to the sacred Mount Kailash, one of pioneering travel and tour agencies operating from Kathmandu, Nepal for a sublime experience to the pilgrims. Equipped with years of expertise and a deep commitment to providing a spiritually enriching experience for every traveler, Krishna Tours and Travels' Provider continues to connect hearts and souls to the divine energy of Shree Kailash Parvat.

Divine Pilgrimage Transformation Journey Activities:

Krishna Tours and Travels' Provider offer a seamless and spiritually fulfilling pilgrimage experience enriched with unique services designed for comfort and well-being:

- **Holistic Preparation:** Guided Yoga and Pranayama sessions to support your high-altitude acclimatization.
- **Spiritual Immersion:** Morning and evening prayers, along with soul-stirring Bhajans and Kirtans to create a holy and sacred atmosphere.
- **Guided Support:** Practical demonstrations of walking, trekking, eating, and sleeping techniques to ensure a safe and comfortable journey.
- **Personalized Care:** Dedicated escorts provide tailored assistance to senior citizens and those requiring extra support.
- **Expert Leadership:** Medically trained senior leaders guide and facilitate the pilgrimage, ensuring safety and professional care.
- **Culinary Excellence:** Nutritious and delicious Satvik vegetarian meals, including North Indian, Gujarati, South Indian, and Chinese cuisines, cater to diverse tastes and preferences.
- Entry and Exit Kyirong /Gyirong (Kyerung), China

Trip Highlights:

- Journey to the holy Mount Kailash.
- Darshan at the holy Pashupatinath Temple and perform Rudrabhishek Puja.
- Visit to Doleshwar Mahadev, revered as the head of Kedarnath, located in the serene hills of Bhaktapur.
- The sacred Lake Manasarovar Parikrama, holy Mount Kailash, and Tirthapuri.
- Nandi and Asthapada Darshan with a close view of Mount Kailash (subject to local authority permissions).
- Comfortable travel by tourist coach up to Lake Manasarovar and the base camp of Kailash (no trekking required).
- Scenic drive/Heli flight from Kathmandu to the Nepal-Tibet border Kyirong via Timure, followed by exit(optional)

Detailed Itinerary

Day 1: (2026) Arrival in Kathmandu (1,300m)

Upon your arrival at the airport, our team will warmly welcome you and promptly transfer you to your hotel for check-in, allowing you ample free time to relax or explore at your leisure. Arrival at Tribhuvan International Airport, Kathmandu. Meet Karnali Excursions representatives holding a signboard at the arrival/exit lounge. Transfer to the hotel (8 km, approx. 45 minutes). Receive a tour briefing from team. Rest of the day free to recover from jet lag.

Accommodation: 5-Star Hotel at Kathmandu.

Days 2-3: (2026) Guided Sightseeing, Yatra Briefing & Visa Preparation for Shree Kailash Mansarovar Yatra- Tour Briefing:

Your tour leader will provide a comprehensive briefing about the daily itinerary and preparations to ensure a smooth journey. Pilgrimage to Pashupatinath Temple, the most sacred Shiva Temple and the Holy Bagmati Ganga, perform Rudrabhishek puja and pay homage to Guheshwari Shaktipeeth, the nucleus of Nepal-Mandala Shakta tradition. Pay homage to Jal Narayan Temple (Budhanilkantha), where majestic sleeping Vishnu cradled in a sacred pond at the base of the Shivapuri hills; and Doleshwar Mahadev, revered as the head of Kedarnath, located in the serene hills of Bhaktapur. Receive the graceful blessings from Kumari, the divine human manifestation of Goddess Taleju, known as the Living Goddess, chosen through ancient tantric rituals and worshipped primarily in Kathmandu Valley; and visit the Hanuman Dhokla Palace (Kathmandu Durbar Square), greeted by the monkey god (Hanuman) at the entrance. Processing typically takes 2 to 4 days. **We recommend apply China /Tibet visa to your home country.**

Please make sure you mention in your application that you visiting Tibet for Kailash Man Sarovar yatra.

