

# KAILASH MANSAROVAR



## KAILASH MANSAROVAR

Tour Code	Duration	Starting Date	Starting point	Tariff
48 IN	19 N/20 D	June 21, 2012	Kerala	1,07,000

### Tour Itinerary

#### **Day 01 : 21-06-2012 :**

Sleeper class train journey starting from Kerala

#### **Day 0 2 : 22-06-2012:**

Sleeper class train journey Continue

#### **Day 03: 23-06-2012:**

Pick up from Delhi Railway station and Transfer to Delhi hotel . Night rest Delhi hotel

#### **Day 04 : 24-06-2012 :**

Breakfast and drop at delhi airport flight journey to Kathmandu . Night rest kadmandu Hotel. .

#### **Day 05: 25-06-2012 :**

**Sightseeing & Visiting Pashupatinath Temple:** After breakfast, we will proceed for a half day sightseeing tour of Kathmandu that will include a Pashupatinath darshan. At noon, we will return to the hotel for lunch & the rest of your time will be free for an orientation of your pilgrimage. Your equipment for the trip will be checked & demonstrations will be given on how to use them. If there are any added items that you may need, our staff will help you on where to get them. In the evening, your Chinese visa & Tibet permit will be handed over to you; please keep it safely. You will be given a final briefing on the trip before you proceed to dinner & your overnight at the hotel.

#### **Day 06:26-06-2012:**

**Kathmandu to Nyalam:** After an early morning b/fast, we embark on a scenic drive through historical Bhaktapur & the cozy ancient town of Dhulikhel till we reach the friendship bridge {Nepal – Chinese border}. We then hike for about 10 mins. Across the bridge & meet our Tibetan guide who will help us go through customs & immigration formalities at the Chinese check post. After completing this, we then drive for about 35 Km passing through the border town of Zhangmu which will take almost 3 hrs up a winding roadway with some splendid scenery till we reach Nyalam. On reaching Nyalam, we will check into our guest house. The facilities here will be basic & simple, but clean. Meals will be provided. The views of the massive peaks can be seen very clearly from this border town. The sceneries are just spectacular. Overnight at your guest house

#### **Day 07: 27-06-2012:**

**Nyalam (Rest & Acclimatization)** We could do a short trek around to explore our

surroundings & this will help us to acclimatize faster. This is a wonderful area to spend some time. All meals will be provided & we spend one overnight in Nyalam.

### **Day 08: 28-06-2012:**

**Nyalam to Saga (Through Lalung-La 5050 M)/ Paryang:** After an early morning b/fast, we head away from Nyalam & drive down to Saga. This is a long drive across arid rocky land for what Tibet is known for, but the landscape is just wonderful to the eyes as we see Tibetan nomads lovingly look after their yaks & sheep grazing on lush, green hillocks. the trail follows a route that brushes past the Brahmaputra River (Tibetan name: Yarling Tsangpo). Further ahead, a river valley sprawls over and then traditional picturesque villages come into picture. Today we will be passing the first high pass of Lalung-La at 5050m. We stop here for some rest where we can get some stunning views of Mt. Gaurishankar; Shishapangma & Langtang Himal. This scenically rewarding drive takes us through Khunmen Tso, Singling, and Karru Ongchen & Peigutso Lake at 4400m. This provides plenty of opportunities for photography. Thereon, the trail winds towards northern route. On covering 295km, we reach an elevation of 4600 meters. Shortly afterwards, we reach our guest house at Saga, refresh ourselves with some piping hot tea & our other meals will follow after this night halt.

