



Kailash Manasarovar Overland Yatra 19 days.

Kailash Yatra by overland tour is one of the classic and famous routes of this pilgrims Trip. Before the massive earthquake occur in Nepal, in 2015, classic holy Yatra (journey) used to be conduct by Kodari/Zhangmu Border, but after the Earthquake this route was totally damaged and border was closed for all the Nationality. So for the further option Traveller select the Hilsa Taklakot border for first option and fly from Kathmandu Lhasa Route for the second option. Though these routes are very complicated and expensive, the Devotees Travellers of Lord Shiva keep continue to devote the Lord Shiva every year. The person who have devotee towards Lord Shiva will find the way and luckily they found another alternate routes called Keyrung border which is little budget than other two routes. This route is little adventurous, narrow and long than Zangmu route but shorter and sophisticated than Hilsa route. It takes around 7 to 8 hours drive from Kathmandu to reach Syaprubesi. First night we will stay at Syaprubesi in Nepal side and 2nd night we will stay at Jilong town of china for aclimilizations. And our programmes will procedure as per our itinerary. In this trip you will get basic facility of accommodation in dormitory rooms in all places except Kathmandu. But you will get a personal cares and services from our staff team members with family feeling and caring. They serve you hot and delicious vegetarian foods prepaid by themselves during your Yatra. Each day there will be 6 to 7 hours.

Day 1: Kathmandu Arrival (1300 m)

On arrival at Kathmandu(Tribhuvan International Airport) our representative will be waiting to welcome & pick the group either on Bus/Car/Van according to the size of group. And transfer you to the Hotel (twin sharing bed room). Evening group briefing and orientation about the Yatra.

Accommodation: in hotel (B/L/D)

Day 2: drive from Kathmandu to Pokhara via manokamana 6/7h drive

After breakfast we start drive via Manokamana through scenic and windy road to Pokhara. And we stop

on the way at Kurintar for cable ride to Manokamana temple doing the darsan and wishing fulfilling Goddess. After darsan back the cable station then we and drive continue to Pokhara.

Accommodation: in hotel (B/L/D)

Day 3: fly from Pokhara to jomsom and drive to muktinath back to jomsom

Early in the morning drive to Pokhara airport for flight to Jomsom. It is 15 minutes flight which is one of the scenic flight over dense forest, hills and mountain. We reach at Jomsom airport which is different landscape and weather. After landing jomsom airport we take you to your Lodge, have some tea and get ready for jeep ride to Muktinath temple, Holy bath at 108 taps around the temple. Worship Muktinath temple and hiking around to visit other sites. Drive back again to Jomsom for overnight

Jomsom to Muktinath by jeep: 50 Minutes

Pokhara to Jomsom flight: 15 minutes

Accommodation: in Guest house (B/L/D)

Day 4: fly from jomsom to pokhara 15 Minutes flight

Early in the morning fly back to Pokhara. Sightseeing at major sites in Pokhara: Bindabasini temple, David falls, Gupteswor Mahadev. Boating tour at Fewa lake and visit Tal barahi temple and overnight at hotel.

Pokhara to Jomsom flight: 15 minutes

Accommodation: in hotel (B/L/D)

Day 5: Drive from Pokhara to Chitwan via Valmiki Ashram. 145km 5/6h drive

After breakfast, check-out and you will proceed to Chitwan National Park. On the way, visit Valmiki Ashram (also known as 'DEVGHAT'). Evening halt at a Resort in Chitwan National park. Enjoy the evening with live Tharu culture Dance. Tharu are the native people of Chitwan. They are known as the Malaria proof people.

(Breakfast, Lunch, Dinner)

Accommodation: in hotel (B/L/D)

Day 6: drive from Chitwan to Janakpur, 190km 5/6h drive

Morning after breakfast, you will proceed to Janakpur via East-West highway of Nepal. Janaki Mandir is a Hindu temple of Janakpur in Mithila region of Nepal, dedicated to the Hindu goddess Sita. It is the primary temple of Maithali native indigenous to Nepal. It is an example of 'Hindu-Rajput' Nepali architecture. It is often considered the most important model of Rajput architecture in Nepal. Fully built in bright white and constructed in an area of 4,860 sq. feet in a mixed style of Islamic and Rajput domes, the temple is 50 meters high. It is a three-storied structure made entirely of stone and marble.

