

Exclusive eBook

TRAVEL GUIDE TO

MT. KAILASH

MANASAROVAR



Kailash Journeys (P) Ltd.

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MT. KAILASH

A sublime treasure isolated in a remote corner of western Tibet, in the holiest of places on earth, a majestic pyramid of rock and snow is the **Mount Kailash**. For thousands of years, Mount Kailash has been a place to seek divinity, purity and absolve oneself from their sins. Sacred to Hindus, Buddhists, Bonpo and Jains, it is known as the "Navel of the Earth", where the divine takes an earthly form . Pilgrims travel here from all over the world to pay reverence to its mystery, completing its Parikrama (kora) following an ancient ritual of devotion. Trekking through the most surreal canyons, pilgrims experience a spiritual revelation as they reach the lofty pass of Dolma la, the physical and emotional high point of the journey.

HISTORY

Ancient texts depict Mt. Kailash as the center of the world. Within 30 miles radius of this snow-clad rock pyramid are the sources of rivers Indus, Sutlej, Brahmaputra and Karnali. According to holy texts of Hinduism, Mt. Kailash is the abode of **Lord Shiva**. Jains call Kailash as **Mount Ashtapada**. **Rishabhadeva**, the founder of Jainism is known to have attained liberation from rebirth at Mount Kailash.

VISIT MT. KAILASH

Pilgrims perform an arduous journey to Mt. Kailash performing a kora - a seriously challenging around **42 km trek** circling the sacred site. This guide is intended to help you carefully plan your spiritual journey to what tibetans call **Kang Rinpoche**, Mt. Kailash.

MAJOR CHALLENGES

As much a spiritual significance this journey can have in the lives of people, the journey to Mt. Kailash is extremely challenging and difficult one to organize. Travelling in strenuous routes at high altitude in an area very remote demands from pilgrims to be physically fit. Other than that, getting to Tibet itself is a challenge to many pilgrims. This guide recognizes the following major challenges for pilgrims to make a journey to Mt. Kailash and addresses them.

Tibet Travel Permit

The difficulty of obtaining this permit, as well as the changing rules and regulations of the Tibetan Authority is one of the major challenges. It is necessary for travellers to be

aware of the rules and regulations since Tibetan government provides special Tibet Permit just for the Kailash Mansarovar Yatra. However, the permit can only be applied through authorized travel agencies. Also sometimes the Tibetan authorities delay the permit or entry due to unknown reasons but this happens very rarely.

Lack of Basic Services

Since the journey takes through remote areas of Tibet, basic services may be unavailable during the journey. While travel agencies assure and take responsibility of the travellers' accommodation, transportation, food and water supplies, facilities like network reception, health service and internet may be inaccessible at times. Mostly in the Full Moon Departures, there comes issues even for accommodation due to very limited guest houses in Tibet.

High Altitude Trekking & Weather Conditions

While making the *kora*, the average altitude of the trek is going to be well above 4000m. Challenging trekking in high altitude and might bring health concerns and navigation difficulties for travellers during the journey.

PREPARING FOR THE TRIP

The most challenging part of the journey is making the *kora*, and you need to be well prepared to overcome these challenges. The *kora* starts at Yama Dwar, 08 km away from Darchen, the base camp of Mt. Kailash.

Step 1: Understanding Your Destination

Climate

The journey to Kailash will take you through various circumstances. Dealing with the climatic variations throughout the journey is one of the most challenging aspects of this journey. This journey requires you to prepare for extreme cold circumstances as you will be trekking through snow covered, dry and windy terrains.

The temperature variation will be between -5 to 20 degrees Celsius. At night it gets chilling cold. During the day, if the Sun is out, it gets around 15 - 20 degrees. Make sure you pack enough warm clothes for these circumstances. Despite the routes, you will have to travel on a bus at one point or the other. Since you will be travelling in large groups, it is going to be stuffy inside. Make sure your clothes are warm yet light. Packing clothes for multiple layers is highly recommended

Altitude

During the *kora*, you will have to trek at altitudes higher than 5000m. It is not recommended for you to visit Kailash if you are *epileptic*, or are prone to seizures. Even if you are not doing the *kora*, you will have to travel to altitudes higher than 4500 m. Make sure you are in an excellent health condition before making this trip. Make sure that your travel agent/agency provides you with oxygen supply under emergency conditions. Pack up medications related to health risks one can face at high altitudes for emergency situations.

Step 2: Planning The Routes and Dates

Mt Kailash can be visited through Nepal and India.

Through Nepal

Going to Kailash through Nepal, only Kailash tour operators affiliated with T.A.R. Foreign Exchange Center (FEC) will be able to apply for the permits for the trip. Previously China India Pilgrim Service Center (CIPSC) who used to handle all the Indian Travelers has been closed and a new organization named as Foreign Exchange Center (FEC) has been established to handle the groups starting 2019. As per their requirements, only after sending the Authorization Guarantee Deposit amount to FEC, one can obtain the certificate to apply for the permits and only those companies will be able to operate the trip in collaboration with them. We inform all the travelers, before booking to ask your travel agent whether they have obtained the authorization certificate or not.

