**Kailash mansarovar Inner Kora yatra 14 Nights 15 Days Overland tour.**

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 with langtang national park and tamang villages and in Tibet different lakes and landscape with small villages to get an impression of Nepalese and Tibetan culture and religion.

Mt .Kailash In the remote south western region of Tibet, China lies a pyramid like shape structure mountain call and prayed as Mt.Kailash. Mt Kailash, Lake Manasarovar and lake Rakshastal' Processing a unique magnetic force that has for centuries attracted the billions of religious followers of Hinduism ,Buddhism,jainisim& Bon.Hindu believe to be the home of lord SHIVA ,whereas the Tibetan Buddhist call it kangri Rinpoche "precious snow mountain "and Bonn believe as there Master "tirhankara Rishabhanatha"Got enlightened in this place .Stretches from two thousand kilometer’s from India in the west to china in the ease and four thousand kilometer’s from Nepal in the south to china province Turkestan in the North. Four thousand meters above sea-level lies its average elevation. It is believed that lord Shiva transformed his knowledge and transmitted the science of evolving human consciousness and well-feeling to Shapta Rishi (seven Sage).

Circumnavigating Mount Kailash on foot, which is not considered as an easy task, is believed to bring good fortunes to the pilgrims and their beloveds. Who can't make it by foot they have a choice of riding horse and make a lifetime achievement? Lake Manasarovar is a holy lake and it is believed that a dip in the lake purifies oneself of all sins committed over a hundred lifetimes – and drinking water from the lake will take oneself to the abode of Lord Shiva after death. It is believed that Lord Shiva comes to bathe at the lake every day early in the morning from2 am – 4pm. Lake Manasarovar is also the source of four great rivers of Asia, namely the Brahmaputra, Ghaghara, Sindhu and Sutlej. Every year, thousands make pilgrimage to Mount Kailash and to take a dip in the holy Lake Manasarovar following a religious aspect which goes back thousands of years. It is the considered as a center point of Earth.

**Outline itinerary**

**Day 01: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)**

**Day 02: Kathmandu Sightseeing (1400Mtr/5-6 hr)**

**Day03: Kathmandu –Timure ( Near Nepal –china Border (2000Mtr/165km/7 hrs)**

**Day04: Cross China border Immigration, drive to Kyirong (2700Mtr/24km/1-3 hrs)**

**Day05: Full day at kyirong for Acclimatization(2700Mtr)**

**Day06: Kyirong to Saga/ Zonpa (4500Mtr/169km/5 hrs)**

**Day07: Saga /Zonpa to Lake Mansarovar(4500Mtr/466km/7 hrs)**

**Day08: Lake Mansarovar -Puja, hawan and Drive to Darchen(4700Mtr/40km/1 hrs)**

**Day09: Darchen to Yamdwar and trek to Diraphuk.(1st day Kailash Parikrama)(4900Mtr/12km walk/6 hrs)**

**Day10: Trek to Charan sparsh Touch The Feet of Lord Shiva back to Darchen (inner Kailash) (5340Mtr/7km/7-9hrs)**

**Day11:Treks Inner part of Kailash (4700Mtr/20km/14hrs walk)**

**Day12: Darchen to Saga(4500Mtr/500km/7 hrs)**

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

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

**Day15: Departure from Kathmandu**

**Day 01: 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.

**Day 02: Kathmandu Sightseeing (1400Mtr/5-6 hr)**

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) , Visit sleeping Vishnu temple Budhanilkantha temple after drive back to hotel on evening short briefing about Kailash Manasarovar Yatra /Final Preparations and packing for Kailash yatra.

Overnight stay at Kathmandu.