According to legends and epics, King Janak ruled this area (called Videha) during the Ramayana period.

His daughter Janaki (Sita), during her swyambar, had chosen Lord Rama as her husband, and become queen of Ayodhya. Their marriage ceremony had occurred in the nearby Temple.

Accommodation: in hotel (B/L/D)

Day 7: flight from Janakpur to Kathmandu 40 Minutes flight (Hawan (Pujha))

Early in the morning visiting, at Janaki Temple, and later on you will fly from Janakpur to Kathmandu. You will transfer to your Hotel. In the afternoon you will take at Pashupatinath and Mata Guheswori temple **we do hawan (Pujha)**.

Accommodation: in hotel (B/L/D)

Day 8: Kathmandu – Syaprubesi (1,700m) (140km)

Early in the morning after the breakfast drive towards Kerung. The route is little Adventures so we have to departure as early as we can.

Overnight at Guest house in Syaprubesi(B/L/D)

Kathmandu to Dhunche – 130 km (6 hrs)

Kathmandu to Syaprubesi – 145 km (6.5 hrs)

Syaprubesi to Timure – 12 km (15 min)

Day 9: Syaprubesi –Kyrung (About 47 Km)

After the morning breakfast drive towards friendship bridge(17km) of Kerung border, and complete both immigration formalities which may take 1:30 hours approx. Cross the border, meet our Tibet side Guide and drive towards Kerung City(China called Jilong city). It is a new Chinese City developed for China railway service in future. Visit city and village around.

Overnight in Guest House(B/L/D)

Syaprubesi to Rasuwagadhi – 15 km (30 min)

Rasuwigadhi to Kyrung town – 35 km (1 hrs)

Day 10: Rest Day in Kyrung:

Today you will have rest day in Kyrung for acclimatization your body on the high land of Tibet. You can have visit Kyrung market hill side to warm up your body. Rest time you may chant or sing Bhanjan to gain positive feelings. All three meals will be served by our field staff as per our timetable. Overnight in Guest house at Kyrung.

Day 11: Kyrung – Saga (4,500m) (375km)

From today, our journey will be precious in every minute. After breakfast, drive towards New Dongba for about 8 hours. En route you will pass **Lalung La pass (5,300m)**, can view great Himalayas range and wide Tibetan dry landscape that make you feel travelling in mountain and desert. Beside that you can also

see Mt. Shisha Pangma (8,000m) and Lake Pikuchu. On the way to Saga city you will cross the **Holy Brahmaputra River**.

Overnight at Saga (B/L/D) at Guest House

Day 12: Saga(4,500m) (335 km) – Chui Gumpa (Bank of Lake Mansarovar)

Among the days of the Yatra; today is the important day because today we are going to have Darshan of **Lake Mansarovar**. Overnight at Guest house at the bank of Lake Mansarovar (Chui Gumpa) (B/L/D).

Dongba to Lake Mansarovar: 360 km (7 hrs drive)

Day 13: Mansarovar/ Chui Gumpa- Darchen (4600m) (24km)

After the morning breakfast and Puja, Hawan, Holy Bath and Photo session we will drive towards Darchen by making Parikrama of Lake Mansarovar clockwise. It takes around 2:30 hour to reach Darchen. And free day at Darchen. Astapad excursion can be done at extra cost in the free time.

Overnight in guest house at Darchen. (B/L/D)

Mansarovar – Darchen (40 km) – 1 hour

Day 14: Darchen – Dirapuk (4,890m) (12km)

This is the first day of Kailash Parikrama. We should start our journey after breakfast as early as possible because today we have to walk continuously for about 6-7 hours. Overnight at Guest house or tent in Dirapuk. (B/L/D)

Darchen to Yama Dwar – 11 km (30 minutes) drive

Yama Dwar to Diraphuk – 18 km (5 hrs) trek

Day 15: Dirapak-Zutulpuk (4,790m)(22m)

This day is very sensitive because the weather is unpredictable and trekking trail is little difficult in Doma La Pass which is (5,600m) above sea level. Anytime snowstorm can be fall, En route we can have Darshan of Gaurikunda but it is very difficult to go and touch

Overnight at guest house at Zutulpuk. (B/L/D)

Diraphuk to Zuthulphuk (22 km – 9 hours) trek

Day 16: Zutulpuk- Saga (4,500m)(375 km)

Today we will trek to Tarchen (Trek ending point) and short drive to Darchen. Complete our Kailash Parikrama. And start our tour back to Kathmandu following the same route.