Nepalgunj - Simikot - Hilsa in Nepal route

is a popular trekking route to reach Mt. Kailash. You can either trek to Hilsa or take a helicopter. Taking a helicopter is quicker and convenient but is comparatively expensive. Through this route, if you take the helicopter, the trip to Mt. Kailash along with the *kora* takes under 11 days. If you want the trip to be quick, comparatively convenient and spiritually fulfilling, this route is strongly recommended.

Best time to go: May, June, September (July-August tours may be influenced by the monsoon)

Kathmandu - Kyirong - Saga

is an overland route for the journey to Mt. Kailash. The journey will be around 13 days long on Coach / Bus until Darchen. However, this route is cheaper than the Simikot - Hilsa route despite taking more days to complete. If you want your trip to be more affordable this is the way to go.

Best time to go: May- September (Depends on road conditions)

Private Helicopter Charter

is another option to visit Mt. Kailash. This will definitely be highly expensive, however will allow you to highly customize your own trip. A 5-person group is recommended if you want maximum economic efficiency, regardless of the number of people, the cost of chartering the helicopter is fixed.

Best time to go: May- September (Independent of Weather)

Through India

Facilitated by the Indian Government only for Indian Pilgrims, a 28 days journey to Mt. Kailash is organized each year in the summer months. This journey takes you through other various religious sites in India, trekking for more than 20 days through the Uttarakhand border.

Pilgrims are required to apply for this program. The application is a rigorous process. Over 6000 pilgrims apply to travel to kailash through this route and only as many as 400 get selected every year. Even if you are applying in a group, it is not assured that all the members of the group will be selected.

Step 3: Obtaining the Permit/Visa

As per the rules of the Chinese government, it is a must that the travellers apply for the permit through an authorized travel agency. Processes of applying for the permit varies for Indian travellers and for Non-Indian travellers. The travel agency applies on behalf of the travellers in group, as required by the chinese regulations. Hence, the travel agency set the dates for travel as they will be dealing with multiple people to create a group large enough to apply for a group visa.

First, the travel agencies require you to fill up a booking form purchasing package. On accounts that you are travelling in a large group (numbers may vary between travel agencies), you can also request for a customized trip and select the date of travel.

For Non - Indian travellers travelling through Nepal,

the tibetan permit application process requires you to send colour-scanned copies of your passport through which the travel agency will apply. The time required for the permit to be granted by the tibetan authority is not fixed, but it generally takes around 25 days. Later you will need to arrive to Kathmandu 03 working days before the trip in Kathmandu for the Chinese Visa as we will require your original passport. You can get a Nepalese Visa upon arrival at Kathmandu Airport.

For Indian travellers travelling to Kailash through Nepal,

you will be required to send your Colored copies of the passports to the travel agency, through which they will apply for the permit on your behalf. Later we will require your original passport at our Delhi office about 07 working days before the trip date for the Chinese Visa. Generally, your passport can be collected from Delhi once the visa is approved. However, since indian citizens do not need a passport to travel to Nepal, you can travel with your Voters card to Kathmandu if flying directly from India. If you travel by road then any valid government Id will do. You can also pick up your passport once you arrive in Nepal.

Note: Regardless of you having a valid Chinese Visa already stamped on your passport, you will still be required to apply for a Chinese Group Visa if you are travelling for Kailash through Nepal. The existing Chinese Visa will be cancelled by the Chinese Embassy and new Group Visa will be provided.

AGE LIMIT

As per the new rules, the age limit has now been removed and Indian travelers above 70 years of age will also be able to join for the trip but there are certain requirements for it. The requirements for such travelers are as mentioned below:

1. You have to submit health examination report made within 6 months from travel date by Indian public hospital above the country level, the content of the report should include the doctor's judgment and suggestion whether your physical condition is suitable for the plateau area (4000 meters or 13000 ft above sea level).
2. Application by you to express the intention for pilgrimage in Tibet side; the application should be signed and fingerprinted by you and your two direct relatives.
3. Tibet side will judge whether to allow your entry according to the documents submitted.
4. You should not have high blood pressure, heart disease, asthma and other diseases.
5. At least two of your relatives should accompany you on the tour.
6. Also you have to pay USD 1000 as a risk deposit to T.A.R. Foreign Exchange Center (FEC) which will be returned back after tour completion except, If incase a pilgrim died then the deposit will be charged as liquidated damage by T.A.R. Foreign Exchange Center (FEC).
7. Local medical center of Tibet will make health examination and give a proposal whether you are suitable for parikrama. If doctor's proposal is "not suitable for parikrama" you have to stop the trip.

For Non-Indian travelers, the above mentioned formalities are not necessary.

GENERAL ITINERARY DURING KORA

The *kora* begins at Yama Dwar, which is 2hrs drive from Darchen, the Base camp of Mt. Kailash. The kora is generally 3 days long. This is the common itinerary during *kora*.

