



Himalayan Adventure Treks & Tours

Thamel, Marg Kathmandu, info@himalayanadventuretreks.com

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Kailash Mansarovar Yatra :- 17 Days - USD 4000 Per Person

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Highlights

- *Important pilgrim for four faiths Hindu, Buddhist, Jain Pilgrimage, and Tibetan religion of Bon.*
- *Lake Mansarover where a ritual bath will deliver a pilgrim to Brahma's paradise and a drink of its waters relinquishes the sins of a hundred lifetimes.*
- *Tibet is also called the Roof of the world.*
- *Above 5000m height.*

Overview

"Travelling the road will tell you more about the road than Google tells you about the road" Mount Kailash & Manasarovar Tour (Yatra) is known as the mother of all Teertha Sthal. The holy Mount Kailash & Manasarovar yatra is considered to be one of the most difficult Pilgrimage trails in Asia. Located in the far reaches of western Tibet, and the north part of Nepal and India. Mount Kailash & Manasarovar is one of the most sacred mountains in the world, with the most prominent diamond-shaped symmetrical peak height of 6,638m (21178 ft) and is made up of black solid rock. It is one of the highest parts of the Himalayas and serves as a source of some of the longest rivers in Asia. Mt. Kailash is also known as Gang Tise or Gang Rinpoche in the Tibetan language. Mt. Kailash & Manasarovar Lake has become an important pilgrim for four faiths: Buddhists, Jains, Hindus, and the Tibetan religion of Bon. To the Buddhists, Kailash is associated with a tantric meditational deity called Demchog and his consort Samding Dorje Phagmo. The beautiful and holy lake Mansarover where a ritual bath will deliver a pilgrim to Brahma's paradise and a...

Itinerary

Outline Itinerary:

Day 01: Arrival in Kathmandu (1,400 meters / 4,593 feet)

Day 02: Submit Passport and Kathmandu Valley Sightseeing

Day 03: Explore Patan and Bhaktapur Durbar Squares

Day 04: Visit Chandragiri Hill via Cable Car. (2,551 meters / 8,369 feet).



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Day 05: Gear Preparation and Free Day

Day 06: Drive from Kathmandu to Rasuwagadhi. (140km)7-8 hours (1,800 meters / 5,905 feet)

Day 07: Cross the Border and Drive to Kerung (2,900 meters / 9,514 feet)

Day 08: Drive from Kerung to Saga. (240km) 6-7 hours. (4,640 meters / 15,223 feet)

Day 09: Drive from Saga to Lake Mansarovar. (370km) 7-8 hours. (4,590 meters / 15,060 feet)

Day 10: Drive from Mansarovar to Darchen. (40km) 1 hour. (4,575 meters / 15,010 feet)

Day 11: Trek from Darchen to Derapuk. (18km) 6-7 hours (5,080 meters / 16,666 feet)

Day 12: Trek to Charan Sparsh and Return to Derapuk. 3-4 hours (6,060 meters / 19,882 feet)

Day 13: Trek to Zutulpuk via Droma La Pass. (22km) 9-10 hours. (5,630 meters / 18,471 feet)

Day 14: Trek Back to Darchen and Drive to Saga. (14km) 7-8 hours.

Day 15: Drive from Saga to Kerung. (240km) 5-6 hours.

Day 16: Cross the Border and Drive Back to Kathmandu. (140km) 7-8 hours.

Day 17: Departure from Kathmandu

What's included?

- *Three nights 3* hotel in Kathmandu with Breakfast.*
- *Pick up drop by private vehicle.*
- *Private Sightseeing tour in Kathmandu with an Experience tour guide.*
- *All necessary transfers in Kathmandu (arrival/departure).*
- *Kathmandu-Kodari-Kathmandu transfers by private vehicle.*
- *Tibet group visa & all necessary permits.*
- *All necessary Tibet permits including Parikrama of Kailash & Mansarovar.*
- *Three-star standard hotel for the rest of the tour.*
- *All accommodation in Kailash in Guesthouse (dormitory room).*
- *Transportation in Tibet.*
- *Supporting truck to carry logistics.*
- *English-speaking Tibetan guide.*
- *Yaks & Yak men during the Parikrama (to carry foods and equipment).*
- *Entry fees (Kailash & Manasarovar).*
- *Medical kit bag & Oxygen for emergency use.*
- *All applicable taxes and service charges.*

What's excluded?