Overnight in Guest house at saga. (B/L/D)

Zuthulphuk to Tarchen (08 km, 1.5 hrs trek)

Tarchen to Saga: 375 km (6 hrs drive)

Day 17: Saga- Kerung (3,600m)(375km)

After morning breakfast our journey start towards Kerung following same route via saga .On the way we will take short break in Brahmaputra River then continue to Kerung .

Overnight in Guest House at Kerung .(B/L/D)

Dongba to Kyirong County: 270 km (6 hrs drive)

Day 18: Kerung- Kathmandu

After morning breakfast short drive about 47km (friendship bridge) Kerung Border (Cross the border after completing all the formalities of immigration in both China and Nepal Side .And drive back to Kathmandu (140 km)with full of Adventurous road .

Overnight at hotel in Kathmandu.(B/L/D)

Overnight at 3 Star Hotel (room on twin sharing basis)

Kyirong to Rasuwagadhi border – 105 km (2.5 hrs)

Rasuwigadhi to Kathmandu – 160 km (7 hrs).

Day 19: Departure

With lots of beautiful memories of Journey it's time to say good bye to Nepal .You have to departure 3 hour before the flight is take off from Hotel.

whats included

- 3 nights hotel (4/5 star) on twin sharing room in Kathmandu with vegetarian meals (BLD)
- 2 nights hotel (4/5 star) on twin sharing room in Pokhara with vegetarian meals (BLD)
- 1 night hotel (3/4 star) on twin sharing room in Chitwan with vegetarian meals (BLD)
- 1 night hotel (2/3 star) on twin sharing room in Janakpur with vegetarian meals (BLD)
- 1 night Guest house on twin sharing room in Jomsom with vegetarian meals (BLD)
- 3 nights hotel on 3/4 sharing room Kerung Tibet with vegetarian meals (BLD)
- 2 nights hotel on 3/4 sharing room in Saga with vegetarian meals (BLD)
- Rest of the accommodation all in guest house basic sharing room with vegetarian meals (BLD)
- Best available hotel & guesthouses in Kailash region (Saga – Kailash – Saga)
- All necessary travel & trekking permit as per our Itinerary
- 1 duffel Bag, 1 kit Bag, 1 Jacket, 1 Passport bag, 1 Cap Per person
- pick up & drop in the trivubhan international airport Kathmandu
- All entry fee and cable car ticket for Manokamana temple
- Round trip air ticket from Pokhara – Jomsom – Pokhara
- Air ticket from Janakpur - Kathmandu
- Necessary supporting crew (Cook, Sherpas from Nepal)
- All necessary Kitchen & camping equipments
- Oxygen for emergency use, Medical kit bag / First Aid kit
- Kathmandu –Kerung, China Border–Kathmandu by private coach
- Wages of Staffs, sherpas and service Charge
- Luxurious private transportation at Tibet by Bus
- Supporting truck to carry equipment
- English speaking Tibetan guide
- Tibet group Visa Fees

whats Excluded

- Travel insurance / Rescue and evacuation service
- Personal expenses & GST
- Nepal re-entry Visa fee for NRIs
- Tips for guide & driver
- Horse riding during the Parikrama
- Air ticket to Kathmandu & return back to home.
- Extra Hotel charge in Kathmandu if early return from.
- Tibet or extra stay at Kathmandu

- Addition cost due to any political disturbances.
- Any additional cost due to natural calamities and unforeseen circumstances
- Visa splitting charge and extra transportation cost, if returning early from Tibet.

