



Kailash Yatra via Lhasa- Ali – 15 Days

This 12 days Kathmandu -Lhasa-Ali-Kailash Mansarovar and Ali-Lhasa-Kathmandu Trip is designed to the persons who are very busy with their business but keen interest to visit and have a Darshan of Lord Shiva once in a life time. Beside that this trip will cover both Lhasa as well as Mansarovar at a same time which will fulfil your dream to visit both place Lhasa as well as Kailash at a same time.

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: Sightseeing at Doleshor Mahadev Temple

After breakfast, proceed for Sightseeing tour of Doleshwor Mahadev. Dinner & Overnight stay in Kathmandu.

Overnight in Hotel in Kathmandu (B/L/D)

Day 3: Kathmandu Sightseeing and Hawan (Pujha)

After the morning breakfast we will explore to the **Pashupatinath Temple** Darshan, **Guheshwori**, **Boudhanath Stupa** and we do **hawan (Pujha)** while completing our sightseeing; return back to Hotel. Have a Lunch and free time for shopping and currency change.

Accommodation: in hotel (B/L/D)

Day 4: Half Day Sightseeing & rest of the you can go for your shopping

After breakfast, Swaymbhunath stupa darshan & in the afternoon and rest. In the evening you can go shopping for yourself.

Overnight in Hotel (B/L/D)

Day 5: Fly from Kathmandu to Lhasa (3650m) Gonggar Airport

After the delicious breakfast drive towards Tribhuvan International Airport before 3 hours of our flight from Hotel. Upon arrival at Gonggar airport, Our Tibetan guide will let you fulfill immigration formalities and take you to world's highest capital city Lhasa it is 62 Kilometer from the Gonggar airport. Afternoon visit jokhang monestary shrine of BudhaSakyamuni around Barkhor Circle, it is busting of Tibetan handicraft and costume.

Accommodation: in hotel (B/L/D)

Day 6: Lhasa Sightseeing:

Today we will visit POTALA PALACE, former Palace of HH the Dalai Lama and 17th Century POTALA PALACE offers an awesome view of entire city and also has private quarters of the Dalai Lama, numerous grand state rooms and chapels. NORBULINGKA PALACE, the summer Palace of His holiness.

Accommodation: in hotel (B/L/D)

Day 7: Fly from Lhasa to Ali (4500m)

Today as per the flight schedule you will be transfer to Airport to fly out to Ali Airport upon arrival at Ali you will be transfer to Hotel.

Overnight at Hotel in Ali 4/5 star Hotel

Accommodation: in hotel (B/L/D)

Day 8: Ali- Mansarovar -Darchen (4,620 m)

Today we have a drive of 330 km from (Ali) to Mansarovar lake to Darchen. So ,crossing beautiful places stay at the shore of Mansarovar Lake. This lake is the most naturally beautiful with pure water. Free for pooja and Hawan, drive to Darchen (35 km) to overnight at 4star Hotel.

(Breakfast/Lunch/Dinner)

Day 9: Darchen -Dirapuk Trek

After short drive,you will reach at Tarboche and visit Yamdwar. This is a starting point of Kora. The total trekking distance will be 52km to complete a round of the Mt.Kailash. Yatris who do not want to trek around Kailash can go back to Darchen. Upon arrival at Tarboche we will trek to Dirapuk (4,860 m) which is 12 kms trek and takes 5-6 hours to reach .

Overnight at Lodge in Diraphuk. (B/L/D)

Day 10: Diraphuk-Zutulpuk

Today is the toughest day of our trek because the trekking routes are up and down beside that the trekking distance will also be more .so it the most difficult journey throughout the yatra since you have to trek up to the 18,600 ft. From descend to Gauri kund and further trek along with the river to Zuthulpuk.

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

Day 11: Zutulphuk – Darchen

After breakfast in the morning ,we will star our Parikrama of third day. Today trial is easy and flat. It takes 2-3 hours to cross the 8 km distance to reach ending point of trek. Then drive to Ali via Darchen.

overnight stay at 4star Hotel. (B/L/D)

Day 12: Ali-Lhasa

As per the flight schedule you will drive to Ali airport to fly for to Lhasa.Upon arrival at Lhasa transfer hotel.

Overnight stay at 4/5star Hotel in Lhasa. (B/L/D)

Day 13: Lhasa-Kathmandu

After morning breakfast the Tibetan guide will take us to the Gonggar Airport for Kathmandu Departure. Flight to Kathmandu, on arrival our representative will pick you and transfer to the Hotel.

Accommodation: in hotel (B/L/D)

Day 14: Depature

Certificate of completion will be provided to you from Miteri Nepal Int'l Trekking (P) Ltd. You will be free till your flight time. We will drop you at Airport 3 hour before flight time (30 min drive) (Breakfast).

Our Cost Include

- 5 nights hotel (4/5 star) accommodation in Kathmandu with vegetarian meals
- 3 nights hotel (4 star) accommodation in Lhasa with breakfast
- 2 nights hotel (4 star) accommodation in Ali with vegetarian meals
- Rest of the accommodation all in guest house basic sharing room with vegetarian meals
- Vegetarian meals in neat and clean restaurant (outside) during stay in Lhasa
- Best available hotel & guesthouses in Kailash region
- All vegetarian meals cooked by our Nepali support team in Kailash region
- Complimentary use of Down Jackets if require (returnable after tour finished)
- Transfer by AC/ deluxe private vehicle as per our itineraries in Nepal
- Yaks & Yak men during your Parikrama to carry foods and baggage
- Airport transfers & sightseeing in Kathmandu & in Lhasa
- Round trip air ticket Kathmandu – Lhasa – Kathmandu
- Round trip air ticket from Lhasa - Ali – Lhasa
- English speaking Tibetan guide and one Nepali tour leader
- Necessary supporting crew (Cook, Sherpas from Nepal)
- All necessary Kitchen & camping equipments
- Oxygen for emergency use, Medical kit bag / First Aid kit
- All Tibet travel permits as per our itineraries
- Transportation in Tibet by Luxury Bus
- Lake Mansarovar parikrama by luxury bus
- Free gifts – Duffle Bag & Backpack Bag
- All applicable taxes & service charges

Our Cost Exclude

- Nepal entry visa fee for NRI
- International air ticket to Kathmandu & return to your home
- Insurance for emergency rescue & evacuation service
- Personal expenses, energy drinks like coca, fanta sprite.
- Tips for tour leader, Tibetan guide, sherpa staff & driver
- Your travel insurance, porter & horse for Kailash parikrama
- Personal porter & riding Horse during the Parikrama of Holy Kailash
- Extra night accommodation in Kathmandu in case of early arrival from Kailash
- Monasteries and monuments entrances fees for sightseeing in Lhasa or Shigatse
- Any additional cost due to natural calamity, emergency evacuation or unforeseen circumstances
- Extra accommodation charge in Lhasa, Shigatse & in any places of Kailash region due to any reason like sickness, rescue besides tour itinerary

ACCOMMODATIONS

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

MEALS

All vegetarian meals will be provided in Nepal and Tibet part. while only breakfast will be available in Lhasa. While your lunch and dinner will provide in the best Indian vegetarian restaurant out of hotel in Lhasa.

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)
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
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.



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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.