

Kala Tours & Travels

24/7 Service, Contact No. 9704445196 surender20@yahoo.com

Kailash Mansarover Yatra 14N / 15D Package

Kathmandu - Nyalam - Saga - Paryang - Chhu Gompa - Darchen - Dirapuk - Zutrulphuk - Zongdui

Day 01:

Arrive in Kathmandu. Overnight at the Hotel.

Upon arrival in Kathmandu International airport, our representative will welcome and assist the group and transfer to the Hotel. Welcome drinks will be served in the hotel and process for check-in. Rest of the day free or walk around the Hotel.

In the evening: Briefing about the Kailash Mansarover Yatra.

Day 02:

In Kathmandu. Overnight at the Hotel.

Sightseeing tour of Pashupatinath temple for Darshan and final preparation for the Yatra.

Pashupatinath Temple is one of the biggest Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River in the eastern part of Kathmandu, the capital of Nepal. The temple is listed in UNESCO World Heritage Sites list. Believers in Pashupatinath (mainly Hindus) are allowed to enter the temple premises. The temple is of pagoda style of architecture. All the features of pagoda style is founded here like cubic constructions, beautifully carved wooden rafters on which they rest (tundal). The two level roofs are of copper with gold covering. It has four main doors, all covered with silver sheets. This temple has a gold pinnacle, (Gajur), which is a symbol of religious thought.

Day 03:

Drive from Kathmandu to Nyalam (3750m). Overnight at the Guest House.

Journey begins early morning at 5:30 am after having Breakfast in hotel of packed breakfast provided on the way. The road follows the river valleys of the Sunkosi and Bhotakosi rivers, passing through green mountains and cliffs. By the afternoon we get to the Tibetan border. Depending on the road conditions, we may stay in Zhangmu. If road conditions permit, we will continue 30km to Nyalam.

Day 04:

Rest day for acclimatization. Overnight at the Guest House.

A leisure day gives all the clients a chance to relax and acclimatize for the high altitude.

Day 05:

Drive to Saga (4200m). Overnight at the Guest House.

The road climbs up to the, La Lung (5124m) then drops down before heading western part of Tibet. Road to east goes to Lhasa , capital city of Tibet . The driving is difficult, but the stunning views of the Himalayas and particularly Shisha Pangma (8012m) more than make up for the rough travel. By late afternoon we will cross the Bhramaputra River and will be reached to Saga for shelter.

Day 06:

Drive to Paryang (4500m). Overnight at the Guest House.

Our jeep passes through the gigantic valleys following the various rivers through the eye-catching view of grazing lands of yaks and sheep and Himalayan goat (Chyangra). The landscape is

highlighted by snow capped peaks rising out of the distant sand dunes.

Day 07:

Drive to Lake Manasarovar (4560m). Overnight at the Guest House or Camp.

We start the yatra after having breakfast. By late afternoon the drive through the green pastures and huge valleys gives way to the first view of Mt Kailash and Lake Manasarovar. We will drive to Thogu holiest bathing gate of Manas. It is believed that The holiest Lake mansarovar is the source of four great holy rivers Ganges, Brahmaputra, Sutlej and Indus River. It is said that Lord Vishnu floated in it for an eternity, dreaming, until the life force stirred, and out of the water's infinite potential sprang forth all of creation.

Day 08:

Drive to Darchen (4600m). Overnight at the Guest House or Camp.

This day offers a wonderful opportunity to see the great lake Manasarover with Mt. Gurula Mandhata (7728m) on south and Holy Kailash on the north. After bath and Puja drive to Tarchen(The base camp of Mt. Kailash) via Chiu monastery and hot spring. Those who want to visit Astapad, they can consult with our Nepali team leader at extra expenses.

Day 09:

Drive to Tarboche (5 km) trek to Dirapuk (4900m).

Overnight at the Guest House or Camp.

The Parikrama around Kailash begins at Tarboche. Our way of trekking passes numerous Chortens as well as the sky burial site of the 84 Mahasiddas. We will also have wonderful views of cascading creeks, streaming water falls and the mighty west face of Kailash. We will pass the Chukku Gompa and in about 6 hrs we will reach to Dirapuk Gompa where we will set up camp or stay at the guest house on the basis of availability.

Day 10:

Trek to Zutulpuk Gompa (4790m). Overnight at the Guest House or Camp.

