



TOUCH KAILASH TRAVELS AND TOURS

DETAIL ITINERARY – DAY TO DAY

Route: KTM – Lhasa- Kailash - Lhasa - KTM

Duration: 15 Days

Hotel : 5 Star Hotel in Kathmandu 4 star hotel in Tibet

Group Size: 17-35 per group

Trip Note: This itinerary is based on Indian Passport in case of Foreign Passport other than Indian; they must reach at Kathmandu 3 working days prior to tour date start date for Visa Process and the extra day's accommodation is not included in this package.

Trip Overview

Kathmandu Lhasa Kailash tour is design to explore both Historical cities and Pilgrimage sites. Lhasa in Tibetan Language also means holy Land. It is also called Sunshine Cities around 3,000 hours there is sunlight. The average height of Lhasa is 3600m. Lhasa is the capital of Tibet Autonomous region. The cultural and religious tradition of the Tibetan people that dates back to antiquity is still preserved in Lhasa. The Potala Palace dating back to the 7th century is an architectural masterpiece that was once the political and religious centre of Tibet. Literally meaning “place of the gods,” Lhasa and the lives of its inhabitants is highly influenced by Buddhism which lends a serene aura to the city.

Likewise Mt. Kailash (22028 feet) is the holiest pilgrim mountain in the world. In Tibetan language it is called Kang Ringpohe (a pious mountain). Mt. Kailash lies in remote western part of Tibet. Mount Kailash is the main source of water forming the major rivers Indus, Sutlej, Karnali and Brahmaputra. It is believed to be the sacred place of eternal bliss. In front of Kailash lie Holy Lake Manasarovar and Rakshas Tal. The majestic view of Holy Mount Kailash can be viewed in crystal clear water of Lake Manasarovar. Hindu People believe that Kailash Parbat is the home of Lord Shiva. Having the ritual bath of Holy Lake Manasarovar water it is believed that the sin we have committed will go away.

We will be Spending 2 nights in Kathmandu to issue Tibet permit. In the mean while you can be busy Sightseeing around Kathmandu valley. So, on third day you can fly to Lhasa which is the capital of Tibet Autonomous Region. Here you will have guided tour to monasteries and stupas. Then you further continue towards west part of Tibet. It is more rural and people are still nomadic grazing and raring cattle like sheep and Yaks. People are follower of Buddhism and utter mantras, rotate prayer wheel and beats. “Chanting Om Mani Padme Hun.” We come across many Tibetan Mani wall and Prayer flag being hung. We come to Lake Manasarovar where we will have holy bath and exploration. We will further continue the Kailash Kora and drive back to Lhasa again and catch flight back to Kathmandu



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Highlights

Day visit of Historical places in Kathmandu valley
One way flight from Kathmandu – Lhasa
Exploration of historical and cultural city of Lhasa, Shigatse, Gyantse and Pilgrimage site Kailash Manasarovar

Biggest and famous Lake Yamdrok and Lake Manasarovar
3 days trekking around of mount Kailash by crossing 6714m Dolma La pass
Exploration typical life style of nomad peoples and roof of the world

Detail Itinerary

DAY 01: ARRIVE IN KATHMANDU (1310 M). (D, HOTEL YAK & YETI OR SIMILAR)

Welcome you at the Tribhuvan International Airport, Kathmandu. Our representative will greet you and escort you to the hotel for check-in and stay overnight.

DAY 02: KATHMANDU VALLEY SIGHTSEEING AND TRIP PREPARATION. (B, L, D YAK & YETI OR SIMILAR)

After breakfast sightseeing of major heritage sites of Kathmandu valley. Visit holy temple Pashupatinath, Swoyanbhunath stupa and Kathmandu Durbar Squire (world heritage site). Back to hotel and stay at trip briefing. After you will have free time for shopping and packing for your trip. Overnight at Hotel

DAY 03: FLY KATHMANDU – LHASA TRANSFER TO THE AIRPORT FOR YOUR FLIGHT TO LHASA. (B, L, D HOTEL GYANG GYAN OR SIMILAR)

On your arrival to Tibet, we will meet you at the airport and transfer you to the hotel. Taking it slow the rest of today, you can adjust to the altitude easier and quicker. Remember to drink plenty of water and get plenty of sleep for the long journey ahead.

