

Kailash Manasarovar Yatra Organizer
Website: www.abovethehimalaya.com

OM NAMAH SHIVAY

ॐ नमः शिवाय



Above the Himalaya Trekking

Fulfilling Adventure Dreams since 2007

Above The Himalaya Trekking

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Kailash Manasarovar Overland Yatra via Kerung,

2024

15 Nights 16 Days

Itinerary

Days	Program	Accommodation	Meal
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Day 01- Kathmandu Arrival**Kathmandu**

Arrival at Kathmandu Int'l airport (1300M), Pickup from Kathmandu International Airport and Transfer to Hotel. Overnight stay at Hotel in Kathmandu.

Day 02- Kathmandu Sightseeing**Kathmandu****B**

After Breakfast Kathmandu Sightseeing Including Pashupatinath , Gujeshawari , Sleeping Vishnu and Boudhnath Stupa drive back to Hotel for lunch. After lunch, final preparation for Your trip to Kailash. (**Visa Application Submit to Chinese Embassy in Kathmandu**)

Day 03: Free Day in Kathmandu. Overnight Stay at Hotel in Kathmandu.

Day 04: Free Day in Kathmandu. Overnight Stay at Hotel in Kathmandu.

Day 05: Free Day in Kathmandu. Overnight Stay at Hotel in Kathmandu.

Day 06- Kathmandu to Syabrubesi**Syabrubesi****B/L/D**

After early breakfast drive to Syabrubesi (1450M) (155 Km/About 7/8 Hours drive) overnight stay hotel in Syabrubesi (Near to Nepal/China border). (**Visa Receive from Chinese Embassy**)

Day 07- Drive to Kerung (2900 M)**Kerung****B/L/D**

After Breakfast. After accomplishment all the immigration and custom formalities meet Chinese guide and Bus drivers, then processed the journey to Kerung Arrival at Kerung and overnight stay in a Hotel.

Day 08: Drive to Saga/4450m**Saga****B/L/D**

(Labug-La 5050m, Peku-tso and Saga, 245 km) On the first long driving day over the sandy and rocky land of Tibet, other sites like lake, nomads chasing thousands of yaks and sheep, keep you busy. By the late afternoon you will cross Bhramha Purtra River on the way to typical Chinese and Tibetan town. Overnight in

Day 09-Drive to Manasarover (4558m) 500 km**Manasarovar****B/L/D****Full Moon Day**

The longest driving day starts with full of excitement, Jeeps and trucks roll on the wide valley following rivers and grazing land of yaks and sheep. Far south you can see snow covered peaks near by you, lots of rocky peaks and sand duns give you an ideal world. Depends on season, nomads and other mobile shopkeepers are attired by beautiful traditional costume, waiting for your arrival with hot tea and other supplies along with big smile. By the late afternoon you can have the first sight of Holy Kailash Parbat and Manasarovara. Here, it is a small village nearby Lake Manasarover. Holy-Manasarovara: At 14950-ft/ 4558m. The highest lake of fresh water with turquoise complexion in the world is full of fishes and swans. Holy Kailash Parbat, Mt. Gurula-Mandata, Lake Rashekshi are laying on its surrounding. The region is considered rich for

gold and other mines, hot springs and hundreds of wild living creatures. Night halt beside Manasarovar.

Day 10-Puja and drive to Tarchen (14975ft): **Darchen** **B/L/D**

Manasarovara is the lake of compassion, tranquility and bliss. After completing the memorable morning Bath and Puja we will be heading towards Tarchen. It is considered as a base camp for the Holy Kailash Parikrama.

Day 11-Trek to Dehara Puk/5000m: **Derapuk** **B/L/D**

It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky makes you feel the Great God Shiva is everywhere with tons of blessings to you. Time to time the face of Kailash Parbat will keep on appearing. For 18 km trail it takes almost 7 hrs.

Day 12-Trek to Zuzulpuk via Dolma-La Pass **Zuzulpuk** **B/L/D**

Hardest but Holiest day of your pilgrimage Yatra with Dolma-La (pass) of 18600ft (Zuzulpuk or Darchen) between two valleys: Yamasthal should be crossed to reach the Shiva-sthal, here there is the symbolical death, Pilgrimages leave the Old clothes, spin of hair or a drop of Blood in hope, that terrible Yamraja (The master of death) will attention to these signs and will allow the Yatries (travelers) to be born in spirit to pass Dolma- La. The pass associates at Buddhists with the goddess Container, and at Hindu with Parvati, divine wife misters Shiva. On the pass tourists and pilgrimage hang out the Tibetan flags, On success. While your steps goes closer to the pass, Once you reach the top, just do the holiest offerings and sit down for meditation to forget yourself. Once your steps go down, Parvati-sthal and Gauri Kunda are on the way. By the late afternoon you will arrive at Zuthal Puk (the cave of Miracles. The great ascetic Milerappa is supposed to have performed miracles here).