Today is the hardest but holiest day of the pilgrimage. We will cross through a rocky expanse dotted with stone cairns draped with the clothes offered by pilgrims as a spiritual sign of death. Gaurikunda is one of the holiest sites to view/ visit from the top. Further hiking brings us to the accent up to Dolma -La pass (5630m). After a nice break at the top of the pass we will head down the steep trail to our eventual campsite at Zutul-Puk Monastery (the cave of miracles where Milarepa meditated) .

Day 11:

Trek to Tangsar and drive to Mansarovar. Overnight at the Guest House.

Trek to Tangsar Tangmar and drive to Manasarovar Hor a 3 hrs walk brings us to where the river emerges onto the Borkha plain. Our jeeps will be waiting to transport us to our camp at Lake Mansarovar.

Day 12:

Drive to Old Dongba. Overnight at the Guest House.

The long drive journey approximately 8 hours will be taken and rest.

Day 13:

Drive to Nyalam. Overnight at the Guest House.

The long drive journey approximately 8 hours will be taken and rest.

Day 14:

Drive to Kathmandu. Overnight stay at the Hotel.

After clearing the boarder formalities Nepal part will pick up from boarder by tourist coach and continue proceed to Kathmandu, check in to same hotel.

In evening feedback assembly and certificate distribution.

**KAILASH MANASAROVAR YATRA - OVERLAND -
DEPARTURE DATE 2012**

BATCH NO. KATHMANDU ARRIVAL DATE RETURN BACK TO HOME REMARKS

01 01 May- 2012 15 May - 2012
02 10 May - 2012 24 May - 2012 Full Moon
03 20 May - 2012 03 June - 2012
04 05 June -2012 19 June - 2012 Full Moon
05 15 June - 2012 29 June - 2012
06 24 June - 2012 08 July - 2012
07 05 July - 2012 19 July - 2012 Full Moon
08 21 July - 2012 05 August - 2012
09 03August - 2012 17 August - 2012 Full Moon
10 25 August -2012 08 September - 2012
11 05 September - 2012 19 September - 2012 Full Moon
12
10 September - 2012 24 September - 2012

COST INCLUDES:

- Arrival and departure transportation
- Round Trip Train Tkts ,Hotel, Car/ Coach/bus, Driver, Parking, Sightseeing ,Breakfast, Lunch & Dinner, All other taxes.
- Tour of Pashupatinath darshan.
- 3 nights hotel at Kathmandu on twin sharing basis with all meals
- Transfer to Kodari by tourist bus/car
- Tibet side: Accommodation in decent hotel/tents
- While camping we provide two-man tents, mattresses, sleeping bag & camping equipments like dining & toilet tents
- Pure vegetarian meals, Japanese land cruisers (4WD) & support trucks
- Gamow bag, oxygen, basic first-aid kit
- Kailash permit & normal Tibet/China visa fee.
- Kodari land tax.

COST EXCLUDES:

- Airfares from Home - Kathmandu - Home
- All beverages, Photography charges and Telephone calls
- Travel Insurance of clients
- Emergency evacuation expenses.
- Riding Yak/Horse for Kailash Parikrama (direct payable to Yak/horse herder)
- Extra cost in the event of landslide for hiring additional transportation
- Expenses of personal urgent visa fee etc & Services other than specified

ESTIMATE FOR ADDITIONAL ACTIVITIES:

- Horse for personal ride on kora days is around US \$200.00
- Extra ride for day trip to Astapad US \$22.00
- Extra day in Kathmandu will be charged extra for meals and hotel accommodation for the clients.
- INR 2200.00 for Manakamana day trip including both way cable car tickets and transportation.
- Muktinath and Manakamana day trip INR 16500.00 per person including one night in Pokhara, one night Jomsom round trip flight with meal, transport.

What we provide to our clients:

- Sleeping bag, down Jacket, Gamow bag and Oxygen.
- We don't charge extra for the parikrama. If you wish to take help of a yak or horse, the cost will be approx US\$ 100 for Yak and USD 200 for horse payable directly to the yak herder. All Indian pilgrims are advised to hire one. You have to understand that the yaks are not domesticated but are meant to carry luggage.

