



Kailash Mansarovar Yatra 2025

Route : Kathmandu – Nepalgunj – Simikot – Hilsa –Kailash –
Simikot – Nepalgunj –Kathmandu

Duration : 11 Days



Holy Mount Kailash & Sacred Lake Mansarovar

The Heaven on the Earth -

Holy Mount Kailash & Sacred Lake Mansarovar The Heaven on the Earth - According to the Hindus Mythology, Lord Shiva spends his most of the time on the top of the holy Mount Kailash, practicing Yogic austerities, joy and love with his divine consort Parbati (Mother of Mythology). The Lake Mansarovar and the holy Mount Kailash are the SOUL of all AUM followers in the world. "Conventional wisdom says a single circuit of Mt. Kailash wipes out the sins of a lifetime, 108 Parikramas guarantees enlightenment. A ritual bath in the sacred Mansarovar Lake delivers pilgrim to Brahma's paradise and a drop drink of its water relinquishes the sins of hundred of lifetimes





About The

KAILASH MANSAROVAR

KAILASH LOCATION : Western Tibet.

ALTITUDE: Kailash peak (6714m) above the Sea level.

BASE CAMP: Darchen (4560m) above Sea level.

CLIMATE: Unpredictable (Max 20 degree Celsius to Min. -10 degree Celsius).

BELIFES: Hindu, Buddhist, Jain, Bon-Po (all AUM followers).

VISITING TIME: Late May to October.

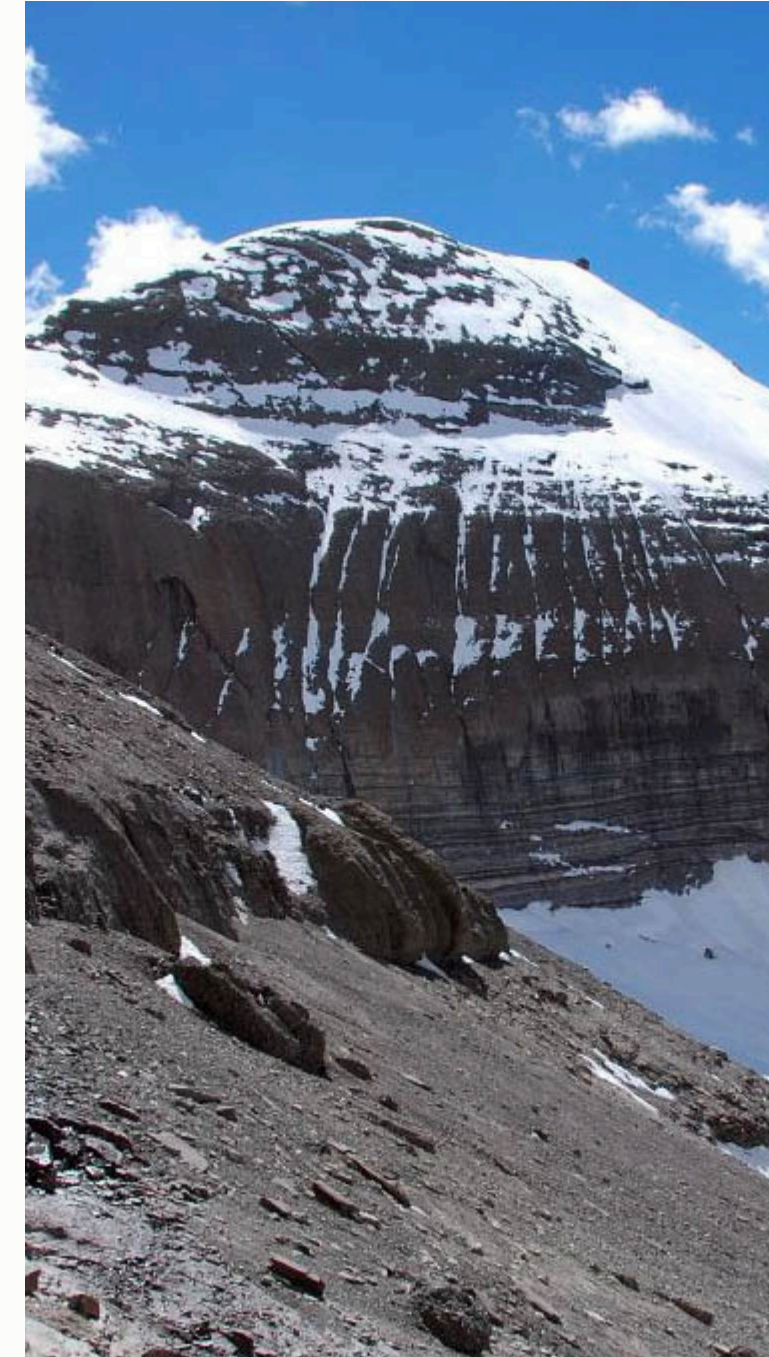
PARIKRAMA (Kora) KAILASH: 56 Km. {three days} – 42 km. only by walk.

ALTITUDE OF MANAS: (4550m) above Sea level.

PARIKRAMA OF MANAS: 88 km. (one day by Eco Bus).

KILOMETER FROM KTM: 850 (one way) including 56 km round of Kailash Parbat.

TOTAL JOURNEY: From Nepal to Nepal is 14 nights to 15 days normally and changes as per program itineraries



HIGHLIGHTS

- Day visit of UNESCO Historical & Pilgrimage sites in Kathmandu valley
- Two domestic scenic flights and one Heli Flight
- Biggest and famous Lake Manasarovar.
- 3 days trekking around of mount Kailash by crossing 6714m Dolma La pass
- Exploration typical life style of nomad peoples and roof of the world
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ACCOMMODATION

3* in Kathmandu and guest houses in Tibet Kailash
manasarover

Kathmandu to Kathmandu Tour Yatra VIA SIMIKOT to Hilsa
Helicopter Kathmandu to Nepalgunj Flight Nepalgunj to simikot
fly Simikot to Helsa HELICOPTER Helsa to Simikot Helicopter
Simikot to Nepalgunj fly Nepalgunj to Kathmandu flight VIA
SIMIKOT

B: Breakfast, L: Lunch and D: Dinner.