### **Day 09: 29-06-2012:**

**Drive to Mansarovar (4558 M) 460 Kms:** after breakfast from Saga to Mansarovar, we weave our way through the small dusty town of Zhongba amidst charming panoramic views drive through the plains is highly comfortable because of the flat lands & takes us across numerous colorful villages & camps of the yak shepherds. Far south on the horizons, we can view the glistening snowcapped mountain peaks that's just wonderful to behold as we bask in the most amazing travel experience. We finally arrive at our guest house & enjoy some hot tea or coffee. All meals will be provided at our guest Prior to Mount Kailash tour and trek you have to transverse along a distance of 270 km & this will be the longest drive on our way from Paryang to Mansarovar. This route penetrates the very essence of Mansarovar Lake amid extraordinary landscapes with the village of Hore nearby; as you near this breathtaking sacred turquoise lake, the highest lake of its kind in the world, the historic & serene Chiu Monastery becomes visible on the North West shore of the lake. The lake is full of fishes & swans. Mt. Gurula-Mandala & Lake Rakshash is also found nearby this sacred lake. From this vantage point, you can even glimpse at the majestic Mount Kailash. This region is known to be rich with gold & other mines, hot springs & numerous wild animals. The ecological ambience of this area is awesome & gives one the feeling of god's presence nearby. This journey stimulates you spiritually, literally!!

### **Day 10: 30-06-2012:**

**Mansarovar to Darchen (40 Kms):** The sacred lake of Mansarovar is full of divine spirituality & heavenly bliss. On completion of the early morning bath & rituals {puja}, we proceed for the holy Mansarovar Parikrama by a land cruiser with our pack lunch boxes & continue our drive towards Tarchen (actually Darchen). Time permitting; we can also visit the Chui Gumpa. Tarchen is well known to be the base camp for the holy Kailash Parikrama. During auspicious pilgrimage seasons, this holy area is literally flooded with pilgrims & hundreds of tents can be seen spread out all over the area; it's wonderful to behold in the beautiful landscapes. All meals will be provided.

### **Day 11: 01-07-2012:**

**Darchen to Tarboche 13 Kms drive /Deraphuk {4750 M} 7-8 Kms (Trek 5-6hrs):** After some peaceful hours at the shores of the sacred Lake Mansarovar with the snowy massif of Gurula Mandata (Memo Nani) towering at 7694m just across the lake, you drive along the jeep trail to the start of the Kora at Tarboche. Tarboche is known to be the outer 'Ashtapada' marked by a tall flagpole adorned with thousands of multi-colored prayer flags and kata scarves

strung out in radiating lines from the pole. It is one of those bright blue skies of a sunny day as you walk through a trail of rocky cliffs with cascading waterfalls & the face of Kailash Parvat appearing from time to time; we will feel the power & presence of god nearby showering us with his blessings. We camp overnight here to begin the 53km Kailash Kora (loop trek). All meals will be provided.

**Day 12: 02-07-2012:**

[Deraphuk to Zuthulphuk \(4760 M\) {18 Km trek/9-10hrs}](#)[Dolma-La Pass 5200 M](#): Early in the morning you meet your team of yaks and Tibetan yak drivers who will escort you around the Kora. Further ahead from Tarboche, you have to trek past verdant meadows and picturesque streams to Lha Chu Valley. Today is the most difficult day of this pilgrimage trek. The trail overlooks Turquoise River cascading over a narrow canyon with high steep cliffs. En route, north face of Kailash comes into vision. The trail will approach 13th century monastery of Deraphuk. Visiting this monastery can be one kind of an insightful experience gifted in your Mount Kailash tour and trek. Eventually, you will conclude the trek of the day by camping at Deraphuk. Lha Chu Valley blurs as you turn towards Drolma Chu Valley. Looking forward to the amazing Mount Kailash tour and trek, you ascend to Drolma La (5630m), the highest point of the trip. Yamasthal should be crossed to reach the Shiva-sthal while your steps get closer to the pass. Once you reach the top, just make the holiest offering & sit down for meditation to get rid of your sins & live a pure life till eternity. As soon as you conclude your meditation & begin to step down; parvati-sthal & Gauri Kunda are on the way. But soon after sighting breathtaking views of Thukpe Dzingbu Lake, known as the Lake of Compassion at the summit, you realize that this tough and challenging ascent has indeed been very worthwhile and fruitful. Several prayer flags can be seen at the summit. Further on, the trail descends to the flat fields of Zuthulphuk which houses a monastery and several fascinating caves. The caves at this locale are most popular for meditation; Milarepa's cave being one of them with Milarepa's footprints and elbow prints are believed to be imprinted all over this cave of Mani stones. Camping at Zuthulphuk for the night can be quite exciting, adventurous and pleasurable. All meals are provided.

