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THE MT. KAILASH & LAKE MANASAROVAR TOUR:
15 DAYS OVERLAND JOURNEY



DAY TO DAY ITINERARY

DAY 01: Thursday 9th June 2011: KATHMANDU ARRIVAL

Arrive at Tribhuvan International Airport in Kathmandu. Our representative will meet you & transfer to Hotel. Evening, dinner + tour briefing.

- Accommodation: Hotel Marshyangdi OR similar

DAY 02: Friday 10th June 2011: SIGHTSEEING TOUR IN KATHMANDU

Early morning, we visit Pashupatinath temple and the Budhanilkantha Narayan (sleeping Vishnu) and Swoyambhunath temple (Monkey temple) in the afternoon.

- Accommodation: Hotel Marshyangdi OR similar

DAY 03: Saturday 11th June 2011: KTM TO KODARI (THE BORDER TOWN) THEN CONTINUE TO NYALAM (3750 m.)

Fortified with an early breakfast depart from Kathmandu to Kodari (border town of Nepal). At Kodari, we go through customs & immigration formalities. After completion of formalities, we cross the friendship bridge into Tibet. On the Chinese/Tibet side we meet our local guide and transfer into Land Cruisers. We then drive on to Zhangmu (2225 m.) where once again we should complete Chinese immigration and custom formalities and will proceed for Nyalam (3750 m.).

- Accommodation: Sisapangma Guesthouse OR similar (dormitory room) - very basic.
- Kathmandu - Kodari by private Bus: Four & half hours (123 km)
- Kodari - Zhangmu - Nyalam by Jeep: Two & half hours (33 km)

DAY 04: Sunday 12th June 2011: FREE DAY IN NYALAM FOR ACCLIMATIZATION.

Rest and Acclimatize at Nyalam.

- Accommodation: Shisapangma Guesthouse (dormitory room) - very basic.

DAY 05: Monday 13th June 2011: DRIVE, NYALAM TO SAGA (4460 m.)

Today we drive for approx 7 hrs covering about 250 km to reach Saga (4600 m.). Saga is a small-growing town situated at the Bank of River Bramhaputra. There is a government Hospital (that will be closed on Sunday), some guesthouses available in this town.



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Couple of hours drive from Saga we cross the Thong-La Pass (5200 m.) which offers one of the best views of the Tibetan Himalayan range. You get magnificent views of Mt. Shisapangma, the highest mountain in Tibet.

After Thong-La Pass, we proceed towards the Shisapangma Base Camp and divert towards Lake Peiku-Tso. We break here for lunch.

After lunch, we continue our journey to Saga. En route, we pass two smaller high passes. We will be arriving in Saga at late afternoon only.

In the evening, our Chinese Doctor will check our passengers for signs of AMS (Acute Mountain Sickness) and .People suffering from serious symptoms will be sent back to the border.

- Accommodation: Camp
- Nyalam to Saga: Seven hours (250 km)

DAY 06: Tuesday 14th June 2011: DRIVE, SAGA TO PARYANG (4550 m.)

Today we drive about 260 km to reach Paryang (4500m). Lunch at Old Dzongba, an old and ruined town located on the way. This used to be the regional trading center in the past.

- Accommodation: Camp
- Saga to Paryang: 6 hours (260 km.)

DAY 07: Wednesday 15th June 2011: DRIVE, PARYANG TO LAKE MANASAROVAR (CHHURGU GOMPA - 4560 m.)

We drive about 280km to reach Mansarovar and camp (15400ft) at the shores towards Gurlamandhata.

- Accommodation: Camp
- Paryang to Lake Mansarovar: 7 hours (280 km)

DAY 08: Thursday 16th June 2011: LAKE MANASAROVAR PARIKRAMA ON JEEP THEN DRIVE TO DARCHEN (4663 m.)

Start the day with a holy bath at Mansarovar. After lunch, Mansarovar Parikrama by Land Cruiser. Short Drive to Dharchen (Base camp of Kailash) 15600ft.

- Accommodation: Hotel Kailash OR similar (dormitory room) - basic or Camp
- Lake Mansarovar Parikrama: 72 km (3 hours)
- Lake Mansarovar (Chiugompa) to Darchen: 2 hours (53 km)

DAY 09: Friday 17th June 2011: DRIVE TO YAMA DWAR & START PARIKRAMA TO DERAPHUK GOMBA (4920 m.)

Early Morning (after breakfast), we take a 45 minutes ride on Jeep to Tarboche (Yam Dwar), the parikrama starting point. This is the easily accessible point from where you can see the closest view of Mt. Kailash.

Today, we walk near about 6 hours +. The trail is reasonably easy and flat. We camp at Dehraphuk (4880 m.).

Those who decide not to go for parikrama can either go back to Lake Mansarovar where they will camp for for another two days and waiting for the Parikrama group. Or spend those two nights at Dehraphuk @ 4880m .

- Accommodation: Camp
- Darchen to Yama Dwar: 8 km (45 minutes drive)



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- Serson to Deraphuk Gomba: 10 km (5 hours walk)

DAY 10: Saturday 18th June 2011: CONTINUE PARIKRAMA TO ZUTULPHUK (4760 m.)