1st Day of Parikrama

Drive to Darchen (4650m) & Yama Dwar & Trek to Dirapuk (4880m) - Overnight in Dirapuk

After Breakfast - Drive to Darchen (35 km - 1 hr) and Yama Dwar (8 km) - the starting point for Kora. We will trek to Dirapuk for 14 km. You will visit the North face of Mt. Kailash and touching the feet of Mt. Kailash (Charan Sparsh). Travelers who do not want to trek around (Parikrama) Mt. Kailash can go back to Darchen wait for the rest of the group to arrive from Parikrama.

2nd Day of Parikrama

On to Zuthulpuk (4670m) via Trek to Dolma La Pass (5700m) - Overnight in Zuthulphuk

After Breakfast - Trek from Dirapuk to Dolma La Pass (8 km). About 3 kms before reaching Dolma La Pass is steep hill and quite difficult to walk. Also descending from Dolma La Pass is the same for upto 3 km. While descending you can see Gaurikund on the right. After walking for about 2 - 3 hrs we will reach Phedi. After some rest we will start trek to Zuthulphuk (12 km trek for 6 hours).

3rd Day of Parikrama

Trek to Darchen - Drive to Hilsa or Saga depending upon the package.

After Breakfast - After short easy Trek (8 km - 3 hrs), we will reach our Private A/C Coach pick up point. Then drive to Darchen (3 kms) and merge with other members who were waiting. From there drive to Hilsa or Saga depending upon the package the travelers have booked.

CURRENCY

For your travel, you need to manage your currencies and know where to exchange the currencies. The following are the important details to get around with exchanging currencies:

- The *Indian Currency* is accepted in Nepal however not in Tibet. Also only old 100 Rupees Denominations are accepted in Nepal.

- You can ask your travel agent to exchange the amount to *Yuan* (Chinese Currency) for you upon your arrival in Kathmandu.
- It is suggested to carry minimum *CNY* (Chinese Yuan) 2,000 extra for any emergency and personal expenses. If you want to hire a horse for parikrama then extra 3500 needs to be carried.
- Any unused CNY may be re-exchanged in Kathmandu.

POTENTIAL EXTRA EXPENSES

Ponies

Trekkers can hire ponies during the *kora* to ride ponies in case they are unable to walk. However the rule of the Pony owner and Porter Union is that Pony and/or Porter can be hired for full three days and not partial trip. Also the money has to be paid in advance and no refund is possible if you cancel the parikrama or return back in two days time instead of doing the full three days Parikrama.

There are very slight chances that you may be able to get a pony for a single day in certain cases but the prices are definitely going to be exorbitant.

Emergencies

You never know when you will get into an emergency situation. It is always safe to have some amount with you if you get into any kind of trouble.

MOBILE PHONE IN TIBET

How to keep in touch with our friend & family during the trip?

Indian and Nepali SIM card doesn't work at Tibet side but there will be shops at the phone center on the way to Kailash Yatra. You can take your mobile with you and buy a SIM card there to keep in touch with your family and relatives.

Buying a Tibetan SIM Card

(Costs: Yuan 100 - Only Incoming, Yuan 200: Both incoming and outgoing). Carry a cell phone and chargers. Recharge facilities available at lodge only during evening generator hours (3-4hrs).

OTHER EN-ROUTE ATTRACTIONS

During your journey to Kailash, depending on your route, you can enjoy various other attractions as well.

Pashupatinath

If you join the trip from Kathmandu then you will surely be taken to visit Pashupatinath, one of the Holiest and Sacred Hindu temple which lies in the Eastern part of Kathmandu.

Mansarovar

To the south of Kailash lies the holy lake Mansarovar. You will be visiting the lake, as it is included in the Mt. Kailash packages offered by the travel agents in Nepal.

Gauri Kund

Travelers who continue for the 02nd Day of Parikrama will be able to visit Gaurikund, which is just below the Dolma La Pass (5700 m). After we cross the pass, you will be able to see it on the right hand side while descending.

Lhasa & Shigatse

Some tour packages to Kailash takes you through Lhasa and Shigatse where you can experience a spiritually well held tibetan culture and the impacts of globalization on the culture.

PART 2 - BOOKING GUIDE

You now must have done quite a bit of thinking since you have come to the stage of booking the trip to Mt. Kailash Manasarovar. With Kailash Journeys (P) Ltd, we assure you that you will have a great journey to Mt. Kailash with our hardworking team assisting you at each and every step through booking until you go back home after completing the trip.

Step 1: Select your package

You need to choose the route you want to take to select one of our packages that you want to book. These are the routes that Kailash Journeys (P) Ltd offers to our customers.

Budget Helicopter Trip:

Kailash Mansarovar Yatra by Helicopter (11 Days)

Nepalgunj - Simikot - Hilsa is a popular trekking route to reach Mt. Kailash. You can either trek to Hilsa or take a helicopter. Taking a helicopter is quicker and convenient but is comparatively expensive. Through this route, if you take the helicopter, the trip to Mt. Kailash along with the kora takes under 11 days. If you want the trip to be quick, comparatively convenient and spiritually fulfilling, this route is strongly recommended.