ACCOMMODATIONS

We will be staying at 4/5 star hotel in Kathmandu and guesthouses during Kailash Yatra. Accommodations in Kathmandu are on twin-shared basis. Rest of the place all room triple or 4 /5 bed sharing. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu, all vegetarian meals will be provided in Nepal and Tibet part.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost,

loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to travel in Tibet is from May, June, July, August and September. The temperature is moderate in these seasons and guarantees amazing views through the Yatra. Although this Yatra can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking guide are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain Trek only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

ENVIRONMENTAL CONCERNS

Tibet is stunningly beautiful, but equally fragile in the mountain region. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain Trek employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain Trek, therefore, enforces a number of do and don't. Please talk to your trek Guide to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain Trek trips that all Pilgrim's be insured for comprehensive expenses that might incur due to medical issues or accidents. While here we request all the traveler should bring your travel insurance which can cover cancelation flight ticket, ambulance, helicopter rescue, treatment and evacuation costs. Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This pilgrimage's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, one day we take rest in somewhere which will help us acclimatize to the high altitude.

EQUIPMENT LIST

This list is a guideline to help you pack for your Yatra. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service.

SLEEPING BAG

Fleece sleeping bag liner (optional)

1 Bed sheet (optional)

FROM HEAD TO TOE

A cap or sunhat

2-pair of thermals

Suitable shorts

Walking trousers

Thick walking socks

Warm gloves

Hat and scarf

Water bottle

A pair of high rise walking boots

Lightweight waterproof over trousers

Discovery Mountain Trek's down Jacket (*)

Discovery Mountain Trek's half T-shirt (*)

Long sleeve thermal tops and full-length long johns

A light fleece or equivalent (plus extra warm layers if necessary)

A breathable windproof, water proof jacket (Gore-Tex...)

A pair of sandals or equivalent casual shoes for cities, villages and evenings

Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS

1 medium shoulder bag: 20/30 liter cubic inches, can be used for an airplane carryon(*)

1 double bag for each one to put your all cloths for Kailash Yatra.(*)

A small daypack/backpack for carrying your valuables (*)

PRACTICAL ITEMS

Tissue /toilet roll

Wet wipes (baby wipes)

Female hygiene products

Anti-bacterial hand wash

1 compass or GPS (optional)

medium-sized quick drying towel
1 small roll of repair tape, 1 sewing-repair kit
1 digital camera with extra cards and batteries

MEDICAL

1 skin-blister repair kit
Anti-diarrhea pills
Anti-headache pills
Cough and/or cold medicine
Water purification tablets or water filter
Small personal first-aid kit simple and light
Aspirin, first-aid tape, and plasters (Band-Aids)
Anti-altitude sickness pills: Diamox or Acetylzolamide
Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every traveler's is required to complete the form of registrations. At the time of registration, traveler are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue, expiry dates and profession. You need to send passport copy, photo identity and e-ticket by e-mail to us in Nepal.

Booking and Payment

As per the new regulations trip booking should be done in advance.
Minimum 6month valid date passport is required.
At the time of booking confirmation 25% of the total cost should pay on our bank.
35 days prior to tour departure date 50% of the total cost should reach Discovery Mountain Trek & Expedition Pvt. Ltd account.
By scan copy of color passport the client.
Full payment should be made 15 days before departure to Kailash Mansarovar Yatra.

Tour Cancellation Policy:

All notice of cancellation must be sent to our office in written.

Verbal cancellations will not be entertained.

21 days before trip departure 30% of total trip cost.

15 days before trip departure 50% of total trip cost.

10 days before trip departure 90% of total trip cost.

07 days and less departure 100% of total trip cost.

Tour Operators has the full right to change the dates and cancel the trip due to any unavoidable circumstances.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic, flight delays.

Alternative trip

Mountain Flight: Morning 6:00 am in Kathmandu @ INR 8500 / USD 210

NOTE

Passport must be valid for six months from the date of departure. Age Limit for Yatra 10 – 70 Years for Indians (Year of Birth shall be 1950 irrespective of any Month). But, from this as per Chinese government rules, if the 70 & above years old client want to visit Kailash Mansarovar they have to deposit extra USD 1000/- extra as liquidity damage to FEC. If the client return back to their home without having any health problem. FEC will fully refund your deposited money.

Recommendation for Indians: Please Issue Air Tickets for Kathmandu; as per Name on your Voter ID (You Must Carry ORIGINAL VOTER ID to FLY Kathmandu)

For Indian Passport Holders Original Passport required 8 working Days prior to travel date at Delhi office.
Foreigners / NRI: Original passport require Min. 3 working days prior to travel date in Kathmandu for Visa purpose.