

# THE HOLY PEAK OF MOUNT KAILASH

--- THE ABODE OF LORD SHIVA ---



MOUNT KAILASH MANASAROVAR YATRA  
ITINERARY LHASA IN & KERUNG OUT

EX - KATHMANDU: 17 NIGHTS/18 DAYS - (11-28 JUNE, 2024)

EX - DELHI: 19 NIGHTS/20DAYS - (10-29 JUNE, 2024)



**वेदिक याज्ञा center**  
(Traditional Vedic Yagnas Performed by Expert Vedic Pandits)



**mystical journeys**  
Come explore the unexplored



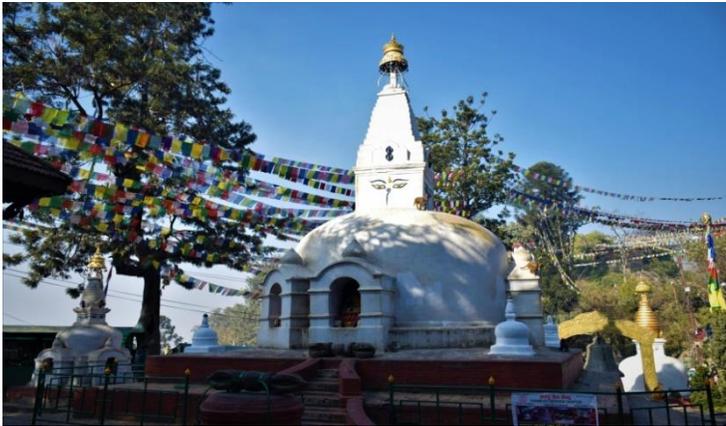
Mount Kailash, the sacred mountain is the embodiment of lord Shiva itself and is that crystal that stores the spiritual aura of the entire planet and who's energy seeps in the domain of Shiva and is a gift to mankind itself.



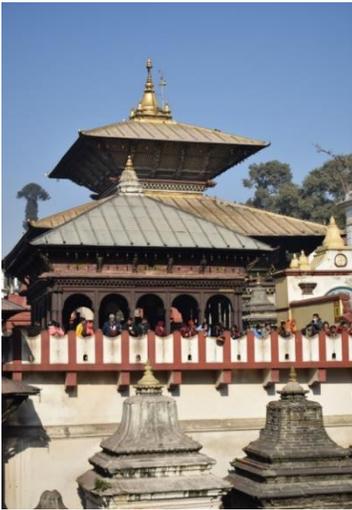
Mansarovar Lake, the name come from Manas which means mind and Sarovar Means Lake that hold significance as lord Shiva tamed ganga so it can be the seed that nourishes valleys of Himalaya and land below.



TIBET, has and always will be a spiritual haven for pilgrims from all across the globe as the winds and the water carry ancient knowledge with each breath that echoes and resonates through Kailash.



Kathmandu, the center of Nepal and one of the cradles of ancient civilization which explored and harnessed the power of human consciousness which is a pilgrimage for Hinduism and Buddhism.



Pasupatinath, a Maha Jyotirlinga dedicated to one of the form of lord Shiva who is the protector of all animals and resides on the banks of Bagmati river.

Budhnilkantha Temple, dedicated to lord Vishnu who is creating the very fabric of universe asleep on the belt of Vasuki the king of nagas.



Budhnath Stupa, scale and might of which stands tall among all the stupas in existence. Created after the demise of Buddha and its steps were formed keeping in mind the mandalas which act as apparatus for meditation practices.