**Day03: Kathmandu –Timure ( Near Nepal –china Border (2000Mtr/165km/7 hrs)**

After breakfast ,our pilgrimage Yatra starts(7 AM) continue Your drive to Syabrubesi /Timure.( Nepal China Border ) Syabrubasi North of Kathmandu passing trishuli river and village which is the international border between Nepal and china Rashuwa Gadi

**Day04: Cross China border Immigration, drive to Kyirong (2700Mtr/24km/1-3 hrs)**

After breakfast short walk to Rasuwa Gadhi (Nepal-China border ).once after completing the immigration & custom formalities in Nepal- Tibet side at Rasuwa Gadhi, then continue drive to small city Kyirong.

**Day05: Full day at kyirong for Acclimatization(2700Mtr)**

This day is leisure for acclimatization , enjoy the shopping & local Chinese food.High altitude acclimatization starts from Kyirong. Everyone has to get acclimatized to the climatic conditions so take short walk around kyirong will help you further during the trip.

**Day06: Kyirong to Saga/ Zonpa (4500Mtr/169km/5 hrs)**

After breakfast drive to Saga (169km-5hrs) Saga is situated at the bank of River Brahmaputra that origins in Kailash en-route passing Ghungtang-La (5236M) views old Monasteries, beautiful waterfall, river and dense Alpine Forest and will have glimpse of Holy River Brahmaputra. we will be able to see Lake Peikutso and the typical yak and sheep grazing technique of the Tibetan people.

**Day07: 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.

**Day08: 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.

**Day09: 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

**Day10: Trek to Charan sparsh Touch The Feet of Lord Shiva back to Darchen (inner Kailash) (5340Mtr/7km/7-9hrs)**

After breakfast at Guest house start journey to Charan sparsh ,your trek route will be 7 km with challenging,Charan means feet and Sparsh means touch. Pilgrims feels so blessed to touch the holy feet of lord Shiva. After touching the foot of MT Kailash performing Pooja prayers and Meditation after return back to Darchen.

**Day11:Treks Inner part of Kailash (4700Mtr/20km/14hrs walk)**

Wake up early morning see Golden view Mount kailash Darsan .then we do challenging and most important trek to ( Inner part of Kailash ) to Ashtapad, Sherlung Gompa ,Nandi Parbat ,Sapta Rishi Cave and Aatmalingam .Near Atma Linagam there are 2 Important holy lake white kunda and red Kunda . After pray & spiritual activates, trek down to Serlung Gompa following the trail of Kailash Gange and back to Darchen.

**Day12: Darchen to Saga(4500Mtr/500km/7 hrs)**

After breakfast then drive to Saga from Darchen its about 7 hrs journey, it was wonderful memories & blissful experiences for lifetime Inner kora Kailash yatra.

**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.

**Include:**

**Hotel /Food/Meal** – Hotels, Pure Veg. Indian food (dinner/breakfast/lunch) as per above itinerary

**Transportations-** all required Bus/van transportations as per above listed trip itinerary in Nepal &Tibet., Pilgrimage’s bags border transportation cost.

**Permit/Visa -**Tibet china visa, Tibet Entry permit, & all local Taxes, Kailash & Mansarovar lake parikarma **entry fee.,** Inner cora Permit fee, Expedition climber guide.

**Supporting crew-** Experience Indian cook, English and Hindi speaking Nepalese guide, English speaking Chinese guide & requires Nepalese Sherpa’s/claiming Guide .

**We provide –** Medical first aid, Oxygen gas Cylinder, Down jacket, Duffle bag, Day pack (Duffle bag, Day pack & warm cap as a souvenir gift from our company)

We provide hot Savor water for all yatries,So no one need to worry about the freezing cold Savor water for bath.

Toilet Tent,Toilet chair and shower tent for ladies in Mansarovar .

**Excluded**

Personal Horse riding expenses ,Personal use porter,

Travel insurance, Rescue and emergency evacuations service, medical and hospital expenses (in case you become sick on the way),

 Extra Night accommodation in Kathmandu /Timure/Kyirong/saaga other places due to bad weather or any other Chinese reason is charged.

Groups visa splitting charge & extra transportation cost if returning earlier from Kailash Yatra.

Beverage/drinks and additional tips.

**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