

About Kailash Mansarovar

Mount Kailash

Hindus believe that Mt. Kailash is the abode of Lord Shiva. According to Hindu legend, immortal and supreme Hindu God Shiva lives on the top of Kailash Parbat. The Jain called the mountain Astapada and believes it to be the place where 'Risabha Dev', the first of the twenty-four Tirthankar attained the liberation. While the Buddha is believed to have magically visited Kailash in the 5th century BC. The religion of Buddhism only entered Tibet via Nepal and India, in the 7th century AD.

Mansarovar Lake

The word Mansarovar is derived from the Sanskrit word 'Manas' which means mind and legend has it that Lord Brahma created this lake from his mind. Parashuram's - ashram too is said to be situated on a hill on the banks of the Mansarovar. In the periphery of this sacred mountain, is the lake of mansarovar. Lake mansarovar, at 14,950 feet is also said to be one of the highest fresh water lakes in the world. Kailash mansarovar is a place for divine ablution. A dip in this lake is bound to purify you fully from the sins of many births. Rakshas Taal the twin lake along with Mansarovar is where Bhasmasur burnt himself.

Tibet

Mount Kailash and lake Mansarovar are situated in Tibet. It is a rich and beautiful land with average of 4,000 m (13,120 ft) above sea level. Tibet is a home to many mountains over 8,000m (26,240ft). India, Nepal, Bhutan and Burma surround Tibet. Travelers who get the opportunity to visit this land experience spiritual traditions, temples and monasteries, lakes and rivers, and mighty snow clad peaks. The journey to Kailash Mansarovar. The "Kailash mansarovar Yatra" commences with arrival in Katmandu – the capital city of Nepal, where deities mingle with the mankind. A visit to the 'Pashupatinath' temple and other equally enchanting shrines is a perfect starting point for the spiritual journey. This primordial temple enshrines faith of millions of Hindus throughout the world as Lord Shiva's sacred residence. A spiritual atmosphere is maintained throughout the trip.

A briefing with experts on the second day, will prepare you for the ultimate journey to the most sacred of all pilgrimages, the Kailash – mansarovar. Rest of the evening is for the preparation and inspection of the equipments that are needed for the journey. The next day is the departure from the hotel, you cross the Nepal- border and arrive in the Tibetan town called "Nyalam" (3750m). Yatries overcome their exhaustion from 7 hrs drive and abrupt altitude gain with the hospitality of our experienced staffs – which will take care of your needs. Next day will be pretty normal – no movement, so that you can rest and acclimatize with the altitude and extreme weather conditions. For emergency, our crew will carry oxygen, PAC (Portable Altitude Chamber) and other alternative as a measure to ensure your safety. After attending at the altitude, you will start to feel better and enjoy more of journey towards the Holy Kailash. The day from Paryang makes everyone impatient, as this is a long awaited day of first 'Darshan' of Sacred Kailash and mansarovar. Next two days are for Parikrama of mansarovar. Then you are ready for the Kailash Parikarama. Yaks and helpers could be provided for the Parikrama. The yatries face glow with happiness that they have now covered the journey they only dreamt about. You can carry back sacred memories in form of stones, pebbles and water from the mansarovar lake to share joys of your divine experiences with your loved ones back home.

General Information

For Indians Nepal visa is not required. But for Kailash Manasarovar yatra participants must have a valid passport for at least 6 months from the date of entry in Tibet. We obtain your visa for Tibet and all necessary permits for Kailash Manasarovar yatra. For this we require your full name (as it appears in your passport), passport number, Nationality, date of birth and occupation. Two passport size photographs are required along with the tour Tour Booking supplied by us. We can guarantee of Tibet visa issuance within a working day of Chinese Embassy visa section, Monday, Wednesday and Friday

Transportation

Kathmandu / Kodari / Kathmandu by private bus for the group. Thereafter throughout the journey in Tibet you will be traveling in Japanese Toyota Land cruiser jeep Yours luggage, food and all camping equipments will be carried in a truck.