**Day 13: 03-07-2012:**

[Zuthulphuk to Tarchen \(Darchen\) 10 Km/4-5hrs](#)[Mansarovar \(End of Kailash Parikrama\)](#): Away from Zuthulphuk, you follow the trail through the Bharkha plain leading to Darchen. It is an easy walk along some impressive gorges and around many Mani stones and Mani walls back to the Bharka Plains and dusty Darchen. The Kora is finished – you have erased your sins, endured cold nights and mornings, crossed one of the highest passes in the world, met countless fellow pilgrims, sent prayers of peace out to the world. Shortly after arriving at Darchen you board the waiting vehicle for a short drive to Chiu Gompa on the shores of Manasarovar. All meals will be provided. You will enjoy your sleep tonight after making peace with your gods.

**Day 14: 04-07-2012:**

[Drive to Dongba {366 Kms} 7-8hrs](#): After your scenic drive, we reach the guest house & refresh with tea/coffee. All meals will be provided

**Day 15: 05-07-2012:**

[Drive Dongba to Nyalam {376 Kms} 7-8hrs](#): After a cool drive, we check into our guest house & refresh ourselves with some hot beverages. All meals provided, overnight at our guest house.

**Day 16: 06-07-2012:**

[Drive Nyalam to Kathmandu {156 Kms} 7-8 hrs](#): After a refreshing scenic drive, we reach Kathmandu & check into our hotel. We refresh, have some rest & the rest of our time is free.

You can do some last minute shopping or probably send some post cards home, telling your loved ones how wonderful your trip has been. All meals will be provided. Overnight at your hotel

**Day 17: 07-07-2012:**

Transfer to the Kadmandu airport for Delhi . Pick up from Delhi air port and Transfer to Hotel Karolbag .Dinner and Night rest Delhi Hotel

**Day 18 : 08-07-2012:**

Drop at Delhi Railway station And Sleeper Class train Journey to Kerala

**Day 19 : 09-07-2012:**

Train journey Continue

**Day 20 : 10-07-2012:**

Tour End at Kerala

**Included:**

**Accommodation:** 2 Night accommodation in Delhi ,3 night accommodation in Kathmandu on twin share basis with all meals [vegetarian]. 10 night accommodation in Tibet using Hotel / guesthouses/ tents on sharing basis

**Transport:** Ground transfers in Tibet using Toyota Land Cruisers

**VISA :** Tibet Visa & Permit Fee [Normal]

**Other :** Services of an English speaking guide in Tibet, Services of our trekking equipment and Sherpa staffs

All equipments including, Sleeping bags and oxygen cylinders, each vehicle oxygen pillow.

Veg, hygienic meals, tea, coffee, milk every morning on Tibet side.

High altitude medicine

Down Jacket – returnable,

**Train ticket :** Sleeper class train ticket included

**Excluded :**

Using extra nights in lodging (except that mentioned in the itinerary)

Yak/porters for personal work

Rescue/ evacuation or the entire extra cost due to of partition from the main group or any kind of serious health conditions

No cost is included for those who separate from the main group

Using extra nights in lodging (except that mentioned in the itinerary)

Yak/porters for personal work

Rescue/ evacuation or the entire extra cost due to of partition from the main group or any kind of serious health conditions

Insurance

## Booking procedure

**Booking: advance amount:** First Payment Rs.15000/- remit in advance while the booking of the package (31-12-2011) and second payment Rs. 20000 /- should be remit 90 days before the tour starting dates (24-03-2012). the balance amount remit 30 days in advance of the tour dep. Date (23-05-2012)

