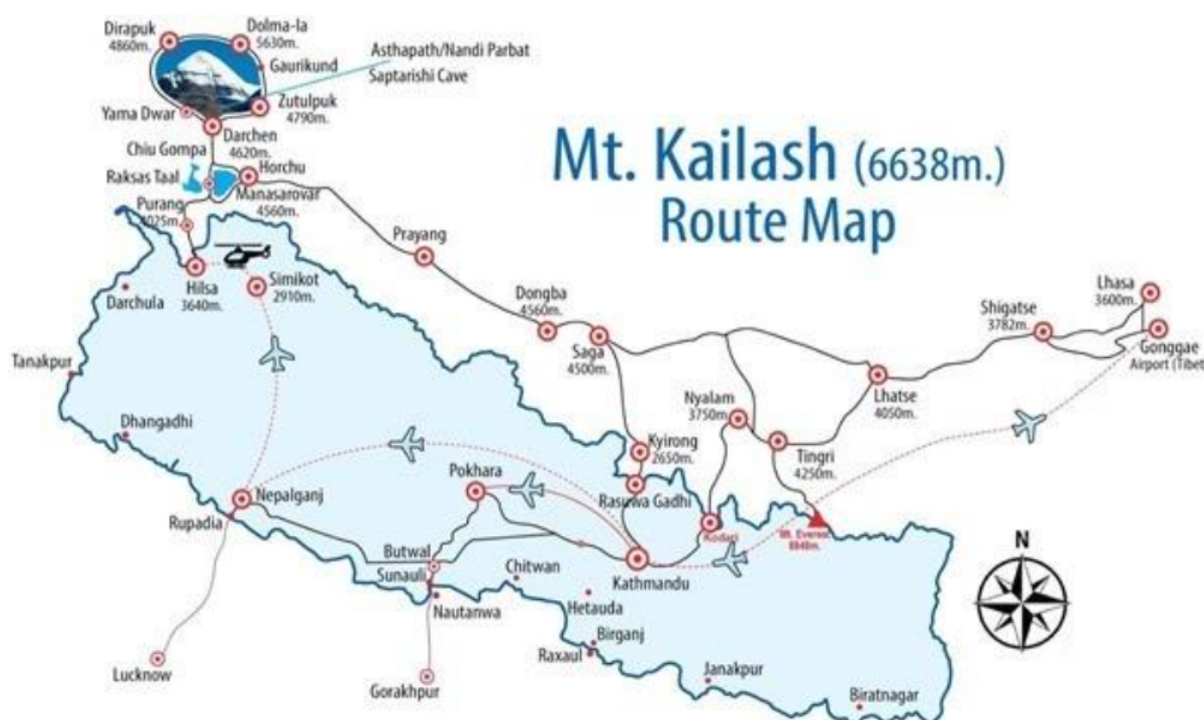


## MT. KAILASH PILGRIMAGE TOUR FROM KATHMANDU



### PRODUCT INFORMATION

Holy Mount Kailash overland Tour via Kyrung is the one of the easiest and economic journey to Holy Mt. Kailash & Mansarovar Lake which start from Kathmandu, the capital city of Nepal. This yatra generally cover, Pilgrimage tour to Nepal covering Holy Pashupatinath temple before proceeding to Timure Border by surface. Yatries even can make their yatya comfortable by using Helicopter from Kathmandu to Syabrubesi / Timure with extra cost USD 1500 for one way helicopter journey. From border onwards we will pass through Kyrung, Saga, Paryang before reaching to Holy Mansarovar lake. After puja Hawan, tarpan and personal purification at Holy Mansarovar Lake, we further advance our yatra with Holy Mount Kailash Parikrama via Darchen, Dirapuk and Zuthulpuk. After completion of Holy Mount Kailash Yatra we will perform puja and Holy water offering in Lord Pashupatinath Temple Ant Holidays Pvt Ltd invite all the lord Shiva Devotees to join this overland Yatra via Kathmandu and Kyrung during next yatra season from May to September 2025.