Best time to go: May, June, September (July-August tours may be influenced by the monsoon)

Budget Overland Trip:

Kailash Mansarovar Yatra by Road – Kyirong Border (13 Days)

Kathmandu - Kyirong - Saga is an overland route for the journey to Mt. Kailash. The journey will be around 13 days long on Coach / Bus until Darchen. However, this route is cheaper than the Simikot-Hilsa route despite taking more days to complete. If you want your trip to be more affordable this is the way to go.

Best time to go: May - September (Depends on road conditions)

Highly Customizable Quick Trip:

Kailash Mansarovar VIP Tour with Helicopter Charter

Private Helicopter Charter is another option to visit Mt. Kailash. This will definitely be highly expensive, however will allow you to highly customize your own trip. A 5-person group is recommended if you want maximum economic efficiency, regardless of the number of people, the cost of chartering the helicopter is fixed.

Best time to go: May- September (Independent of Weather)

Step 2: Select your departure

Selecting a departure date is very important according to the kind of experience you want to have. Journey to Kailash is difficult to do during winter. So we don't organize trips to Kailash Manasarovar during the months of October - April.

One of the popular options for date selection is the full moon departure.

Advantages and Disadvantages of Full Moon Departure

Advantages

- Festivals in Tibet happens during Full Moon (especially Saga Dawa Full Moon Festival: the holiest day in Tibetan Buddhism)

- Full-Moon in Mansarovar: Many travellers prefer doing puja during the Full Moon (Purnima)
- Many want to see beautiful view of the full moon over Mount Kailash
- Prefer doing Kora during Full-moon

Disadvantages

If you are taking a flight or flights in your journey to Kailash, please be aware that there are a limited number of airlines operating in that area. The volume of travellers will be high during full moon, and any weather difficulties may force you to spend additional nights on the way. Airlines will also be under pressure to transport passengers due to the high inflow of travellers and hence is more vulnerable to complications. This may lead to you ultimately missing the full moon at Lake Manasarovar. Also due to very limited facilities in Tibet, there can arise the issues for accommodations as well.

The full moon departure most often is organized with a 100% success rate with overland tours, since weather doesn't extend the journey while travelling by land.

Step 3: Advance Payments

You will now need to send us the Advanced Deposit when you send your booking form.

There are two different ways that you can make the payment:

Transfer to Nepal SBI Bank

It is easy to make the payment if you have an SBI bank account. SBI Bank offers a service called Indo Nepal Remit. To use that service, you will need to fill up the Indo Nepal Remit form with the following payment details:

Nepal SBI Bank Ltd. (State Bank of India) (NO GST)

Bank: *Nepal SBI Bank Limited (Transfer from State Bank of India by using Indo- Nepal Remit form - Bank Account not required to transfer)*

Bank Address: *Commercial Branch, Lainchaur-29, Kathmandu, Nepal*

Account Name: *Kailash Journeys Pvt. Ltd.*

Account Address: *Lazimpat-2, Uttar Dhoka, Kathmandu, Nepal*

Account No. *22525240200227*

Swift code: *NSBINPKA*

Other Bank Details: <http://www.kailashjourneys.com/payment/>

Once you have filled up the required details in the form and made the payment, a UTR Number is generated. You will then need to send the UTR Number to Kailash Journeys (P) Ltd. to confirm your payment.

Recommended Payment Method:

If you have an SBI bank account, it is recommended that you make all your payment through that account. However, in case you don't have an SBI bank account, it is recommended that you use the HDFC bank to make the initial Advance Deposit Payment since it is much easier than having to create a SBI bank account and follow its procedure. In this there will be an extra charge of 5% GST which needs to be submitted to the Government of India.

Step 4: Fill up our booking form

After you have made your booking payment, you will need to fill up our booking form. You can find our booking form [here](#).

In the booking form, you will need to provide us with your personal details, contact details and emergency contact details. You will need to clearly mention the package name in the booking form. You will have the option to include add-on packages to your package with additional costs

Add-on packages are short experiences like Mountain Flights, Muktinath Darshan and others. Some additions to your package will be more expensive, and lengthier than others.

The booking form is simple and easy to fill. You will also want to read our terms and conditions available in the booking form to understand what risks and liabilities are borne by Kailash Journeys (P) Ltd. and what aren't.

Step 5: Arrange the additional requirements

Once you are done filling up our booking form, you will need to arrange the additional requirements for the booking process. Following are the additional requirements:

1. Colored Scanned Passport Copies (Passport needs to be Valid at least 06 months from the travel dates)
2. Travel Insurance (Recommended for Helicopter Trips)

Send the coloured copies of your passport attached with your booking form as it is necessary for permit application.

Step 6: Permit Application

Kailash Journeys will handle the Permit Application process once you have sent your Advance deposit, Booking Form and colored copies of your passports. We will then inform you once your permit has arrived.

Note: Sometimes due to unknown reasons, the Tibetan Authorities do not provide the permits in time due to which the trip might get delayed.

Step 7: Completing the Payment

You will have to make the full payment before 35 days of the trip. If you have booked for the helicopter trip, you will also need to send your insurance papers at this point. If you book with the early booking offers then payment must be made as per the schedule provided by the Travel agency.