Mode of payments :

- 25 days prior to tour departure date, 100% of the total cost should reach our Travel agency account with passport of client.
- Rs.5000/- to be paid before 31st Sep 2012 as 1st to ensure your seat Confirmed in the package which is lowest of Rs. 70,000/-.,
- Rs.5000/- to be paid before 31st Oct. 2012 as 1st to be paid to ensure your seat in the package which is lowest of Rs. 75,000/-.
- Rs.5000/- to be paid before 31st Nov. 2012 as 1st to be paid to ensure your seat in the package which is lowest of Rs. 80,000/-.,
- Rs.5000/- to be paid before 31st Dec. 2012 as 1st to be paid to ensure your seat in the package which is lowest of Rs. 85,000/-.,

Rest of the amount from which 50% to be paid 4Months prior to the departure date & rest can be paid before 25 Days prior to the departure date.

Tour Cancellation policy

- All notice of cancellation must be sent to our office in written. Verbal cancellations will not be entertained.
- 20 days before trip departure 10% of total trip cost.
- 15 days before trip departure 50% of total trip cost.
- 10 days before trip departure 90% of total trip cost.
- 07 days and less departure 100% of total trip cost.

IMPORTANT PRE-DEPARTURE INFORMATION:

Clothing:

Casual wears and comfortable walking shoes are the rule of Tibet . Be sure to bring warm clothing as nights and early mornings can be quite chilly to down right cold. Indian Pilgrims strictly no Sari. Bring all the film, medicine, cosmetics, personal toilet items etc. that you will need from home as these are difficult if not impossible to obtain on the way. A small first aid kit is also a good idea. Also quite useful is a route map, to know where you are going and have been each day.

What to take:

Winter wear: Gore-Tex material, though expensive, is highly recommended. Down jacket, raincoat or windbreakers, thermal under wears, Jackets, warm trousers & woolen shirts (cotton will also do), warm sweaters, woolen gloves, sun hat, comfortable shoes, light leather boots in case of snow, woolen balaclava ('monkey cap') & scarf/dust mask to protect your eyes & nose from dust.

Bring with you:

Snacks along the way. Chocolates, dry fruit, toffees, glucose; 'namkeen' etc. Strong water bottle & water purifying tablets. Personal medical kit and Diamox tablet (for high altitude). Sun glasses (to protect your eyes from UV, which is especially strong in high altitudes). Sun block or sun screen lotion, wet tissues (Fresh-ones are excellent to wipe off the dust), clothes-line/clips, needle & thread, deo-spray (handy for smelly boots/feet and for a round of spray in the toilet tent!), toilet paper, torch & spare batteries, daypack (small shoulder bag), Camera & films, Binocular.

Health:

This is one of the toughest high altitude road journeys on earth. You Must be physically fit - no two ways about that. Generally patients with asthma & heart problems have a problem acclimatizing to high altitudes. In your interests it is essential you should be examined by your doctor to know about your health condition and your ability to cope up with the rigors of high altitude travel for days in 'no road' conditions, extreme cold, dust, trekking to an altitude of 19500ft during the Parikrama, etc.

Altitude Sickness:

As you are traveling over high terrain, you are likely to experience symptoms and discomfort of altitude sickness (headache, loss of appetite, nausea, exhaustion, sleeplessness, breathlessness etc.) until your body adjusts to the elevation. This can take a couple of days or more depending on an individual. For this reason alone, we have made it mandatory to stay 2 nights at Nyalam (12000ft) and a night in Simikot those who take journey of Helicopter before moving on to the higher altitudes. Drink plenty of water, be calm, and do not exercise. Do not drink alcohol or smoke prior to and during the tour. We also recommend you carry a strip of diamox tablets. Do consult your physician on the dosage. We provide Gamow bag (a special equipment to prevent sickness from high altitude) on this tour.

Currency:

The unit of Chinese currency is Yuan. USD 1 = 6.50 Yuan. 1 Yuan = INR 7.50 approx; Money can exchange at Bank of China at Zhangmu or from the locals at Zhangmu or Kodari. Exchange all your remaining Yuan at the end of the trip at Zhangmu itself before re-entering Nepal.

Risks & Liability:

Our Travel company and its associates will put every effort to make your journey smooth and pleasant. However, all the tours in Tibet are conduct strictly under the rules & regulation of Tibet Tourism Bureau (TTB). Therefore, Our Travel company and its counterpart shall not be responsible for any change and alteration in the program due to unavoidable circumstances such as landslide, road blockage, flood, snow, political unrest, and cancellation of flight, delay arrival, sickness or accidents. Any extra cost incurred thereof shall be borne by the clients on the spot.

Kindly note the above mentioned costs are subject to availability. For any further assistance please feel free to revert.

We value your business with us and look forward in assisting you with all your travel plans.