## YATRA INFORMATION

Tour Title	Duration	Destination Covered
Deluxe Overland Tour	13 Nights/ 14 Days	Kathmandu, Tatopani (Kodari) , Holy Mt. Kailash & Mansarovar Lake

## TRIP FACTS

Tour Grade	Tour Duration	Highest Elevation	Road Condition	Walking and trekking Duration	General Information
Moderate	14 Days	5,610 Meter	Black Topped Highway	Approx 42 Km Holy trek including 10 Km gradual Climbing.	Adventure type of tour especially during 3 days of Parikrama Kora. The journey is smooth and comfortable till Parikrama starting point.

## OUTLINE ITINERARY:

- Day 01:** Arrival in Kathmandu,  
**Day 02:** Trip preparation and half day Kathmandu pilgrimage sightseeing  
**Day 03:** Trip preparation (detail briefing, Legal Documents, Gears and Equipment check.  
**Day 04:** Drive from Kathmandu to Nylam via Nepal-China Boarder  
**Day 05:** Drive from Nylamto Saga,  
**Day 06:** Drive from Saga to Paryang / New Dongpa  
**Day 07:** Drive from New Dongpa / Parang to Mansarovar  
**Day 08:** Drive from Paryang/Mansarovar to Darchen,  
**Day 09:** Drive to Yamadwar & Holy Trek to Dirapuk,  
**Day 10:** Holy Trek from Dirapuk to Zuthulpuk,  
**Day 11:** Holy Trek from Zuthulpuk to Darchen and drive to Paryang  
**Day 12:** Drive from New Paryang to Nylam  
**Day 13:** Drive from Nylam to Kathmandu,  
**Day 14:** Puja at Pashupatinath Temple and departure.

## **DETAILED ITINERARY:**

### **DAY 01: ARRIVAL AT KATHMANDU**

**Dinner**

Arrival at Tribhuban International airport, Kathmandu (1,350 M), meet and welcome by our office representative & transfer to hotel. Overnight stay at hotel.

### **DAY 02: PREPARATION & HALF DAY KATHMANDU PILGRIMAGE**

#### **SIGHTSEEING**

**B/L/D**

Breakfast leave for Pilgrimage site & UNISCO Heriatge tour such as Pashupatinath temple, Boudhanath stupa, Swoyabhunath or Kathmandu Durbar square and Budhanilakanth temple. Return to hotel, lunch, briefing about the yatra and preparation for yatra. Overnight stay at hotel.

### **DAY 03: PREPARATION & RECHECK DOCUMENTATION**

**B/L/D**

After breakfast detail briefing about the day to day journey by our trip organizer and preparation for yatra such as checking all the gears and equipment as well as legal documents. After lunch time for relaxation or you can do extra excursion. Dinner and overnight stay at hotel.

### **DAY 04: DRIVE TO Nylam (60 Kms, 4 hour drive)**

**B/L/D**

After breakfast and complete Nepal side immigration formalities and walk approx 15 minutes to cross Nepal/ China Friendship Bridge. Complete all China side immigration formalities & walk further ahead & get introduced with your Chinese guide / coach drivers. After introduction, proceeds the journey to Nylam (80. Km, 3-hour drive, 3750 M). Arrive in Kyrung and overnight stay at hotel.

### **DAY 05: DRIVE TO SAGA (105 Kms, 4,640 meter, 4/5 hours drive)**

**B/L/D**

After breakfast drive to Saga (4,640 meter, 105 km, 4/5 hours drive). Enjoy the beautiful landscape, scenic water fall and holy Bhrahmaputra River en route. After approx.4/5 hours 'drive you will reach to Saga (4,640 M). Arrive in Saga and overnight stay at hotel.

### **DAY 06: DRIVE TO PARYANG / NEW DONGPA**

**B/L/D**

After breakfast, drive to Paryang (205 Km, 3 hours drive). Full day acclimatization at Paryang or New Dongpa. Overnight stay at hotel.