Days 3-4 (Monday to Friday). If you would like to take any optional tour please let us book at the time of booking.

Optional: Historic city tour of Patan Durbar Square and Bhaktapur Durbar square, famous for spectacular art, architecture and traditional Newari culture.

Optional: Day trip to Muktinath Temple and Damodar Kunda, Mustang via helicopter. Muktinath Temple (3,810m), is a syncretic Temple for Hindus and Buddhists practitioners often regarded as the divine abode of liberation and a gateway to the spiritual enlightenment. The temple complex features twelve golden metal fish, symbolizing the wishes of devotees, and sacred water spouts that flow from the heart-shaped Mukti Dhara spring. Surrounded by stunning alpine scenery and the shimmering waters of the nearby holy lake, Muktinath attracts pilgrims from around the world seeking blessings,

purification, and a deeper connection with the divine. Its serene atmosphere and profound spiritual significance make it a opening to the Shree Kailash-Manasarovar Tirtha Yatra to be followed.

Damodar Kunda, located in the remote Mustang region of Nepal, is a sacred cluster of high-altitude lakes revered by Hindus and Vaishnavites as the holy abode of Lord Vishnu, residing in the form of Shalagrama, fossilized stone, believed to cleanse sins and fulfil spiritual aspirations.

Accommodation: 5-Star Hotel.

DAY 5: Fly to Lhasa for Kilash yatra - Early morning flight to Lhasa - (1 Hour 20 minutes), Scenic drive to the hotel by Bus (approx. 1 hour), Rest and acclimatization, Altitude: 3700 Meters,

Accommodation: Decent hotel with attached bath. Breakfast, Lunch Dinner

DAY 6 -7: Visit major cultural and architectural sites of Lhasa, Tibet – Potala Palace, Jokhang Temple, Sera Monastery, Ganden Monastery, Barkhor Street and beyond.

Breakfast, Lunch Dinner

Acclimatization and get ready: 3 Days stay for the sacred Mt. Kailash.

Accommodation: Decent hotel with attached bath. Breakfast, lunch, dinner

DAY 8: Take a flight, the western headquarters of Tibet, drive 4 hours to the Kailash base camp in Darchen, Altitude: 4,600 Meters.

Accommodation: Hotel with attached bathroom. Breakfast, Lunch Dinner

DAY 9: Drive to Darchen continuing lake Mansarovar parikrama.

Drive 4 hours from the Lake Mansarovar, Altitude: 4,600 Meters.

Accommodation: Hotel with attached bathroom. Breakfast, Lunch Dinner.

DAY 10: Drive to the base of Nandi Parvat, Asthapad, and Gayndrak Gompa. Spiritual immersion and exploration, return to Darchen. Drive to the base of Nandi Parvat, Asthapad, and Gayndrak Gompa. Spiritual immersion and exploration. Return to Darchen,

Accommodation: Comfortable hotel with attached bathroom. Breakfast, lunch and Dinner

DAY 11: Parikrama Starts – Trek to Diraphuk (4,900m) Drive to Tharboche /Yam Dwar, the starting point of Parikrama. Trek 10 km to Diraphuk, on a horse ride or on foot with a close view of Mount Kailash's West and North faces. Journey Distance and Time: 10 Km drive in

rough road and 10 Km on foot or horse ride Altitude: 300 Meters Accommodation: Basic dormitory shared by four people. Breakfast, Lunch Dinner.

DAY 12: Cross Dolma La Pass (5,650m) – Trek to Zuthulphuk (4,850m) Early morning trek to Dolma La Pass, the highest point of the journey. Early morning trek to Dolma La Pass, the highest point of the journey. Darshan of Gauri Kund near Dolma La. Descend to Zuthulphuk Gompa and drive back to Darchen. Journey Distance and Time: 32 KM approx. 10 hours walk on foot/ horse ride both and 10 km drive.

Altitude: 750 meters ascend and 850-meter descend.

