



Mt. Kailash, 6,714 m. is situated to the north of the Himalayan barrier, wholly within Tibet. It is the perfect mountain with awesome beauty, with 4 great faces. It is the spiritual centre for four great religions: Tibetan Buddhism, Hinduism, the Jain religion and the pre-Buddhist animistic religion - Bonpo. To Tibetans it is known as Khang Rimpoche (Precious Jewel of Snow) and they see it as the novel of the world. It is said that a stream from the mountain pours into a nearby lake and from here rivers flow in the four cardinal directions. The River of the Lion Mouth to the North, the River of the Horse Mouth to the east, the River of the Peacock Mouth to the south and the River of the Elephant Mouth to the West. Strangely enough, four major rivers do indeed originate near Kailash, the Indus, the Yarlung Tsangpo (Brahmaputra), the Karnali and the Sutlej.

Tibetans believe that it is the residence of Demchog, a fierce looking tantric deity who lives there with his consort, Dorje Phagmo. For the Tibetans also, it is a particularly special place in that their poet saint Milarepa, spent several years here meditating in a cave. For the Hindus Mount Kailash is the earthly manifestation of Mt. Meru, their spiritual centre of the universe, described as a fantastic 'world pillar' 84,000 miles high, around which all else revolves, its roots in the lowest hell and its summit kissing the heavens. On the top lives their most revered God, Shiva, and his consort Parvati.



For the Jains, an Indian religious group, Kailash is the site where their first prophet achieved enlightenment. For the older, more ancient religion of Bon, it is the site where its founder Shanrab is said to have descended from heaven. It was formerly the spiritual centre of Zhang Zung, the ancient Bon Empire that once included all of western Tibet. Bon people walk around the mountain in a counter clockwise manner, unlike the other religions.

Over the centuries pilgrims have constantly journeyed immense distances to achieve enlightenment or cleanse themselves of sin, braving enormous distances, particularly harsh weather and bandit attacks.

Itinerary

Day 01 Welcome to Delhi

Arrive Delhi in the late night. Our transfer representative will escort to the hotel. Dinner & overnight at hotel.
Hotel: CIS or similar

Day 02 Delhi – Kathmandu

After late breakfast, transfer to international airport board flight for Kathmandu, 9W # 262 at 12.25 Hrs. Arrive Kathmandu at 14.45 Hrs. Transfer to hotel. In the evening, explore Durbar Square. Overnight at hotel.
Hotel: Soaltee or similar

Day 03 Explore Kathmandu

After breakfast, full day sightseeing of Kathmandu including Pashupatinath Temple, Bodhnath, Swyambhunath & Krishna Temple at Patan. Overnight at hotel.
Hotel: Soaltee or similar

Day 04 Kathmandu – Nyalam

After breakfast, leave for Nyalam by surface (3750 m / 153 Kms / 6-7 Hrs). Reach Nyalam. Transfer to guest house. Overnight at Local guest house.
Overnight: Local Guest House

Day 05 - Full Day in Nyalam

After breakfast, full day at leisure. Visit Milarepa's Cave. Dinner & overnight at local guest house.
Hotel: Local Guest House

Day 06 Nyalam – Saga

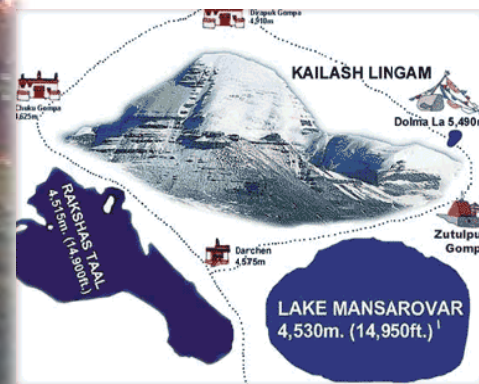
After breakfast, leave for Saga by surface (4600 m / 140 Kms / 6-7 Hrs). Reach Saga. Transfer to guest house. Dinner & overnight stay.
Hotel: Local Guest House

Day 07 Saga – Paryang

After breakfast, leave for Paryang by surface (4750 m / 255 Kms / 6-7 Hrs). Reach Paryang. Transfer to guest house. Dinner & overnight stay.
Hotel: Local Guest House

Day 08 Paryang – Chui Gompa

After breakfast, leave for Chui Gomba (4558 mtr (277 kms)). Reach Chui Gomba. Transfer to guest house. Dinner & overnight stay.
Hotel: Local Guest House



