**Kailash mansarovar yatra LHASA (By fly )- KYIRONG OUT(14 N/15D)

Mount Kailash Tour which is one of most popular tours in Tibet to get close to the holy Mountain Kailash and Lake Manasarovar. Starting from Kathmandu , you will firstly visit the famous Hindu Holy Temple pashupatinath and Budanilkhantha temple in Nepal and other places and in Tibet Potala Palace, the Jokhang Temple and some other imporatant monasteries in Lhasa city to get an impression of Nepalese and Tibetan culture and religion.**

**On the way from Lhasa to Mount Kailash, you will Drive on a Tibetans plateau where you will enjoy different landscapes of Tibetan Himalayas and mountains passing through different small cities and lakes . On reaching darchen you will follow the footstep of sacred pilgrims to trek around the mystical Mt.Kailash crossing 5610m dolma –la pass which is 52 km in Parikarma**

**Outline itinerary**

**Day 1: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)**

**Day 2: KATHMANDU SIGHTSEEING (Tibet Visa Processing)**

**Day 3: Short trek around kathmandu valley (Tibet Visa Processing waiting)**

**Day 4: KATHMANDU SIGHTSEEING (Tibet Visa Biometric process)**

**Day 05: Kathmandu to Gonggar Airport,Lhasa (3800 Mtr, / 1.30 Hrs /1 Hrs Drive.)**

**Days 06: Lhasa to Shigatse drive (3900Mtr /270 km/6 hrs by Drive)**

**Days 07 :Shigatse to Saga drive (4500Mtr/448 km/7hrs).**

**Day08: Saga /Zonpa to Lake Mansarovar(4500Mtr/466km/7 hrs)**

**Day09: Lake Mansarovar -Puja, hawan and Drive to Darchen(4700Mtr/40km/1 hrs)**

**Day10: Darchen to Yamdwar and trek to Diraphuk.(1st day Kailash Parikrama)(4900Mtr/12km walk/6 hrs)**

**Day11: Diraphuk to Zuthulphuk.(2nd day Kailash Parikrama)(4700Mtr/22km walk/8-10 hrs)**

**Day12: Zuthulphuk to ending point and drive to Saga:(3rd day Kailash Parikrama)(4500Mtr/10km walk+ 500Drive/3 hrs walk+7 hrs drive)**

**Day13: Saga to Kyirong(2700Mtr/169km/5 hrs)**

**Day14:** **Kyirong to Kathmandu (Nepal)(1400Mtr/165km/7 hrs)**

**Day15: Departure from Kathmandu**

**Details itinerary**

 **Day 1: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)**

After your landing at Tribhuvan International Airport, you will be welcomed by Representatives He will guide you to your hotel. You can rest for the day. In the evening, you will meet with your tour guide in your hotel lobby, and he will brief you about the programmed

**Day 2: KATHMANDU SIGHTSEEING (Tibet Visa Processing)**

Breakfast at hotel, sightseeing starts with Pashupatinath Temple ( Famous Holy Hindu Temple ) . After this we will do sightseeing of Bouddhanath Stupa (one of the biggest Stupa in the World) , after drive back to hotel overnight stay at hotel.

**Day 3: Short trek around kathmandu valley (Tibet Visa Processing waiting)**

**After breakfast. We will drive to Budanikantha Temple. After darshan we will drive towards Shivapuri Nagarjun National Park entry. This is 3-4 hrs short hike, which will prepare you for the hike during Kailash Parikrama. you will be served a packed lunch. After lunch, you will return back to hotel .**

 **Day 4: KATHMANDU SIGHTSEEING (Tibet Visa Biometric process)**

**Today, we will have to give a biometric for Tibet visa. So, after completion of the biometric process. We will visit Bhaktapur Durbar Square. And, in the evening final shopping for the Kailash Yatra**

**Day 05: Kathmandu to Gonggar Airport,Lhasa (3800 Mtr, / 1.30 Hrs /1 Hrs Drive.)**

After breakfast early morning flight from Kathmandu to Lhasa it will take 1.30Hrs,. Traditional welcome in Tibetan culture,From there it takes 1 hour drive  to reach beautiful capital city of Tibet Lhasa. Lhasa is world famous for its sites of historical interest related to Buddhism such as Potala Palace,Jokhang Temple.Reach Hotel having dinner overnight stay at Lhasa.