**AND MORE MYSTERIES YET TO BE UNRAVELLED...**



## OUR VAHAN (TRANSPORTATION)



## OUR BHOJAN (PURE VEGETARIAN FOOD)



## OUR EQUIPMENT...



## AND MORE DETAILS BELOW...



KAILASH MANASAROVAR YATRA – 2024,

**EX- KATHMANDU VIA LHASA: 17 NIGHTS/18 DAYS**

PART 1: EARLY ARRIVAL TO KATHMANDU FOR VISA APPLICATION		
DAYS	PROGRAM	ACCOMODATION
DAY 01 (11 JUNE)	ARRIVAL KATHMANDU - Upon Arrival in Kathmandu before 09:00 A.M. Pickup passport, APPLY FOR VISA.	Hotel: Hyatt Place/ The Soaltee
DAY 02 (12 JUNE)	Darshan of Pashupatinath Temple, Gujeshwari Temple, Jal Narayan & Bodhnath Stupa.	Hotel: Hyatt Place/ The Soaltee
DAY 03 (13 JUNE)	LOCAL KATHMANDU - Visit Patan Durbar Square and Swayambhunath Stupa.	Hotel: Hyatt Place/ The Soaltee
DAY 04 (14 JUNE)	FREE DAY - The day is free to make the final preparation of the Yatra and individual exploration of Kathmandu Valley.	Hotel: Hyatt Place/ The Soaltee
PART 2: KAILASH MANASAROVAR YATRA VIA LHASA		
DAY 05 (15 JUNE)	FLY: KATHMANDU – LHASA/GONGGAR: Arrival at Gonggar airport from mainland China. Group shall be welcomed with traditional Khata and transfer to Lhasa City (3650m)	Hotel Shangrila Hotel
DAY 06 (16 JUNE)	LHASA/GONGGAR: Visit the famous Jokhang Temple, Barkhor Bazaar and Sera Monastery	Hotel Manasarovar / Intercontinental Hotel
DAY 07 (17 JUNE)	LHASA/GONGGAR LOCAL	Hotel Manasarovar / Intercontinental Hotel
DAY 08 (18 JUNE)	LHASA – SHIGATSE: Drive to Shigatse (3800m/271 Kms, 8 hrs) to visit the Tashilhunpo Monastery and the free market.	Mansarovar hotel
DAY 09 (19 JUNE)	SHIGATSE to Drive to SAGA. (4600m/447 Kms, 8 hrs).	Hotel Saga Or Similar
DAY 10 (20 JUNE)	SAGA – MANASAROVAR: Drive to Lake Manasarovar	Best Available Guest House
DAY 11 (21 JUNE)	MANASAROVAR Manasarovar Spiritual ritual Pooja - <b>(FULL MOON NIGHT IN MANASAROVAR)</b>	Best Available Guest House
DAY 12 (22 JUNE)	DARCHEN - DARCHEN – YAMDWAR – Trek DIRAPUK: Trek to Dirapuk (4860m /15 Kms, 6-7 hrs)	Best Available Guest House
DAY 13 (23 JUNE)	DIRAPUK - Zhuthulpuk (5636m) crossing over the Dolma La Pass. (18 Kms/10–12 hrs).	Best Available Guest House
DAY 14 (24 JUNE)	Zhuthulpuk to trek Chongdo and drive to Darchan	Best Available Guest House
DAY 15 (25 JUNE)	Darchan to Drive to SAGA. (4600m 6-7 hrs)	Hotel Saga Or Similar
DAY 16 (26 JUNE)	SAGA - KERUNG: Early morning drive to Kerung and exit to Nepal border.	Hotel in Kerung
DAY 17 (27 JUNE)	KERUNG – KATHMANDU: Group will be picked up by helicopter and fly to Kathmandu. Transfer to hotel.	Hotel: Hyatt Place
DAY 18 (28 JUNE)	The day is free until your transfer to the airport for your onward departure.	



**KAILASH MANASAROVAR YATRA – 2024,**

**EX- DELHI VIA LHASA: 19 NIGHTS/20 DAYS**

DELHI SUPPLEMENT – UPON ARRIVAL 01 NIGHT/02 DAYS		
DAYS	PROGRAM	ACCOMODATION
DAY 01 (10 JUNE)	ARRIVAL DELHI	Hotel: Taj Vivanta or similar
DAY 02 (11 JUNE)	DELHI – KATHMANDU, FLY: DEPARTURE	
PART 1: EARLY ARRIVAL TO KATHMANDU FOR VISA APPLICATION		
DAYS	PROGRAM	ACCOMODATION
DAY 02 (11 JUNE)	ARRIVAL KATHMANDU - Upon Arrival in Kathmandu before 09:00 A.M. Pickup passport, APPLY FOR VISA.	Hotel: Hyatt Place/ The Soaltee
DAY 03 (12 JUNE)	Darshan of Pashupatinath Temple, Gujeshwari Temple, Jal Narayan & Bodhnath Stupa.	Hotel: Hyatt Place/ The Soaltee
DAY 04 (13 JUNE)	LOCAL KATHMANDU - Visit Patan Durbar Square and Swayambhunath Stupa.	Hotel: Hyatt Place/ The Soaltee
DAY 05 (14 JUNE)	FREE DAY - The day is free to make the final preparation of the Yatra and individual exploration of Kathmandu Valley.	Hotel: Hyatt Place/ The Soaltee
PART 2: KAILASH MANASAROVAR YATRA VIA LHASA		
DAY 06 (15 JUNE)	FLY: KATHMANDU – LHASA/GONGGAR: Arrival at Gonggar airport from mainland China. Group shall be welcomed with traditional Khata and transfer to Lhasa City (3650m)	Hotel Shangrila Hotel
DAY 07 (16 JUNE)	LHASA/GONGGAR: Visit the famous Jokhang Temple, Barkhor Bazaar and Sera Monastery	Hotel Manasarovar / Intercontinental Hotel
DAY 08 (17 JUNE)	LHASA/GONGGAR LOCAL	Hotel Manasarovar / Intercontinental Hotel
DAY 09 (18 JUNE)	LHASA – SHIGATSE: Drive to Shigatse (3800m/271 Kms, 8 hrs) to visit the Tashilhunpo Monastery and the free market.	Manasarovar hotel
DAY 10 (19 JUNE)	SHIGATSE to Drive to SAGA. (4600m/447 Kms, 8 hrs).	Hotel Saga Or Similar
DAY 11 (20 JUNE)	SAGA – MANASAROVAR: Drive to Lake Manasarovar	Best Available Guest House
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DAY 16 (25 JUNE)	Darchan to Drive to SAGA. (4600m 6-7 hrs)	Hotel Saga Or Similar
DAY 17 (26 JUNE)	SAGA - KERUNG: Early morning drive to Kerung and exit to Nepal border.	Hotel in Kerung
DAY 18 (27 JUNE)	KERUNG - KATHMANDU: Group will be picked up by helicopter and fly to Kathmandu. Transfer to hotel.	Hotel: Hyatt Place/ The Soaltee
DAY 19 (28 JUNE)	The day is free until your transfer to the airport for your onward departure.	
<b>DELHI SUPPLEMENT - UPON DEPARTURE 01 NIGHT/02 DAYS</b>		
<b>DAYS</b>	<b>PROGRAM</b>	<b>ACCOMODATION</b>
DAY 19 (28 JUNE)	ARRIVAL DELHI FROM KATHMANDU	HOTEL: TAJ VIVANTA
DAY 20 (29 JUNE)	DEPARTURE FOR YOUR ONWARD DESTINATION...	

