

Kailash Man Sarovar via Kyirong



Har Har Mahadev

"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' 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

Journey Features:

- Total Duration: 15 Nights / 16 Days
- Maximum Elevation: 5,650m (18,532 ft)
- Tour Difficulty: Moderate to Strenuous
- Best Season: May to September
- Tour Starting & Ending Point: Kathmandu
- Accommodation: Hotels in Kathmandu and Kyirong, and basic guest houses in the rest of the parts of Tibet.

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

Day1: (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.

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. Visa Processing Visa applications will be submitted to the Chinese Embassy, Kathmandu Darshan of sacred Hindu temples, guided sightseeing tour of the Cultural Heritage sites of Kathmandu valley and visa preparation: 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

Days 3 (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 fulfill spiritual aspirations.
Accommodation: 5-Star Hotel.

Day 4 Commencement of Shree Kailash-Manasarovar Yatra:

Kailash Yatra Begins with scenic 3–4-hour drive toward the Nepal–China border. Enjoy breathtaking views of terraced landscapes, mid-hill forests, and the rural beauty of Nepal. Experience the peaceful countryside and traditional Nepalese villages along the route. Arrive near the border and check in at the resort.
Overnight Stay: Resort

Day 5: Drive to Nepal-Tibet Border via Timure, Arrive Kyirong (2800m)

Today marks the beginning of your spiritual journey to Mt. Kailash. We will embark on a scenic drive to the Nepal-Tibet border at Timure, Rasuwa followed by a road trip to Kyirong (2,800m). Kyirong, a picturesque valley in Tibet near the Nepal border, is home to the revered Kyirong Jowo, Kyirong Samten Ling Monastery, a significant Buddhist sites known for their spiritual legacy and association with great Tibetan masters like Milarepa, one of Tibet's most revered yogis and poets, is celebrated for his extraordinary journey from a life of sin to spiritual enlightenment, exemplifying the transformative power of devotion, meditation, and perseverance in the Buddhist tradition, who was enlightened in one lifetime through Vajrayana Buddhist practice.

Morning Departure: Start early to ensure a timely journey, traveling by road based on weather conditions. The road trip will take approximately 8 hours by Jeep, offering breathtaking views of the Himalayan landscapes. and arrive Kyirong, TAR, China.

Immigration Process: Upon reaching the Nepal-China border, you will go through immigration formalities under the guidance of the tour leaders of Karnali Excursions.

This process, including customs checks, may take around 2–3 hours, depending on the crowd at the border. **Altitude Gain:** Ascend to an altitude of 2,800m, gaining about 1,500 meters from the Nepal side. This gradual climb helps in acclimatization for the days ahead. After completing immigration, continue the drive to Kyirong, where you will check into a simple hotel equipped with attached bathrooms for a comfortable stay.

Accommodation at Kyirong:

Day 6: Journey to Saga (4,500m)

You will drive through the majestic Tibetan Plateau, to Saga, a small town in Tibet situated along the banks of the Brahmaputra River (Tib. Yarlung Tsangpo), serves as a key transit hub for pilgrims journeying to Mount Kailash and Lake Manasarovar, offering stunning views of the Tibetan Plateau and essential facilities at high altitudes. **Scenic Drive:** Embark on a 250 km drive spanning approximately 6–7 hours, during which you'll witness awe-inspiring views of the Ganesh Himal, Langtang Range, and the towering Shishapangma Himalayas. The journey takes you through rugged terrains and a few high-altitude passes, offering unforgettable landscapes. **Altitude Gain:** Ascend to an altitude of 4,500 meters, gaining about 1,700 meters over the course of the day. Proper hydration and gradual acclimatization are essential. Arrive in Saga by evening and settle into a good hotel featuring attached bathrooms, ensuring comfort after a day of travel. **Accommodation at Saga:**

Day 7: Acclimatization Day at Saga (4500m)

This day is dedicated to rest and acclimatization at Saga to help your body adjust to the high-altitude environment, ensuring a smoother journey ahead. Relax and explore the serene surroundings of Saga, taking in the views of the Tibetan Plateau. Hydrate well and take short walks to aid the acclimatization process. Stay overnight in a comfortable hotel or guest house in Saga, where you can recharge for the next leg of your pilgrimage. **Overnight at Saga.**

Day 8: Journey to Holy Mansarovar Lake (4,588m)

Today, you will approach the sacred Mansarovar Lake and have your first glimpse of the divine Mount Kailash, marking a significant moment in your pilgrimage. **Morning Departure:** After breakfast, we embark on a scenic drive to Lake Mansarovar. The journey includes 500 km of smooth roads (approximately 8 hours) and 1 hour of rough terrain to reach the sacred lake. **First Darshan of Mount Kailash and Mansarovar Lake:** Upon reaching the Horchu Pass, you will witness the awe-inspiring sight of Mt. Kailash and Mansarovar Lake, a truly spiritual experience. **Mansarovar Parikrama:** You will perform the Parikrama (circumambulation) of Lake Mansarovar by tourist bus, a revered ritual that brings peace and spiritual blessings. Spend the night at a guesthouse located on the banks of Lake Mansarovar. The accommodations are basic, with shared dormitories (at least 4 people per room) and no attached bathrooms, offering a real adventure experience during nature's sacred beauty.

