

Kailash Mansarovar Yatra by Overland 13 Days (Fixed Departure Dates on 2014)

Mt. Kailash (6714m) is the most sacred mountain in Asia. It is believed to be the physical embodiment of the mythical Mt Meru, said to be the center of the universe or 'navel of the world'. Mt. Meru is depicted as a mandala, and its **leage** occurs throughout both Buddhista and Hindu parts of Asia. Mt Kailas is holy to followers of four religions. To Hindus, Kailas is the abode of Shiva and nearby Manasarovar Lake is the means or soul of Brahma. Tibetans call Kailas Kang Rinpoche. Jains worship it as Mt Ashtapada, the peak from which the religion's founder, Rishabhanatha, achieved spiritual liberation. Followers of Bon-Po, the ancient pre-Buddhist shamanistic religion of Tibet, revere Kailas as the soul of Tibet. Mt. Kailash has long been an object of worship for four Major religions, for Hindu, it is domain of Shiva, It is also the abode of samvara-a multiarmed, wrathful deity worshipped in the chakrasamvara Tantric cycle of Tibetan Buddhism. The Jains of India also revere the mountain as the site at which the first of their saints emancipated. And in the ancient Bon religion of Tibet, Kailash was the sacred nine storeys Swastika Mountain, upon which the Banpo founder Shenrab alighted from heaven. The 53 Km. Kailash circuit is the holiest of all-Hindu as well as Buddhist pilgrimages and the beacon, which draws most traveller to western Tibet. It is said that a **single** Parikrama erases the accumulated sins of a lifetime, while 108 circumambulation will achieve Salvation.Lake Manasarovar: At an elevation of 4518m, is more important to Hindus than to Buddhists. Hindu pilgrims make an 85km. circuit around Manasarovar that is made longer and more difficult by marshes and complicated stream crossings. The Tibetans, being more pragmatic, often make a circuit of the lake in the winter when the streams are frozen and the route is shorter. Near Manasarovar is another large lake, Rakshas Tal, the 'Demon Lake' that holds far less spiritual significance.

Sprawling below Mount Kailash is the sacred lake Manasarovar (4510m), where ritual bath will deliver a pilgrim to brahm's paradise and drink of its water relinquishes the sins of a hundred lifetimes.

ITINERARY: MOUNT KAILASH MANASAROVAR YATRA BY LUXURY COACH/JEEP -13 DAYS

- Day 01: Katmandu (1300 mts.) Arrival**, our representative will meet at the airport and escort to the **Hotel**. Program briefing at the evening, dinner, overnight stay in Katmandu.
- Day 02: Katmandu** – Early morning optional Himalayan mountain flight tour. After breakfast start to Katmandu sightseeing including Pashupatinath and Budha Nikanth Darshan, back to hotel and rest of the day is free for **shopping** and packing, overnight stay in Katmandu.
- Day 03: Katmandu to Nyalam (3700 mts. – 160kms.)** – This is the first day of the Yatra. Very early with pack breakfast depart from Katmandu to China border by reserved tourist coach. It takes about 05 hours. Our agent will complete custom formalities and check into Tibet – an autonomous part of China. After lunch drive to a small Tibetan town called Nyalam. Overnight stay at Guest House. Breakfast and dinner in camp side and packed lunch will be provided prepare by our escorts.
- Day 04: Nyalam Full day acclimatization** – Full day free for excursion of Nyalam city.
- Day 05: Nyalam to Dongba/ Paryang (4500mts. – 375kms)** – After breakfast drive from Nylam to Dongba for about 08:00 hours. Overnight stay at Guesthouse.
- Day 06: Dongba/Paryang (4500mts. – 335kms) to Manasarov** – After breakfast drive from Dongba to Manasarov 07:00 hours. Conducting Manasarov Parikrama by vehicle. This is the first day stay at the bank of the Manasarov Lake. Overnight stay at Guesthouse.
- Day 07: Manasarov to Darchen (4600mts. – 110kms.)** – We will choose the special point to take dip in Manasarov Lake and conducting Pooja, hawan and spiritual activities according to your tradition. Drive around 2.30 hrs to Darchen and overnight stay at Guesthouse. Astapad excursion can be done at extra cost.
- Day 08: Darchen to Diraphuk (4890mts. – 12kms.)** – This is the first day of Kailash Parikrama. We should start our journey after breakfast as early as possible. This day we drive up to yundwari and start walking continuously for about 6 to 7 hours. Horse can be hired at extra cost those who cannot walk. Yak will carry the kitchen utensils and equipment. Overnight stay at mud house or tent on the basis of availability.
- Day 09: Diraphuk to Zhulthulphuk (4790mts. – 22kms.)** – This day is bit complex journey and we have to pass Dolma-La Pass, which is 5400 meter in height, the **weather** is unpredictable in Doma-La Pass and at any time snowstorm can fall. So we try to start our journey as early as possible. In route we can have Darshan of Gaurikund but it is very difficult to go and touch. Overnight stay at mud house or tent on the basis of availability.
- Day 10: Zhulthulphuk to Paryang** – We will Trek down to Darchen, catch our vehicle and Drive to Manasarov fill up spiritual jaal, later our tour starts back for Kathmandu following the same route and same system applies for all subjects of our **accommodation** and meal Overnight stay at guesthouse in Paryang.
- Day 11: Paryang to Nyalam** – Drive back to Nyalam, which is the last stay in Tibet part.
- Day 12: Nyalam to Katmandu** – After custom formalities we will be picked up by Nepal side and continue drive to Kathmandu for about 05.00 hours and check in at Hotel.
- Day 13: Morning check out hotel, transfer to airport, catch flight for next Destination.**