Day 13-Drive to Saga. **Saga** **B/L/D**

After short Trek (2 hrs) and reach to the point where the coach will be waiting and we will drive to Darchen and merge with other members who were waiting and drive to Saga. Overnight stay at Saga.

Day 14- Drive Back to Kerung City – 270 km **Kerung** **B/L/D**

After Breakfast at Saga then Drive to Kerung.By Afternoon reached to Kerung. Overnight stay at Hotel in Kerung

Day 15- Drive back to Kathmandu (175 km) **Kathmandu** **B/L/D**

After Breakfast drive to Nepal/china immigration after accomplishment all the immigration and custom formalities drive to Kathmandu.

Day 16: Transfer to Kathmandu Airport

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After Breakfast Drive to Kathmandu Airport for your onward flight.

To process your Tibet Group Visa, we need:

- A clear color scan copies of your passport along with 25% Advance payment. Passport must be 6 Months valid from the travel date.

Packing List for Your Kailash Yatra.

- ✓ Any regular medicines that you take.
- ✓ Enough Clothing for the whole yatra.
- ✓ A small Bag for day use.
- ✓ Toiletries kit like soap, Shampoo, toothbrush, towels etc.
- ✓ A good water bottles.
- ✓ Sports Shoes (Comfortable one for walking)
- ✓ Sunglass.
- ✓ Sun cream.
- ✓ Raincoat or Umbrella.
- ✓ Torch Light.
- ✓ Woolen Socks.
- ✓ Thermal Long underwear (Easy one while walking)
- ✓ 04/05 Passport Size Photograph.

Note: Duffel Bag and Down Jackets and sleeping bag will provide by our team (Down Jacket and Sleeping bags are on returnable basis)

Cost Includes:

- ✓ 06 Nights Hotel Accommodation in Kathmandu. Hotel 03 Star with veg meal.
- ✓ One Night accommodation in Syabrubesi.
- ✓ Tibet Group visa and travel permit fee.
- ✓ All transportation by bus.
- ✓ 09 Nights' accommodation in Tibet using guest house.
- ✓ Service of our trekking equipment and sherpa staff.
- ✓ Kathmandu Temple Tours.
- ✓ Arrival and departure transfer.
- ✓ All Trekking and camping equipment including Sleeping bags and oxygen cylinders

Cost Excludes:

- ❖ Yak, Porter and Horse for person use.
- ❖ Using extra night at Hotel expect mentioned on the itinerary.
- ❖ Rescue/ evacuation or all the extra cost because of partition from the main group or serious health condition.
- ❖ Any International flight.
- ❖ Extra Night accommodation in Kathmandu.
- ❖ Any extra transportation/Accommodation/visa cancelation charge (who separate from the main group and early return)

Do & Don't for Kailash Mansarovar Yatra

Here are some of the travel tips for Kailash Mansarovar Yatra which one must consider before commencing the journey.

Things One Must Do:

- ✓ Do pack some eatables like mint, chocolates, glucose etc.
- ✓ Before the yatra, indulge in some physical fitness exercises like aerobics, yoga etc.
- ✓ Carry warm woolen clothes like caps, warm thermals, jackets, gloves etc.
- ✓ Do carry good sunglasses and sun block to avoid sunburn. Check out the weather of Kailash Mansarovar
- ✓ While doing Kailash Parikarma don't rush and maintain a steady pace when you walk.
- ✓ Take rough & strong bags and only the things that you may require during the trek. Do carry a duffel bag.
- ✓ Make sure to keep the required ID's throughout the tour.
- ✓ Being part of a team, remember to maintain the team spirit and walk in a group. Help your team member in case of emergency/need.

Things One Shouldn't Do:

- ❖ Don't travel if you are suffering from medical ailments like asthma, high blood pressure, breathing problems etc.
- ❖ Do not sleep with your shoes/boots on.
- ❖ Do not carry luggage or extra clothes with you.
- ❖ Avoid drinking or smoking.
- ❖ Don't neglect food and drink lots of water
- ❖ Don't Carry any books related to Dalai Lama.

Booking Information

To confirm the trip, we need 25% booking amount.

For Manual booking we need your passport copy and trip details which trip you want to book and if needed any extra services after the trip.

Payments can send to our following banking account.

Account Name: Above The Himalaya Trekking (p) Ltd
US Dollar Account No: 01601010003592
Paying Bank: Nepal Investment Mega Bank Ltd
Thamel Branch, Kathmandu, Nepal
SWIFT CODE: NIBLNPKT

Bank service charges should be paid by the clients themselves at the time of deposit.

Also, the client can make a payment by credit card. For the payment by credit card, we accept Master Card, Visa card and American Express. A 4% extra will be paid by the clients themselves as a card processing fee.

Similarly, you can pay by Western Union Money Transfer or via Money Gram also. For this you can use name: Purushotam Timalaena

You can book online via website and pay online also

<https://abovethehimalaya.com/payment>

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