Step 8: Chinese Visa

After applying for the permits, we will also need a Group Chinese Visa. Without permit we will not be able to apply for the visa. Thus we have to wait for the permits to be received. For the Visa, we will need the original passport for the Chinese Visa. Passport requirements for Indian and Non - Indian Passport Holders are as mentioned below:

Indian Passport Holder:- Passport required at our Delhi office minimum 07 working days before the trip date.

Non - Indian Passport Holder:- Passport required at our Kathmandu office minimum 03 working days before the trip date.

Note: Saturday and Sunday are not counted as working days.

PART 3- AFTER BOOKING GUIDE

So you have booked your trip and made your payments. You are looking forward to the experience of your lifetime at Mt. Kailash and Lake Manasarovar. This is a comprehensive guide that will help you plan for your trip once you have booked for one of our packages.

Packing up for the trip

Mt Kailash and Lake Manasarovar are located at a high altitude, remote and cold place. Packing up to travel in such a place is extremely important. You will need to have enough clothing to manage in the cold and dry environment and yet your luggage should be light enough for them to not exceed the weight limits if you are travelling by aircrafts and helicopters.

Clothing

Clothing (6 sets. Please avoid Saris and Dhotis)	Woolen Sweater or Jacket (1)	Thermal Inner Wear (2-3 pairs)
Wide Rim Hat (1)	Woolen Cap & Scarf (1 set)	Waterproof Gloves (1 pair)
Sandals (1 pair)	Trekking Shoes (01 Pair)	Thick Cotton Socks (3 - 6 pairs)

Others

Currency (4000 - 5000 Yuans)	Travel Insurance Copies	Power banks and charger
Puja Items	Torch	Trekking Sticks
Some Dry Snacks / Dry fruits	Passport	Rain gear
Sunscreen / Lip balm	Sunglasses	Toilet paper / wet wipes / hand sanitizer - First-aid kit / personal medication / Towel
Thermos Flask	Water can for holy water	M-seal to seal your bottles of Mansarovar Jal.
Travel adaptor		

Medical Kit

Even though our team will have a medical kit available during the journey, it is smart if you pack for yourself so that you can have convenient access whenever you need it.

Diamox – 20 tablets *paracetamol (crocin)	Pain killer	Eye drops for burning eyes *multivitamin pills
Muscle relaxant *antibiotic	Motion sickness and high altitude sickness medicine	Vicks vaporub *water purification tablets
Neosporin ointment *band aid *antihistamine (contact cc)	Knee-cap *electric powder *thermometer	

Managing your En-trip finances and budget

Even though earlier we did cover a fair bit on the potential expenses during the journey, there are many other potential extra expenses that one can incur during the journey. This segment provides you with details about potential unforeseen expenses that you may have to bear.

Anticipated Expenses Under Emergency

Following are the costs that you may have to incur under a worst possible emergency circumstance:

1. Tibet Fee for early return (USD 100 per person per day)
2. Visa Splitting Fees
3. Rescue Operation Fees
4. Ambulance / Private Vehicle Hire
5. Helicopter Charter
6. Food and Accommodation

Note: Flight delays and weather cancellations may also lead you to extend your stay at different process.

Currency Exchange

- The Indian Currency (Only 100 Denomination) is accepted in Nepal however not in Tibet.

- We can help exchange the amount to Yuan (Chinese Currency) for you upon your arrival in Kathmandu. You must let us know upon Kathmandu arrival on the first day so that we can proceed immediately.
- We suggest to carry minimum CNY (Chinese Yuan) 2,000 extra money and INR 15,000 for any emergency. Also if you plan to hire a horse, then you will need extra 3500 Chinese Yuan.
- Any unused CNY may be re-exchanged in Kathmandu.

Managing your diet

We will provide you with breakfast, lunch, dinner (vegetarian). All the meals during your tour in Tibet will be freshly prepared and provided by our cook who will accompany you during the trip. These meals will include varieties of Indian Veg meals like rice, curry, rotis, dals, vegetables, curd, etc. You will also be able to buy some supplementary food like chocolates, biscuits, nuts, bhujija and your tinned products to add variations to the meal once you enter Tibet.

If you have any allergies or conditions related to the food, please let us know beforehand so that we can make the necessary arrangements.

Mobile Phone in Tibet

Keeping in Touch: Indian and Nepali SIM card doesn't work at Tibet side but there will be shops at the phone center on the way to Kailash Yatra. You can take your mobile with you and buy a SIM card there to call your family and relatives.

Please be aware about the costs of the SIMs mentioned so that you can pre plan your budget:

Cost: Yuan 100	Cost: Yuan 200
Features: Incoming only	Features: Incoming and outgoing

Note: You will need to make additional recharges to make calls

FAQs

These information mentioned below would be helpful to plan for your trip:

How are there 02 Full Moon Dates in 01 Month?

There is only 01 Full Moon date in a Month. We have 02 Departure dates which will both take you to Manasarovar Lake during Full Moon. In the first full moon departure, you will go directly to Darchen, continue your Kailash Parikrama then on return stay at

Manasarovar Lake. This generally increases 01 Day extra in the Helicopter packages, so the first full moon departure for Heli Package is always 12 Days from Kathmandu and 10 Days from Lucknow. However, in the second full moon departure, you will stay at Manasarovar First during Full Moon Night and then continue your parikrama which is a normal itinerary.