Accommodation

“Do not expect more you will not get disappointed.” As accommodation in Tibet is basic accommodation for sleep only. There is no proper toilet or bathrooms in Guest Houses. This year at some places little better hotels are built which are expensive & we have not calculated our tour cost based on those new hotels. If you wish to use those hotels you can directly negotiate with hotel our guide will help you for translation. During Parikrama normally we provide tents with twin sharing facility which are tested and tried at high altitudes provided with floor mattresses & heavy dawn sleeping bag. We provide separate tents for Kitchen, Dining & Toilet. During Nepal we provide 3* hotel with twin sharing basis with all Vegetarian meals.

Food & Beverage

We will be providing all vegetarian meals throughout the tour in Tibet. You are advised to bring sufficient supplementary food like chocolates, biscuits, nuts, bhujias, nimkins, pickles, etc. for yourself.

Briefing & Orientation

There will be film and slide show followed by detail briefing on the programme and on altitude sickness, its symptoms and prevention on the day of your arrival in Kathmandu.

Temperature & Weather

In Tibet weather condition from May to September is dry and sunny. Maximum temperature can be as high as 22 degrees centigrade and minimum temperature at night will drop as low as 0 to -10 degrees centigrade at the altitudes of 5000 meters. The average daily temperature will be 10 degrees. There is an incredible drop in temperature from early afternoon to evening time.

Health Considerations

All participants are advised to have health certificate given by a reputed doctor confirming that they are fit to take Kailash Manasarovar Yatra. Similarly, We suggest you to bring your own first aid kit with adequate

medication regarding altitude sickness, nausea, dehydration and some pain killers but they need to be approved by your doctor as some of the medicines may not suit you.

Oxygen

We provide oxygen cylinder with mask in each jeep. Enough oxygen will be taken for Parikrama. Besides this with every group we also carry Gemow bag (Portable Altitude Chamber), a life saving

bag for emergency use.

Currency

At present 1 Yuan = INRs. 6.00 approximately. You can change INRs at the border or at Zhangmu.

TourLeader/Staff/Guide

With each group we send professional tour leader/coordinator from our company besides highly experienced Sherpa's who have been to Kailash area for many times. They are responsible for all camping & cooking arrangements. Local English speaking guide will be provided by our counter part in Tibet.

Photography

Still cameras, home video cameras are allowed in Tibet. As Tibet get very bright sunlight due to thin air, so taking photographs can be quite glare. We recommend you to take the advise from the photographic shop while purchasing the film rolls for Tibet. Taking photographs inside monastery will be charged as per Monastery rule. Please ask your guide before taking photographs inside the monastery or Army Camps.

Insurance

To protect against unforeseen circumstances, we advise you to take a trip cancellation and medical insurance policy in your home country. The policy should also include coverage of transportation cost in the event of helicopter or surface evacuation being required. We regret, such policies are not available in Nepal.

Communication

Places you can communicate by telephone are Nyalamu, Saga, Paryang, Darchen and Purang.

Clothing, Equipment & Accessories for Kailash Tours

While driving to Kailash, it will be warm inside the vehicle but quite cold outside. Mornings and evenings will be generally cold and warm clothing will be required. List of clothes, equipments & accessories. We recommend one down jacket, one warm thick pull-over, one thin pull-over, two warm pants, two light loose cotton pants, one warm windproof cotton jacket, four cotton sleeve T-shirts, two thermal under pants, two thermal vests, one rain coat, one pair each of light tennis shoes & light rubber sandal, six pairs of warm woolen socks, one light cotton or silk scarf, one large cotton or silk scarf, one pair of warm gloves, soft paper tissues, monkey cap & sun hat, two towels, Wind – Rain Jacket, sun hat, sun glass, sun cream, chap stick.