### **MUKTINATH EXTENSION TOUR**

<b>PART 3: MUKTINATH EXTENSION TOUR, EX- KATHMANDU (04 NIGHTS/05 DAYS)</b>		
<b>DAYS</b>	<b>PROGRAM</b>	<b>ACCOMODATION</b>
DAY 19 (29 JUNE)	KATHMANDU - POKHARA, FLY Fly to Pokhara and local sightseeing.	Hotel:
DAY 20 (30 JUNE)	POKHARA TO JOMSOM/MUKTINATH, FLY Arrival Jamsom and drive to Muktinath	Hotel:
DAY 21 (01 JULY)	MUKTINATH TEMPLE Full day Muktinath temple tour.	Hotel:
DAY 22 (02 JULY)	MUKTINATH - JOMSOM - POKHARA - KATHMANDY FLY Return from Muktinath to Jomsom to board the flight to Pokhara and Kathmandu.	Hotel:
DAY 23 (03 JULY)	Departure from Kathmandu, concluding the trip.	
NOTE: Muktinath extension will be take place on departure from Kathmandu end of the Kailash Mansoraver Yatra.		



**MOUNT KAILASH MANASAROVAR YATRA – 2024,  
COST PER PERSON (TWIN SHARING) – 17 NIGHTS/18 DAYS**

EX-KATHMANDU VIA LHASA ROUTE	COST PER PERSON (MINIMUM 20 PAYING GUESTS)	COST PER PERSON (MINIMUM 15 PAYING GUESTS)
17 NIGHTS/18 DAYS	USD 4527	USD 4940
FLIGHT: KATHMANDU - LHASA	USD 460	USD 460
<b>TOTAL PAYABLE AMOUNT (PER PERSON)</b>	<b>USD 4987</b>	<b>USD 5400</b>

NOTE: Visa Fee : US\$ 250.00 net per person (should be pay in cash upon arrival)

**MOUNT KAILASH MANASAROVAR YATRA – 2024,  
COST PER PERSON (TWIN SHARING) – 19 NIGHTS/20 DAYS**

EX-DELHI VIA LHASA ROUTE	COST PER PERSON (MINIMUM 20 PAYING GUESTS)	COST PER PERSON (MINIMUM 15 PAYING GUESTS)
17 NIGHTS/19 DAYS	USD 4527	USD 4940
FLIGHT: KATHMANDU - LHASA	USD 460	USD 460
02 NIGHTS/03 DAYS (DELHI PORTION)	USD 260	USD 260
FLIGHT: DELHI - KATHMANDU - DELHI	USD 270	USD 270
<b>TOTAL PAYABLE AMOUNT (PER PERSON)</b>	<b>USD 5517</b>	<b>USD 5930</b>

NOTE: Visa Fee : US\$ 250.00 net per person (should be pay in cash upon arrival)



## WHAT'S INCLUDED

- ✓ Arrival / departure transfers
- ✓ Accommodation: **Ex - Kathmandu 17 Nights/18 Days**
- ✓ Accommodation: **Ex - Delhi 19 Nights/20 Days**
- ✓ FLIGHT FARE DELHI - KATHMANDU - RETURN DELHI, ECONOMY CLASS.
- ✓ FLIGHT FARE KATHMANDU - LHASA FLIGHT, ECONOMY CLASS.
- ✓ HELICOPTER RIDE: KERUNG - KATHMANDU
- ✓ Sightseeing as per Itinerary
- ✓ Sightseeing Tours with monumental entrance fees
- ✓ Twin sharing accommodation as per the given program.
- ✓ Best available accommodation at Lake Manasarovar and during Kailas Kora on sharing basis.
- ✓ English Speaking Tibetan Guide
- ✓ Trekking Staff with Guide, Cook and Assistant Staff
- ✓ Full Board Vegetarian Meals during the trip and **during Delhi Breakfast & Dinner.**
- ✓ All Permits
- ✓ **PRIVATE GROUND TRANSFERS**
- ✓ Basic First -aid Kit, Portable Oxygen and Pulse Oxymetre
- ✓ One Medical Doctor Stationed at Lake Manasarovar
- ✓ One Priest stationed at Lake Manasarovar
- ✓ Complimentary Duffel Bag & Carry Bag
- ✓ Dawn Jacket on returnable basis

