



### **Kathmandu Nepalgunj Simikot Kathmandu Kailash tour 17 days**

It is the alternative border to enter for the Kailash Mansarovar Yatra. After the massive earthquake hit in Nepal in 2015 April 25 and close border of Kodari/ Zhangmu, this route became so famous to travel Mansarovar Yatries. Due to use of Helicopter, domestic flight charter the cost increases little expensive in this route. In spite of high cost the travelers continually keep their devotee every year. The weather condition in this reason is unpredictable. So mostly we fly in the morning time sometime due to weather condition our itinerary may extend. And during your Tour & Trek in Tibet side our kitchen staff members will serve you the hygiene hot vegetarian foods prepare by themselves. Beside that they will take care of your health too.

#### **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.

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**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. There 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: Half Day Sightseeing & Fly to Nepalgunj**

After breakfast, we will go to have a Darshan of Pashupatinath temple have puja over there. Then return back to Hotel have a lunch and fly to Nepalgunj (1 hr fly) in the afternoon. Upon arrival at Nepalgunj we will transfer you to the Hotel.

**Overnight in hotel at Nepalgunj (B/L/D)**

#### **Day 9: Nepalgunj-Simikot-Taklakot (3700m) via Hilsa**

Early morning, fly to Simikot (1 hr by aircraft) & continue flight to Hilsa (15 min by helicopter) then short walk to cross border (10 min) and continue our drive to Taklakot (25 km/1 hr) completing all immigration formalities in both Nepal and China side.

**Overnight in Hotel Himalaya or similar (B/L/D)**

#### **Day 10: Taklakot- Rest Day for Acclimatization**

This day will be completely free for acclimation. So you can stroll around to make your body to adapt their environment.

**Overnight in hotel Himalaya or similar (B/L/D)**

#### **Day 11: Taklakot (Purang)-Mansarovar (4560m)**

Drive, Taklakot (Purang) to Lake Mansarovar (Chiu Gompa) 85 km / 2 hrs. After reaching at Mansarovar you will be free for Puja or Hawan or Holy bath.

**Overnight in Guesthouse at Mansarovar (B/L/D)**

#### **Day 12: Mansarovar-Darchen (4750m) ( 53km)**

After your breakfast you can have Puja, Hawa or Holy bath who did not have in the previous day. Then after all activities have Lunch and will do Parikram of Lake by Bus. Later, we will drive to Darchen it's about 1 hours driving. Darchen is as known as base camp of Holy Kailash. So, today if the weather conditions is clear, you see beautiful peak of mountain Kailash.

**Overnight at Hotel Himalaya or similar (B/L/D)**

#### **Day 13: Darchen - Dirapuk (Trek) via Yamdwar**

After breakfast drive upto Yama Dwara (45 km / 1 hours) and the Yatrie's who don't want to participate in Parikrama can return back to Darchen after having a darshan of Yam Dwar can stay at hotel himalaya or similar and rest Yatries can start their first day of Parikrama (4,950 m) 12km/6 hours.

**Overnight in Hotel at Dirapuk ( B/L/D)**

#### **Day 14: Diraphuk - Zuthulphuk (Trek) (4850 m) via Dolma La Pass (5600 m) - 22 km / 9 hrs.**

This is very sensitive day because you will ascend trek to Dolma La Pass (5,670m) and afternoon

descend down to the Gaurikunda. And the weather in the Dolma La Pass is unpredictable it might be changed any time and start to snow storms. So be very careful. Our last journey of the day will be Zutulpuk along the river bank. (22km)(9hours).

**Overnight stay in Guest house at Zutulpuk (B/L/D)**

**Day 15: Zutulpuk- Darchen Trek (11 km/2 hrs) Taklakot-Hilsa-Simikot**

Today after your early morning breakfast we will trek to Tarchen (8km/2 hrs). Then catch the our vehicle to return back to Taklako 170 Km/ 3 hours. Once you completed both side immigration formalities, walk 15 minutes to reach Helipad and continue fly back to Simikot .

**Overnight stay at Guest House at Simikot (B.L.D)**

**Day 16: Simikot -Nepalgunj- Kathmandu**

Early morning fly to Nepalgunj (1 hr) and same day fly back to Kathmandu (1 hr) in the connective flight.

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

**Day 17: Departure**

After the breakfast as per your flight schedule our representative will drop you to the Tribhuvan International Airport for your onward destination.

### Cost includes

- 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)
  - 1 nights hotel on twin sharing room Nepalgunj 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
  - Nepalgunj- Simikot -Nepalgunj air ticket
  - Simikot -Hilsa -Simikot by Helicopter
  - Humla region restricted area permit & royalties
  - Round trip air ticket from Pokhara – Jomsom – Pokhara
  - Kathmandu Nepalgunj Kathmandu flight tickets
  - Janakpur Kathmandu flight ticket
  - 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
- (Only 5 persons can be carried by Heli at a time with 12 kg weight each including luggage & handbag.)

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### Cost excludes

- Nepal entry visa fee for NRI
  - Our bank transfer fee
  - Riding Horse during the parikarma
  - Tips for Guide service staff & driver
  - Insurance for emergency rescue & evacuation service
  - International air ticket to Kathmandu and back to your home
  - Asthapad Darshan (govt.prohibited this trip if permitted can arrange on additional cost)
  - Extra night accommodation in Nepalgunj or Kathmandu in case of early arrive from Kailash
- Any additional cost due to natural calamity and unforeseen circumstances

### 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

efully 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

table 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)  
1 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

ter 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.



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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.