Day 09 Pooja at Mansarovar

After breakfast, Entire day spent at Mansarovar, memorable morning bath Perform Pooja Meditation visit Sheralung & Chiu drive to Darchen. Dinner & overnight stay at Darchen.
Hotel: Local Guest House

Day 10 Darchen - Dehrapuk

After breakfast, Drive to Dharboche then those who wish to go for Parikarma will start trekking early morning & reach to Dehrapuk (16300ft). Those who are not going for Parikarma will go back to Darchenor or Mansarovar after Pooja. Dinner & overnight stay.
Overnight: Tented Accommodation

Day 11 Dehrapum – Dolmala Pass - Zuthulpuk

After breakfast Parikarma group will further trek to Zuthulphuk (16000ft) en-route will cross Dolmala pass (18500ft). Dinner & overnight stay.
Overnight: Tented Accommodation

Day 12 Zuthulpuk – Darchen – Chui Gompa

After breakfast start short trek from Zuthulphuk to Dharchen then drive to Mansarover in Chui Gompa & Join group. Dinner & overnight stay.
Overnight: Local Guest House

Day 13 Chui Gompa – Paryang

End of Kailsh trek and drive to Paryang. Transfer to guest house. Dinner & overnight at Local guest house.
Overnight: Local Guest House

Day 14 Paryang – Saga

After breakfast, leave for Saga by surface (4600 m / 255 Kms / 6-7 Hrs). Reach Saga. Transfer to guest house. Dinner & overnight stay.
Hotel: Local Guest House

Day 15 Saga – Nyalam

After breakfast, leave for Nyalam by surface (3750 m / 140 Kms / 6-7 Hrs). Reach Nyalam. Transfer to guest house. Dinner & Overnight stay.
Hotel: Local Guest House

Day 16 Nyalam – Kathmandu

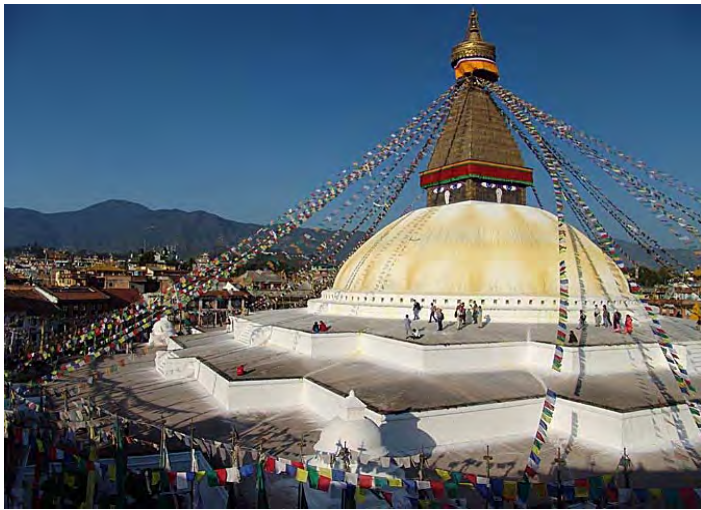
Drive downhill to Friendship Bridge where Transportation awaits for the final leg of journey to Kathmandu. Reach Kathmandu and transfer to hotel. Dinner & overnight at hotel.
Hotel: Soaltee or similar

Day 17 Kathmandu – Delhi

After breakfast, transfer to airport board flight for Delhi, 9W # 261 at 15.45 Hrs. Arrive Delhi at 17.15 Hrs. and tour terminates.
END OF TOUR









TOUR COST

Based on following Hotels

City	Hotel	Category	No of Nights
Delhi	05 Star Deluxe or 4 Star	Luxury or Deluxe	01
Kathmandu	05 Star Deluxe or 4 Star	Luxury or Deluxe	03
Nyalam	Local Guest House	Basic	03
Saga	Local Guest House	Basic	02
Paryang	Local Guest House	Basic	02
Chui Gompa	Local Guest House	Basic	02
Darchen	Local Guest House	Basic	01
Dirapuk	Tented Accommodation	Tents	01
Zuthulpuk	Tented Accommodation	Tents	01

NETT COST FOR LAND ARRANGEMENTS BASED ON MINIMUM 15 PAYING PAX

Per Person on Twin Sharing Basis - USD 7192
Single Supplement - USD 1117

*** **Luxury Hotel at Kathmandu – Soaltee Crowne Plaza (5 Star Deluxe)**
Luxury Hotels at Delhi – The Trident or The Imperial (5 Star Deluxe)
Deluxe Hotel at Kathmandu – The Grand (4 Star Deluxe)
Deluxe Hotel at Delhi – City Park (4 Star Deluxe)