DAY

1



ARRIVAL IN KATHMANDU 1310M.
(D, HOTEL HOLY HIMALAYA OR SIMILAR)



One of our representatives will pick you up at the airport and guide you to your hotel. In the evening, we will meet up in a small dinner to welcome you and brief you about the tour. Overnight at Kathmandu

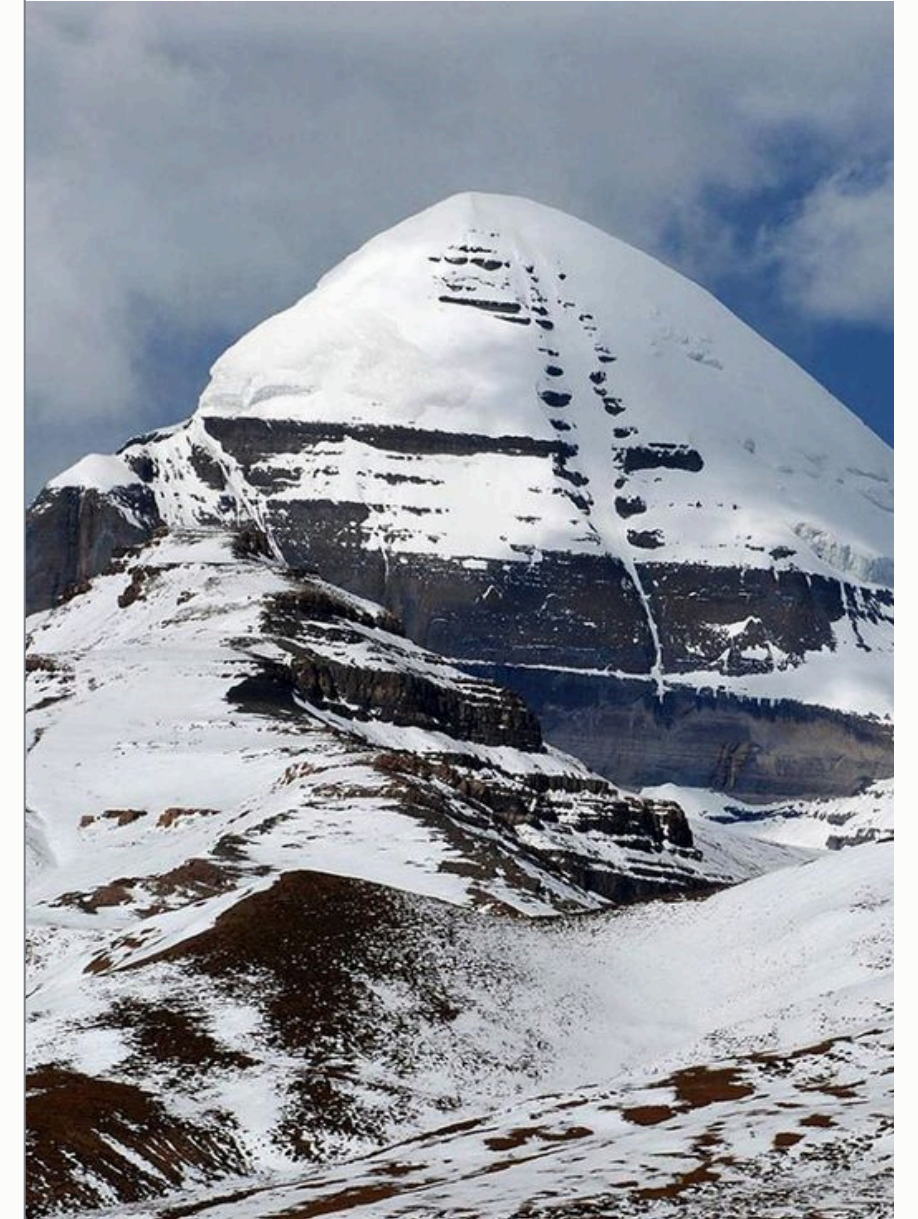
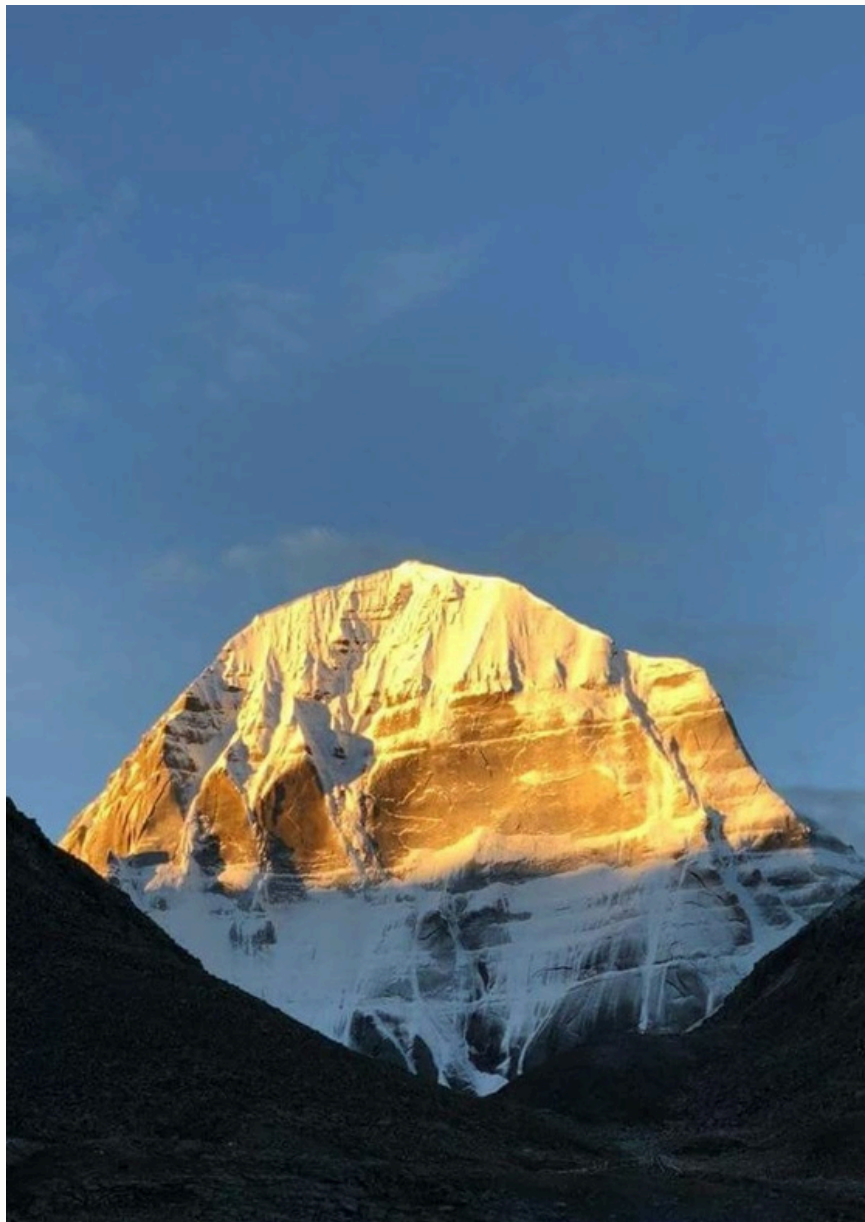




