**Kailash mansarovar yatra ex Kathmandu heli 10 Nights 11 Days.**

11 days **Kailash Yatra by Helicopter** starts from Kathmandu. Make special darsan of Pashupatinath in Kathmandu before leaving Kailash Yatra. We take a regular flight to Nepaljung and to Simikot. Chartered helicopter flight to Hilsa and reach at Tibetan town Taklakot near Lake **Manasarovar**. You will have enough time to explore Lake Mansarovar. Special worship at bank of the Lake is performing by group every time. It is believed that taking bath at Lake Mansarovar washed all the sins done in a lifetime. Yatra includes 3 days Kailash Parikrama. Kailash Parikrama or Kailash Kora is trekking around Mount Kailash to dedicate to Lord Shiva and Parvathi. After completion of Kailash Yatra drive same way back to Nepal Tibet boarder Hilsa. Take another chartered helicopter flight to Simikot, take regular flight to Nepaljung and continue to Kathmandu. The best season for **Kailash Yatra by Helicopter from Kathmandu** is month of May, June, end of August and September.

Outline Itinerary

Days 01: Arrival at Kathmandu (1400Mtr)

Days 02: Sightseeing In Kathmandu and Flight to Nepalgunj (196Mtr/50 Minute fly.)

Days 03: Fly to Simikot(2900Mtr/55 Minute fly.)

Days 04: fly helicopter to Hilsa Border& Drive to Taklakot (3900Mtr/30km/25 minute flyt+1 hrs drive)

Days 05: Drive to Lake Mansarovar(4500Mtr/69 km/1 hrs)

Days 06: Spiritual activities (Puja, Havana) and Drive to Darchen.(4700Mtr/40km/1Hrs)

Days 07: Drive to Yamdwar and trek to Diraphuk(4900Mtr/12km/6 hrs walk)

Days 08: Trek to Zuthulphuk(4790Mtr/22km/8-10 hrs walk)

Days 09: Taklakot /Hilsa fly to Simikot / Nepalgunj fly (135 Mtr/30km/1hrs drive +55 minute fly)

Days 10: Fly to Nepalgunj / Kathmandu (1400Mtr/55+50 Minute Fly)

Days 11: Kathmandu Departure (1400Mtr).

**Detail** Itinerary

**Day01: 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.overnight stay at Kathmandu.

**Days 02: Sightseeing In Kathmandu and Flight to Nepalgunj (196Mtr/50 Minute fly.)**

Breakfast at hotel, sightseeing starts with Pashupatinath Temple ( Famous Holy Hindu Temple ) . After do sightseeing Visit sleeping Vishnu temple Budhanilkantha . lunch at hotel then drive to flight to Nepalgunj.

**Day 03:Fly Nepalgunj to Simikot to Hilsa helicopter and drive to Taklakot. Overnight at Guest House (3400m)**

After breakfast Drive to Nepalgunj airport and fly to Simikot 30-40 min duration. simikot fly to Hilsa (Nepali border)by Helicopter which takes 20 minutes &cross border (China-Nepal) , On arrival at Hilsa after finishing the custom and immigration formalities. Meet our Chinese and Nepali crew and drive to Taklakot. Everyone has to get acclimatized to the climatic conditions so take short walk around will help you further during the trip

**Day 04:Taklakot to Manasarovar. Overnight at Guest House (4550m)**

After breakfast drive Taklakot to holy Lake mansarovar one of the highest freshwater lakes in the world. Taklakot to lake mansarovar 1-2 hrs journey, 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 overnight stay at mansarovar

**Day 05:Mansarovar spiritual activities Pooja ,Haven ,and Drive to Darchen. (4575m)**

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.

**Day 06:Drive to Yamdwar 1st day Kailash Parikrama. Arrive at Derapuk and overnight at Guest house (4909m)**

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.

**Day 07: 2nd day of kailash kora reach at Zuthulphuk (4760m) Overnight at Guest House**

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.

**Day 08: 3rd day Kailash Kora and drive back to Taklakot. Overnight at Hotel**

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 --were waiting.overnight stay at Taklakot.

**Day 09: Taklakot /Hilsa fly to Simikot / Nepalgunj fly (135 Mtr/30km/1hrs drive +55 minute fly)**

Early morning drive to from taklakot to Hilsa 1 hrs journey, On arrival at Hilsa after finishing the custom and immigration formalities & helicopter to Simikot then domestic flight to Nepalgunj.over night stay at Nepalgunj.

**Day 10: Nepalgunj to Kathmandu domestic flight.**

After breakfast domestic flight nepalgunj to Kathmandu overnight stay at Kathmandu

**Day11: Kathmandu Departure.**

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.

**Includes**

All arrival and departure arrangement

Accommodation in twin sharing at Kathmandu and in Nepaljung as per itinerary

Accommodation in local guest house in group sharing as per itinerary in Simikot and in Kailash region

Kailash entry permit and visa, Entrance of Lake Manasarovar

Transportation by private bus, Truck to put kitchen goods and your big bags

Vegetarian foods prepared by our own cooking team in entire tour

Vegetarian foods serve by hotel in Nepaljung and in Simikot

Round trip flight of Kathmandu -Nepaljung – Simikot, Chartered helicopter flight Simikot – Hilsa – Simikot

Government approved Tibetan guide, driver

Nepali team leader, Cooking and helper teams from Nepal

All the equipment for kitchen, bathing tent

Yak to carry luggage during Kailash Parikrama

Emergency evacuation management

Duffel bag to put your belongings, small had bag and head covered cap

Warm jacket in returnable based

First aid kit box with basic emergency medicines

Service charges and government taxes

**Exclude**

1. Horse riding expenses during the Mount Kailash Circuit (Kora) (around 3500 Chinese Yuan)

2. Your travel insurance, Insurance for emergency rescue & evacuation service

3. Personal expenses and Tip for guide, driver

4. If pilgrims leave the group early from Tibet side for non – disease reason then USD 100 per person per day has to be paid as penalty to Tibet side – T.A.R. Foreign Exchange Center (FEC). ( Visa splitting charge, accommodation, transportation charges will be extra)

5. Extra accommodation charge in Kathmandu, Nepalgunj, Simikot and Hilsa if flight is cancelled due to bad weather or delay in Permit /Visa from Tibet (Please make sure your air ticket is flexible to change dates)

6. Visa splitting charge and extra transportation cost, if returning early from Tibet.

7. Any additional cost due to natural calamities and unforeseen circumstances

**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 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