**Last booking date:** 31-12-2011,

**The passengers can Travel by A/c Coach With Extra additional cost**

## General Information:

<b>KAILASH LOCATION</b>	<b>Western Tibet</b>
<b>ALTITUDE</b>	Kailash peak (6714m) above the Sea level
<b>BASE CAMP</b>	Darchen (4800m) above Sea level.
<b>CLIMATE</b>	Unpredictable Max 20 degree C to Min. -16 degree Celsius
<b>BELIFES</b>	Hindu, Buddhist, Jain, Ban-Po (all AUM followers)
<b>SEASON</b>	Late April to Early November.
<b>PARIKRAMA OF KAILASH</b>	52 Km. {three days} - 42 Km. only by walk
<b>ALTTITUDE OF MANSAROVAR</b>	4550m. above Sea level
<b>PARIKRAMA OF MANSAROVAR</b>	102 Km. (3-4 hrs by Land Cruiser)
<b>KILOMETER FROM KTM</b>	817 one way including 52 Km round of Kailash Parbat and excluding 110 ktm to boarder
<b>TOTAL JOURNEY</b>	From Nepal to Nepal is 13 nights to 14 days normally and changes as per program itineraries
<b>CLOTHING</b>	Heavy woolen and clothing meant for mountaineering
<b>STANDARD TIME</b>	Tibet is 2:15 hours ahead than Nepal's time
<b>CURRENCY:</b>	The unit of currency is the Yuan. A dollar equivalent 7.00 Yuan approximately

## General Informations

### Temperature and Weather:

Weather condition from June to September in TIBET, can be expected to be dry and sunny, with precipitation in July and August day time temperature can be as high as 22 degrees centigrade in Tibet the average daily temperature will be 10 degree centigrade, however, the intense sun at high altitude can bake it feel even hotter. At this time of year there is an incredible drop in temperature from early afternoon to evening time; temperature at Night time will drop as low as 0 to -10 degrees centigrade at altitudes of 5000 meters, our highest camp during the Parikarma.

### Health Considerations:

All participants must provide health certificate given by a reputed doctor confirming that the participant is fit to travel in altitude of 5700 M. We ask you to bring along your own small first aid kit (available at Pharmacies), some of the items we ask you to bring in the kit are antiseptic cream or wound disinfectant iodine, tube-squeeze cream, foot care and blister treatment ointments, band-aids, adhesive roll & strips, gauze pads, moleskin, (please bring trusted comfortable walking boots), gauze pads, gauze rolls, adhesive tapes, ace bandage for the ankle, elastic bandage rolls, water disinfectant tablets,

**Antibiotics:** (Triethoprim / Sulfamethoxazole - Bactrim DS or Septra (DS-Double strength/160mg 800mgs)

Antidiarrheals: Lomotil & Pepto - Bismol tablets and make sure you bring Charcoal tablets.

Please see your doctor for more advice concerning antibiotics & antidiarrheals

Anti: Inflammatory: Advil, Rufen or Mortin. Aspirin / Tylenol or general painkillers, strong sunscreen oil, skin antibiotic cream, antifungal ointment, lozenges, Strepsils, small scissors & knife, waterproof matches safety pins, thermometer, lighter, dehydration salt packets, foot powder and cream, heat balm for muscles & joints, Vicks etc.

**Fitness:** Please start to get in shape now! Good 30 minute walk, jogging daily, stretching and regular exercise should put you in the right shape (concentrate on your heart & legs- Aerobics), Porters will be carrying the bulk of your equipment, but it is recommended that you bring a good day pack and are fit enough to carry shacks, filled water bottle/Canteen food. Snacks, camera, film, map, jumper, sun hat, first aid kit, light weight, rain gear, extra clothes etc.

**Altitude Sickness:** This is an environment related condition that can affect anyone who ascends too rapidly to high elevations without acclimatizing properly. Here we would like to suggest, to read any book on trekking which has a chapter on this and also consult your doctors.