## WHAT'S NOT INCLUDED

- ✗ Supplement Visa Fee for USA Nationals
- ✗ Travel Insurance
- ✗ Natural or political disturbance which is beyond our control...
- ✗ Personal expenses such as drinks, tips, porter charge, Yak and Yak man .lake kora bus ticket
- ✗ Any additional cost arising due to reasons beyond our control.

## SUPPLEMENT COST FOR:

### THERE ARE 3 TYPES OF RUDRA ABHISHEK IN PASHUPATINATH TEMPLE AS FOLLOWS:

1. Normal Rudri : US\$ 50.00 net per family having same gotra
2. Namō Namō Rudri : US\$ 105.00 net per family having same gotra
3. Maha mritunjaya Rudri : US\$ 215.00 net per family having same gotra

I trust that you find all in order. Kindly let me know if you require any additional information.



**MUKTINATH DARSHAN - EX KATHMANDU – 2024,  
COST PER PERSON (TWIN SHARING) – 04 NIGHTS/05 DAYS**

EX- KATHMANDU	COST PER PERSON (MINIMUM 20 PAYING GUESTS)	COST PER PERSON (MINIMUM 15 PAYING GUESTS)
04 NIGHTS/05 DAYS	USD 1755	USD 1692
<b>TOTAL PAYABLE AMOUNT (PER PERSON)</b>	<b>USD 1755</b>	<b>USD 1692</b>

**WHAT'S INCLUDED**

- ✓ Arrival/departure transfers
- ✓ 01 night accommodation at Temple Tree, sharing twin basis - Pokhara
- ✓ 02 nights accommodation at Lo- Manthang resort sharing twin basis - Lo Manthang
- ✓ 01 night accommodation at Hyatt Regency sharing twin basis - Kathmandu
- ✓ Twin sharing accommodation as per the given program
- ✓ Full Board Vegetarian Meals during the trip and during Delhi Breakfast & Dinner.
- ✓ Accompanying English speaking guide throughout the tour
- ✓ Permit for Muktinath
- ✓ Jomsom - Muktinath - Lomangthang - Jomsom by Jeep.
- ✓ FLIGHT: **KATHMANDU – POKHARA, ECONOMY CLASS.**
- ✓ FLIGHT: **JOMSOM – POKHARA - KATHMANDU, ECONOMY CLASS.**
- ✓ Sightseeing as per Itinerary

**WHAT'S NOT INCLUDED**

- ✗ Travel Insurance
- ✗ Natural or political disturbance which is beyond our control...
- ✗ Personal expenses such as drinks, tips, porter charge, Yak and Yak man .lake kora bus ticket
- ✗ Any additional cost arising due to reasons beyond our control.

I trust that you find all in order. Kindly let me know if you require any additional information.



## **PARTICIPANTS OVER 70 YEARS CAN ALSO APPLY FOR PERMIT:**

- Medical certificate from an Indian Government Hospital certifying that participant is fit to travel above 4000 meters.
- Application letter by participant signed by 2 direct relatives
- There must be 2 direct relatives travelling with the participants
- Participants suffering from high blood pressure, heart disease and asthma are prohibited from applying the permits.
- Penalty: In the event of death of participant over 70 years, there shall be a penalty of USD1000 to be paid to FEC by the relatives of the participant travelling together.
- The decision to allow permit for 70years and above shall be of FEC after studying relevant documents.

## **BOOKING CONDITIONS FOR MOUNT KAILASH YATRA 2024:**

- Booking shall be accepted with a non-refundable deposit of USD 1150 per person.
- Passport copy with minimum 6 months validity.
- Letter from a doctor certifying that the participant is fit to undertake this pilgrimage.
- Booking MUST be made minimum 2 months prior to each departure date.

## **CANCELLATION POLICY FOR MOUNT KAILASH YATRA 2024:**

- Once a booking is made, the deposit fee is non-refundable.
- Cancellation made 30 days before the departure date – 50 % of total package cost.
- Cancellation made 21 days before the departure date – 75 % total package cost.
- No refunds for any cancellation made within 15 days from date of travel.
- Services partially used / not used shall NOT be refundable.

## **SPECIAL NOTES FOR MOUNT KAILASH YATRA BY HELICOPTER FOR 2024:**

- We strongly advise to keep a provision of 2–3 extra days to overcome any delays.
- Due to the nature of travel, there is always the possibility of change in the schedule. The Tour Operator or its associates shall not be liable for any such delays.
- We or our associate agents have the right to change the Itinerary in the event of adverse weather condition or any unforeseen circumstances beyond our control.
- The Group will be required to follow the itinerary. Group will enter & exit together as per schedule.