Accommodation: Hotel with attached bathroom. Breakfast, lunch and Dinner

DAY 13: Return to SAGA: Drive After an early breakfast, we begin our scenic return journey to Saga, driving through the picturesque landscape of Tibet. With a panoramic view of the majestic mountains and vast Tibetan plains, this 500 km drive will take approximately 9 hours. Upon arrival in Saga, you will check in to a fairly good hotel where you can rest and freshen up after the long journey. The hotel offers comfortable accommodations with attached bathrooms for a relaxing overnight stay. SAGA Overnight in SAGA journey 500 KM almost 9 Hours.

Accommodation Fairly good hotel with Attached bathroom, Breakfast Lunch Dinner

DAY 14: Drive to Kyirong and Helicopter Flight or drive to Kathmandu After an early breakfast, we will depart for Kyirong, heading towards the Nepal-Tibet border. Upon arrival at Kyirong, immigration formalities will be completed. Once the necessary documentation is in order, we will board a helicopter for the scenic flight back to Kathmandu if the weather permits. This journey will take approximately 5 hours, including the flight time and road transfers. Road journey will take approx. 10 hours. Upon arrival in Kathmandu, we will transfer you to your 5-star hotel where you can relax and reflect on the sacred journey you’ve just completed. Journey Distance and Time: Approx. 5 or 10 hours

Accommodation: 5-star hotel in Kathmandu. Breakfast, Dinner

DAY 15: Kathmandu free day to relax and take it easy before you board your flight to home tomorrow. Breakfast, lunch and Dinner

DAY 16: Depart from Kathmandu - After breakfast we will drop you at airport for your return flight to home (Please book your flight after 1300 Hours) Please if you would like to stay pre and post hotel in Kathmandu Please let us know at the time of booking.

Important Notes - Luggage: Helicopter will not allow hard case bags as a check in bag and only small soft backpack as carry on for personal need.

The Cost of Pilgrimages Kailash-Manasarovar Yatra:

The Cost for Kailash-Mansarovar Yatra **USD 5299.00** pp /share room per person Kailash-Mansarovar Yatra using 5-star hotels in Kathmandu and Lhasa will be comfortable hotels for the Kailash-Mansarovar Yatra via Lhasa route.

Single Room Supplement: An additional **USD 1099** per person for a single room accommodation also. During yatra may be not available Single room at every camp and hotel. (Even if you paid as single supplement during parikrama most places will not have private room, most time it's Dormitory types or room share in 4 pax group, small hotels and /or camp 2 to 4 pax in room).

Optional tour in Nepal and Tibet: All of these yatra by Helicopter (minimum 5Pax)

1. **Kagbhusundi (Tilicho) Lake by Helicopter (5 persons)** – USD 1,699 per person (no extra days required)
2. **Gaurishankar, Mt. Everest & High Himalaya Darshan Flight** – USD 250 per person (no extra days required)
3. **Muktinath Trip:** Helicopter Day trip to Muktinath with all necessary permits (optional cost extra 1,599 pp)
4. **Muktinath and Damodar Kunda Trip:** Helicopter Day trip to Muktinath and Damodarkunda with all necessary permits (optional USD,3499.00 PP)
5. **Optional Kagbhusundi Trip:** Helicopter Day trip to Kagbhusundi (Tilicho Lake) with all necessary permits (optional USD 1699.00 PP).
6. **Kaushiki Kshetra, Baraha Kshetra, Janakpurdham, Devghat, Valmiki Ashram & Lumbini** – USD 1,899 per person (Requires 6 additional days; advised to complete before the Kailash Yatra begins.)
7. **Everest Base Camp Drive (Tibet Side)** – USD 999 per person (Requires 3 additional days after the Kailash Yatra.)
8. **Haleshi Mahadev Cave by Helicopter (5 persons)** – USD 1,299 per person.

Tipping and Gratitude:

Please allow USD 350 per person

PAYMENT:

- Booking form for Yatra is Mandatory.
- Deposit at the time of booking 450.00 USD Non- Refundable deposit.
- 40% of balance within two weeks of confirmation Letter by check in USD.
- Full payment of airfare within two weeks of confirmation of air ticket via email and payment by check in USD.
- Full balance should be paid within 45 days prior to departure and check should be clear by our bank.