- *Air ticket to Kathmandu & return.*
- *Entrance fee in Kathmandu.*
- *Nepal re-entry visa fee.*
- *Your travel insurance.*
- *Rescue and evacuation service.*
- *Personal expense.*
- *Horse for riding during the Parikrama.*
- *Bottled drinks & Beverages.*
- *Tip for guide & driver.*
- *Extra night accommodation in Kathmandu in case of early arrival from Kailash.*
- *Any additional cost (transport, hotel, visa split charge) that occurs due to illness or rescue of the member.*
- *Any additional cost due to natural calamity and unforeseen circumstances.*

Equipment

Equipment List for Mount Kailash & Manasarovar Tour:

Mount Kailash & Manasarovar is a difficult Tour but however our long-year experience of operating Trekking & tour to Nepal, Tibet & Bhutan. We learn many things and would like to give some information to pack your equipment list for your Mount Kailash & Manasarovar Tour and we hope, this information will be helpful to you so success your trip.

Luggage/Duffle bag:

You will require a duffel bag or a backpack for the tour (65- 75 L) max and all our trekking stuff is kept in this duffel bag and this will be carried by our porters. However, Himalayan Adventure also provides the duffel back if needed.

A day backpack:

You will need a day backpack and you will be carrying it every day by yourself and we recommend you it has to be at least 25L and you can carry important documents like Passport, credit card along with the need to carry a water bottle, snacks bar and clothing layers (hat, gloves, fleece, sunblock, poles, etc...).

Trekking/Hiking boots:

Mount Kailash & Manasarovar is a difficult Tour and It is very important to have good trekking boots and it should be waterproof (in case of snow, or rain) Make sure it should be fit your feet and comfortable during walking.

Sneakers:



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Mount Kailash & Manasarovar Tour is difficult to tour so sneakers can use during the traveling but not suitable while Kailash rounding.

Sleeping Bag:

You need to have a lightweight sleeping bag that works for minus 20 degrees. Himalayan Adventure can provide it if you need one but has to be returned after the tour.

Fleece jacket:

You need to have good quality fleece jacket at least 1 synthetic jacket or pullovers are a great alternative to fleece because they are lighter and more compressible and gives you enough warmth during the tour.

Down jacket:

Down jacket is compulsory and recommends you bring the warm enough so can keep you warm during the Mount Kailash & Manasarovar Tour.

Socks:

You need to have at least 5 pairs of thick socks.

Lightweight/ warm insulated pants:

You need to have at least 3 pairs of lightweight trekking pants like Lightweight expedition thermal bottoms, Nylon hiking shorts, Softshell and hardshell trekking pants, Water/windproof trousers, and Casual pants so we can use them like the weather.

Short-sleeved shirts:

You need to have 3 ice-breaker merino wool to keep you warm from the cold or synthetic shirts and if you are not allergic to wool products, merino wool is the ideal.

Long-sleeved shirts:

You need to have at least three shirts.

Underwear:

You need to have a few pairs of underwear and this can be as much as you need as there are no washing facilities every day.

Waterproof jacket:

You need at least one waterproof jacket for the rain/snow and wind for the Mount Kailash &



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Manasarovar Tour and waterproof pants may be an option.

Head and face gear:

Sun Hat or cap during the daytime, Woolen Hat for morning & Evening, and Polarized sunglasses are compulsory.

Hand gear:

You need warm gloves.

Traveling supplies:

Adapter Plug for Charging the Camera and Mobile, Camera belt, Passport belt (nice to have), Swiss army knife (option), Flashlight, Headlamp, Water bottle, Extra camera battery, Hand sanitizer, Alarm clock, Hiking poles (optional), and Binoculars (optional).

Toiletries:

Razor, razor blades, shaving cream, aftershave toothbrush, toothpaste, dental floss, sunscreen, toilet paper, small towel, and period pads (for women).

Medication:

First Aid Medical Kit box (can be purchased in Thamel Kathmandu), Altitude Medicines (Diamox), Tylenol, aspirin, ibuprofen, Anti-diarrheic, Powerful antibiotics, and Nasal Spray or Drops.

Trip Notes

Entrance fees of Heritage Sites of Nepal:

Nepal is famous for world heritage sites, Tourist attractions places, and monuments areas. Tourism is the second income source of the country. Entrance fees, National park fees, climbing royalties are the backbone of the Nepalese economy. Foreigner tourists visiting heritage sites, attraction places, and monuments of the country and have to pay a certain entrance fee to get inside the area. The people of South Asian countries (SAARC) have to pay fewer entrance fees in comparison to tourists from other countries. Many tourists want to see the typical Nepalese art and cultural places, happily paying the entrance fee because it is worth paying to visit.