DAY 2

SIGHTSEEING IN KATHMANDU AND FLIGHT TO NEPALGUNJ (B, L, D, HOTEL SHIDARTHA OR SIMILAR)

After breakfast, we will be visiting the world heritage sites of the Kathmandu Valley. First, we will visit the { Pashupatinath, Gujeswari Shaktipith and Jalnarayan Temple. After the exploration, we will take lunch and fly to Nepalgunj. After we Land at the airport, we will head to our hotel for an overnight stay.



DAY 3



FLIGHT FROM NEPALGUNJ TO SIMIKOT,

Wake up early morning after breakfast to catch the flight from Nepalgunj to Simikot ,It's a 40-50 minutes flight from Nepalgunj to Simikot. Simikot Sightseeing overnight at simikot . Simikot 2,910 meters (9,547 feet) is situated in the Humla District, which is part of the Karnali Province in northwestern Nepal. | The surroundings of Simikot are characterized by breathtaking natural beauty. The panoramic views of the snow-covered peaks, lush valleys, and pristine landscapes are truly awe-inspiring. Breakfast lunch Dinner Transportation Hotel





DAY 4

LIGHT FROM SIMIKOT TO HILSA TO TAKLAKOT (B, L, D PURANG HOTEL OR SIMILAR) .

After Breakfast simikot to Hilsa by Helicopter, wait for your other group travelers, and drive to Purang. Overnight stay at Hotel Purang / Hotel Himalaya or similar. & then a 20–30minutes helicopter flight from Simikot to Hilsa.

DAY 5 **REST DAY AT TAKLAKOT (B, L, D PURANG HOTEL OR SIMILAR)**

Acclimatization at Purang After reaching Purang you will be acclimatizing the entire day and also might be going for a short trek in preparation for Mount Kailash Parikrama. Overnight stay at Hotel Purang / Hotel Himalaya or similar. Purang is a small & clean town with lots of shops on both sides of the road with necessary and essential items for Kailash Mansarovar Yatra like trekking sticks, water gallon for storing Holy Mansarovar Water, some packed juices & other necessary things so that you don't have to face any problem in the further journey. Don't forget to bargain because bargaining happens in almost all the shops or stores. Breakfast Lunch Dinner Hotel B



DAY 6 **DRIVE FROM TAKLAKOT TO MANSAROVAR (B, L, D ASHRAM GUEST OR SIMILAR)**

After having breakfast, we will be driving to one of the holiest and prettiest lake of Mansarovar sitting still at the height of 4560 meters above sea level. Before reaching the lake of Mansarovar, Purang to Mansarovar Lake In the AC Volvo category bus comfortably reach Mansarovar Lake and then start the Parikrama of Mansarovar Lake. Complete Parikrama of Holy Lake Mansarovar covering 105 KM in 2-3 hours of time. Perform Puja at divine Lake Mansarovar. While coming to Mansarovar Lake you will see a glimpse of Kailash Parvat today. It's an overwhelming and unforgettable experience to see Divine Mount Kailash, just next to Holy Lake Mansarovar. Overnight stay at Guest House near Lake Mansarovar. If weather permits, You can visit Lake Mansarovar in the night or early morning (Brahm Muhurt) to witness the divinity of the place.



DAY 7

EXPLORE MANSAROVAR AND DRIVE TO DARCHEN (B, L, D HIMALAYA HOTEL OR SIMILAR)

Today, we will get into our religious outfit and mood and explore the lake of Mansarovar. We will perform some rituals at the bank of the lake. We will view the glorious Mt. Kailash and travel to Darchen to prepare for our Kailash Kora the next day. Darchen, a small village situated right in front of the sacred mountain, Mt. Kailash. It is the starting point for the pilgrimages in the region. Overnight in Darchen.

DAY 8 KAILASH KORA AND DERAPUK (B, L, D GUEST HOUSE)

After breakfast, we will drive to Tarboche which is approximately 4 kilometers from Darchen. Tarboche is covered with prayer flags. It is the internal point of moving around the Mt. Kailash. It takes 4 to 5 hours of walking to arrive in Derapuk, the north face of Kailash. We will be able to see beautiful views of the Gurla Mandata, Ape, Kamet and other high peaks. Overnight in Derapuk. Those who cannot perform Kailash kora can return and stay in Darchen Guest house for two night and continue return journeys with the group.



DAY 9

KAILASH KORA 2ND DAY AND ZUTHULPUK (B, L, D GUEST HOUSE)

The hardest and longest walk up and down through the Drolma La Pass to arrive at the village of Juthulpuk. After having an early breakfast, we will head off east to cross the Lha-chu by a bridge and reach the Dolma La village. An hour after that, we will be walking along the valley of Jarok Donkhang from where we will be heading towards the Shiva-taal, where pilgrims are supposed to undergo a symbolic death just to be reborn again after arriving at the top of the Drolma La Pass. Up and up all the way to find a great cubic rock 'Dolma Do' that marks the top of the Dolma La Pass. The place got its name from the famous cave of zuthulpuk also known as the miracle cave. Overnight at tea house.