Important Notes:

- Krishna Tours and travels /agent /Provider reserve the all right to cancel or revise the itinerary and altering the costs if circumstances demand. However, Yatris will be informed in advance due to unavoidable situation.
- If two travelers travelling two gather and one of them decided to drop out from tour, remaining person has to find own partner or pay single supplement before tour departure.
- Our leader and guide will meet you at Nepal directly.

Cancellation Policy:

- All deposit amounts would be reimbursed if the Yatra is cancelled by the Krishna tours And Travels, it's agent and Provider under unavoidable circumstances.
- If Yatra is cancelled by Yatris /Travelers: All cancellation via email only at Krishnatours3692@gmail.com
 - o Booking deposit and any airfare amount is non -refundable in any circumstances.
 - o If cancelled in more than 60 and above days before departure amount will be refund without deposit and airfare if we already booked confirmed tickets.
 - o 60% amount if cancelled in less than 59 - 35 days before the departure.
 - o less than 34 days before the departure. No refund

Cost Includes:

- **Single Room Supplement extra:** travelers requiring a single room, an additional Extra charge of USD 1099 applies. (but it may be not available in Yatra part)
- The following services are included in the Kailash-Mansarovar Yatra package:

- Hotel Accommodation: best available hotel (Guest house in Tibet as outlined in the itinerary.)
- Knowledgeable Guide and Supporting Staff: Experienced team to assist and guide you throughout the journey.
- Camping Equipment: Includes tents, mattresses, sleeping bags, down jackets, rain ponchos, and all necessary kitchen equipment for the journey.
- High Altitude Medical Emergency Equipment: Such as Gamow bags, oxygen cylinders, and other essential medical tools to ensure safety at high altitudes.
- Ground Transport: All airport pickups, transfers, and transportation in Nepal and Tibet.
- Sightseeing: Guided tours in Kathmandu as outlined in the itinerary.
- Permits and Visa: Tibet Travel Permit and China Visa.
- Meals: Pure vegetarian breakfast, lunch, and dinner every day as per the itinerary, during parikrama unlimited water
- Transport in Tibet: Travel by tourist coach or 4WD Land Cruiser with a supporting truck and emergency jeep
- Essential Gear: Tents, mattresses, sleeping bags, down jackets, rain ponchos, and all necessary kitchen equipments.
- Medical Support: High-altitude emergency equipment, including Gamow bags, oxygen cylinders, and necessary medical tools.
- Logistics: Yaks to carry food and supplies during Kailash Parikrama

Cost Excludes:

- Any item (S) not mentioned in inclusion will cost extra and/ or not available.
- International Flights Fares, as well as Nepal Visa /ETA cost you can get on arrival but please updated rules om Nepal Embassy website),
- Unforeseen circumstances related any cost Extra Night's Hotels. Meals etc. In case the trip is shortened or canceled due to unforeseen circumstances or if your arrival /departure differs from the itinerary.
- Travel -Medical and rescue insurance: Evacuation related expenses, travel cancellation, not included and highly recommended for safety and security.
- Any Optional TOURS and /Sightseeing, Personal Expenses such as bar bills, bottled drinks, mineral water, telephone bills, laundry service, and other incidental costs, Personal Clothes and equipment Including items such as personal trekking gear.
- Gratitude to the Staff (Tips): Please allow up to USD 350 for tips to the supporting team and guides.

- Optional Rides and Porters: Horse rental for personal rides during Kora (Parikrama) – approx. USD 900. Porter for carrying personal bags during Parikrama – approx. USD 300.
- Optional Rides and Porters: Horse rental for personal rides during Kora (Parikrama) – approx. USD 550-650 or more.
- Porter for carrying personal bags during Parikrama – approx. USD 200-250 or more
- Mandatory TIPS: Gratitude for staff (tips) –USD 350 Per person during tours
- Unlisted Costs: Any other costs not mentioned in the “Cost Inclusion” section.
- Single Room Supplement: For travelers requiring a single room, an additional charge of USD 1099 applies. (but it may be not available in Yatra part)

Preparation:

This document deals with all preparations needed in order to create a safe and enjoyable trip. These include: 1) Visa rules for Nepal, Bhutan, China/Tibet, Sikkim and India; 2) Medical kits and other medical preparations; 3) International travelling and insurance; 4) Additional information; 5) Responsibility for the environment. Since this Trip Preparation Guide is general, so, it is understood that readers will look for relevant pages or sections only.