### **DAY 07: DRIVE TO MANSAROVAR**

**B/L/D**

After breakfast, drive to Mansarovar (4,556 M, 250 Km, 3/4 hours drive). Arrive Mansarovar, take a holy bath, perform Puja, hawan, and Devtarpan etc. (self). Freshly cooked meals will be served at the edge of Mansarovar Lake. Overnight stay at guesthouse.

### **DAY 08: DRIVE TO MANSAROVAR /DARCHEN**

**B/L/D**

Drive to Mansarovar (205 Kms, 2 hours' drive), Perform Holy bath, Pooja, Hawan, Tarpan etc at the edge of Holy Mansarovar. Freshly cooked meal will be served at the lake Mansarovar. Late afternoon drove to Darchen (30 km, 1 hour drive). Or if yatrics are stayed at Mansarovar, drive to Darchen (4,664 M, 1 hour drive, 30 Kms) en-route visit to

Chuigumpa hot spring will be organized. Finally arrive in Darchen and overnight stay at hotel.

**DAY 09: DRIVE TO YAMADWAR & HOLY TREK TO DIRAPUK, B/L/D**

With packed lunch box, drive to Tarboch Flag Pole the first prostration point-an auspicious gateway and the sky burial ground. Meet your porters/ pony caretaker etc. and trek to Dirapuk (4,765 M, 10 km, 5/6 hours trek). Overnight stay at guesthouse

**DAY 10: HOLY TREK TO ZUTHULPUK, B/L/D**

Continue Parikrama over Droma La Pass (5,585 M) to Zuthulpuk (4,700 M, 22 KM, 7-8 hrs trek). Overnight stay at camp/ guesthouse.

**DAY 11: HOLY TREK TO NEAR DARCHEN & DRIVE TO PARYANG/SAGA B/L/D**

Last and final day Kailash Parikrama ends near Darchen (4,664 M, 14 km, 3-4 hrs. trek) and drive to Paryang. (250 KM, 3 hours, drive 4,464 M) or Saga (4,640 meter, 550 km, 7/8 hours' drive). Packed lunch will be served on the way. Overnight stay at hotel.

**DAY 12: DRIVE FROM PARYANG TO Nyalam (380 Kms, 7 hours' drive) B/L/D**

Drive to Kyrung (2,700 M, 310 km, 5/6 hour drive). Arrive Kyrung city and check into hotel. Overnight stay at the hotel.

**DAY 13: DRIVE TO KATHMANDU**

Breakfast and drive to Nepal / china border (35 kms, 30 Mins drive). Complete the China side immigration formalities and cross the bridge and complete Nepal side Immigration formalities. After completion of immigration formalities, you will be picked up and drive to Kathmandu (160 Km, 7 hours' drive). Arrive Kathmandu and check into hotel. Dinner and overnight stay at Kathmandu.

**DAY 14: PUJA AT PASHUPATINATH TEMPLE & DEPARTURE. B**

Breakfast followed with certificate distribution ceremony and proceed to Pashupatinath Temple for Holy water offering. Return to hotel and free time until your departure transfer to the International airport for your onward flight.

**PRICE INCLUDES:**

- ✓ Airport-Hotel-Airport transfer by private vehicles,
- ✓ Three night's hotel accommodation in Kathmandu at 3/4/5 star hotels as per the package category.
- ✓ Eight nights' accommodation in Tibet/ China using hotel /guesthouse / camping with all meals. (Twin share accommodation at Kyrung, Saga. New Dongpa and Darchen during no moon time and 3-4 beaded accommodation during full moon time. Dormitory/Camp accommodation at Mansarovar , Dirapuk and Zuthulpuk.)
- ✓ 1 Night stay at Syabrubesi / Timure ( Ghattekulo)