**Days 06: Lhasa to Shigatse drive (3900Mtr /270 km/6 hrs by Drive)**

After breakfast drive from Lhasa to Shigatse it will 6 hrs drive by road , The Afternoon is for you to explore the Tibet's second largest city Shigatse for one hour, including the world famous Tashilumpo Monastery. Tashilhunpo Monastery is one of the six Big Monasteries of Gelugpa in Tibet.Also called the Heap of Glory,it is located at the foot of Drolmari (Tara’s Mountain) Shigatse.night stay at shigatse.

**Days 07 :Shigatse to Saga drive (4500Mtr/448 km/7hrs).**

After breakfast drive from Shigatse to Saga and meet our Nepali guide and staff there,view of Mt. Everest, Sishspangma and other Himalayan range.night stay at Saga.

**Day08: Saga /Zonpa to Lake Mansarovar(4500Mtr/466km/7 hrs)**

Early morning after breakfast drive from saga to Holy Lake mansarovar ,one of the highest freshwater lakes in the world.saga to lake mansarovar 7 hrs journey you reach there by the afternoon , This day you will entre Kailash region in Tibet.you will have darshan of Mansarovar and Kailash , After completing the Local immigration will continue your drive further and complete Lake Mansarovar Parikrama by vehicle.On the way to take memorable groups picture of Kailash ,Mansarovar and Rakshash lake.on evening time yiu can visit Chiu Gompa Monastery. The holy bathe and puja can be done today or tomorrow.

**Day09: Lake Mansarovar -Puja, hawan and Drive to Darchen(4700Mtr/40km/1 hrs)**

It’s very special day for all Yatries . To be in the abode of god itself is a lifetime achievement..Everone can just have bath at the banks of the Holy lake Sarovar, Continued by Puja, Havana work Meditation and spiritual activities etc.

**Day10: Darchen to Yamdwar and trek to Diraphuk.(1st day Kailash Parikrama)(4900Mtr/12km walk/6 hrs)**

After breakfast will have a short drive till Yam Dwar (7km).This is the starting point for Kailash Parikrama.After having the darshan of yamdwar all the pilgrims start their first day trek towards Diraphuk(which is 12km trek) either by walk or they can hire horse as well as porter to carry your bag packs while trekking. The complete trek around mount Kailash takes about two and half days. The distance of first day’s trek (from Yama Dwar to Diraphuk) is about 12 km and it takes about 5 to 7 hours to cover the distance. Enjoy the serenity of nature around u with quite sounds of flowing river aside and have the view of Nandi Kailash while on the This is the only place to have a close view of north face. Never miss the opportunity of seeing the first sunrays on My Kailash early in the morning which is something spectacular and visual treat for everyone (GOLDEN MT KAILASH) . once in a lifetime opportunity .Yatries who are not doing Parikrama will have Darshana at yamdwar and return back to Darchen and stay there until the Parikrama yatries come back to Darchen.

**Day11: Diraphuk to Zuthulphuk.(2nd day Kailash Parikrama)(4700Mtr/22km walk/8-10 hrs)**

Wake up early have very light breakfast and continue 2nd day Parikarma from Deraphuk to Dolma La pass(5620m) and proceed to Zuthulphuk (4790m).This is the day every pilgrims talks about the most important as well as difficult part of the journey throughout the trip,your trek is of 22kms and the trek goes steep climbing up to Dolma La High pass (5620m)which is around 6-7kms and steep down to next flat valley via Gaurikunda. Then you will walk another 3-4 hours to Zuthulphuk.Yatries who hired horse also should climb steep up to Dolma La pass and steep down towards Gaurikunda..Once this thoughest part of the journey is completed there will be local small tea stalls where you can just have hot cup of tea or noodles just relax for some time and start towards zuthulphuk and You will see East face of Mt Kailash on the way.

**Day12: Zuthulphuk to ending point and drive to Saga:(3rd day Kailash Parikrama)(4500Mtr/10km walk+ 500Drive/3 hrs walk+7 hrs drive)**

Today is the last day of trekking: Wake up Early morning have tea/coffee/cookies, your trek is of approximately 8 KM & takes around 3 Hrs to complete, you reach to the end point where our Bus will be waiting and we will drive to Darchen (parikarma Circuit ends) and merge with other members who were waiting. After breakfast return journey to Saga with wonderful memories & blissful experiences for lifetime

**Day13: Saga to Kyirong(2700Mtr/169km/5 hrs)**

After breakfast Kyirong country overnight Stay .Get relaxed and stay .As our team member will help you with the necessary things.

**Day14:** **Kyirong to Kathmandu (Nepal)(1400Mtr/165km/7 hrs)**

After breakfast drive back to (China-Nepal) Border, Complete the immigration & custom formalities at Rasuwa Gadhi then short walk to our hotel at Timure. After lunch drive to Kathmandu.