Accommodation at Mansarovar: Altitude Gain's Today's altitude gain is 88 meters, bringing you to a total of 4,588 meters.

Day 9: Havana Ritual at Mansarovar Lake and Journey to Darchen (4,700m) via Tirtha Puri

Morning Rituals at Mansarovar: Start the day with a Havan and Puja ceremony spiritual purification and exploration, beginning with sacred rituals at Mansarovar Lake, offering prayers and devotion to the sacred lake. You will then take a holy ritual dip in the waters of Mansarovar Lake, believed to purify the soul and cleanse all sins. Drive to Tirtha Puri: After completing the morning rituals, we will drive to Tirtha Puri, located on the banks of the Sutlej River. Upon arrival, you will explore its major attractions, including temples and sacred site and perform a Parikrama (circumambulation) of the area.

Drive to Darchen: In the afternoon, continue your journey to Darchen (altitude 4,700m), the gateway and base camp for the Mount Kailash Parikrama. Upon arrival at Darchen, you will check into a good hotel with an attached bathroom, offering comfort after a day of sacred rituals and travel. Journey Distance & Duration: Approximately 250 km - around 6 hours of smooth driving to Tirthapuri and onward to Darchen.

Altitude Gain: About 100 meters, reaching a total elevation of 4,700 meters.

Accommodation at Darchen

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

Nandi Parvat: Nandi Parvat, located near the base of Mount Kailash, offers a stunning view of the holy mountain, with its majestic presence evoking a sense of divine serenity. Pilgrims often visit this sacred site to witness the symbolic representation of Lord Shiva's companion, Nandi, and immerse themselves in the spiritual energy that permeates the landscape.

Astapada: Representing 'the eight steps', a sacred site located at the base of the Kailash parvat, is revered for its deep spiritual significance, believed to be the place where the Tirthankara, Rishabhadeva attained enlightenment, and the great yogi Milarepa meditated. The trek to this serene site offers pilgrims a chance to connect intimately with the divine, as they stand in awe of the panoramic views of Kailash and the surrounding rugged landscape.

Gyangdrak Monastery: Located at the foot of Mount Kailash, Gyangdrak Monastery offers a peaceful retreat for pilgrims and travelers seeking spiritual solace amidst breathtaking natural beauty. The monastery, with its serene surroundings and

panoramic views, provides a profound sense of connection to the sacred mountain, making it an essential stop for those on the Kailash Parikrama journey.

Accommodation: Comfortable hotel with attached bathroom.

Day 11: Kailash Parikrama Begins: - Trek to Deraphuk (4,900m 10 KM Drive – 10KM Walk)

After breakfast, we will drive to Tharboche/ Yam Dwar, which is a significant point marking the start of the Kailash Parikrama. The 10 km drive takes us through a rough road to this sacred spot, the entrance to the holy trek around Kailash. This spiritual entry point, adorned with flags and prayer stones, marks the beginning of the trek around Mount Kailash, offering a moment of deep reverence and connection to the divine energy of the mountain.

Trek to Deraphuk: From Yam Dwar, we begin the 10 km trek to Deraphuk (altitude 4,900m), either by walking or on horseback. As you approach Deraphuk, you will be blessed with a close darshan of the stunning West and North faces of Mount Kailash, offering a spiritual experience unlike any other. Deraphuk, located at the foot of Mount Kailash, is a serene base camp offering an awe-inspiring view of the majestic north face of the mountain. The tranquil atmosphere and spiritual energy of this sacred site provide pilgrims with a profound sense of peace and anticipation as they prepare for the challenging trek ahead. After completing the trek, settle into a basic guesthouse at Deraphuk, where you will stay in shared dormitories (at least 4 people per room). The accommodations are simple, and there are no attached bathrooms, making for an authentic, adventurous experience.

Day 12: Cross Dolma La Pass (5,650m) and Trek to Zuthulphuk Gompa (4,850m) Today is one of the most thrilling and challenging days of the Kailash Parikrama. You will cross the Dolma La Pass, the highest point of the trek, and reach the sacred Zuthulphuk Gompa, where you will spend the night.

Early Morning Start: Begin early in the morning to prepare for the long and demanding trek ahead. **Trek to Dolma La Pass (5,650m)** You will trek for approximately 5 hours to reach the Dolma La Pass, the highest point of your journey at 5,650 meters. Upon reaching the pass, you will have the opportunity to perform prayers and receive a darshan of the sacred Gauri Kunda, a high-altitude lake near the pass believed to be a site of divine significance.

Descent to Zuthulphuk Gompa (4,850m): After a spiritual moment at Gauri Kunda, begin your descent towards Zuthulphuk Gompa, which lies at an altitude of 4,850 meters. The 22km trek (approximately 10 hours) will involve 750 meters of ascent to

Dolma La and 850 meters of descent as you make your way to the monastery. You can choose to either walk or take a horse ride for this section of the journey.