*** **The above quotation is valid for period specified only. If there will be any increase in Government imposed taxes or airfares or entrances, then the same will be charged extra.**

*** **The above cost is based on minimum 15 paying pax. If the group strength is below 15 then the cost will be different.**





The cost includes:

- Transportation Kathmandu/ Tibet Border/ Kathmandu by non air-conditioned vehicle.
- Accommodation in twin sharing basis at Guest Houses & Camping Tentes as per itinerary.
- 4500 cc Model Luxury Japanese Landcruisers (4 Person in 1 Landcruiser Basis) and support Truck
- Freshly cooked full board meals (Indian or western meals)
- Three half day city sight-seeing tours of (a) Kathmandu City + Swayambhunath (b) Pashupatinath + Bodhnath (c) Patan City. All applicable entrance fees with English speaking guide in Kathmandu.
- Dining/Kitchen & Toilet tents
- English Speaking Tibetan Guide
- 01 Nepali Team Leader
- Experienced Sherpa Staff
- Yak & Yak-men for Porterage during Kailash Parikarma
- Gamow Bag, Oxygen, Basic first aid kit & 1 satellite Phone
- Kailash Permit and Normal Tibet/China Visa Fee.
- Each participant shall be provided with a Down Jacket, 1 Duffel Bag and a Walking Stick. These items will be provided free of cost during the Yatra and is to be returned to us after the completion of the Trip.
- Nepal – China pick up and drop transport by private bus.
- Airfare: Delhi – Kathmandu – Delhi.
- Supporting truck for luggage, fuels and a Tibetan guide.
- Sleeping bag and mattress during yatra.
- Services of English Speaking Escort for entire trip.
- 10.30% Government Service Tax.

The cost does not includes:

- Additional Meals while in Kathmandu
- International airport tax.
- Rescue Evacuation in case of emergency
- Travel & Medical Insurance
- Visa Emergency Charge as per China Visa Regulation
- Expenses of personal nature
- Any Laundry Services
- Nepal Re-entry Visa fee (not applicable for Indian passport holders)
- Extra cost in the event of landslide for hiring porterage or additional transportation
- Land tax at Kodari Border and Phone charges made through satellite phones
- Any beverages (hard & soft)/Table Drinks, items of personal nature such as laundry, telephone calls, travel or any kind of insurance etc.
- Tips and gratitude to drivers, bellboys, representatives, guides and escorts.
- Any video or camera fees at monuments.
- Horse & Yak for personal use during Parikarma.
- Any loss resulting from unforeseen circumstances such as flight delays, road blockage etc.
- Charity & Donations at Temples or Ashrams.





Travel Tips for Kailash Mansarovar Yatra

Accommodation will be very simple with a cozy room with common bathrooms and toilets. However, hot water will be provided in every room for refreshing and for drinking.

Fixed two or four men tents at each transit camp will be provided for accommodation except for guest house at Nyalam. While camping we shall be providing mattress and camping equipment require for the trip excluding personal clothing and sleeping bags.

As tents and other camping equipments move in trucks, it will take about two hours for our team to pitch the tents once you reach your camp site. One should have patience during the time as truck speed would be far less than jeeps.

Food will be supplied from our side while camping breakfast, lunch & dinner with occasional tea break. While staying in lodges enroute the meal will be provided from the best available Chinese or Tibetan restaurants. The food will be very simple as per the clients taste. All meals provided will be vegetarian.

Vegetarian meals cooked by Sherpa Crew will be provided at Camp site, who will be taken from Kathmandu. You are requested to bring sufficient supplementary food like biscuits, nuts, pickles, freeze- dried milk and your favorite tinned products to add variety of meals taste. Lunch will be provided with packed light snacks.

Clothing & Accessories: Depending upon the season, during June, July, August till September, day time will be pleasant and quite warm with about 15-20 degrees celcius. During afternoon time 1-4 pm will be windy. The morning and evening will be chilly between minus 2 to 0 degree celsius.

We recommend one down jacket, 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, sun hat, sun glass, sun cream, chap stick/lip gel, dust mask, neck pillow.

Transportation: During the drive we will be providing a “Non AC” 4 wheel drive (Land cruiser or similar), truck as a backup with all camping gear and crew. Maximun 4-5 person will be accommodated in a land cruiser.