**Day15: Departure from Kathmandu**

Transfer to International Airport for your flight back to home. you should be reporting at the Airport counter 3 hours prior to the departure time.

**Cost Includes**

1. Arrival & departure transportation in Nepal and Tibet
2. Sightseeing tour by private vehicle in Nepal and Tibet
3. 5 star hotel at Kathmandu on twin sharing basis with all meals as per itinerary
4. Tibet side: Accommodation in star hotels in cities and Best guest house in remote place as per itinerary.
5. Kathmandu –Lhasa –Kathmandu Air fare
6. Freshly cooked  Pure vegetarian meals (breakfast/ Lunch/ Dinner) & water providing by our experienced cook & Staffs
7. English & Hindi  speaking  guide Nepali Guide
8. English speaking Chinese  guide
9. Basic first-aid kit.
10. Kailash permit & normal Tibet/ China visa fee.
11. Luxurious ac bus for transfer in Tibet .
12. Duffle bags, Day Bag, woolen Cap, Warm Jackets & Puja Materials.
13. Token of love with certificate.

**Cost Excludes**

1. Entry fee during sightseeing in Kathmandu and Tibet side.
2. Airfares from Home – Kathmandu – Home
3. All beverages
4. Travel Insurance of clients
5. Emergency evacuation expenses.
6. Riding Yak/Horse for Kailash Parikrama (direct payable to Yak/horse herder)
7. Expenses of personal & Services other than specified
8. Addition cost due to any political disturbance.
9. Any additional cost due to natural calamities and unforeseen circumstances
10. Tibet or extra stay at Kathmandu.

**TERMS & CONDITIONS**

Trinetra Holidays kindly request you to read the terms and conditions thoroughly. Please feel free to speak to us, if there is any confusion.

1:           **Booking a trip**

Valid passport for six month and more  and 6passport size photographs  copy(scan copy or send to contact person with  25% amount of the entire trip cost is required to be paid. while the rest of the payment should be done upon your arrival or as mentioned by trip operator in Nepal before departure of your trip. Please do your planning carefully as per your budget and time.

2:           **Prices**

Prices quoted are subject to change as per the change in exchange rates, unavoidable circumstances like climatic change, flight cancellation, internal political situation etc. However there are no any hidden costs.

3:           **Postponed your trip and transfer of booking trip to another**

We have the option that you could make change your trip or date but should be made early 20 days before. But the any additional costs for the trip should be paid by you. We will try our best to arrange and alter the program to suit your best with similar or another.

4:           **Passport & Visas**

All the travelers should have valid passport for six month and visa can be obtain from Nepalese embassy or consulate in your country, however visa is stamp at the time of arrival in Airport. For yatra you get a group visa and we get entry in group as per size.

5:           **Change/Delay in Program**

Sometime due to the unavoidable circumstances like bad climate, political unrest, landslides, health illness, natural disasters which are beyond human control may occur, we will be happy to refer you for any alternative trip to suit you.

6:           **Cancellation & Refunds**

Cancellation time and refund policy are as follow:

1. 100% refundable if cancel before 31 days or month before the trip.
2. 50% refundable 2 to 3 weeks before departure date. If you cancel the trip 08 -15 25% for one to two weeks.
3. 0% refundable less than a week.

7:           **Health & Fitness**

We advise you have check with your personal physician before making any trip. It is advisable to let us know if you have any problems with your health.

8: **Travel Insurance**

It is advisable you compulsory have your travel insurance to cover accidents, emergency rescue in case of unfavorable climatic condition.

9:**Complaints**

Any complaints during the trip can be informed to your tour leader or guide immediately or at the office after completion of the trip. The management will try to look into the matter and take action accordingly.

**Privacy**

We may collect the personal details and information for official uses. But the information provided by individual will not be shared or published without the individual consent. We respect the privacy of every individual.

**Visas and Permits**

You must have a valid passport for at least 6 months from the date of entry in Tibet. We obtain your visa for Tibet from Chinese Embassy in Kathmandu. For this we require scanned copy of your passport before 35 days of tour departure dates containing photo, name, date of birth, passport number, Nationality.

**Meals**

All pure and freshly cooked vegetarian meals during entire trip of MT.Kailash with experienced Indian and continental cook.

**Meals Arrangement**

We have arrange All pure and freshly cooked vegetarian  meals during entire trip of MT.Kailash with experienced Indian and continental cook.