1. Visas

Nepal Visa: Visas for Nepal can be obtained at TIA upon arrival to Kathmandu. Please visit this website to learn more about what is needed:

<http://www.nepalimmigration.gov.np>

CHINA VISA and Tibet permit: USA citizen can Apply China visa at USA Chinese Consulate so you Do not have to Wait in Nepal. Once you get your Visa please email us and we will prepare for your Tibet permit for Man Sarovar. We will arrange this visa on your behalf, also for your convenient and peace of mind please apply your own CHINA/ TIBET VISA at your home country. It's better to do.

Please visit this website- <http://www.visaforchina.org> to make application for your Tibet Visa and or permit. Please prepare your documents 4 to 5 Months prior.

We will arrange this visa on your behalf. Please be reminded that you are travelling in China/Tibet is always difficult and that plenty of time should be given to all aspects of your intended trip. Situations may suddenly change, and that may prevent/change any previously planned journeys to take place.

Indian Visa.

Please visit this website- <http://indianvisaonline.gov.in/visa/> to make application for your Indian visa at the nearest Indian Embassy in your home country.

2. Medical kits and other medical preparations

With a heightened interest in adventure travel to international destinations more and more travelers return from vacations with exotic diseases that may be beyond the scope of an emergency physician's daily practice in the West. However, most of the possible illnesses you could encounter while in Asia could be eliminated with adequate pre-travel education and preparations. In the circumstance when prophylactic treatment and lifestyle modification fail, physicians need to know what to look for and where to find information on exotic diseases. Further information can be quickly and easily accessed through the CDC Yellow Book, an online resource providing country-specific information.

Pre-travel preparation

Preparation is paramount to a healthy and successful adventure. Forward planning, appropriate preventive measures, and careful precautions can substantially reduce the risks of adverse health consequences. Although the medical profession and the travel industry can provide a great deal of help and advice, the traveler is responsible to ask for information, to understand the risks involved, and to take the necessary precautions for the journey. In addition, consideration should be given to any underlying medical condition of each traveler — as medications and emergency planning should be established prior to leaving.

Travelers should ascertain the associated travel health information for their specific itinerary several months in advance of departure. This should include general health information such as vaccine requirements, prophylactic medications, disease outbreaks, political environment, and medical resources.

Although often overlooked, dental, and for women, obstetric/gynecologic (OB/GYN), check-ups are advisable before prolonged travel to developing countries, and especially to remote areas. This is particularly important for people with chronic or recurrent dental or OB/GYN problems.

Basic health travel kit:

Do not share medication even on counter from anyone in tour due to person may be have some allergy which you don't know. Acute Mountain Sickness (AMS) preventive and treatment medicines like Acetazolamide, Dexamethasone, Nifedipine) if anyone has allergy with sulfur ask your doctor what is your option? A medical kit is an essential item that should be carried by all travelers to developing countries or where local availability of such resources remains in doubt. The kit should include standard first-aid items, simple medications for common ailments, and any items specific for each traveler's needs. In addition, consider having a list of medications along with a medical attestation signed by a physician authenticating the need of those medications for personal use. Standard toiletry items sufficient for the entire travel period are recommended.

First-aid items should include the following

- Antiseptic wound cleanser
- Antihistamines
- Adhesive bandages/bandages
- Eye drops/rewetting drops
- Hand antiseptic
- Insect repellent
- Insect bite treatment
- Medical tape
- Nasal decongestant
- Oral rehydration salt (ORS)
- Scissors and safety pins
- Simple analgesics (e.g., ibuprofen, acetaminophen)
- Sterilized gauze /dressing
- Thermometer (oral/rectal)

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