While on trek, during the Kora, we will provide Yaks to carry the camping & your personal heavy gears.

We will arrange best available vehicle used for Kailash Package, but one cannot expect excellent or luxury vehicle as in City area. The terrain being rough, vehicles are bound to breakdown, but do not worry or panic. The drivers are expert enough to repair it. Repair may take from few minutes to few hours.

Guide/ Escort: A Tibetan/ English speaking guide will escort the group throughout the trip including few Nepali staffs for the camping.





Photography: As Tibet get 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 roles for Tibet. Taking photographs inside monastery will be charged as per Monastery rule. Please ask your guide before taking photographs inside the monastery or Army Camps.

Medicine: We suggest you to bring your own first aid kit with adequate medication regarding altitude sickness, nausea, dehydration and some pain killers.

Insurance: We highly recommend all clients to be insured against Medical, accidents & necessary emergency evacuation, if needed.

Physical Fitness: Before booking for this 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.

Visa & Documentation: Clients must be in possession of a valid passport to obtain visa. We will require the following details from your passport at the time of booking the trip - Full Name as in Passport, Nationality, Date of issue & expiry of Passport, Passport No, and Date of Birth & Occupation.

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 ascends, take acclimatization symptoms seriously using rest days or diamox. 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.

Equipment on Trip: We provide 2 men or 4 men roomy tents to sleep in. 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.

Personal Equipment Check-List: You need at least 3 pair of change of your clothing for this trip. Shorts, skirt or lightweight trousers are ideal in the heat of the day along with T-shirt, long sleeved cotton shirts and sun hat. During the evening and the higher altitudes warmers clothing will be needed, breeches, track.





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

- 01 Fibre Piled Jacket
- 01 Shorts / Skirt
- 01 Light Cotton Trouser
- 01 Breeches / Track Suit Bottoms
- Down or synthetic Jacket
- Waterproof Jacket and Trousers
- Sun Hat / Dust mask
- Scarf: Silk/Nylon, useful for keeping the sun off the back of your neck
- Sunglasses / Goggles: Essential to get a pair which cuts out 100% UV rays
- Sun Cream: High protection factor [15 or higher] or high altitude glacier cream
- Lip Slave: Protection for the lips. Get one with a sunscreen
- Water Bottle: 1 litre metal IODINE : 2% SOLUTION [TINCTURE OF IODINE] obtained from most chemists put
- Into a small glass dropper bottle. 8 drops of iodine will sterilize 1 litre of water in 20 minutes.
- Toilet Items: Soap, Towel, Toothbrush, Toothpaste, Shampoo, Comb, Sanitary protection, Toilet rolls [2], etc.
- Toilet paper is provided on Trek.
- Head Torch: [Petzl recommended] -spare batteries and bulbs
- Sewing Kit, Small Knife: Swiss army style - has many uses
- Notebook / Diary/ Pens / Small Padlocks: Useful for locking your kit bag
- 4 Passport Size Photographs & A copy of your insurance certificate
- Money Belt / Reading Material: Book
- Chocolate Bars / Sweets / Personal Medical Kit

OPTIONALS

- - Ski Stick / Binoculars
- - Thermarest or similar self-inflating mattress, gives decadent luxury
- - Camera Gear
- - Umbrella: Not only for rain, makes a great sunshade

Insurance & Emergency Expenses: We suggest that clients insure themselves against a comprehensive claim policy. Which should also include Helicopter Evacuation if necessary. Please note that our Kailash Tour Package does not include any rescue or evacuation expenses in emergencies. Any Emergency arrangement other than regular straight forward tour itinerary service should be borne by the client themselves.

Camera & Films: 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. Skyling 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.





General Considerations when Packing: Keep the weight and bulk down to a minimum. Baggage allowance on most international flights is 20 Kg's/44 lbs. Most people tend to bring more clothes than they do actually need. You will only need one change of clothes for Kathmandu. On trek it is important to dress in layers. When it is hot you will only be wearing a base layer, when it gets colder you can add to this until you are wearing most of your clothes!