Altitude Sickness

Acute mountain sickness is a frequent problem in the Himalayan region. The altitude of the peaks and trails between them are among highest on earth. Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate. Others appear more slowly over a period of weeks like the change in acid base balance and production of extra red blood cells. These changes plus the effect of intense sunlight, walking hard & dehydration may cause a number or mild vague symptoms such as Loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise. The best treatment is prevention! Avoid rapid ascends, take acclimatization symptoms seriously using rest days or diamox. If symptoms are severe and the patient is ill DESCEND IMMEDIATELY, 300 Meters of descent or more should be sought. This usually give rapid improvement.

Sun Stroke

It is always advised to apply proper Nivea SUN SPF30 Sun Block Lotion for face & body and also to keep major body skin covered and avoid direct expose with sun.

Risk & Liabilities

'VISION HOLIDAYS' put every efforts to make your journey smooth and pleasant as much as

possible. However we act as intermediary between the concerned airlines, hotel transport operators and local tourist offices providing the services. 'VISION HOLIDAYS' are there for not responsible or for any loss ,injury, death or damage sustained by the tourist ,including those occurring outside the touring programs. Additional expenses incurred due to delay, accident, natural disaster political actions and unrest must be borne by the tourists. Program, prices, services and conditions are based on those valid at time of printing and are there for subject to change without advance notice in the event of circumstances beyond our control. On words Journey from Nepal Border (Kodari) is Managed by Chinese Authorities (Transport & Stay) & Chinese Authorities reserve the right to Change the itinerary or Alter the length of the Itinerary / Stay / Transportation if necessary due to the reason beyond our control and that can be increase the cost as result of change itinerary.

Also please note:

1. Unless other prior arrangements have been made, bookings are accepted after receipt of the completed Tour Booking, 2 copies of passport size photographs and non-refundable deposit of INR 5000.00 / US \$ 100.00 per person.
2. Full payment must be made at least 2 weeks before the commencement of tour.
3. There will be 50% cancellation charge for confirmed booking. Before one week No refunds thereafter. No refunds for NO-SHOWS or AFTER THE COMMENCEMENT OF TOUR or DELAYED ARRIVALS of participants for whatsoever reasons.
4. Any unforeseen cost increase beyond our control will be passed on directly to the client whenever such in cease are effected. This could include such items as airfare, visa fees, government taxes ,etc
5. Cost does not includes any insurance against accident, injuries, sickness, air or surface evacuation. Trip cancellation, medical treatment, hospitalisation, drugs whatsoever in the event of accident or emergency.
6. On Kailash budget tours accommodation is provided in twin bed room in Kathmandu & Tent and dormitory style rooms in Tibet with basic facilities for Sleeping only.
7. All baggage and personal effects are at all times at the clients risk.
8. Chinese authorities reserve the right to-
 - Change the itinerary due to the reasons beyond our control.
 - After the length of the itinerary if necessary.
 - Increase the cost as a result of change of itinerary.

Any increase to be bone by the participants and are liable to be collected directly in Nepal before departure.

In some cases increase might also be effected if group numbers drop below the agreed number that the trek/tour was originally coasted. In the case of 'VISION HOLIDAYS' the most are guaranteed for any number of persons unless otherwise mentioned.

I accepted and agree to abide by the terms and conditions of 'VISION HOLIDAYS' as described here and in its brochures and publications and am bound hereby. I understand, I travel at my own risk and will not hold 'VISION HOLIDAYS', their agents invovled in booking my tour and all concerned responsible or liable for any damage, illness, accident, failure in evacuation, any loss etc. due to the reasons beyond their control.

Kailash Manasarovar Yatra - 2010

15 Nights / 16 Days

Day 01: Arrive Kathmandu. Transfer to hotel. Evening Detail briefing on Kailash Manasarovar Yatra.

Day 02: Visit Pashupatinath and Boudhanath. PM Free for Kailash tour preparation. We obtain Tibet visa on this day.