## TRAVEL TIPS FOR MOUNT KAILASH MANSAROVAR YATRA PILGRIMAGE TOUR 2024

### VISA & DOCUMENTATION:

All foreign nationals willing to undertake Kailash Mansarovar Yatra including Indians require a VISA to enter Tibet. One must be in possession of a valid passport for another six months to obtain Chinese VISA. We will require a scanned copy of your passport at the time of booking the trip which should be at least 45 days in advance). Passports of Foreign nationals (other than Indians) shall be required in Kathmandu and it takes 3-4 clear working days to obtain VISA in Kathmandu from China Visa Centre.

We shall be sending you VISA application form in advance and you will have to send it back to us, duly filled, well before your arrival into Kathmandu.

As of now VISAs are not being granted to Indian passport holders however if it so happens, for Indian passport holders, **we shall require original passport in New Delhi approx. 15-20 days prior to group's arrival date in Kathmandu so as to apply for the group VISA in India** however please note that Chinese Embassy in New Delhi accepts VISA applications between 1030 - 1130 hrs. from Monday to Friday (excluding holidays).

Kindly be informed that the **VISA is not stamped on your passport rather it will be on a separate piece of paper issued by Chinese Embassy because it shall be a Group VISA.**

### CLOTHING & ACCESSORIES:

Tibet is a dry cold country as such weather may change unexpectedly at any time. Plan your clothing in a way that you can wear layers of clothes. Depending upon the season, during June, July, August till September, day time will be pleasant and quite warm with about 15-20 degree Celsius, during afternoon time 1-4 pm can be windy. The morning and evening will be chilly between minus 2 to 0 degree Celsius. We recommend to carry one warm thick pull-over, one thin pull-over, two warm pants, two light loose cotton pants, one warm windproof cotton jacket, four cotton sleeve T-shirts, two thermal under pants, two thermal vests, one rain coat, one pair each of light tennis shoes & light rubber sandal, six pairs of warm woolen socks, one light cotton or silk scarf, one large cotton or silk scarf, one pair of warm gloves, soft paper tissues, monkey cap & sun hat, two towels, Wind - Rain Jacket and a sun hat.

Proper clothing will be required for both extremes of climate, for hot sun when trekking through the lower foothills to freezing temperatures at night while camping in the high valleys. Well fitting, comfortable shoes are preferred over normal shoes.

### TOILET ITEMS:

Soap, towel, toothbrush, toothpaste, shampoo, comb, sanitary protection & toilet paper roll etc.

### ACCESSORIES:

Sun glass (UV protected), sun cream (20 spf or more), chip-stick, water bottle (1 lt.), empty plastic bags, camera & film, Repair kit (needle, thread, tape, cloth pin, safety pins etc.), Flashlight / Torch with extra batteries, pocket knife, lighter, note book & pen, head torch, small lock, 4 passport size photographs, a copy of your insurance policy (if any), reading material, walkman with tapes and spare batteries, personal medical kit.



## PHOTOGRAPHY:

As Tibet gets very bright sunlight due to thin air so taking photographs can be quite glare. We recommend you to take the advice from the photographic shop while purchasing the film rolls for Tibet. Taking photographs inside monastery will be charged as per monastery rule. Please ask your guide before taking photographs inside the monastery. Taking photographs at Army Camps/Check-points is strictly prohibited.

A 35 mm system with interchangeable lens will allow you to get the best shots in most situations. A wide angle [28-35mm] and a telephoto [80-200mm] are very useful. Skylight filters protect your lens [skylight IB] and a polarizing filter is useful for snow scenes. A brush for cleaning your lens is important and your camera and lens need to be in protective cases. Kodak chrome 64 is excellent for slides and for prints, 100 ASA film is suitable. Faster films may be needed. 12 rolls of film are not too many for the enthusiast.

## EQUIPMENT ON TRIP:

We also provide Dining Tent, Kitchen Tent, Toilet Tents, Dining Tables, Folding Chairs and full kitchen utensils. We will provide Sleeping Bag and Foam Mattress for bed. Duffel bag and down jackets are also provided however if you wish you may carry your own too.

## MEDICINE:

We suggest you to bring your own first aid kit with adequate medication regarding altitude sickness, nausea, dehydration and some painkillers. Be careful not to catch a cold. It is better to be over-clothed than under protected. En route avoid taking bath or drinking water from lakes, streams or rivers as your body is not conditioned for this. Since the dry cold winds tend to make the nose dry, keep your nose smooth by applying Vaseline. Keep your feet dry, never let it get wet. Keep your boots inside tents to keep them dry. Wearing cotton and wool socks in combination would be the best. Face, feet and hands must be well protected. Request your doctor to prescribe effective medicines to cover the following: Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes.