Full Moon and Non - Full Moon Dates

Full Moon and Non - Full Moon Dates are same in respect to their itineraries. The only difference would be Full Moon Night at Manasarovar if you choose Full Moon Departure Dates. However the recommended dates to travel would be Non - Full Moon dates. In Full Moon dates the group size will be very big. It is prone to delays and lack of accommodation in Manasarovar and various places in Tibet due to which various problems might arise during the trip.

What are the items you provide for the trip? Do we need to return it back?

We provide a Waterproof Windcheater Jacket, a Duffel Bag, a Bag Pack, a Cap and a Passport Holder to every member as a souvenir gift from our company. You do not have to return these items after returning from Kailash.

What kind of fitness is required?

You have to be physically fit for the Kailash Mansarovar Yatra. It is recommended to get a medical checkup before you plan to go for this religious journey. But it is not mandatory that you have to submit the medical check up certificate. People with back pain may have problems during the trip on the jagged road. People with asthma or allergic to dust are strongly recommended to wear a mask on the dusty road. Besides these people are recommended to practice walking and exercise and yogas for the physical fitness.

Which month is best for Kailash?

Kailash Season generally starts from May till September. All these 05 months are good to travel to Kailash, however during July and August the trip will be influenced by Monsoon season in Nepal.

What kind of Hotels in Nepal & Tibet side?

Nepal Side:

Kathmandu

Helicopter Tour: 04 Star Deluxe Hotel - Crowne Imperial, Akama or Similar

Overland Tour: 03 Star Hotel - Hotel Tibet, Arts or Similar

Nepalgunj: Hotel Batika or Similar (For Helicopter Tour Only)

All Hotels mentioned above are based on twin sharing. If you want Single Room then you have to pay extra supplementary charges.

Tibet Side

For the comfort of our guests, we have changed all itineraries to provide Guest House at all places in Tibet side (no more tents) for the same package cost. All Guest House will be based on sharing with Common Bath except in Taklakot where we get the attached bath room. The accommodations are very basic and might not meet the standards of a regular hotel.

What kind of Transportation in Nepal & Tibet side?

Nepal Side: We will provide a decent transportation by A/C Coach for Sightseeing tours. For Overland trip only there will be Non - A/C bus from Kathmandu to Kerung until the roads are properly constructed.

Tibet Side: A / C Coach

Tibet permit and Chinese Visa

- The Chinese visa is a group Visa paper based.
- First of all we need your passport copies by email 35 days before the trip date to apply for Tibet Travel Permit (required by Chinese government).
- We will apply Tibet permit before 01 month of departure date. After that we need your original passport for Group Visa processing:
- Indian Nationality: You have to send your original passport 07 working days before Fixed Kailash Dates to our Delhi office for Visa processing
- Foreign Nationals: You will need your original passport 03 working days before Fixed Kailash dates in our Kathmandu office
- After you get group Chinese Visa, you can collect back your passport from our office.
- Therefore, since it takes time, we suggest our Yatris to book as early as possible, so that your yatra can be begin in your desired departure date.

If you already have Chinese Visa: After you arrive in Kathmandu, you will apply for the Chinese Group Visa to enter Tibet and the Chinese Embassy will cancel your current Chinese Visa and give you the Group Visa.

Can we apply for the Chinese Visa from our place?

We are sorry but the Group Chinese Visa can only be applied by the authorized travel agencies in Kathmandu for Non - Indian and in Delhi for Indian Passport Holders.

What is the difference between Inner Parikrama & Outer Parikrama?

Inner Parikrama means parikrama of Nandi Parvat and the outer parikrama means parikrama of Kailash Parvat. The regular Overland and Helicopter is actually only outer Parikrama which is easy to complete. However, for Inner Parikrama, it takes longer and it is quite challenging. Please make sure you are healthy enough to do the Inner Parikrama. We do not recommend it for anyone above 60 years old unless they are solid health conditions. However inner parikrama is currently not allowed by the Chinese Government and has not been opened yet.

How much do I have to walk during Parikrama?

The total outer parikrama is of 42 km (12 km, 22 km and 08 km). You can do the whole parikrama by walk. If you cannot or do not want to go for Kailash Parikrama by foot then you can hire a horse and horse man for 3 days by paying extra (around INR 35000 to 40,000 per person). This rate may vary during travel time, hence not a fixed rate.

Even if you do hire a horse, you have to walk at least 2-3 hours

You can choose not to go for Parikrama at all. Our staff will be there preparing accommodation and meals at Darchen.

What if I don't want to do Parikrama?

If you don't want to do Parikrama we would provide you accommodation and food Darchen base camp and you would have to wait until others return from Parikrama.

Is it possible to return without Parikrama and without waiting for other group?

It is possible but Tibet will charge you USD 100 per person per day as an early return fees. On top of it, you will have to bear the extra charges for Visa Splitting, Transportation, Food and Accommodation, etc. So it is recommended to travel with the group if you do not want to bear all these extra expenses.