Personal Medical Kit: We suggest that you bring the following:

- Elastoplast
- Adhesive tape
- 4" Crepe bandage
- Elasticated knee and /or ankle support if you experience strain these joints
- Blister dressings, e.g. moleskin, compead, spenco dressings
- Nasal Decongestant
- Throat lozenges/ glucose sweets
- Wide spectrum antibiotic [Ciproxin recommended]
- Anti-diarrhoea - Immodium or Lomotil
- A course of Flagyll [treatment of giardia]
- Codeine Phosphate - constipator, cough suppressant and pain killer
- Cold and flu suppressant
- Aspirin / Paracetamol.
- Rehydrate powder - useful for adding to your water bottle and for fluid replacing purposes
- Any special medicines you require
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Liability: Mystical Journeys (India) Pvt. Ltd., acts as an intermediary between the concerned airlines, hotels, transport/tour operators and local tourist offices in Tibet providing the services. Mystical Journeys (India) Pvt. Ltd. or its PSA or its sub agent, is therefore not responsible for any loss, injury sustained by the tourists, including those occurring outside the touring programs. Additional expenses incurred due to delay, accidents, natural disaster, political actions and unrest must be borne by the tourists. Program, prices, services and conditions are based on those valid at the time of printing and are therefore subject to change without advance notice before or during the tour.

“Any part of unutilized services is non- refundable”

Participation in our tour implies the tourist's agreement to the above conditions.






Do's & Don'ts for and during the Holy Kailash Mansarovar Yatra

Before starting for Yatra:

1. If you are asthmatic or have any kind of breathing problem, you should not travel.
2. Take advise of your doctor before undertaking this high altitude Yatra and always keep your usual/ prescribed medicines (if any) with you beside basic medicines for fever, nausea, dehydration, vomiting, body ache and headache.
3. 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.
4. Don't forget to carry some edibles like candies, mints, khakra, laddu/ pinni etc.
5. If possible, engage yourself in some fitness exercise like aerobics every morning.
6. Don't expect much comfort on this tour however as far as possible, our Sherpa team will ensure you the best journey/ stay with us.
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 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 from your own country. Do carry essential Havan Samagri, Havan Kunds 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.
10. Don't take too much of clothes alongwith you.

Prior to Parikrama:

1. Start taking DOAMOX at least 2 days before starting your journey – once every morning after the breakfast. It should be taken for 3-6 days.
 2. Drink at least 3 lts of mineral water everyday till you complete the Holy yatra.
 3. Avoid riding Yak during Kailash Parikrama.
 4. Advise your requirements for Pony Hiring (available at an additional cost) to your tour Guide at least a day before the beginning of Parikrama.
 5. Carry some camphor with you in a cloth or pouch and smell it occasionally as it helps in breathing.
 6. Whenever you attain height (reach other destination), do not sleep rather keep on roaming otherwise you might not be acclimatized properly.
 7. Try to take a glass of hot water every evening with honey.
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During Parikrama:

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 Parikrama, immediately inform our tour guide or Sherpa staff and follow their advice.
3. On the second day of Parikrama, you come across the maximum height at Dolmala Pass (5460m) where Oxygen level is very low as such don't stop/ wait there for more than 5 minutes.
4. During Parikrama, you will come across rivers and streams; you must wash your face occasionally with cold water.
5. As far as possible, try to walk. But, if you are riding a pony during Parikrama, make sure that you hold it properly.
6. On the second day of Parikrama, you will see several clothes lying on the rocks, please don't touch these things.

While on the Holy Lake – Mansarovar:

1. Don't take a Holy dip in Mansarovar Lake while it's windy.
2. Never take a dip in Rakshas Tal (lake) as it's not auspicious.
3. If you face altitude sickness, don't proceed for parikrama because once you leave Mansarovar or Darchen and wish to come back from Parikrama due to any reason, there are no facilities available like stretcher etc. Even for Helicopter evacuation, it might take 10 hrs to few days depending upon weather conditions.
4. Don't forget to collect some stones from the Holy Lake as each stone treated as "Shivalinga".

General:

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 well wishers 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. Sometimes due to defect in the network Satellite phone may not work.
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's too windy or sunny.
6. While staying in the guest house, avoid using public toilets as these are very dirty. It is advisable to use open area for toilet purpose.
7. Travel with the TEAM SPIRIT and help your group members in case of any need or emergency.
8. Please do not expect excellent vehicles in Tibet. The terrain being rough, vehicles are bound to break but you should not worry. The drivers are expert enough to repair it. Repair may take from few minutes to few hours.
9. As tents and other camping equipments are in the trucks, it will take about 2 hours for our team to pitch the tents once you reach your campsite. Please have patience.
10. Don't expect much comfort on this tour. This probably must be the longest journey, you would have even taken.

**If you have STRONG WILL POWER and belief in LORD SHIVA,
no one can stop you in completing you this HOLY YATRA.**