Day 03: Early morning drive from Kathmandu (4500 ft, 1371 mt) to frontier town of Nepal, Kodari. From here walk a short distance across the friendship bridge to meet the guide from our Tibet agent. Then drive for about ½ hour (12 Km) to Zhangmu (7545 ft, 2300 mt). After custom and immigration formalities, drive to Nyalamu (11660 ft, 3534 mt). Total distance 157 Kms, 98 miles (approx. 9 hrs). Stay at Guesthouse.

Day 04 : Rest day at Nyalamu for acclimatization.

Day 05 : Drive to the first high pass of Lalung La (16665 ft, 5050 mt). From here a superb view of high Himalayas can be seen from Gaurishanker, Shishapangma to Langtang himal. Drive past Khunmen Tso, Sinling, Karru Ongchen and arrive Peigutso (14540 ft, 4406 mt). Continue driving to Saga (14080 ft, 4267 mt). Total distance 232 Kms, 145 miles (approx. 8 hrs). Stay at Guesthouse.

Day 06 : Drive through the windswept territory passing many villages and camps of Yak herders with distance view of snow capped mountains. Have lunch at old Tongba (14180 ft, 4300 mt), 144 Kms, 90 miles from Saga. Drive for another 100 Kms, 62.5 miles and arrive Paryang (14360 ft, 4315 mt). Stay at Guesthouse.

Day 07 : From Paryang drive to Mayum river (15280 ft, 4630 mt) for 112 Km, 70 miles and have lunch. After this continue drive crossing Mayum La pass (17160 ft, 5200mt). Have the first sight (Darshan) of Mt. Kailash and taking parikrama of Manasarovar arrive Chu Gompa (14500 ft, 4420 mt). Distance is 179 Km, 112 miles. Stay at guesthouse.

Day 08 : Puja, Homa, Tarpan etc. and drive to Darchen (15098 ft, 4575 mt), located beneath the majestic holy Mt. Kailash. Stay at Guesthouse.

Day 09 : Drive to Tarboche (15200 ft, 4606 mt), 8 Kms , 5 miles. Then trek through Shersong, the rebuilt Chukku Gompa, Dambing Donkhang (16137 ft, 4890mt.) and to Dirapuk (16200 ft, 4909mt). Total distance 22.9 Kms, 14.3 miles approx. 6 ½ hrs). Camp at Dirapuk. Overnight in tent. Those not willing to do the Parikrama, will wait at Darchen for the Parikrama group. Stay at tented camp/guesthouse.

Day 10 : Climb through a moraine to a meadow at 17193 ft, 5210mt and then pass rock cairns to emerge to Dolma La at 18579 ft, 5630mt (highest altitude on this Yatra). From the pass descend via Guari Kunda Lake to the La Chukkir Villy at 16995 ft, 5150mt where you should look for the foot prints, which pilgrims believe belonged to Buddha. Descend further along, a long gentle path to near Zutul-Puk Gompa or Zutul-Puk Gompa (time permitting) (15807 ft, 4790mt.). At the Gompa, is a cave in which the saint Milarepa is said to have meditated. Total distance 22.9 Kms, 14 miles (approx. 8 ½ hrs). Stay at tented camp.

Day 11 : A short trek will lead you to the pickup point from where you will drive to Hor Qu. 52 Km, 32.5 miles (approx. 1 hr 30 minutes). Stay at tented camp. Day 12 : Today you will drive from Manasarovar to Paryang. Total distance 266 Kms, 166 miles (approx. 9 hrs). Stay at Guesthouse.

Day 13 : Continue driving through the Tibetan countryside to Saga via Tsongpa. Total distance 244 Kms, 153 miles (approx. 9 hrs). Stay at Guesthouse.

Day 14 : Drive to Nyalamu via Peigutso once again. Total distance 232 Kms, 147 miles (approx. 8 hrs). Stay at Guesthouse.

Day 15 : Drive from Nyalamu to Kathmandu via Zhangmu. Immigration formalities will be done at Zhangmu (Chinese Immigration office) and at Kodari (Nepalese Immigration office). Stay at Hotel.

Day 16 : Transfer to airport for departure flight.