Is Ashtapadh included in our Yatra?

Ashtapad is not included in the package as currently it has not been allowed by the Chinese Government. Later during the trip, if you get permission then we can arrange it for you with some extra cost which is directly payable to the guide.

How many people in each group?

Our group size is minimum 25 persons. Our maximum size depends, since many people want to go during full moon or various occasions.

Can we have our own Departure Date and Group?

Yes, you can pick your own departure date if your group has more than 25 persons in a group.

What is the age limit for travelling?

As per the new rules, the age limit has now been removed and Indian travelers above 70 years of age will also be able to join for the trip but there are certain requirements for it. The requirements for such travelers are as mentioned below:

1. You have to submit health examination report made within 6 months from travel date by Indian public hospital above the country level, the content of the report should include the doctor's judgment and suggestion whether your physical condition is suitable for the plateau area (4000 meters or 13000 ft above sea level).
2. Application by you to express the intention for pilgrimage in Tibet side; the application should be signed and fingerprinted by you and your two direct relatives.
3. Tibet side will judge whether to allow your entry according to the documents submitted.
4. You should not have high blood pressure, heart disease, asthma and other diseases.
5. At least two of your relatives should accompany you on the tour.
6. Also you have to pay USD 1000 as a risk deposit to T.A.R. Foreign Exchange Center (FEC) which will be returned back after tour completion except, If incase a pilgrim died then the deposit will be charged as liquidated damage by T.A.R. Foreign Exchange Center (FEC).
7. Local medical center of Tibet will make health examination and give a proposal whether you are suitable for parikrama. If doctor's proposal is "not suitable for parikrama" you have to stop the trip.

For Non-Indian travelers, the above mentioned formalities are not necessary.

Availability of Drinking Water

In Nepal part water will be provided at the hotel in the room. During your trip in Tibet, our guides and staff will be providing you with around 02 litres of water every day.

Is Internet connection available in Tibet?

Wifi and internet connection will be available in some places only.

Can I book a pony for one day Parikrama only?

It can be booked but whether you hire it for one day or for full parikrama charges will be same. Also the money has to be paid in advance and no refund is possible if you cancel the booking or return back in two days' time instead of doing the full three days Parikrama.

Dip in the Holy Mansarovar Lake

Now-a-days dip is now allowed in Lake Mansarovar. You can take bucket shower with the water from Lake.

Puja and havan, fire ceremony

Since the holy Kailash is the abode of Lord Shiva, at the North Face of Kailash you can do puja waiving light using the Shiva Shadakshara Mantra, which is the expanded form giving the full meaning and beauty of the six syllable Mantra Om Na-Mah Shi-Va-Ya. We recommend the group members to bring some incense, havan samagri, wood sticks, bilva patra, camphor, gopi chandan, dry fruits (nuts) for Prasad. Any priest or Pujari will not be available thus puja needs to be done on your own.

Souvenirs from Tibet

Normally during our trip we will meet a lot of ladies selling necklaces, yak bone items, crystal mala, precious stone items, apart from Buddhist worship items.

Fitness for the trip

Remember that Kailash Mansarovar is not an ordinary pilgrimage. High altitude affects everyone. Prepare well for the trip. Normally people find excuses for not doing yoga and walking exercise.

Who will Travel with Us from Kailash Journeys (P) Ltd.?

Our Sherpa team and Nepali Tour Manager / Guide will be with you at all times in Tibet.

Is Indian / US Currency accepted in Nepal or Tibet?

Indian denomination of INR 100 is accepted in Nepal, however other denominations are illegal. USD is accepted in any denomination. Indian / US currency cannot be used in Tibet. However you can carry any denomination of INR and USD during your travel and use it to exchange into Nepalese or Chinese Currency to use it during your trip.

How much amount to carry during the trip?

Over all you can carry about 2000 Yuans + INR 15000 / USD 250 per person during the trip for personal and other expenses. However, if you are planning to take a horse then you will need to carry extra 3500 Yuan apart from the above amount during the trip.

Where can we exchange the Chinese Currency? Can we transfer to your account and later provide us exchange?

For Yuan exchange it will be better if you will be able to bring it from your home place. If you are not able to get it then we will help you to exchange in Kathmandu / Nepalgunj, however you will have to carry cash. We do not accept any deposits for exchanging currency.

Do we need to carry Oxygen Cylinders?

It is not necessary but you can buy this once you enter Tibet. It will cost you about 30 Yuan per cylinder. It is small portable one. Apart from that, we also have big cylinders for emergency purposes.

Is Insurance Compulsory?

Yes, we would recommend that you take insurance as this is a risky trip as well as lots of delays can happen. So if there is any losses during the trip, you will be able to claim for the loss with your insurance company.

How to get your insurance?

- Indian: For insurance, you will be able to get it from any Insurance company. You can also contact Mr. Govardhan Singh + 91 9654086796 (A to Z Vacations).
- Non-Indian: Please make sure your insurance covers high altitude travel (over 5000 m). You can go with Insurance companies like Travelex, etc.

