

## Mount Kailash Manasarover Yatra

Tour Name: Manasarover Overland Yatra

Tour Code: ET 14

Duration -16 Days

### Tentative Itinerary

#### Day 01: **Kathmandu**

Airport pickup & transfer to Hotel, if time permit evening Pashupatinath Darshan during Arati time. Dinner & Overnight at Hotel.

#### Day02: **Kathmandu**

AM: After breakfast sightseeing Kathmandu holy sites - Pashupatinath, Boudanath, Soyambhunath. Lunch at hotel. Evening final preparation for Yatra . Personal gear and equipment will be checked. If anyone needs to buy or rent any gear we can assist you in shopping.

#### Day 03: **Kathmandu - Nyalam (3700m) 9 hrs drive 175 Km. Over Night at Guesthouse**

our Journey will start early morning at 5:30 am after Breakfast, 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 boarder. 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 Over Night at Guesthouse**

Nyalam (3700m) second day to stay same spot for acclimatize to the high altitude. It is important to stay hydrated and extremely aware of your body's physical condition.

#### Day 05: **Nyalam-Saga(4200m) 232km 8 hrs drive 8. Over Night at Guesthouse or Camp.**

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 in particular Shisha Pangma (8012m) more than make up for the rough travel. By late afternoon we will cross the Bhramaputra river and a quick drive will bring us to Saga.

#### Day 06: **Drive to Paryang (4500m) 285 km / 8 hrs. OverNight at Guesthouse/Camp.**

Our jeeps and trucks roll through the gigantic valleys following the various rivers through the grazing lands of yaks and sheep. The landscape is highlighted by snow capped peaks rising out of the distant sand dunes. Depending on the season, many Tibetan nomads and traders in traditional dress will inhabit this area.

**Day 07: Drive to Lake Mansarovar (4000m) 298km/9hrs. Overnight at Camp.**

This is the longest driving day of the trip. By late afternoon the drive through the green pastures and huge valleys gives way to the first sighting of Mt Kailash and Lake Mansarovar. We will drive to Thogu holiest bathing gate of Manas.

**Day 08: Drive to Tarchen (4600m) 60km. Overnight at Guesthouse.**

Lake Mansarovar (4500m) is regarded as the most holy of all of Tibet 's many lakes. According to Hindu and Buddhist cosmology the four great rivers of the Indian sub-continent, the Brahmaputra, Sutlej, Ganges, and Indus all arise from the lake. 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. This day offers a wonderful opportunity to see the great lake Mansarovar with Mt Gurula Mandhata (7728m) on south and Holy Kailash on the north. After bath and Puja drive to Tarchen via Chiu monastery and hot spring.

**Day 09: Drive to Tarboche (5 km), trek to Dirapuk (4800m). OverNight at Camp.**

Our first day of trekking around Kailash begins at Tarpuche. As we make our way along the route we pass numerous chortens as well as the sky burial site of the 84 Mahasiddhas. We will also have wonderful views of cascading creeks, streaming water falls and the mighty west face of Kailash. We will pass the Chukku Gumpa and 5 hrs later arrive at the Dirapuk Gumpa where we will set up camp for the night. Total hiking for the day will be 15 km 7 hrs.

**Day 10: Trek to Zutulpuk Gumpa (4790m). OverNight at Camp.**

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) Total hiking for the day will be 18 km, 8 hrs.

**Day 11: Trek to Tarchen and drive to Mansarovar or Over Night at Camp.**

Trek to Tangsar Tangmar and drive to Mansarovar or 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 Paryang.**

**Day 13: Drive to Saga.**

**Day 14: Drive to Nyalam.**

**Day 15: Drive to Kathmandu.**

**Day 16: Transfer to airport for final Departure.**

**Group size: 10 minimum pax**

**Group joining basis:** USD .....per person.

INR ..... per person using old Model Land Cruiser.

INR ..... per person using New Model Land Cruiser.

**Single Supplement:** USD .....per person for NRI and INR 6500 per person for Indian.

## **Services Includes In Above Tour Cost**

- Hotel with full board in Kathmandu 4 Star Hotel.
- Airports pick up and drop services.
- One half day sightseeing Tour of Kathmandu
- Pick up and drop services to / from Nepal / China border by non AC Tourist Bus.
- Transport by 4W Japanese Land Cruiser.
- Supporting Truck for Luggage.
- Nepali Team Leader and Supporting Team.
- English speaking Tibetan guide.
- Buffet Indian veg. meals (South Indian, Gujrati , Marwadi )
- Chinese visa fee of Nepali and Client.
- Sleeping mat, Jacket and Sleeping Bag while on Kailash Tour (returnable after trip).
- Free Duffel Bag.
- Guesthouses and camping charges in Tibet.
- All camping and cooking equipment.
- Yak for Kailash parikrama luggage only.
- All entrance and conservation fee of Tibet.
- Gamow bag, oxygen.

## **Services Excludes In Above Tour Cost**

- Airfares from Home - Kathmandu - Home.
- All beverages, Photography charges and Telephone calls.
- Insurance of clients.
- Riding Yak/Horse for Kailash Parikrama (direct payable to Yak/horse harder).
- Extra cost in the event of landslide for hiring additional transportation INR 350 per person.
- Kodari land tax INR 200 per pax (direct payable at Kodari).
- Services other than specified.

## **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\$ 60 for Yak and USD 100 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.

## **Model of payments**

- 25 days prior to tour departure date, 30% of the total cost should reach Emery Express Travels Pvt. Ltd account with passport of client.
- And full payment should make before departure to Kailash Manasarovar Yatra.

## **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 20% of total trip cost.
- 07 days before trip departure 50% of total trip cost.
- 05 days before trip departure 90% of total trip cost.
- 03 days before trip 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 & woollen shirts (cotton will also do), warm sweaters, woollen gloves, sun hat, comfortable shoes, light leather boots in case of snow, woollen 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 Nyelam (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 = .... Yuan. 1 Yuan = INR .... approx; Money can exchange at Bank of China at Zhangmu or from the locals at Zhangmu or Kodari. Exchange all remaining Yuan at the end of the trip at Zhangmu itself before re-entering Nepal.

## **Risks & Liability:**

Emery Express Travels Pvt. Ltd 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, Emery Express 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, and cancellation of flight, delay arrival, sickness or accidents. Any extra cost incurred thereof shall be borne by the clients on the spot.