

KAILASH MANSAROVAR YATRA

2025

Route : Lucknow – Nepalgunj – Simikot – Hilsa –Kailash –
Simikot – Nepalgunj –Lucknow



Holy Mount Kailash & Sacred Lake Mansarovar The Heaven on the Earth - According to the Hindu 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 Parvati (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

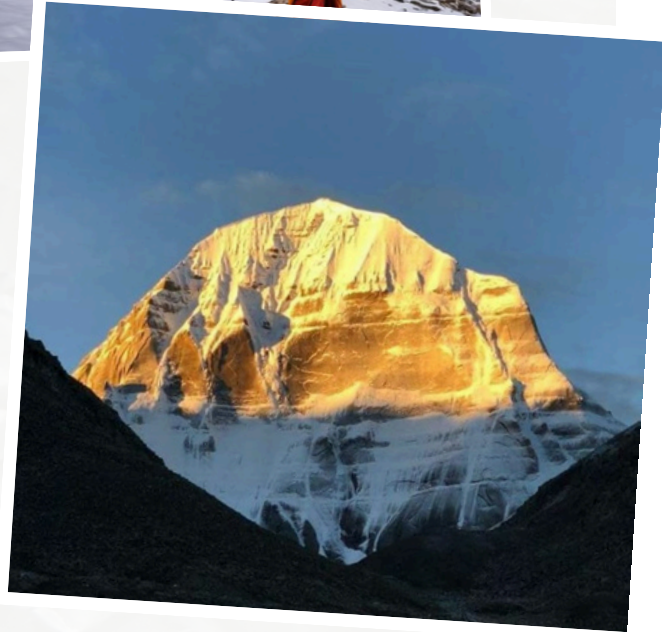
TOUR HIGHLIGHTS OF KAILASH MANSAROVAR YATRA 2025 VIA LUCKNOW



- Kailash Mansarovar via Helicopter Route with 1 additional day at Darchen (Base for Kailash Parikrama & Ashtapad)
9 Nights 10 Days Trip starting from Lucknow
4 Nights in Hotel & 5 Nights in guest house accommodation
Oxygen cylinder for emergency use, Cost effective & comfortable trip

Fixed departure Dates : Full moon at Manasarovar 2025:

- May: 4th -9th -[12th full moon] -13th 15th 19th 24th
- June: 2th- (7th full Moon) -15th -16th -24th -27th
- July: 2th -4th -[10th full moon] -15th -24th -
- August: 4th - [9th full moon] 11th -17th -24th -27th
- September: 3th -[7th full moon] 10th -17th -28th





DHAAMA

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 and text.



❖ DAY 1 : Lucknow to Nepalgunj

Arrive at pick up point in Lucknow in the morning where our representative will greet you and from there we will drive around 4-5 hrs in AC coach for Nepalgunj and then transfer to hotel. Our representative will brief you about the Kailash Mansarovar Yatra tour in the evening. Overnight stay at Nepalgunj in Hotel Siddhartha / Hotel Cygnet or equivalent.
Breakfast Lunch Dinner Transportation Hotel

❖ DAY 2 Nepalgunj - Simikot

Wake up early in the morning to catch the flight from Nepalgunj to Simikot. Simikot Sightseeing overnight at simikot . It's a 40-50 minutes flight from Nepalgunj to Simikot Breakfast lunch Dinner Transportation Hotel



❁ DAY 3 Simikot –Hilsa

After Breakfast simikot to 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 10-20 minutes helicopter flight from Simikot to Hilsa. Breakfast
Lunch Dinner Flight Transportation Hotel Helicopter

❁ DAY 4 Acclimatization At Purang

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.

Breakfast Lunch Dinner Hotel Bus



❁ DAY 5 Purang – 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.

Breakfast Lunch Dinner Sightseeing Transportation Stay

❁ DAY 6 Mansarovar – Darchen

After a short drive from Lake Mansarovar, you will reach Darchen which is the base for Mount Kailash Parikrama & Ashtapad darshan. We will be visiting Asthapad only if we get permission from Chinese authorities.

Overnight stay in the Hotel Hotel.

Breakfast Lunch Dinner Sightseeing Transportation



❖ DAY 7 First Day Parikrama of Mount Kailash

On the first day of Parikrama of Mount Kailash, wake up early in the morning and drive to Yamdwar. After reaching Yamdwar start your Parikrama which is a 10Km trek. Feel blessed and get enlightened with the darshan of North Face of Mount Kailash which is a unique experience and also considered to most auspicious. Those who are not doing Parikrama will travel from Yamdwar to Darchen for approx. 30 minutes and stay there in Guest House for 2 nights. You can see & pray to Mount Kailash from Darchen. Important – Kailash Parikrama is optional. There are few who would be doing Parikrama by walk, few by horse & few old age people may not be doing Parikrama. Those who are not doing Parikrama will return from Yam Dwar to Guest House at Darchen. We will arrange meals & accommodation there. Holy Mount Kailash is easily visible from there & one can do puja from there too. People staying at Darchen will join o her group members in 1st half once they complete 3rd day of Parikrama.