How much Luggage can we carry? What about our extra Luggage?

For the Helicopter Package you can only carry 12 kg total per person. If you are travelling via Kerung or Lhasa then you can carry around 15 kg per person. The extra baggage can be left at Hotel in Kathmandu. If group is joining from Lucknow then you can keep extra luggage in Nepalgunj Hotel. Later you can collect it back on return.

How can we book Pony / Horse / Porter?

For booking Pony / Horse / Porter, you will need to coordinate with guide during your stay in Manasarovar Lake before starting Parikrama. They will have to be informed beforehand so that they can arrange for it however sometimes you might not get horse even if you book in advance due to limited number. Later if you want a horse then you will be provided on an availability basis.

When shall be book our return tickets?

Kailash Manasarovar Yatra is very uncertain trip where delays are unpredictable. Due to various issues like natural calamities, permits, visas, etc, trip might get delayed. Due to this reason, it would be better to keep the return dates flexible.

Under Emergency Circumstances

Kailash Journeys (P) Ltd. will not be liable to bear any additional expenses incurred by the customers in case of emergency and rescue (if applicable).

Falling sick at high altitude can bring complications and may even lead to death if not treated immediately. The worst case scenario puts us at falling sick during the second day of kora, where we will be trekking above 5000m, and will be farthest from any land routes available. Report immediately to the guide to get help.

If you fall sick during the journey, basic first aid and medication will be provided by Kailash Journeys (P) Ltd. We will also provide oxygen cylinder or oxygen bottle in case of emergency. You will however have to bear additional expenses by yourself. You may have to hire a Jeep to Taklakot. You will have to bear Hospital, Transportation, Visa splitting and Accommodation expenses if you have to separate yourself from the group since package accommodation and transportation applies only while travelling in a group.

Altitude Sickness

As participants are traveling over high terrain, participants are likely to experience symptoms and discomfort of altitude sickness (headache, loss of appetite, nausea, exhaustion, sleeplessness, breathlessness etc.) until their body adjusts to the elevation. This can take a couple of days or more depending on an individual. For this reason, we have made it mandatory and fixed itinerary to stay at the place above 9000 ft for at least 1 night before moving on to the higher altitudes.

Highest Altitude during Kailash Mansarovar Yatra

Our journey will take us from 1400m to 5700 meters. The starting point will be Kathmandu, our starting and ending point at 1400m, and the highest point will be Dolma La Pass, on the second day of our Parikrama around Mt. Kailash, at approximately 5700m height. After our entry into Tibet we will be at 3800m for two days for acclimatization, then climb to 4400m, then 4600 around Lake Mansarovar. On the second day of the Parikrama around Kailash we will be at almost 5000m. Most of our time in Tibet will be at an altitude above 4000m.

Meals / Food

All meals (Breakfast, Lunch and Dinner) will be provided by our cook accompanying the group. We also recommend that you bring supplementary food like chocolates, biscuits, nuts, bhujija, etc to add variations to the meal.

Why there are different rates for Indian and Non-Indian Passport Holders

Usually the rates are the same for all the travelers travelling to Nepal. However India being a neighbouring country and a good friend of Nepal, there is special consideration for Indian Nationalities here. This is a reason they get special rates for all the services. For e.g. the rates for Hotel accommodation, Transportation, Entrance fees, etc all have different rates for Indian Nationalities and Non - Indian Nationalities. Thus, the rates for other countries are slightly higher than the rates provided to the Indian Nationalities.

OUR TEAM

Tour Leaders:

Born in the foothills of Everest in Solukhumbu district in 1974, **Lama Babu Sherpa** has spent a lot of time in the high altitudes of the Himalayas. Having led trips to Kailash more than 60 times, Lama Babu is an experienced and trustworthy guide.

Born in Morang in 1968, **Raj Kumar Adhikari** is an experienced guide to Mt. Kailash Manasarovar who has led more than 80 batches of travel groups through the arduous journey to Mt. Kailash Manasarovar.

Nima Wangdi Sherpa shares his birthplace with Lama Babu at Solukhumbu and has spent plenty of his time in life in the High altitudes of the Himalayas. Having led tours to Kailash for over 75 times, he is one of the most experienced guides that we have for Kailash tours.

Visa Processing Expert/ Transportation Lead:

Sujan Wasti was born in 1992 in Nuwakot district. Though young, he is an intelligent guide. Till date he has already successfully led 14 trips to Mt. Kailash as a guide.

Cooks:

We have a team of cooks well experienced of cooking nutritious food at a high altitude. Pasang Furi Sherpa, Partiman Gurung (Pardi Man Ghale) and Prem Tamang have all visited Kailash and cooked for our travellers. They are specialized in cooking various Indian Cuisine like Paratha, Chana Masala, Matar Paneer, Sambar, Idli and a lot more. We take our traveller's nourishment during the trip seriously.

CONCLUSION

Embark upon a spiritual journey to Mt. Kailash. Many travellers describe their trip to Kailash as spiritually and emotionally fulfilling. As much as its religious significance is a drive for people to visit Kailash, its ability to give the travellers a spiritual autonomy creates wonderful stories of experience.

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