Accommodation at Zuthulphuk: After completing the trek, stay overnight at the Zuthulphuk Gompa, where the accommodations are basic, with shared dormitories (at least 4 persons per room) and no attached bathrooms.

Journey Distance and Time: 22 km of trekking, approximately 10 hours. Altitude Gain and Loss: 750 meters ascend to Dolma La Pass, followed by 850 meters descend to Zuthulphuk Gompa.

Day 13: Parikrama Ends, Trek to Zongdu, Drive to Saga via Darchen

Today marks the conclusion of your Kailash Parikrama as you complete the final trek to Zongdu and then drive back to Saga via Darchen for a well-deserved rest. **Trek to Zongdu:** After breakfast, begin your final trek of the Kailash Parikrama to Zongdu, the ending point of the Parikrama. The trek is approximately 6 km and will take you through the scenic surroundings of the Kailash region.

Drive to Darchen for Lunch: Upon reaching Zongdu, board the vehicle and drive to Darchen, where you will stop for a lunch break and reflect on your spiritual journey around Mount Kailash.

Drive Back to Saga: After lunch, continue your drive back to Saga, retracing your route through the Tibetan plateau. The drive is approximately 500 km and will take around 9 hours, passing through the majestic landscapes and high-altitude terrain.

Overnight Stay in Saga: Upon arrival in Saga, check into a good hotel with attached bathrooms, where you can rest and relax after the long journey.

Journey Distance and Time: 6km trek to Zongdu, followed by 4 km drive to Darchen. 500 km drive from Darchen to Saga, approximately 9 hours. Altitude Gain and Loss: Descend 350 meters as you leave the high-altitude areas of Kailash.

Accommodations: Fairly good hotel with attached bathrooms.

Day 14: Drive to the Nepal-Tibet Border via Kyirong, Fly to Kathmandu by Helicopter (weather permitting) or by drive:

The final day of your Kailash Yatra begins with a drive to the Nepal-Tibet border followed by a scenic helicopter flight back to Kathmandu. **Drive to Kyirong:** After an early breakfast, depart from Saga and drive to Keyrong (Nepal-Tibet border). The journey will take around 8 hours, crossing picturesque landscapes and high-altitude terrain.

Immigration Formalities at the Border: Upon arrival at the Nepal-Tibet border, complete the necessary immigration formalities on both sides. The process will take some time, depending on the crowd, but your tour leader will guide you throughout the process.

Helicopter Flight to Kathmandu(optional) or Drive to Kathmandu After immigration

clearance, take a 25-minute helicopter flight from Kyirong to Kathmandu. The flight duration is short but offers stunning aerial views of the surrounding mountain ranges and landscapes. Please note that this flight is weather-dependent and may be subject to changes based on weather conditions. Arrival in Kathmandu: Upon landing in Kathmandu, check in at a 5-star hotel to relax and unwind after the spiritual journey. Journey Distance and Time: 4-hour drive from Saga to Kyirong. 25-minute helicopter flight to Kathmandu (weather-dependent). If weather does not permit, we will overland to Kathmandu (7-8 hours)

Altitude Gain and Loss: Descend 1700 meters as you return to Kathmandu.

Accommodations: 5-star hotel in Kathmandu for a comfortable and luxurious stay.

Day 15: (2026) Contingency Day:

This day is reserved as a contingency day to accommodate any unforeseen delays or changes in the schedule due to weather, road conditions, or other travel factors.

Flexible Plans: If everything proceeds as planned, this day will allow you to rest and enjoy Kathmandu at your leisure. You may choose to explore the city, visit cultural and historical landmarks, or simply relax and reflect on your spiritual journey around Mt. Kailash. Some suggestions include visiting Swayambhunath Stupa, Boudhanath Stupa, or enjoying the lively atmosphere of Thamel. Buffer for Delays: If any part of the journey experiences delays-such as a weather-related issue with the helicopter flight or other transport-this day will provide a cushion to ensure your trip ends smoothly without rushing. Preparations for Departure: This day also gives you time to make any necessary arrangements for your return flight or other travel plans.

Accommodations: Stay at your 5-star hotel in Kathmandu for the duration of the day.

Day 16: Kailash Yatra Ends, Trip concludes (Return to home) Today marks the conclusion of your Kailash Yatra as you depart from Kathmandu and return home, carrying with you the profound spiritual experiences of your journey.

Morning Transfer to Airport: After breakfast, Karnali Excursions will provide you with an airport transfer service to Tribhuvan International Airport, where you can board your return flight. Take this time to reflect on your remarkable spiritual pilgrimage to Mt. Kailash and Mansarovar Lake, which has surely left a lasting impression on your soul.

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:

- A. Drive-in and Drive-out via Nepal–China Border USD 3,799 per person Walking
- B. Drive-in and Helicopter-out via Nepal–China Border USD 4,299 per person (A minimum of 5 persons is required for each helicopter shuttle.)
- C. Man Sarovar with Nepal, Tibet / LHASA is USD 5299.00 per person (This itinerary is different) please contact us.

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.

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- 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 by check in USD. Please provide your email at the time of booking.
- Full balance should be paid within 60 days prior tour 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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