**Meal Options**

You can easily find clean restaurants that serve continental, western, indian, nepalese, Tibetan and Chinese dishes in cities . Chinese cuisine and noodle restaurants can always be easily found even in the small towns and remote villages during your trip. But the client must pay themselves.

**Temperature and weather:**Dry season or windy season falls on winter and spring, from October to the next May. During this period, it rains little and has much wind. Snow will occur in the mountainous area. Thanks to the high altitude, there are abundant sunshine and strong radiation. So it is still warm in the day time.

Maximum temperature can be as high as 22 degrees centigrade and minimum temperature at night will drop as low as 0 to -10 degrees centigrade. There is an incredible drop in temperature from early afternoon to evening time.

**Trip leaders**

All  trips leaders  are one of our professional English-Hindi speaking trip leaders who are different from the tour guides Our trip leaders are trained They know the areas like their backyards and have explored like dozens of times. With a experience of more than ten years, everyone of them has served more than hundreds of guests from all over the world. They are responsible, trustworthy and have their own life experience and story to share which will add more fun and safety to your kailash Yatra .We put the cost of paying our guides a good wage straight into the tour price so they are happy and not reliant on guest’s spending money shopping to earn their own salaries. Thus they concentrate on your needs and being the best hosts to you that possibly can.

**ALTITUDE SICKNESS**

Parts of your trips go above 2500 meters/9200 feet where it is common for travelers to experience some adverse health effects due to the altitude – regardless of your age, gender and fitness. Take it easy, and follow our suggestions to reduce the sickness effects. The altitude problem is a very common for everyone who arrives at the high altitude region from lower altitude area, but some are affected seriously and some are not, so there is certain way to prevent it or minimize its effect by preparing before you go to highlands. Here we have listed some tips that we had experiences in the past years.

#1. Mental preparation, altitude sickness is also can be helps psychological, so you should take it very normal and keep your mind in a comfortable state.

#2. Keep your body physically fit, so exercise regularly and make physically fit.

#3. Sleep well and rest well on the day before your arrival to high altitude.

#4. Take everything slowly for the first couple of days when you arrived in high altitude region, walk slowly and try to sleep lower altitude first.

#5. Drink enough water and avoid alcohols.

Besides, Diamox are also very helpful to cope the altitude problem; we provide the oxygen and some medicine for high altitude on our vehicle.

We advise you to bring your regular medicine that you are using and recommend you to carry  your own first aid kit along with the medicines that you may require during the trip. We recommend to visit doctors following medicines but they need to be approved by your doctor as some of the medicines my not suit you.

**Currency:**Only US Dollars & Euros can be exchanged in Yuan for this you  may change currency from banks in Tibet to Chinese Yuan, currency used in Tibet or For INR get exchange on your country with Exchange or you can find in Nepal also but  as the rates fluctuate almost every day. And buying and selling rate always differ .

**Photography:**Still cameras, home video cameras are allowed into Tibet but not allowed to take pictures in checkpoints .

**Insurance:**We recommend that you insure yourself against sickness, emergency surface or air rescue, accident, trip cancellation, medical treatment, hospitalization etc. We regret that such policies are not available in Nepal.

**Communication:**
You can make calls from almost everywhere. Tibet has good networking for mobile phones. And during stay at hotels you can use wife if available otherwise you find a Chinese Sim-card on purchase which may cost 200 Yuan.

**Clothing, equipment and accessories:**While driving, it will be warm inside the vehicle but windy  cold outside. Mornings and evenings will be generally cold therefore warm clothing will be required. We recommend that you bring the following clothing and accessories with you.

**Footwear**

1. Good well worn-in walking shoes.
2. Warm comfortable trekking boots.

**Clothing**

1. Wool shirts
2. Cotton shirts
3. Regular underwear
4. Thermal underwear
5. Culottes/trousers for women
6. Trousers/shorts for men
7. Wind and rain gear with hood
8. Wool hat/mittens/gloves
9. Other hats
10. Wool and cotton socks
11. Sweaters
12. Lined zip jacket/down jacket with hood
13. Track suit
14. Sleeping clothes

**Accessories**

1. Personal first-aid
2. Toilet kit
3. Flash light/torch with extra batteries
4. Sun glasses
5. Water bottle
6. Swim suit (for use before and after Tibet trip)
7. Note book, pens, pencils
8. Plastic bags for reading material, film, cameras etc
9. Dust mask, silk scarves for use against dust
10. Sun block cream and lip salve, sanitizer

**Documents:**
– Passport (with photocopies)
– Travel Insurance (with photocopies)
– Airline Tickets (with photocopies)
– Some recent two inch colorized photo
– RMB Cash
– Credit or debit card