DAY 10 **DRIVE TO HILSA (B, L, D GUEST HOUSE)**

After an early breakfast, we will be walking for about two hours to catch our vehicle which will then transfer us to the Nepalese border. In between the drive, we will stop at Darchen for lunch. We will finish all the immigration process and walk up to the bordering village of Hilsa. Overnight in Hilsa



DAY 11

FLIGHT TO SIMIKOT THEN TO NEPALGUNJ AND KATHMANDU (B, L, D HOTEL HOLY

HIMALAYA OR SIMILAR) After breakfast early in the morning, we will take a flight to the village of Simikot. Again, after arriving at Simikot, we will fly towards one of the biggest cities of Nepal, Nepalgunj and again take a last flight to the capital city of Nepal. In the evening, we will meet up for a short discussion about the tour. Overnight at hotel.



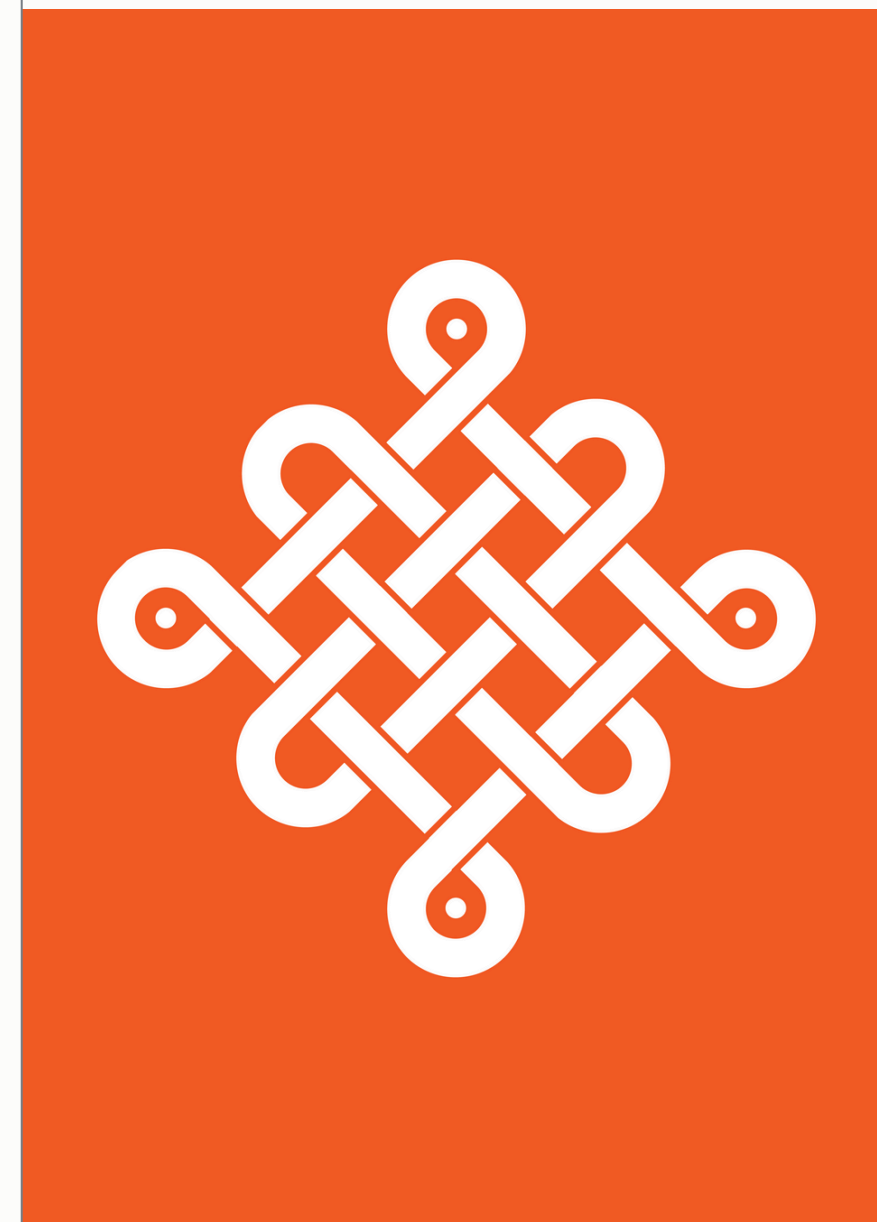
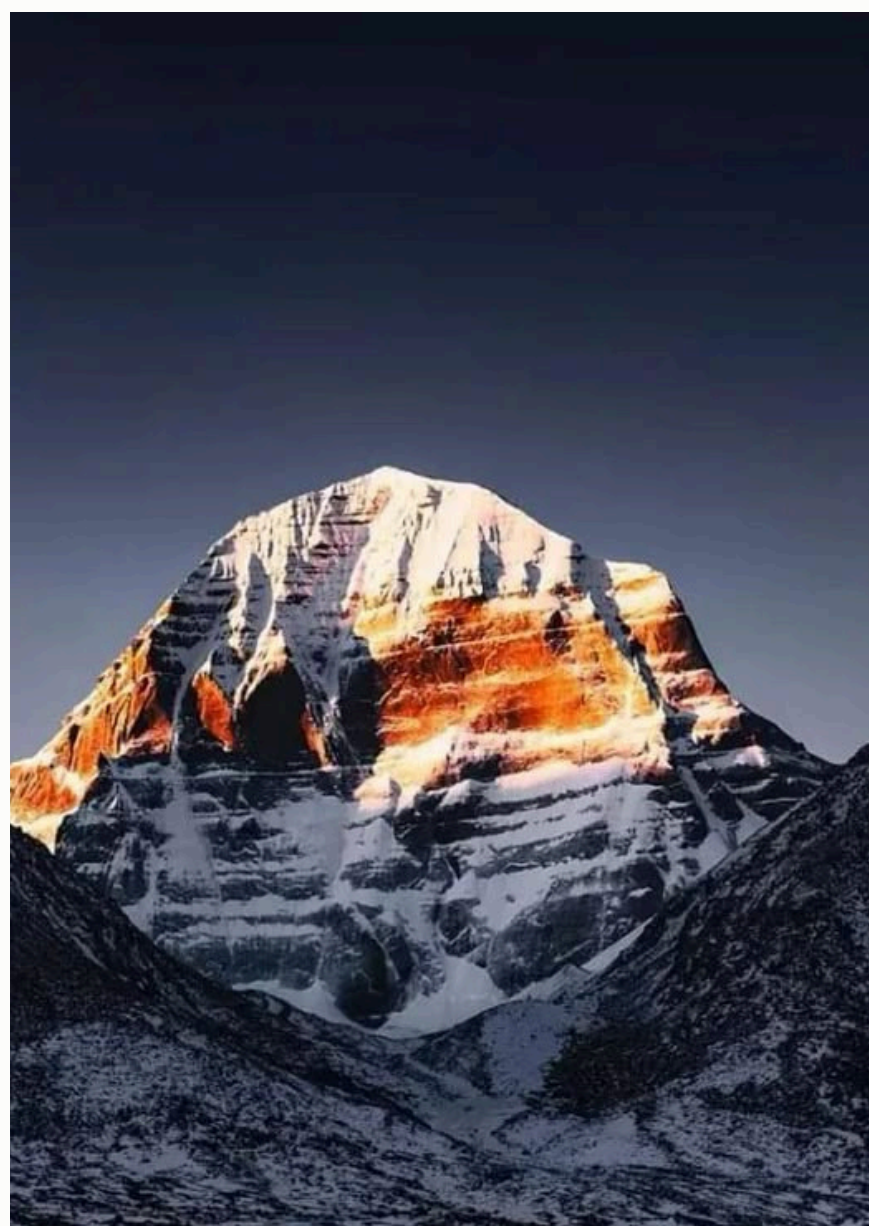
DAY 12