The 7 heritage sites of Kathmandu valley are amazing. Boudhanath, Pashupatinath, Swayambhunath, Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, and Changunarayan have their own history. They are not only rich in art and architecture but also fountain spiritual places of Hinduism and Buddhism. Most of the constructions made have a tantric background and old history. Not only the Kathmandu valley but other parts of the country are also rich in nature and



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history. Lumbini (Birth Place of Gautam Buddha) Chitwan National park, Pokhara, Nagarkot, Trekking trails, Peak climbing, Expedition are the main tourist destination in Nepal and main income sources of the country. It is the government that keeps the price of priceless monuments and makes some money from tourists who visit them.

Please find the attached PDF file for the Entrance fees of World heritage and other attraction places in Nepal.

[Entrance Fees of UNESCO World Heritage Sites in Nepal](#)

About Country

Tibet lies in the shadows of the Great Himalayas to the southwest of China. Known as the Roof of the World, Tibet is located at an average elevation of 4,000 meters resulting in unique geographical and climatic variations.

It is one of the most sought out destinations in Asia because of its secretive lands that hide natural wonders that take your breath away. Its unchartered mountains, serene lakes and gorges, lush alpine forests, and cool temperatures make it the perfect place for travelers to go on a trip of their lifetime. The Tibetan Plateau, Himalayas, and eastern canyons form the majority of the geography in Tibet.

What is even more mesmerizing is the ancient Tibetan culture and heritage which are proudly displayed by the Tibetans. The majority of the Tibetans follow Tibetan Buddhism along with a small number following Animism and Hinduism.

Country Visa and Entry Procedure

Obtaining a Visa and entry procedures are a little hectic when it comes to traveling to Tibet. If you are planning to travel from mainland China or Hong Kong, you will need a valid Chinese Visa. You need to have a passport with a validity of at least six months and will be required to fill a Visa form which includes detailed information of your destinations as well as your travel itinerary.

If you are planning to travel from Nepal, then your only option is a group visa as a Chinese Visa is useless in this condition. Apart from the Visa, you will also need to have a TTB (Tibet Tourism Bureau) Permit to board a train or plane to Tibet. For you to get the TTB permit; you will need to have a pre-planned detailed itinerary, pre-arranged travel facilities, and an official guide for the whole trip.

Popular Destinations to Visit

There are plenty of mesmerizing places to visit in Tibet. Mt. Kailash is one of the most visited sites in Tibet and is revered by both Hindu and Buddhist pilgrims. The nearby Lake Manasarovar and Rakshas Lake are also prominent tourist destinations.

Other must-visit sites in Tibet include the residence of Dalai Lama, the famous Potala Palace, which is also a UNESCO World Heritage Site. The Jokhang Temple, Norbulingka, and Lulang Forest are some of the best destinations to visit. Namtso Lake, also known as the heavenly lake, is the largest saltwater

lake in China. Following closely are the Yamdrok Lake and the magnificent Yarlung Tsangpo Grand Canyon (the deepest canyon in the world). Finally, you can also visit the northern Everest Base Camp and relish the views of some of the highest mountains in the world including Mt. Everest (8848.86m), Cho Oyu (8201m), and Lhotse (8516m).

Things to do in Country

Treks and tours are the most popular activities to take part in Tibet. Surrounded by tall mountain peaks and high forested hills, you will find plenty of opportunities to lose yourself among nature in Tibet. Tibet is located to the north of the Great Himalayan Range and boasts an incredible array of natural wonders. As such, the Everest Base Camp is a brilliant destination for tours and treks. Likewise, Tibet is also the trailhead to some of the most famous mountaineering expeditions. Cho Oyu Expedition and Mt. Everest Expedition are two of the prominent expeditions which begin from Tibet.

You can also enjoy sightseeing the popular lakes and gorges or plan long road trips around Lhasa. Kailash Mansarovar Kora, a journey around the holy Mt. Kailash and Lake Mansarovar to cleanse your soul of evil is an opportunity you shouldn't miss out on. You can also travel around Tibet and enjoy Tibetan culture, festivals, and cuisine.

Trekking Seasons in Country

March to May signifies the season of spring with blossoming flowers and chirping birds. It is one of the best seasons to trek in Tibet along with autumn which starts in September and lasts till November. During this time, the weather is clearer so you will have more chances of viewing the vast mountain ranges. What is even more inviting is that the temperature is also just perfect as it is warmer even in higher altitudes but the heat is bearable.