## IN ADDITION TO THE MEDICINES FOR ABOVE, YOUR FIRST AID KIT SHOULD INCLUDE FOLLOWING:

Vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshner, Nose inhaler, Toilet paper, Rubber bands, Dust cover (face mask), Cough drops, Lip balm, Amritanjan/Vicks/ Shi-chu /Tiger- balm, Elastoplast, Adhesive tape, 4" crepe bandage & OAS powder - useful for adding to your water bottle and for fluid replacing purposes.

Make a separate pouch for the first aid kit with a list of medicines and their appropriate usage. It is advised to carry glucose and glucose based items (mints, toffees, mini chocolates bars for periodical consumption at high altitude for energy. Multi-vitamin and vitamin C tablets are required for daily consumption as a routine.

## ALTITUDE SICKNESS:

Acute mountain sickness is a frequent problem in the Himalayan region. The altitude of the peaks and trails between them are among highest on earth. Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate. Others appear more slowly over a period of weeks like the change in acid base balance and production of extra red blood cells. These changes plus the effect of intense sunlight, walking hard & dehydration may cause a number or mild vague symptoms such as Loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise. The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days or diamox tablets. If symptoms are severe and the patient is ill DESCEND IMMEDIATELY, 300 meters of descent or more should be sought.

This usually gives rapid improvement. To minimize altitude sickness, never rush into things, walk slowly and firmly. The uneven ground, steep slopes and slushy banks are full of potholes. Do not combine walking and sightseeing together. Inspect your track in front and trek slowly.



## PHYSICAL FITNESS:

Before booking for this Kailash Mansarovar Yatra trip with us, clients should be in sound good health preparation for this trip. We advise bit of exercise like morning or evening walk or jogging. Each pilgrim should ensure that he/she is medically fit and is not suffering from high-blood pressure, diabetes, asthma, heart disease or epilepsy since such conditions might prove fatal at high altitudes. **Medical fitness is of utmost importance.** Pilgrims should complete the medical tests and seek expert medical opinion regarding their fitness to undertake the pilgrimage at high altitude from their respective doctor. **We would require a medical certificate from every individual stating that the person traveling is not suffering from any such disease as mentioned above and is fit to travel at high altitudes.**

## INSURANCE & EMERGENCY EXPENSES:

We highly recommend all clients to be insured against medical, accidents & necessary emergency evacuation. Please ensure that your insurance covers evacuation at high altitudes. Also be informed that air evacuation (evacuation by helicopter) is not possible in Tibet as such guest requiring emergency evacuation will be transferred by surface to nearest evacuation point in Nepal side after giving the necessary first aid. Any Emergency arrangement other than regular straight forward tour itinerary service should be borne by the clients themselves.

**PLEASE NOTE THAT OUR MOUNT KAILASH MANSAROVAR YATRA TOUR PACKAGE DOES NOT INCLUDE ANY RESCUE OR EVACUATION EXPENSES IN EMERGENCIES HENCE IT IS ADVISED TO BE PROPERLY INSURED.**

## LIST OF THINGS TO CARRY:

1. Duffel bag or big backpack (**NO HARDSHELL SUITCASES PLEASE**)
2. Small day backpack with sturdy straps
3. Proper trekking shoes with spare laces – **please ensure that the shoes are broken-in before the trek. Do not walk in brand new shoes.**
4. Slippers / Sports sandals / Floaters [For walking around at campsites]
5. Sun cap
6. 3 pairs nylon socks, 3 pairs cotton/thicker socks, 3 pairs woolen socks [Two pairs of socks while walking are suggested to avoid blisters]
7. Personal Clothing [track suits are great, **AVOID** jeans or any other tight fitting pants]
8. Full sleeved thick sweater or fleece wear
9. Feather jacket (Will be provided by us on returnable basis)
10. Cotton or nylon thermal inner wear
11. Woolen monkey cap / Balaclava
12. Woolen hand gloves
13. Wind shirt (wind breaker)
14. Water proofs (poncho or pant and jacket)/ collapsible umbrella
15. Goggles [good quality, 100%-UV-protection sunglasses, not blue shade]
16. Cold cream / Hand lotion, sun screen lotion
17. Chapstick or Lip Balm
18. Torch with 2 extra sets of cells [No pencil cell torch, Head lamp is best]
19. Light towel [Should be a thin quick-drying towel]
20. 2-3 Water bottle (1 litre each) [**AVOID** simple plastic bottles. one hard plastic bottle or thermos flask- not the heavy duty one- is recommended for boiled water at higher camps]



21. Adequate underclothing
22. Personal toiletries
23. Towel
24. Toilet paper roll
25. Pen knife
26. Walking Stick [A must have]
27. Easy Breathers or Camphor
28. Mask to protect yourself from dust and cold (cotton scarf for dust and woolen for cold)
29. Camera
30. Note book and pen
31. Personal toilet kit
- 32. 4 passport size photographs**
- 33. A copy of your insurance policy**
34. Reading material
35. iPod or similar
36. Personal medical kit.
37. Air Pillow / small cotton pillow (optional)
38. Personal medicines (with written instructions), assorted Band-Aids.
39. Plastic bags to contain all above including your duffel bag, plus a few spare ones.