Farewell departure to your own destination

Our representative will take you to the international airport of Nepal for your departure.

Special Note: For China group Visa, you have to be land one day early as per above itinerary and this additional night is not included in cost. China embassy is closed on Saturday and Sunday. We need at least 4 working days for China group visa.

Itineraries are subjected to change/modification in unavoidable circumstances.



FOOD MENU

In Tibet, our team will prepare all vegetarian meal. Normally, our menu would be as underneath:



BREAKFAST

HOT BEVERAGES: TEA | COFFEE | BOURNAVITA HONEY | JAM | BREAD | PAUBHAJI | UPMA | PONGAL | IDLY WADA | CHOLE BATURA | POORI & BHAJI | AALU PAROTHA | FRUITS LIGHT SNACKS: S O U P S TEA C O F F E E PA K A U D A POPCORN | BHUJIYA | PAPAD | BISCUITS. NOODLES: VEG NOODLES | HAKKA NOODLES SOUPS: VEG CORN SOUP | TOMATO SOUP MUSHROOM SOUP | MIXED VEG SOUP

LUNCH & DINNER:

PLAIN RICE | JEERA RICE | VEG FRIED RICE | LEMON RICE VEG BIRYANI | VEG PALAV | TOMATO RICE | CURD RICE SAMBAR RICE | CHAPATHI | POORI | DAL FRY | DAL TADKA RASAM | SAMBARI VEGETABLES: ALU DHUM | ALU MUTTER | CHANNA MASALA GREEN PEAS CURRY | MIXED VEGETABLE CURRY CHUTNEYS: PEANUTS CHUTNEY | MIX CHUTNEYS | TOMATO CHUTNEYS ROASTED PAPAD | FRIED PAPAD | BHUJIYA

SWEETS: GULAB JAMUN

SALAD: TOMATO SALAD | CARROT SALAD GREEN SALAD | CUCUMBER SALAD

PACKED LUNCH DURING PARIKRAMA JUICE | APPLE | CHOCOLATE | BISCUITS | VEG BIRYANI | SAMOSA | PARATHA

PACKAGE

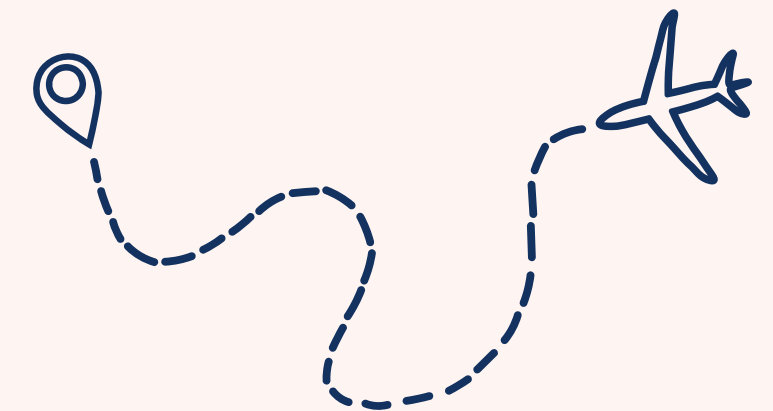
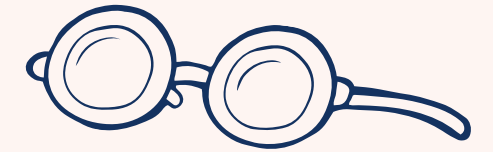
INCLUDES

- Kathmandu – Nepalgunj – Simikot – Hilsa – Simikot – Nepalgunj – Kathmandu Flight Ticket
- Airport Pick up and drop off by private vehicle
- Breakfast, Lunch and Dinner included (Veg only)
- Drinking water included
- 2 Night accommodation in Kathmandu
- 1 Night accommodation in Nepalgunj
- 5 Night accommodation in Tibet
- 1 Night accommodation in Hilsa
- Tibet Visa & Permit Included
- All necessary entrance fees in Nepal and Tibet
- Special Kailash Mansarovar Permit
- Applicable entrance fees to visit Monasteries and temples
- Sightseeing in Kathmandu, Nepali Guide and Tibetan Guide
- Nepali Crew members in Kailash Region
- Medical kits Enough, oxygen cylinders
- Other necessary equipment
- Down Jacket on refundable basis
- Day pack bag, Duffel bag

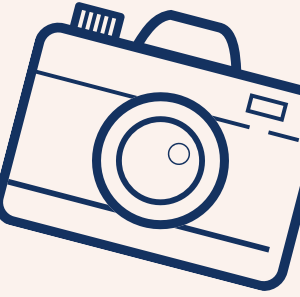
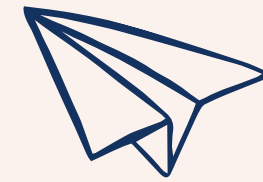
COST