DAY 04: SIGHTSEEING IN LHASA. (B, L, D HOTEL GYANG GYAN OR SIMILAR)

Visit Lhasa today. Potala palace, an oldest palace of Dalai Lama, Norbulinka palace, the first Buddhist's temple of Tibet and Drepung Monastery.

DAY 05: DRIVE LHASA - SHIGATSE (3900). (B, L, D FOUR STARS HOTEL)

Further, our way lays in capital of a province of Tsang - Shigatse - residence Panchen Lama - the second ecclesiastic of Tibet. Early in the morning excursion in a monastery of Tashilhunpo (it is based in 1447), visiting of a temple of the Buddha of the future - Maytreya and also other temples of a monastery. Overnight at hotel



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DAY 06: DRIVE SHIGATSE - LHATSE - SAGA (ALTITUDE 4050 M.) OVERNIGHT AT HOTEL

The journey today brings you over two high of more than 5000 meter passes with fine views. For overnight we stop in the town of Lhatse. Other things like lake, nomads chasing thousands of yaks and sheep keep you busy. By the late afternoon you will cross Bhrumha Purtra River way to typical Chinese and Tibetan town, Saga for night.

DAY 07: DRIVE TO MANASAROVER VIA PARYANG (4558M) 277KM 8 HOURS, OVERNIGHT AT GUEST HOUSE (B, L, D)

Day starts with full of excitement, by the late afternoon you can have the first sight of Holy Kailash Parbat and Manasarovar. Here, a small village nearby Lake Manasarover, we will spend a night there.

DAY 08: EXPLORATION OF LAKE MANASAROVAR AND DRIVE TO TARCHEN (14975FT) 40KM. (B, L, D HIMALAYA HOTEL OR SIMILAR)

Manasarovar is the lake of compassion, tranquillity and bliss. After completing the memorable morning Bath and Puja we will be heading towards Tarchen. It is considered as a base camp for the Holy Kailash Parikrama (Walking around)

DAY 09: KAILASH PARIKRAMA. DRIVE TO VALLEY OF THE GOD AND TREK TO DERAPUK/4909M. OVERNIGHT AT GUEST HOUSE (B, L, D)

It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky make you feeling that Great God Shiva is everywhere with tons of blessing to you. Time to time the face of Kailash Parbat will keep on appearing. For 15 km trail it takes almost 6 hrs.

DAY 10: TREK TO JUTHULPUK BY CROSSING DOLMA LA PASS (5613M). OVERNIGHT AT GUEST HOUSE (B, L, D)

Hardest but Holiest day of your pilgrimage Yatra with Dolma-La (pass) of 18600ft between two valleys. Yamasthal should be crossed to reach the Shiva-sthal while your steps go closer to the pass. Once you reach the top, just do the holiest offering and sit down for meditation. Once your steps go down, Parvati-stal and Gauri Kunda are on the way. By the late afternoon, you will arrive Zuthal Puk (the cave of Miracles. The great ascetic Milerappa is supposed to have performed miracles here).

DAY 11: FINISH KAILASH PARIKRAMA AND DRIVE BACK TO SAGA. OVERNIGHT AT GUEST HOUSE (B, L, D)

After walking 3 hours, all the driving crew will be waiting your arrival. By the late afternoon you will be at your lodge in Saga.

DAY 12: DRIVE TO SHIGATSE. OVERNIGHT AT HOTEL (B, L, D FORU STAR HOTEL)

Easy day onward today. We take easy driving back to Shigatse town which is second biggest town of Tibet. You can make late afternoon walking tour.



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DAY 13: DRIVE TO LHASA. OVERNIGHT AT HOTEL (B, L, D GYANG GYAN HOTEL OR SIMILAR)

Continue drive to Lhasa city and transfer to Hotel. Prepare your bag for flight back to Kathmandu tomorrow.

DAY 14: FLY BACK TO KATHMANDU AND TRANSFER TO HOTEL (B, L, D HOTEL YAK & YETI OR SIMILAR)

Early in the morning drive to Gonggar Airport from Lhasa. It is 90 km and takes 2 hours. Reach Kathmandu and transfer to Hotel. Rest Evening feedback regarding the trip.