- ✓ All land transfer from Kathmandu-Kyrung-Kathmandu,
- ✓ Fully Trained Nepali staffs,
- ✓ Fully trained Sherpa team,
- ✓ Professional government license holder English speaking tour guide in Tibet,
- ✓ Three time a day meals (Breakfast, Lunch & Dinner) while on the yatra.
- ✓ Mineral & boiled water, Oxygen cylinder and oxygen pillow as per the requirements.
- ✓ Tibet Visa & Permit Fee and Necessary Border charges
- ✓ Ground transfers in Tibet on Deluxe Coach.
- ✓ Required trekking equipment such as Duffle Bag, Gortex Jackets, Down Jacket, Cap, Backpack, Rain coat( Pancho), Monkey cap & duffel bag for free or returnable.
- ✓ First aid kit and Medicine for emergency use.
- ✓ Yatra Completion Certificate.
- ✓ Wages, meals, accommodation, transportations, equipment, insurance and other facilities for Nepali staffs during the trip.
- ✓ All types of rescue arrangements.
- ✓ All kind of local and government TAX etc.

***PRICE EXCLUDES:***

- x Insurance that covers Trekking/Travel/Accident/Medical/Emergency evacuations,
- x International airfares and Visa fees
- x Horse(s) & Porter(s) for personal use.
- x Tips for the trekking, tour staffs & driver.
- x Alcoholic and non alcoholic beverages
- x Personal expenses: shopping, laundry, trekking-tour equipment, SIM Card etc.
- x Cost raised by unpredictable cancellation, natural calamities, political situation, illness etc.
- x Others expenses which are not mentioned above in PRICE INCLUDES section.

## **HOLY MT KAILASH AND MANSAROVAR LAKE- AN INTRODUCTION:**

Holy Mt Kailash and Mansarovar Lake, centre of creation & the Universe are as old as the creation. Thousands of Sages, Ordinary Mortals, Philosophers and even Gods had submerged in the blissful trance at the very sight of this divine grandeur. It is the MERU, SUMERU, SUSHUMNA, HEMADRI (Golden Mountain), RATNASANU (Jewel Peak), KARNIKACHALA (Lotus Mountain), AMARADRI, DEVA PARVATHA (Summit of Gods), GANAPARVATHA, AJATADRI (Silver Mountain). Regarded as SWAYAMBHU, the self-created one, everything is said to emanate from here and finally returns here. Mind is the knot tying consciousness and matter-that is set free here.

Famously known to be an abode of LORD SHIVA and his divine consort PARVATI, Mt. Kailash expounds the philosophy of PURUSHA and PRAKRITI-SHIVA and SHAKTI. The radiant SILVERLY summit is the throne of TRUTH, WISDOM and BLISS-SACHIDANANDAM. The primordial sound AUM (NADABINDU) from the tinkling anklets of LALITA PRAKRITI created the visible patterns of the universe and the vibrations (DVANI) from the feet of Lord Shiva (NATARAJA) weaved the essence of ATMAN, the ultimate truth. The scriptures reiterate that one, who takes the holy dip at Mansarovar and carries out the Parikrama around Kailash, is absolved of his/her sins through generations and is absorbed into the Supreme Finality. There is no re-birth; sorrows or joys and he/she will be with ultimate – the Lord Shiva. In other words, they become Shiva.

In addition to the Hindus, the entire region is also one of the most important pilgrimage centers for the Buddhists. They worship DEMCHOK (Buddha in forceful form) seated on the summit of Kailash. It is also called Dharmapala; one version quotes the deity as a form of Shiva's manifestation. The description of the deity is more or less like Shiva. Devi is also given a similar form like Parvati. Buddhists adore Kailash as KANG RINGPOCHE and Mansarovar as TSO MAPHAM. Guru Rinpoche (The great Indian Master PADMASAMBHAVA who introduced Buddhism) and Saint Mileraapaare greatly revered here by the pilgrims. Since TANTRISM runs through the main core of Buddhism here, their customs and practices would be found running close and parallel to Hindu traditions. Like Hindus, they also consider (DOLMA (DEVI) and GAURI KUND (ThukiZingbu) as holiest spots. Buddhists strongly believe that pilgrimage to this place liberates them to NIRVANA.