EXCLUDES

- Emergency evacuations/Rescue expenses, if required.
- Any extra nights stayed due to bad weather, early arrival, etc.
- Expenses of personal nature
- Personal horse and Helper during Kailash round/ Parikrama
- Travel & Medical Insurance Permissions and other official formalities



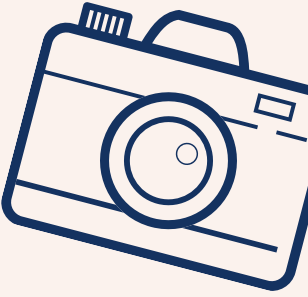
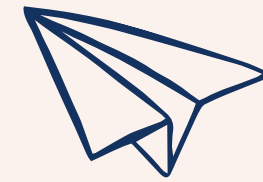
BOOKING POLICY



- Application should be submitted at least 45 days before the provisional date of departure.
 - Minimum of 6 months valid Passport scan copy by mail or passport copy by courier should submit when the booking is made
 - Upon the confirmation 30% deposit amount per person is required
 - Our company trip booking form with your signature as per our term and condition
 - All the clients need to carry ID Proof, (Voter ID Proof) OR passport original while traveling by air.
 - The itinerary can be changed without notice due to unavoidable circumstance beyond our control such as political unrest, Natural calamities, changes in itinerary by the Chinese authorities etc.
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CANCELLATION POLICY



Once we received your notice for cancellation in written, following cancellation rules will apply:

- If cancelled less than 30 days prior to departure due to client's personal problems, all previously paid amount(s) will be forfeited
- If cancelled between 30 – 90 days prior to departure, 75% of your payment will be refund except the non-refundable deposit.

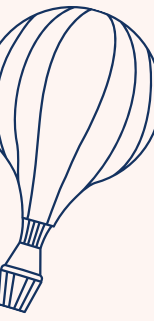
GROUP SIZE 5 USD 4200 Deluxe package 3 Star Hotel |Luxury Package 5star hotels USD 4700

Other countries ,Non Indian Passport USD :3960 (CANADIAN & USA PASSPORT HOLDERS :USD :4300

- If cancelled more than 90 days prior to your departure date, your full payment will be refund except the nonrefundable

Deposit INDIAN PASSPORT HOLDERS INR: 2,45,000 per person, Luxury Package 5star hotels INR 2,55,000





The Saptarishi Caves are located in the Inner Parikrama of Mount Kailash, at an elevation of around 6,000 meters. The caves are close to Nandi Parvat, a sacred mountain that resembles the bull Vahana (vehicle) of Lord Shiva. The Saptarishi Caves are associated with the seven divine sages of ancient India, who are said to have represented the seven basic elements of the universe: water, air, nature, sky, fire, spirit, and stone. The Saptarshi Caves are located at an altitude of about 6000 meters in the inner circle of Mount Kailash. The caves are close to Nandi Mountain, a sacred mountain that resembles Lord Shiva's bull vahana (vehicle). The Saptarshi Caves are associated with the seven divine sages of ancient India, who are said to represent the seven basic elements of the universe: water, air, nature, sky, fire, spirit and stone. We have to take an extra day which is for Nandi Kora we start trekking from Darchin and can take a jeep to astapath by car but from asthapath we have to trek about 8 kms. And you will have to stay in darchin, school expenses extra will cost at least 40,000 Indian money, you will have to get a permit separately for this, guide and Sherpa will be with you, it will cost USD 477 per person.



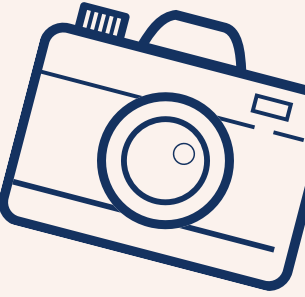
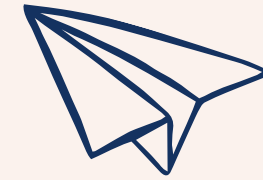
HERE IS SOME INFORMATION ABOUT THE HISTORY OF KAILASH TIRTHA PURI:



Tirthpuri Math This monastery was originally part of the Nyingma school of Tibetan Buddhism. It is related to Padmasambhava, also known as Guru Rimpoche, who is said to have meditated in the Vajravarahi cave in the monastery complex. **Teerthpuri Hot Spring** These hot springs are known for their medicinal properties and are a popular place to visit near Kailash Mansarovar. **Rotation** Devotees often perform a circumambulation around the shrine at Tirthapuri, which takes about an hour to complete. **Accommodation** Tirthapuri Math provides general guest houses for pilgrims and travelers. There is also a simple guesthouse at Mensi, 9 km from Tirthpuri. **Mount Kailash** is a sacred mountain associated with many religions and legends: Tibetan tradition Mount Kailash is also known as "Mount Meru" and is said to be the cosmic axis connecting heaven and earth. **Jainism.** According to Jainism, Rishabh Nath, the founder of Jainism, attained moksha (liberation) on Mount Kailash. **Buddhism** Many Buddhist saints and yogis have meditated on Kailash. **Devotees of Shiva .** Lakhs of Shiva devotees travel to Kailash Mansarovar to seek the blessings of Shiva. **Tirthpuri Kailash – Bhasmasura Parbat – Maximum Holidays accommodation** For the convenience of pilgrims and travellers, Tirthpuri Monastery offers general guest houses depending on you... **Maximum holidays** History of Kailash Mansarovar and a peak of it... There are many legends and myths associated with this sacred mountain, each with a message of divine connection. **Mount Kailash Jainism.** According to Jainism, Rishabh Nath, the founder of Jainism, attained moksha (liberation) on Mount Kailash. Now, if you also want some people, it will cost extra, it will cost 400 Chinese money per person



IMPORTANT INFORMATION



Booking and payments

- As per new rules trip booking should be done in advance of 3 months
 - 60 days prior to tour departure date, 50% of the total cost should reach Explore Zhang Zhung
 - And full payment should made 15 days before departure to Kailash Manasarovar Yatra
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Tour Cancellation policy:

- All notice of cancellation must be sent to our office in written.
- Verbal cancellations will not be entertained.
- 21 days period from tour departure date 30% cancellation.
- 15 days' period from tour departure date 50% cancellation.
- There will be no refund at all if you cancel the Yatra less than 10 days before the departure date
- Tour operators has fully right to change the dates and cancel the trip if any unavoidable circumstances.