Winter in higher altitudes is almost unbearable and the path is dangerous because of heavy snowfall and snowstorms. The temperature in the lower region also plunges low so, people don't generally trek during the winter. Whereas in summer/monsoon, Tibet experiences heavy rainfall which also increases the chances of landslides. The trekking trails also get slippery during this season as a result, it is better to tour during the monsoon.

Altitude Sickness

Altitude sickness is a major health concern for many traveling to Tibet. While in Tibet, you will be traveling mostly above the altitude of 4,000 meters so, the risks of altitude sickness are pretty great. Some of the symptoms of altitude sickness are nausea, difficulty in breathing, shortness of breath, dizziness, rapid pulse, and headache.

What you need to do in case you feel the symptoms of altitude sickness is immediately inform your travel guide and descend to a lower altitude. In severe cases, emergency evacuations and Heli rescue are also options. Remember not to rush and give your body time to rest and adapt to the climate around Lhasa. Also, be prepared with the necessary medication to be used in case of emergencies. It is beneficial for you to have proper information on AMS before you start your trip.



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Travel Insurance

Travel insurance will come in handy in conditions of medical emergencies, theft, and trip or flight cancellations. Since traveling in Tibet requires you to explore destinations around 4,000 meters of altitude, you will need travel insurance that covers all the medical issues on the trip.

Be careful of the policies you choose though and make sure it also covers emergency helicopter evacuations. Likewise, the travel insurance must also cover trip cancellations since some parts of Tibet are closed for any tourism activities without any prior information. Likewise, travelers must carry the necessary documentation with themselves while traveling around Tibet.

Meals and Accommodations

In main cities like Lhasa and Shigatse, you can stay at the accommodation of your choice from star hotels to basic lodges. Thus, the cost of accommodation varies upon the standard. During treks, most of your nights will be spent in tents as there is a lack of accommodation on higher altitudes. However, there is also a fair share of lodges and teahouses.

You can find a variety of foods in Lhasa ranging from traditional local cuisine to western foods as well. You can also find Nepalese and Indian delicacies in the marketplaces. However, Chinese and Sichuan dishes are popular across Tibet.

Banking, ATM's and Money

Yuan or Chinese Renminbi is the currency that is used across Tibet. Both banknotes and coins are used widely here. As such, it must be noted that the use of foreign currencies is banned in Tibet; so, you must exchange your currency while in Tibet. The rural areas in Tibet only accept Chinese currency so you should stock up on exchanged money while in Lhasa.

The Bank of China facilitates most of the tourists in Tibet. There are branches of the Bank of China in Lhasa, Shigatse, and other major cities where you are given facilities for exchanging your currency into the local currency. You can bring along US dollars or Euros with you which are easier to exchange. There are also several ATMs available in these cities which accept foreign cards as well. Credit cards are not that effective except in some five-star hotels in Lhasa.

Internet and Communication

Communication has been steadily improving in Tibet. As such, many hotels in major cities provide Wi-Fi, telephone, and fax services. However, you will not be able to find Wi-Fi services at higher altitudes.

You will also find phone booths while trekking to higher altitudes. Mobile phone connection in areas in lower regions is very good as well. Tibet also offers wide and reliable coverage of 3G and 4G services. However, in higher altitudes, there are still problems with proper mobile phone connectivity.

Travelers must be aware that social media sites like WhatsApp and Facebook are banned in Tibet. So, tourists must install VPN applications before entering Tibet to use these sites and apps.



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Internal Flight Delays

The diverse geography of Nepal and Tibet causes flights to be delayed and canceled especially in monsoon and winter because of unclear skies and chances of an accident. During winter, the skies are cloudy or covered with fog, and, during monsoon, heavy rainfall causes the flights to be delayed or canceled.

Thanks to the stable weather conditions in the autumn (September to November) and spring (March to May) seasons, they experience fewer flight delays and cancellations. Flights are also more frequent during these seasons. Thus, you need to be aware of the weather conditions beforehand while booking flights to Tibet. Taking an early morning flight can decrease the chances of getting your flight delayed or canceled.

Health and Safety Including Traveling alone in Country

When you are traveling to higher altitudes in Tibet, be careful of health issues like AMS, cold, sprains, etc. Altitude sickness is one of the major concerns when traveling to Tibet since most of Tibet lies around and over the altitude of 4,000 meters. If anyone starts to show symptoms of altitude sickness, you must immediately inform your travel guide so that necessary actions can be taken. Travelers should also carry the first aid kits and other necessary medical supplies while traveling around Tibet.

It is prohibited for foreigners to travel alone. Thus, you must either travel in a group or hire a travel guide and driver when you are traveling in Tibet. They will keep you company throughout the trip and provide proper information regarding the various destinations on the trip.