Besides, Jains acknowledge Kailash as ASTAPADA and PADMAHRADA. It is believed that ADINATH VRISHABDEVA - the first Tirtankara attained Nirvana here. A few claim that GURU NANAK meditated here. Across the river CHU, there on the Nyanri range stands an impressive temple. Inside this monastery there is a marble statue radiating peace and compassion. This statue is claimed to be that of Guru Nanak.

The entire area echoes with spiritual vibrations. Even the agnostics shall discover new balance amidst that fathomless serenity. One has to experience it. The common belief is that those who are ordained only could be there.

## INFORMATION

**Health Pre-caution:** Oxygen is less at higher altitudes. The inclement weather and high altitude induces certain illnesses generally not encountered over the plains. Headache, nausea, lassitude, lethargy, breathlessness, general uneasiness (malaise), high irritability, light loss of balance, disorientation, incoherence and insomnia are to name among a few. It is common to all irrespective of age, sex and physical fitness. Gradual acclimatization is the best answer. Tranquilizers, sleeping dosages and strong antibiotics must be avoided. Some symptoms do indicate that the body mechanism is readjusting to new environment.

**Route & climatic conditions:** Once the voyage commences, the panoramic Himalaya and Tibet cocoon the pilgrims in their effulgence and they drift beyond the reach of a conventional world. Deep silence and eerie expansiveness rule the atmosphere. A resourceful pilgrim, however, would enjoy his every step. Route from Kathmandu to Rasuwagadi (Timure) (Nepal-China border) is narrow and scary but from the border onward roads are well maintained. The high altitude Tibetan terrain is dry, cold and windy. Night is colder than day. Torrential rains, strong icy winds are common features. The average altitude is above 3,500 meters and the route covers many high altitude passes.

**Risk and Liabilities:** We will endeavour to make your journey smooth and pleasant as far as possible. However, the entire program in Tibet is conducted strictly under the rules and regulations of China Tibet Tourism Bureau (TTB). Therefore, ANT Holidays (P) Ltd. & its associated organizations will not be responsible for any changes in the itineraries due to unavoidable circumstances such as government restrictions, delay in receiving Tibet Travel Permit and Visa due to TTB's own rules and regulations, landslides, road blockages, floods, snow, political unrests, cancellation of flights, delay due to shortage of land cruiser Jeep/Coach in Tibet, personal sickness or accident. Any extra cost incurred shall be borne by travellers themselves.

### Required Documents:

1. Minimum of six months valid passport and two copies of passport size photographs.
2. A normal health certificate from your personal doctor for travellers aged 50 years and above may be required.

***Fitness:*** This is not a trek or expedition but a tour; therefore no specific level of fitness is required. Anybody can join this Yatra if they think they are fit and have a strong willpower. People suffering from cardiac or respiratory problems should consult to their doctor. Morning and evening walks, jogging, stretching, meditation and regular exercises make the journey comfortable for all.

***Food and Beverages:*** Delicious continental & Indian food will be served. Breakfasts and Dinners will be served in campsite by trained Nepali staffs. Packed lunch will be provided during daytime. We will serve mineral water for drinking purpose.

***Clothing and Necessities:*** As the temperature varies greatly between day and night (from max. 20 degrees Celsius to min. -16 degrees Celsius) one should prepare accordingly. However, we suggest all yatries to travel light – carrying maximum 10 to 15 Kg per person.