**Responsibility:** All arrangements within Tibet are solely at the discretion of the China Tibet Tourism Bureau (CTTB) a Government Organization, and we have no control over the quality of the vehicles or the facilities. Satyam Tours and Travel Pvt. Ltd reserve the right to change itineraries without advance notice, depending on the weather and road condition and China Tibet Tourism Bureau (CTTB) reserve right to change itineraries without advance notice, depending upon any various diseases characterized by a high fever or any other strike in China.

**Currency:** All Major Foreign currencies and TCS are accepted in Zhangmu Bank in return for Yuan. The basic unit of Chinese Currency, Yuan equal Rs 9, Jiao and 1 Jiao equal 10 Fen, at Present US \$1=8 Yuan (Approx), Credit card not accepted. 1 Yuan=INR 7/- (Approx).

Staff: Our highly experienced Sherpa staff will be responsible for all camping & cooking arrangements.

**Guide / Escort:** Local English speaking guide will escort the group throughout the tour in Tibet.

**Oxygen:** One oxygen cylinder will be provided in each vehicle and during the PARIKARMA. Please note that Oxygen is to be used only in case of emergency.

**Custom Formalities:** Valuable goods taken for personal use (radio & video cameras etc) should be declared at customs office by completing a customs declaration form and brought back on return journey. Antiques must be properly certified, otherwise they may be confiscated.

**Transportation:** Kathmandu to Kodari Private Minibus will be provided for the group. Border crossing from Kodari to Zhangmu (Tibet) will be on trucks, approximately 30 min. ride. Throughout the journey in Tibet you will be traveling in 4500 Land cruiser or 62 model Land cruiser. Trucks will be provided for luggage and all camping equipment and food supplies.

**Briefing and orientation:** There will be a briefing on the programme on next day of your arrival in Kathmandu. It's very important that all participants attend this briefing.

**Accommodation:** Accommodations in all places are Lodge, but during to time of PARIKARMA and stay at Mansarovar over Night will be in tent. The rooms at these places are very basic without any modern facilities. You will be required to bring sufficient supplementary food like chocolates, biscuits, nuts, pickles, bhujias, sweets and your favorite tinned products to add variety to the meals. Lunch will be packed of light snacks.

**VISAS and Documentation:** You must be in possession of valid passport for at least 6 months. We will obtain your VISA for Tibet and will require the following information, when making your reservation. Full name as it appears in your passport, passport number, date of expiry, place of issue, nationality, date of birth and occupation, Two passport size photographs are also required. Additionally, you must allow a minimum of 10 full working days in

Kathmandu for the visa. Getting a visa for Tibet on the Indian passport is guaranteed once the tour is booked. Your passports should reach us not later than 20 days prior to your departure.

Your Passport incase of delay receive with us, you have to additional pay \$43 per person for emergency VISA, here we would like request you resume your passport before 20 days of Departure.

**Photography:** Still cameras, home video cameras, are allowed to in China, but beware, please don't take photos, video Chinese Government area, like Army camp, Chinese Govt. home etc.

**Insurance:** We recommend that you insure yourself against sickness, EMERGENCY rescue, accident hospitalization, cancellation etc. As we accept no responsibility for damages or expenses which may arise from mishaps to persons of their belongings during those pilgrimages.

**Communication:** There are must of overnight stay area have communication connection. However! Please be informed that is may be difficult at times to get the connection. If any urgent messages have to be send to any of the participants, please contact us at our Calicut head office address.