The group undertaking the Parikrama will further trek to Zuthulphuk (16000ft) via Dolmala pass (5600 m.). The passengers who are not taking Parikram will have rest in Lake Mansarovar.

- Accommodation: Camp
- Deraphuk Gomba to Zutulphuk Gomba: 9 hours (22 km)
- High pass on the way (Dolama-La): 5600 m.

DAY 11: Sunday 19th June 2011: END PARIKRAMA NEAR DARCHEN AND DRIVE BACK TO LAKE MANSAROVAR (HORA QUI)

After a short trek, we will reach near Darchen from where we will be picked up by Land Cruiser and drive to Lake Mansarovar to join the group already here or arriving from Dehraphuk.

- Accommodation: Camp
- Zutulphuk to the ending point: 13 km (3 hours)
- Ending point to Lake Mansarovar (hora Qui): 25 km (2 hours)

DAY 12: Monday 20th June 2011: RETURN JOURNEY TO NEW DONGPA

Early morning after breakfast, we set off our journey back to New Dongpa.

- Accommodation: Camp
- Lake Mansarovar to Dongba: 8 hours (320 km)

DAY 13: Tuesday 21st June 2011: RETURN JOURNEY TO NYALAM

Return journey to Nyalam.

- Accommodation: Shisapangma Guesthouse (dormitory room) - very basic.
- Dongba to Nyalam: 6 hours (250 km)

DAY 14: Wednesday 22nd June 2011: RETURN JOURNEY TO KATHMANDU

Drive to Zhangmu, cross the border then drive back to Kathmandu

- Accommodation: Hotel Marshyangdi OR similar

DAY 15: Thursday 23rd June 2011: RETURN HOME

Transfer to the Airport for your flight back home.

End of Tour

INR. 85500/- + Govt. Service Taxes per person. Subject to a minimum of 20 people travelling together at all times.

Supplement for guest house/hotel of higher standard at SAGA Rs.1750 per person.

COST INCLUDES:

- [01] Three nights accommodation in Kathmandu on full board basis (4 star hotels)
- [02] Sightseeing tour in Kathmandu (one half day)
- [03] All necessary transfers in Kathmandu (arrival / departure)
- [04] Kathmandu - Kodari - Kathmandu transfers by private Bus



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- [05] Tibet group visa
- [06] All necessary Tibet permit including Parikrama of Kailash & Mansarovar
- [07] Accommodation in Tibet in camp (two person tent)
- [08] All vegetarian meals in Tibet (breakfast, lunch & dinner)
- [09] Transportation in Tibet by 4WD Land Cruiser 4500 (4 passengers in one Land Cruiser)
- [10] Supporting truck to carry logistics
- [11] English speaking Tibetan guide
- [12] Necessary supporting crew (cook, helpers & sherpas)
- [13] Yaks & Yak men during the Parikrama (to carry food and equipment)
- [14] Entry fees (Kailash & Manasarovar)
- [15] Manasarovar Parikrama by Jeep
- [16] Gammow bag (pressure bag)
- [17] Medical kit bag & Oxygen (for emergency use only)

COST DOES NOT INCLUDE:

- [01] Air ticket to Kathmandu & return
- [02] Guesthouse in Tibet except in Nyalam & Darchen
- [03] Nepal re-entry visa fee for NRIs
- [04] Your travel insurance
- [05] Rescue and evacuation service
- [06] Asthapad Darshan (EXTRA)
- [07] Personal expenses
- [08] Horse for riding during the Parikrama (EXTRA)
- [09] Porters during the Parikrama to bring the personal belongings (EXTRA)
- [10] Bottled drinks
- [11] Tip for guide & driver
- [12] Any additional cost due to natural calamity and unforeseen circumstances

Booking Procedure:

- The 9th June - 23rd June 2011 tour should be booked before the 20th of March with a non refundable deposit of Rs.20000/-. This dead line is very crucial to ensure we are allotted the best vehicles and guide on the Tibet side as this is done on a first cum first served basis and there is a huge demand for these dates since 15th June is a full moon night.
- This amount will be adjusted towards the entire amount due.
- Along with the booking amount a colored scanned copy and photo copy of your passport with a minimum validity of 6 months, the indemnity bond and 5 passport size photographs should be sent.
- The original passports should reach us latest by the 20th of April 2011 along with the balance amount due.
- The doctors certificate should be sent to us by the 8th of May 2011.

Cancellation policy:

- (a) No refund of booking amount for cancellation between 21st March and 20th April.
- (b) For Cancellation between 20th April and 10th May 2011, 50% of total tour cost will be deducted towards cancellation charges.
- (c) No refund for Cancellation after 11th May 2011.

Note:

- Should the authority of Nepal, Tibet/China, & India decide to change its regulations, alter on tax, surcharge, visa, permit, transport cost, exchange rate in US \$ after confirmation of tour, the same changes shall reflect to the given tour cost.



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- Nature of Kailash Tour: The traveler must understand the nature of the Kailash Mansarovar Overland Tour and the risks involved in traveling to such remote places of high altitude where proper medical facilities and rapid rescue and evacuation services are not available. It is therefore VERY IMPORTANT that all travelers understand clearly the nature of travel, its effects on their individual health, the effects High Altitude and precautions for AMS (Acute Mountain Sickness) by consulting their MD or Physician

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