DAY 15: FINAL DEPARTURE TO HOME OR FURTHER PROGRAM IN NEPAL (B, L)

We drop you to International airport for your final departure. Or continue for your further trip in Nepal.

Cost Includes

Transportation

- All ground transportation by private vehicle
- Kathmandu – Lhasa – Kathmandu Flight Ticket
- Airport Pick up and drop off by private vehicle

Meal

- Breakfast, Lunch and Dinner included (Veg only)
- Enough Drinking water included

Accommodation

- Mention in the itinerary in the basis twin sharing in Nepal and Tibet and group sharing in Kailash Region.

Visas & Permit

- Tibet Visa & Permit Included
- All necessary entrance fees in Nepal and Tibet
- Special Kailash Manasarovar Permit
- Applicable entrance fees to visit Monasteries and temples

Sightseeing

- Sightseeing in Kathmandu
- Sightseeing in Lhasa



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Guide, Staffs & supporters

- Nepali Guide and Tibetan Guide
- Nepali Crew members in Kailash Region

Equipment

- Medical kits
- Enough oxygen cylinder
- Gamow Bags & Other necessary equipment's

Clothing

- Down Jacket non-refundable basis
- Monkey hat / Day pack bag
- Duffel bag

Cost Exclude

- Emergency evacuations/Rescue expenses, if required.
- Expenses of personal nature
- Personal horse and Helper during Kailash round/ Parikrama
- Travel & Medical Insurance Permissions and other official formalities

Booking Policy

- Application should be submitted at least 45 days before the provisional date of departure.
- Minimum of 6 months valid Passport scan copy by mail or passport copy by courier should submit when the booking is made
- Upon the confirmation 30% deposit amount per person is required
- Our company trip booking form with your signature as per our term and condition
- All the clients need to carry ID Proof, (Voter ID Proof) OR passport original while travelling by air.

The itinerary can be changed without notice due to unavoidable circumstance beyond our control such as political unrest, Natural calamities, changes in itinerary by the Chinese authorities etc.

Cancellation Policy

Once we received your notice for cancellation in written, following cancellation rules will apply:



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If cancelled less than 30 days prior to departure due to client's personal problems, all previously paid amount(s) will be forfeited

• If cancelled between 30 - 90 days prior to departure, 75% of your payment will be refund except the non-refundable deposit.

• If cancelled more than 90 days prior to your departure date, your full payment will be refund except the non-refundable deposit INR 30,000.00 per person

Terms & Conditions:-

Advance of Rs.50,000 /-(non-refundable) for Indians and Rs.50,000 for NRI's

Balance Amount:-

- 1. Through Cheque/DD/Neft/RTGS - 5% GST Applicable
a. 45days before from the date of departure.**
- 2. Passport to be submitted 1 month before departure.**

Important Note:

1. Age

- Participants must be between 18 and 70 years of age.
- Those below the age of 18 must either be accompanied by a parent/guardian or a consent form need to be signed by them.

2. Medical

- Be physically and mentally fit.
- Please note that this trek is not advised for pregnant women and those suffering from chronic health problems, like epilepsy, heart ailments, uncontrolled BP, diabetes, cancer, asthma, psychological problems, physical disabilities and obesity.

3. Passport

A valid passport is needed with a minimum validity of 180 days from the last date of the sojourn.

Please note that diplomatic passports are not allowed.

- PIO/OCI or any other ID cards are not accepted in Tibet.

4. Visa Process

- Indian Passport holders do not require a visa for Nepal.



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The Tibet permit and visa for everyone will be organized by Touch Kailash. To facilitate this, your original passport is required at New Delhi, well in advance prior to the departure date. The actual date and details will be confirmed based on the group you choose to travel with us.

Visa Process for NRI

Indian nationals do not require a visa for Nepal

Foreign nationals will require a 15 days multiple entry visa for Nepal which can be availed on arrival at Kathmandu airport, Nepal. A visa fee of \$25 is payable along with two passport size photos. Visa for Tibet will be organized by Touch Kailash. To facilitate this, original passport of Indian Nationals is required well in advance prior to the departure date. Details will be sent upon registration. **For Non-Indian Nationals, Tibet visa will be organized in Kathmandu 4 days prior to the departure. Request the NRI to be in Kathmandu for the visa process.**

Important Links

www.touchkailash.in