#### PLEASE NOTE:

- + If you are asthmatic or have any kind of breathing problem, you should not travel.
- + Take advise of your doctor before undertaking this high altitude pilgrimage and always keep your usual/prescribed medicines (if any) along with beside basic medicines for fever, nausea, dehydration, vomiting body ache and headache.
- + Use very strong and rough bags to pack your belongings and don't keep the fragile items in your bag which has to be carried on the Yak. A duffel bag is advisable. ***No hard shell suitcases please.***
- + Don't forget to carry some eatables like sweets, chocolates, glucose, candies, mints, khakra, laddu etc.
- + Engage yourself in fitness exercise like aerobics every morning. Two things would help. 1. Breathing exercises (to increase your lung capacity. Pranayam would help) 2. Running/ fast walking. It would be good if you can do this on treadmill on incline. **Like they say, "the more you sweat in peace, the less you bleed in war. Though this is certainly not war, working out will help you enjoy the trip a lot more."**
- + Please do not expect luxury on this tour however as far as possible, our Sherpa team will ensure you the best journey/stay with us in this tough terrain.
- + It is always advisable to insure yourself against personal loss, injury, death and emergency evacuation. Make sure that your policy covers Emergency Evacuation by Helicopter at high altitude treks.
- + As there is no Hindu Temple at Holy Lake and Mt. Kailash as such no priest is available. If you want some spiritual activity to be performed, please make sure that your personal priest accompany you either from your own country or from Nepal. Do carry essential Havan Samagri, Havan Kunds etc. if you are willing to engage yourself in some spiritual ceremony like Havan (Yagna).
- + If possible, arrange your Chinese Yuan (which you might require to buy some souvenir or to pay for pony etc.) in your own country or in Nepal as on the borders, exchange rate might differ. Alternately, you can carry US\$ with you which can be easily converted but Indian Currency notes are not acceptable in Tibet. Do not carry Indian Currency Notes of 500 and 1000 denominations as these are not acceptable in Nepal and cannot be exchanged. Also, they are not considered legal.



**PLEASE DO NOT CARRY THEM.**

- + *In case you are holding an Indian passport, upon arrival at immigration desk at Tribhuvan International Airport, please request the immigration officer to put an entry stamp in your passport otherwise you'll have to unnecessarily pay a penalty at Tibet immigration.*
- + Don't carry too many clothes.
- + Always carry your passport, visa and insurance with you and keep the passport handy while traveling. Leave a copy of passport with us and another one at home.
- + Please always carry your sweater / fleece, windcheater, waterproofs and water bottle.
- + Please carry your water bottle to the dinner table for a refill. Always have water with you.
- + Warm clothing and few other things can be bought in Nepal, they are of good quality.
- + We advise all our guests to read the notes on acute mountain sickness carefully. Please note that this trip will take you to very high altitudes and one should take all the precautions seriously.
- + We strongly advice all our guests to get an international travel insurance policy with evacuation provision.
- + Please note that the Airport taxes on departure from Katmandu are not included in the cost.

**BEFORE STARTING MOUNT KAILASH MANSAROVAR YATRA:**

- 1) If you are asthamatic or have any kind of breathing problem, you should not travel.
  - 2) Take advise of your doctor before undertaking this high altitude pilgrimage & always keep your usual/prescribed medicines (if any) along with beside basic medicines for fever, nausea, dehydration, vomiting body ache and headache.
  - 3) Use very strong and rough bags to pack your belongings & don't keep the fragile items in your bag which has to be carried on the Yak. A duffel bag is advisable.
  - 4) Don't forget to carry some eatables like sweets, chocolates, glucose, candies, Khakra, Laddu / Pinni etc.
  - 5) If possible, engage yourself in some fitness exercise like aerobics every morning.
  - 6) Don't expect luxury on this tour however as far as possible, our Sherpa team will ensure you the best journey/stay with us in this tough terrain.
  - 7) It is always advisable to insure yourself against personal loss, injury/accident, death and Emergency evacuation. Make sure that your policy covers Emergency Evacuation by Helicopter at high altitude treks.
  - 8) As there is no Hindu Temple at HolyLake and Mt.Kailash as such no priest is available. If you want some spiritual activity to be performed, please make sure that your personal priest accompanys you from your own country or from Nepal. Do carry essential HavanSamagri, HavanKunds etc. if you are willing to engage yourself in some spiritual ceremony like Havan (Yagna).
  - 9) If possible, arrange your Chinese Yuans (which you might require to buy some souvenir or to pay for pony etc.) in your own country or in Nepal as on the borders, exchange rate might differ. Alternately, you can carry US\$ with you which can be easily converted but Indian Currency notes are not acceptable in Tibet. Do not carry Indian Currency Notes of 500 & 2000 denominations as these are not acceptable in Nepal and can't be exchanged.
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10) Upon arrival at immigration desk at Tribhuvan International Airport, please request the immigration officer to put an entry stamp in your passport otherwise you'll have to unnecessarily pay INR 500-1000 at Tibet immigration.