**Clothing:** Clothing's for both extremes of climate and temperature. While driving to Kailash, it will be warm inside the vehicle and light clothing will be required, but as soon as you step out of the vehicle, warm clothing's will be required to keep off the cold winds of the Tibetan Plateau. Evening will be generally cold and warm clothing will be required we recommend that you bring along the following clothing and accessories with you - Down Jacket (can be rented in Kathmandu @ approx INR 30 per Day), warm thin pullover, warm thick pullover, warm pants, light loose cotton pants, warm windproof jacket, cotton sleeve T-shirts, thermal underpants, thermal vests full, rain coat with hood/ Poncho (should be roomy), ankle high walking boots, extra shoe laces, light tennis shoes & light rubber sandal, warm woolen socks, light cotton or silk scarf, warm gloves, soft paper tissues and handkerchief, monkey cap and sun hat, towels (big/ small), washing kit

#### ..... Trekking DO's .....

1. Treat the mountains with respect and do not attempt to 'conquer' mountains or be proud of your physical fitness. Walk at a steady, rhythmic pace. Rushing up hill sides is inadvisable and showing off has its own penalties. Always walk with a companion, as this is a safety measure against sudden sickness and accidents.
2. During electric storms do not attract lighting by putting up pointed objects like-ice-axes or wireless aerials. Similarly keep away from high conical rocks. If at lower altitude, do not take shelter under a lone tree or top of a hill. It is safer to set it out in the open. Try to find a broken scree slope and sit on a dry rape or rucksack with your Ponds in your lap.
3. Do not wear one or two very think woollen layers. Instead, wear loose clothes in several layers with an outer wind covering.
4. Buy at least two pairs of good trekking shoes before the yatra. You must practise walking with these shoes, so that they are broken in before the yatra. Keep your boots from freezing at night and if necessary, place them inside your sleeping bag.
5. Do ensure that you were two pairs of socks (cotton and woollen) inside your climbing booth.
6. Do ensure that your feet remain dry. Use dusting powder before wearing socks arid change into dry socks as soon as you reach the camp. Use of wet socks or wet shoes causes extreme discomfort, blisters and skin ailments.
7. Do use well fitting gloves/mittens to protect your hand and fingers. Extremities (hands and feet), ears and nose must be protected against extreme cold. Continuous exposure of extremities can bring down the body temperature drastically and cause high altitude pulmonary oedema.
8. It is very important to drink lots of water and fluids during the trekking. Do take liberal amounts of hot, sweetened fluid and enough nourishment to provide energy for your body.
9. It is imperative to use good quality tinted snow-glasses or dark sun-glasses to protect your eyes against snow blindness.

Do avoid using cheap, poor quality sun glasses.

10. Do apply sun cream or calamine lotion to exposed parts of the body to avoid sun burn, particularly during the parikramas.

11. Do get prompt treatment for minor Cuts, blisters and ulcers.

12. Move your fingers, toes and facial muscles, and exercise your limbs during periods of immobility by wiggling the toes and fingers and wrinkling the face muscles at intervals. Watch each other for early signs of fatigue.

13. Do listen to the instructions of the Liaison Officers carefully. Do not get separated from your fellow pilgrims. If there is heavy snow fall or snow-storms, yatris must stay close to each other and avoid being separated. It is important to keep walking to remain warm.

14. Please do ensure that the group commences the day's trekking very early in the morning and sticks to the departure time. Do trek in a small group.

..... **Trekking DONT's**.....

1. Do not neglect eating food or drinking enough fluids. Do remember that pilgrims suffer from lose of appetite in high altitudes.

2. Don't trek in one's or two's. Don't get separated from the main group at trekking and ensure that the person in front of you remains in sight.

3. Do not wear climbing boots that leak or are tight.

4. Do not wear wet socks or permit your socks to wrinkle inside the boots, as this will cause blisters.

5. Do not neglect minor injuries like cuts, blisters and ulcers as they may become frostbitten.

6. Do not sleep with your Pants on.

7. Do not carry too, heavy a load. Do not overexert. Fatigue, can lead to cold and more serious problems, especially in high altitudes.

8. Avoid alcohol during the Yatra and especially at heights, as this is dangerous and has serious consequences.

## Related Packages

Package Name	Duration	Starting point	Tariff
Delhi-Kailash - Delhi	15 Days	Delhi	<b>1,05,000</b>
Cochin –Kailash - Cochin	16 Days	Cochin	<b>1,15,000</b>

For more Details and Booking please contact:

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