Options for early departure or you use your extra day for Himalayan mountain flight, Manakamana road trip, or Muktinath tour. (Contact Samrat Tours & Travels for more information about optional day trip at additional cost).

Kailash Manasarovar Yatra by Overland – 13 Days (Guaranteed Fixed Departure Date on 2014)

Months	Fixed Departure Dates by Luxury Coach/Jeep
September	04 (Full moon trip), 09, 16

- Note:**
 1. The Yatris for Lhasa – Kailash Tour should arrive in Kathmandu, 01 Day earlier than above mentioned date.
 2. Tibet entry date is 3rd day of Kathmandu arrival.

Tour	Cost on Per Person Basis
13 Days Package by Deluxe Bus Safari	INR 105900.00 for Indian passport holder/USD 1990.00 for NRI/Foreign passport holder
Extra cost:	
Upgrade 5 star hotel on twin sharing basis.	INR 5500.00 Per person
Extra days in Kathmandu on 3 star hotel (If 5 star Hotel, Cost will be extra.)	INR 2500.00 Per person
Tirthapuri visit	INR 7500.00 Per person
Ashtapada visit	INR 2500.00 Per person

ESTIMATE FOR ADDITIONAL ACTIVITIES

- Horse for personal ride on kora days is approx USD 350.00
- Extra ride for day trip to Astapad USD 55.00 per person
- Extra day in Kathmandu USD 45.00 for with 2 meals and accommodations.
- USD 55.00 for Manakamana day trip including both way cable car tickets and transportation.
- Muktinath and Manakamana day trip USD 555.00 per person including two nights in Pokhara, one night Jomsom round trip flight with meal, transport.

COST INCLUDES:

- Arrival & departure transportation
- Sightseeing tour of Pashupatinath and Budhanilkantha.
- 3 nights 3 star hotel at Kathmandu on twin sharing basis with all meals
- Transfer to Kodari by tourist bus
- Tibet side: accommodation in decent hotel/tents
- Pure vegetarian meals prepare by our escort.
- A/C Luxury Coach.
- English speaking Tibetan guide
- Nepali tour leader
- 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.

IMPORTANT PRE-DEPARTURE INFORMATION:

Clothing:
 Casual wears and comfortable walking shoes are recommended to travel to Tibet. Be sure to bring warm clothing as nights and early mornings can be quite chilly to downright cold. Indian woman Pilgrims strictly advisable 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 to have 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, sun glass, 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; 'nankeen' 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 Nylam (12000ft) 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 = 6.00 Yuan. 1 Yuan = INR 10.00 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:

Samrat Tours & Travels Pvt. Ltd and its associates will put every effort to make your journey smooth and pleasant. However, all the tours in Tibet are conducted strictly under the rules & regulation of Tibet Tourism Bureau (TTB). Therefore, Samrat Tours & Travels Pvt. Ltd 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, cancellation of flight, delay arrival, delay issue of permit and visa, sickness or accidents. Any extra cost incurred thereof shall be borne by the clients on the spot.