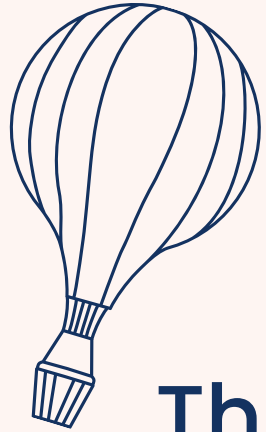




REQUIRED DOCUMENTS FOR KAILASH YATRA BOOKING:

Minimum 6 month's valid date passport is required.

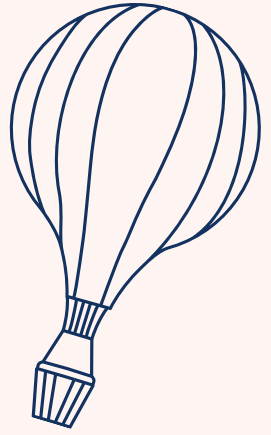
- A normal health certificate from your personal doctor to those are 50 years and above by age.
 - Age Bar 10–75 years old.
- Scan Passport copy should be reached Mountain gaze Travels & Treks office, Kathmandu prior 60 days.
- Original Passport should be reached 10 days prior to the yatra at Delhi office (only for Indian National)



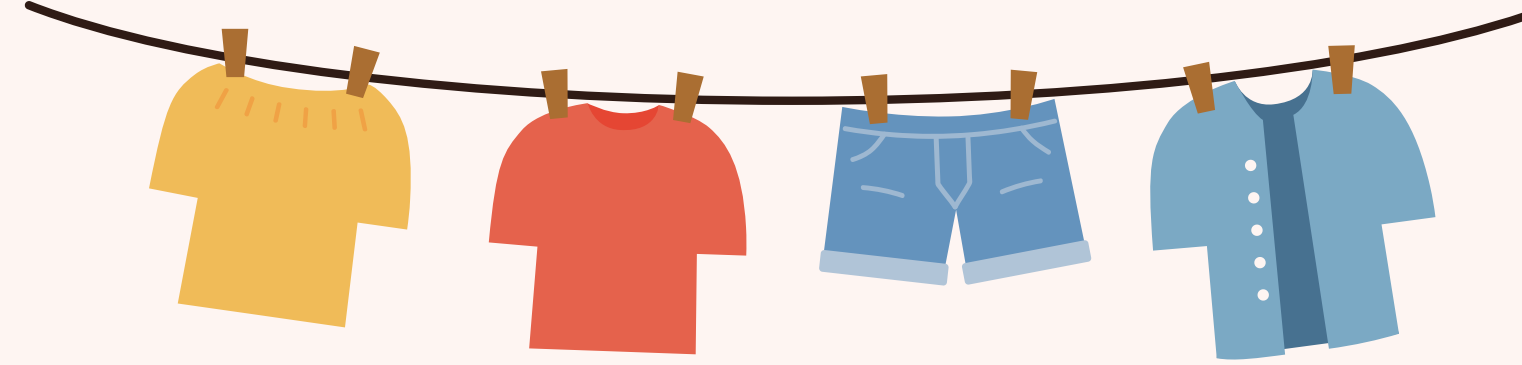
HEALTH



This is one of the toughest high altitude road journeys on earth. you Must be physically fit – no two ways about that. Generally, patients with asthma & heart problems have a problem acclimatizing to high altitudes. In your interests it is essential you should be examined by your doctor to know about your health condition and your ability to cope up with the rigors of high-altitude travel for days in 'no road' conditions, extreme cold, dust trekking to an altitude of 18500ft during the parikrama etc As the temperature varies greatly between day and night (from max. 20 degrees Celsius to min. -16 degrees Celsius) one should prepare accordingly. Altitude Sickness: as you are travelling over high terrain, you are likely to experience symptoms and discomfort of altitude sickness (headache, loss of appetite, nausea, exhaustion, sleeplessness, breathlessness etc.) unit your body adjusts to the elevation. this can take a couple of days or more depending on an individual. for this reason alone, we have made it mandatory to stay night at Manasarovar (4550m) moving on to the higher altitudes.



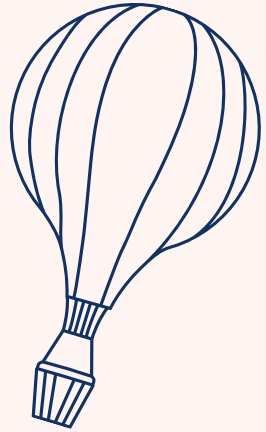
Clothing,s



While heading towards 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 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's and accessories with you:

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- Down Jacket – one (Available o n rent) • Warm thick pullover – one
 - Warm thin pullover – Warm pants – Two Light loose cotton pants – Two Warm windproof jacket – One Cotton full sleeve T-Shirts – Four Thermal under pants / long – Two Thermalvest / warm full T- Shirts – Two
 - Rain coat with hood/ Poncho (should be roomy) – O n e
 - Trekking shoes • Light tennis shoes. • Warm woolen socks–Six • Large cotton or silk scarf– One
 - Warm gloves. • Soft paper tissue and handkerchiefs. • Monkey cap • Towels (one big, one small) • Washing kit.