11) Don't take too much of clothes along with.

#### **PRIOR TO MOUNT KAILASH PARIKARMA:**

1) Start taking DIAMOX atleast 2 days before starting your journey - once every morning after the breakfast. It should be taken for 3-6 days. This is to minimize altitude sickness.

2) Drink atleast 3 liters of mineral water everyday till you complete the Holy Yatra.

3) Avoid riding Yak during Kailash Parikarma. A pony is preferred over Yak.

4) Advise your requirements for Pony Hiring (available at an additional cost) to your tour guide a day before the beginning of Parikarma.

#### **DURING MOUNT KAILASH PARIKARMA:**

1) Walk gradually, don't compete with any one and never lose your temper as this is going to be the toughest journey you could have ever made so far.

2) In case you feel any kind of breathlessness during parikarma, immediately inform our tour guide or Sherpa staff & follow their advice.

3) On the second day of parikarma, you come across the maximum height at DolmalaPass where Oxygen level is very low as such don't stop/wait there for more than 5 minutes.

4) During parikarma, you'll come across rivers and streams, you must wash your face occasionally with cold water. Avoid drinking water from streams or rivers en-route.

5) As far as possible, try to walk. But, if you are riding a pony during parikarma, make sure that you hold it properly.

6) On the second day of parikarma, you will see several clothes lying on the rocks, please don't touch the same.

7) Guard yourself from slipping or falling to prevent fractures, sprains and muscle pulls.

8) Do not combine walking and sightseeing together. Inspect your track in front and trek slowly.

9) Travel in the group and do not leave any one behind unless escorted.

#### **GENERAL DURING KAILASH YATRA:**

1) If you smoke or consume alcohol, avoid it throughout the journey.

2) Eat as much as you could but avoid overeating.

3) Satellite phone being provided by us on use and pay basis is primarily to facilitate you during any emergency as such avoid making calls to your wellwishers because charging facilities for satellite batteries are very limited and in case of excess usage, the satellite phone might be useless at the time of any emergency.

4) While in tents, make sure that it is properly zipped and your luggage (which is kept inside the tent) is not touching the tent's outer surface otherwise in case of rain you might find water inside your tent.

5) Try to be in your own tents while it is too windy or sunny.

6) While staying in the guest house, avoid using public toilets (if available) as these are very dirty. It is advisable to use open area or our own toilet tents for toilet purpose.

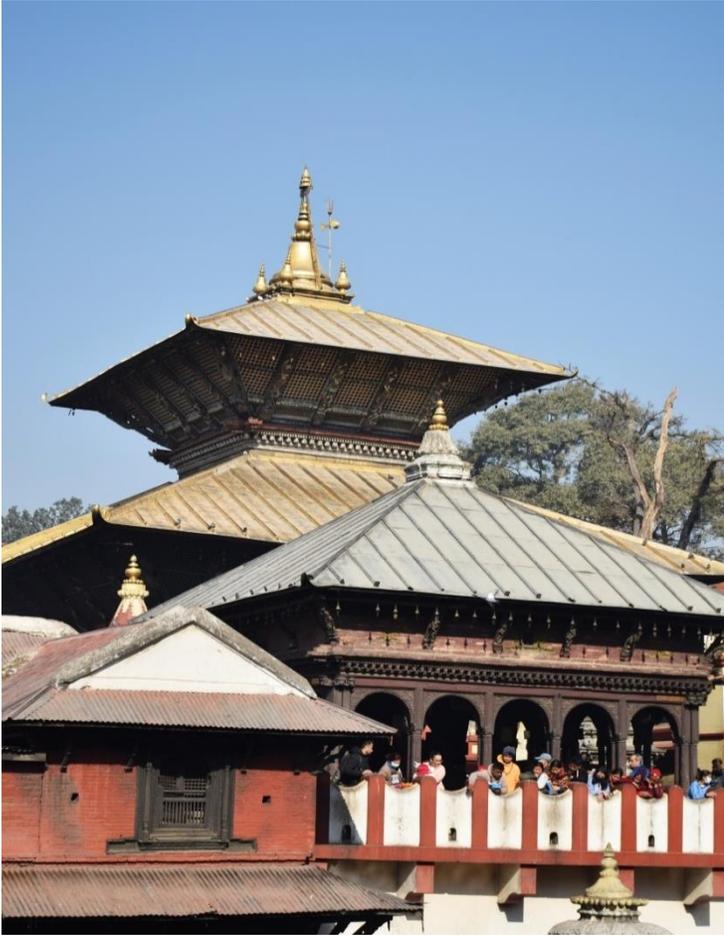
7) Travel during Kailash Yatra with the TEAM SPIRIT and help your group members in case of any need or emergency.

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