Breakfast Lunch Dinner Sightseeing Transportation



❖ DAY 8 Second Day Parikrama of Mount Kailash

Begin your second day of Parikrama from Dirapuk to Dolma La Pass and then to Zuthulpuk early in the morning with a covering distance of 22Km trek. Keep in mind this is the most difficult part of the journey throughout the Kailash Yatra as you'll be trekking up at a height of 18,600ft above sea level.

From

Dolma, LaPass descends to Gauri Kund and further treks along with the river to Zuthulpuk. Overnight stay – Lodge / Guest House. Also on the 2nd day, the first 6-7Km has a very steep climb & the most difficult part of Yatra (till Dolma La Pass at 5600m). Yatris are advised to take a comfortable time to cover it & take rest wherever you feel a problem. After 1st 6-7 KM, the remaining 16 KMs are comparatively plain / downwards & comfortable. Breakfast Lunch Dinner
Sightseeing Transportation

Important: While performing Parikrama on day 2 you will pass through Shivasthal (A sacred place for Tibetans & believe that whatever you offer here, get it in Heaven) & Gauri Kund. After Dolma La Pass it's a long pleasant trekking way beside the river. You will see the East face of Mount Kailash here.



❖ DAY 9 Drive to Purang Taklakot

On the third and last day of Parikrama, Mount Kailash Parikrama trek is about 8 km and takes almost 3 Hrs to complete. Generally, we complete the Parikrama by 9:00-10:00 am. After completing Parikrama we will drive to Darchen and merge with other members of the tour who didn't go for Mount Kailash Parikrama and then drive to Purang. Overnight stay in the Hotel (Xixa Panama, Mu being Chung or similar). Breakfast Lunch Dinner Car Sightseeing Transportation Stay
Breakfast Lunch Dinner Sightseeing Transportation Stay

❖ DAY 10 Hilsa – Nepalgunj – Lucknow Farewell departure to your own destination

Drive to Hilsa by AC luxury vehicle, fly back to Simikot by Helicopter then to Nepalgunj by flight & then drive to Lucknow. Proceed for your home destination with the blessings of Lord Shiva !!

***Itineraries are subjected to change/modification in unavoidable circumstances.**

FOOD MENU

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
T E A C O F F E E P A 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 COST

INCLUDES

- lucknow– 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
- 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
 - Nepali Crew members in Kailash Region
- Medical kits Enough, oxygen cylinders • Other necessary equipment
 - Down Jacket on refundable basis
 - Day pack bag, Duffel bag

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

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 4100 Deluxe package 3 Star Hotel

[Luxury Package 5star hotels , INDIAN PASSPORT 2,15000

Non Indian Passport USD :3760 (CANADIAN & USA PASSPORT HOLDERS :USD :3900

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

deposit INR 2,34,000 per person

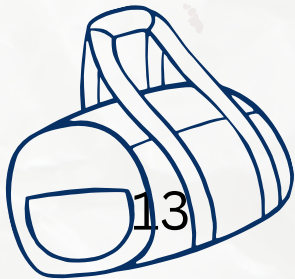
NATIONALITY COST PER HEAD

INDIAN PASSPORT HOLDERS Rs 2,34,000 + 5% GST

NON INDIAN PASSPORT HOLDERS US\$ 3760

USA & CANADIAN TRAVELLERS US\$ 4100 ,

it will cost extra, it will cost 400 Chinese money per person



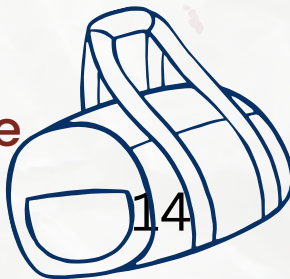
BOOKING & PAYMENT



- 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 be made 15 days before departure to Kailash Manasarovar Yatra

TOUR CANCELLATION POLICY

- 24 hours prior to arrival or No Show: No Refund Manasarovar Yatra 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 have 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.) until 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:

- 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



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.





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.



IMPORTANT LINKS:



- Recommendation for Kailash Yatra
- Nepal Trips Kailash Manasarovar Helicopter Yatra Cost 2025

NATIONALITY COST PER HEAD

INDIAN PASSPORT HOLDERS Rs 2,34,000

NON INDIAN PASSPORT HOLDERS US\$ 3960

USA & CANADIAN TRAVELLERS US\$ 4300





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





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).





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