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

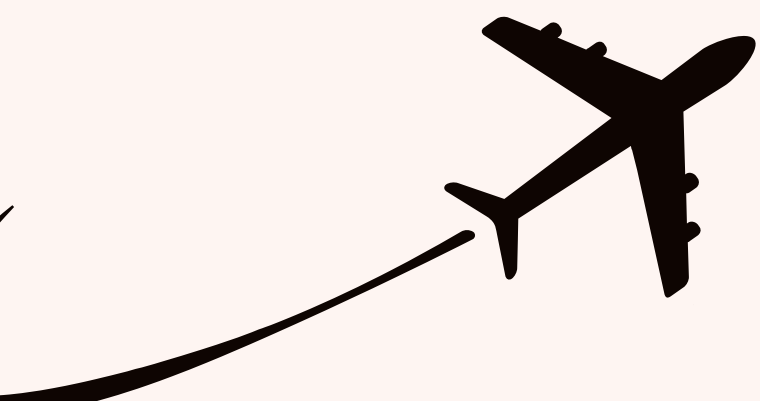


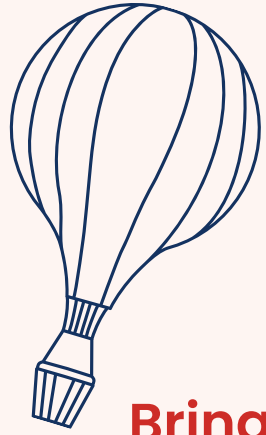
CURRENCY

The unit of Chinese currency is Yuan. USD 1=7.1 & 1 Yuan = INR 11.75 approx. Money can be exchanged at Nepal-Tibet-China border. Exchange all you're remaining Yuan at the end of the trip at Nepal-Tibet-China border before re-entering Nepal.

Flight rescheduling policy

In the event of delay or pre-pond mend of the group due to the political reason/ natural calamitie. Mountain Gaze Travels & Treks will not be responsible for any additional service.





Bring the following items with you: Woolen gloves, Balaclava, Sun hat, Thermal wear, Water bottle, Woolen socks, Towel, Light Jacket, Sunglasses, Sun cream, Torch with extra batteries/bulbs, Muffler, Mask, Raincoat, Sweater, Shirt/T-shirt & Trekking shoes

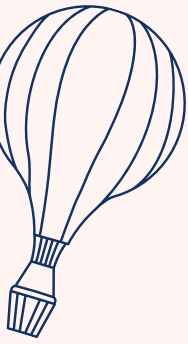
18 to 75 Age Above Policy: The following documents should be submitted for these pilgrims:

(1) Health examination report within 6 months by Indian public hospital above the country level. Content of the report should include doctor's judgement and suggestion whether the pilgrim's physical condition is suitable for the plateau areas (4000m)

(2) Application by the pilgrim to express the intention for pilgrimage in Kailash Region. The application should be Signed and fingerprinted by the pilgrim and two direct relatives, will judge whether to allow the pilgrim entry to Kailash Region. According to these documents. Pilgrims suffering from high blood pressure, heart disease, asthma and other diseases which are not suitable for entering plateau areas cannot apply the permit. Accompany requirement, at least two direct relatives required.

75 ages above need to security deposit USD 1500 for Kailash yatra, this amount is refundable basis. These two relatives guarantee to pilgrims over 75 years old. If the pilgrim died not for reasons, your security deposit USD 1500 will not refund.

TRAVEL INSURANCE

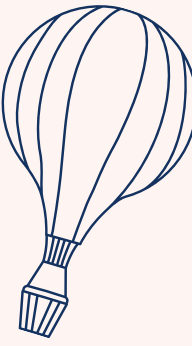


We highly advised to the clients to have full insurance against medical, nature calamity, helicopter evacuation, personal accident and cancelation etc.



CANCELLATION BY THE COMPANY:

We may be obliged to cancel your trip by reasons like border closed, permit not issued or cancelled by the government, war, riots, civil disturbances, strikes, natural disasters, terrorist activities or threat of such and closure of airport etc. Under such circumstance, we will advise you as soon as possible if we can offer you an alternative trip of comparable standard or make a refund of the money paid to us after deducting the expenses that was spent to make the bookings of the flights, visas, permits, hotels and vehicle booking. A clear bill of the expenses will be provided to you as that you will be able to claim the insurance. However, we can be under no other liability to you in such cases. Sometimes Chinese government personnel will refuse to give you entry even if you have permit if they think you are not eligible based on their criteria. Please do not start your journey until you get confirmation your permit.



REFUND

No refund will be made to any tour member in-case of incomplete Yatra due to what so ever reasons.

RISK & LIABILITIES

We always effort to make your journey smooth and pleasant. However, as all the Tibet tours and treks are run strictly under Tibet Tourism Bureau (TTB). Mountain gaze travels & treks or its Tibet counterpart agent shall not be responsible for any alternation or cancellation of program due to any unavoidable circumstances beyond control such as road blockade, landslide, snow, political unrest cancellation of flight, delay arrival, lack of transport, visa rejected by Chinese authorities, sickness or accident. Any extra cost incurring there of shall be borne by the clients on the spot. Since Tibet is very remote place and roads are very rough sometime vehicle may not work.



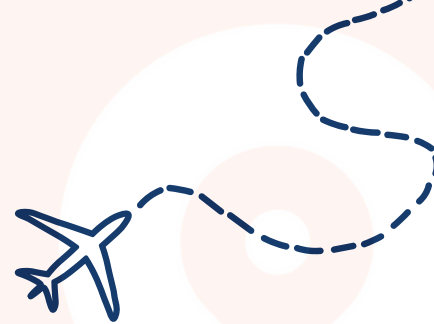


Immerse yourself with an enthralling experience in the foothills of Himalayas with Dhaama Planning & Services along Mountain Gaze Travels and Treks. Incepted back in 2016, our company has been catering for adventure enthusiasts from all across the globe. With our widespread network of people, suppliers and government institutions, we have over 100 different trips of Indian Subcontinent and Tibet that you may choose from. We are registered trekking company of Nepal (PAN No: 610431838) that has been endorsed by: Trekking Agencies Association of Nepal (TAAN), Nepal Association of Tour and Travel Agents (NATTA) and Nepal Tourism Board (NTB).





CONTACT US



+91 9058111173



www.Dhaama.com



Thakur Villa , Awas vikas colony near LIC office
Rishikesh Distt Dehradun 249201



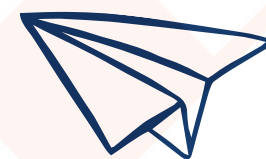
Dhaama Planning & Services 1003 , Spectrum Metro Mall
Plot C&D, Opposite Sector -50, Metro Station Road
Sector-75 Noida Uttar Pradesh



Dhaama planning and services LLP
next to Fix Care No. 361, Sterling Arcade. Arcade. floor,
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