***Travellers should bring the following items:*** Clothing and Necessities: As the temperature varies greatly between day and night (from max. 20 degrees Celsius to min. –16 degrees Celsius) one should prepare accordingly. However, we suggest all yatries to travel light – maximum 10 to 15 Kg per person. We too provide certain clothing and essential from our end. Kindly go through the details and decide the requirement accordingly:

### ***Clothing Requirement:***

Clothing requirement may vary as per the yatra duration. On the basis of 14 days Overland Yatra, the following clothing are suggested:

- 4/5 Pairs of Thermal ware
- Enough undergarment and warm soak
- 4 pair of outer clothing
- Hand Gloves
- Light Jackets & Sweater
- Muffler and sandal
- Comfortable Shoes with water resistant
- Hand Towel
- Enough Soaks ( Thick Woolen socks for Parikrama)
- Other clothing including night clothing as per the personal need and preference

### ***General Essentials:***

- Torch Light with battery
- Multivitamin Tablets
- Sun protection cream with 50 PH
- Regular medicine that are being used
- Wet and dry tissues
- Dry fruits and energy bars
- Vicks or Amritanjan
- Dark Sun Glasses
- Body Lotion
- Water bottle – 2 bottles of 1 litre each



### ***What we offer:***

- Feather Down jacket with up to -10 cold resistance
- Back Pack for valuable and general essential
- Duffel bag for personal clothing
- Walking Stick for the 3 days Parikrama
- Wind cheer or Puncho to cover cold wind and rain during parikrama
- Monkey Cap
- First Aid Box for general medicine
- 3 Times a day freshly cooked meal
- Boiled and mineral water.

## ***GENERAL TERMS & CONDITIONS***

### ***Booking Procedure:***

- For the booking of Mt Kailash or any other Tibet / China Tour the following document and payment must reach to us.
- Minimum Booking Charge- Indian National INR 25,000/- & NRI/ Foreigner US\$ 500.00.( The booking charge may be higher than minimum booking charge which may varies as per yatra types )
- Properly filled booking form with duly signed (given below).
- Clear passport copy with minimum 6 months validity.
- 2 copies of passport sized colour photographs.

### ***Age Limit:***

- The Yatri should be below 69 year and 11 month before entering to Tibet (Xizang).

### ***Doctor certificate:***

- As per the contract Term with CIPSC/ FEC, family doctor approval (Certificate) with.
- Fit to Travel' status is required to travel Mount Kailash which may be asked with the clients to apply permit or while entering to China, at the immigration.

### ***Cancellation:***

- ☐ All notice of cancellation must be sent to our office in writing; verbal cancellation will not be accepted. There is no refund for services not used. In case of any cancellation the booking amount will be completely forfeited. In addition, the following cancellation rules will be applicable on the balance amount payable.
- ☐ Before 21 days- as per the non-refundable booking charge Minimum USD 500.00 for foreign nationals and INR 25,000 for Indian nationals and above as applicable.
- ☐ Within 15 days period from tour departure date: 50% cancellation charges.
- ☐ Within 7 days and less periods from the date of departure: 75% cancellation charges.
- ☐ The above cancellation rules are applied as per the rules and regulation of China Tibet Tourism Bureau (TTB), CIPSC and Foreign Exchange Center (FEC)), China

### ***Safety Clothing and Equipment:***

1. Feather Down jacket with up to -10 cold resistance
2. Back Pack for valuable and general essential
3. Duffel bag for personal clothing
4. Walking Stick for the 3 days Parikrama (KORA)
5. Wind cheer or Puncho to cover cold wind and rain during parikrama
6. Monkey Cap
7. First Aid Box for general medicine
8. Oxy Meter (To check oxygen level and pulse level). Team leader will avail the services as per the requirement
9. Sugar Level Checking Machine. Team leader will avail the services as per the requirement
10. First Aid Kit set (with all the essential medicine including thermometer
11. Oxygen cylinder/ pillow with instrument.

### ***Insurance:***

Full travel insurance covering medicine, Helicopter evacuation (if in case of emergency), loss of personal belongings, postponed/ pre-pond expenses of inward and outward flight and trip cancellation is strongly recommended.

### ***Documents Required:***

1. Scan copy of passport with minimum 6 month validity from the date of entry.
2. Doctor FIT to Travel certificate.