



**TOUCH KAILASH TRAVELS AND TOURS**

## **KAILASH VIA LHASA- ALI – 10 NIGHTS/11 DAYS**

**Route: Kathmandu – Lhasa – Ali - Kailash – Ali - Lhasa – Kathmandu**

**Duration: 11 Days**

**Hotel: 4 Star Hotel in KTM and Guest House in Tibet Region**

**Trip Note: This itinerary is based on Indian Passport in case of Foreign Passport other than Indian; they must reach at Kathmandu 4 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**

The Kailash Yatra is one of the most popular religious tours within the South Asian Region. The Yatra starts with your arrival in the Kathmandu Valley. On the first and the second last day, you will explore the beauty and tradition of the Kathmandu Valley with the visit to the UNESCO world heritage sites. Then, we will fly to the city of Lhasa and Tibetan lifestyles. We will start our drive to Mansarovar then to Darchen, Derapuk and Juthulpuk. Major attractions of this trek are Mt. Kailash, Lake Mansarovar, Lake Rakshas, Yamadwar and Drolma La Pass.

### **Highlights**

- Day visit of UNESCO Historical & Pilgrimage sites in Kathmandu valley
- Kathmandu to Lhasa Everest View Flight
- Lhasa to Ali flight
- Biggest and famous Lake Mansarovar.
- 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



## TOUCH KAILASH TRAVELS AND TOURS

### **DETAIL ITINERARY – DAY TO DAY**

#### **DAY 01: ARRIVAL IN KATHMANDU.**

Our representatives will pick you up at the airport and guide you to your hotel. In the evening, we will meet up in a small dinner to welcome you and brief you about the tour. Overnight at hotel in Kathmandu.

#### **DAY 02: FLY KATHMANDU TO LHASA (3656M)**

On your arrival on 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 03: AT LHASA (11811 FT): (ST. REGIS HOTEL B, L, D)**

Upon arrival, our guide and the driver will greet you at the airport and drive to your respective hotel in Lhasa, stay at hotel for adapting to the high altitude, as it's good if you don't push yourself harsh and take it easy. Even if you want to walk out, make it light as it's your first day in Tibet. And make sure that you drink mineral water more than usual. Try to avoid having alcohol on first three nights in Tibet. Your guide will introduce you the tomorrow's program. Accommodation in St Regis Hotel

#### **DAY 04: AT LHASA: (11811 FT) (ST. REGIS HOTEL B, L, D)**

Full day sightseeing of Lhasa, in the morning, you can visit the treasure house Potala Palace- the central attraction of whole Lhasa. It is founded in 7th century and since then it had been used as a palace of every successive leaders of Tibet. In the afternoon, your guide will lead you to visit the Sera monastery, which was founded in 1419, in 15th century. It's the second largest yellow hat lineage monastery in whole Lhasa. If you are hiking enthusiast or don't show any sign of altitude sickness, ask your guide to lead an hour hiking through the pilgrimage path around the monastery and its worth taking chance. While visiting monastery, you will witness the monks doing philosophical debates in the courtyard. Accommodation in St Regis Hotel



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### **DAY 05: LHASA – ALI- AND DRIVE TO MANASAROVAR (15010 FT) (FLY TO ALI) (GUEST HOUSE B, L, D)**

Fly to Ali and then drive to Manasarovar. Rest. Accommodation in Guest house.

### **DAY 06: DRIVE AND EXPLORE MANSAROVAR, DRIVE TO DARCHEN (15010 FT) (HOTEL HIMALAYA B, L, D)**

Morning drive around Mansarovar, explore and drive to Darchen in the late afternoon. Accommodation in Hotel Himalaya.

### **DAY 07: DRIVE TO YEMADWAR AND START KAILASH PARIKRAMA. REACH DIRAPUK AND OVERNIGHT AT GUEST HOUSE (16105 FT)**

Drive about 7 kilometer to Yamadwor from Darchen. Start walking toward Derapuk. Peoples who have booked horse, Helper they will be together with them. it is about 4/5 hours walking easily. Dirapuk Overnight at Guest house

### **DAY 08: (KORA DAY 02) TREK TO JUTHULPUK FROM DIRAPUK AND DRIVE TO DARCHEN (HIMALAYA HOTEL B, L, D) (15010 FT)**

The hardest and longest walk up and down through the Dolma La Pass to arrive at the village of Juthulpuk. After having an early breakfast, we will head off east to cross the Lha-chu by a bridge and reach the Dolma La village. An hour after that, we will be walking along the valley of JarokDonkhang from where we will be heading towards the Shiva-tsal, where pilgrims are supposed to undergo a symbolic death just to be reborn again after arriving at the top of the Drolma La Pass. Up and up all the way to find a great cubic rock 'Dolma Do' that marks the top of the Dolma La Pass. The place got its name from the famous cave of Juthulpuk also known as the miracle cave.

**Please note: Those who can do Khandasanglo pass they can reach Zuthulpuk via Khandasanglo pass and kuberkund. After completing kora we all gather at zutherpuk and Continue drive to darchen, overnight at Himalaya Hotel.**

### **DAY 09: DRIVE TO ALI AND FLY TO LHASA. OVERNIGHT AT HOTEL**

Drive Darchen to Ali early in the morning. We continue our flight to Lhasa. Overnight at Hotel.



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### **DAY 10: FLY LHASA – KATHMANDU**

We will receive you from Airport and drop off at the Hotel. Rest and shopping if time permits.

### **DAY 11: FLY BACK TO YOUR RESPECTIVE CITIES**

We will drop you at the Tribhuwan International Airport concluding the trip.

**\*Kora is a Tibetan word which means Circumambulation (Pradakshina or Parikrama) of Mt.Kailash**

**\*B,L,D means Breakfast, Lunch & Dinner**

### **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 Mansarovar Permit
- ✓ Applicable entrance fees to visit Monasteries and temples

### **Guide, Staffs & supporters**

Nepali Guide and Tibetan Guide

Nepali Crew members in Kailash Region

Equipment

Corporate Office: #64, 8th Cross, New BEL Road, Bangalore - 560054. T: 080 43000900

Email: info@touchkailash.in Mobile: 96060 52473 / 96060 52474 -.www.touchkailash.in



## TOUCH KAILASH TRAVELS AND TOURS

### **Medical kits**

Enough oxygen cylinders  
Gamow Bags & Other necessary equipment

### **Clothing**

Down Jacket non refundable basis  
Day pack bag/ Duffel bag

### **Cost Exclude**

#### **\*Flight Ticket To and fro till Katmand**

Extra nights stayed due to bad weather, natural calamities, early arrivals, etc.  
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

### **Cancellation Policy**

Once we received your notice for cancellation in written, following cancellation rules will apply:  
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 and GST will be calculated.

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 and GST will be calculated.  
Further, other T & C as per booking policy will follow.



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### **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.
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#### **4. Visa Process**

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

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.



## **TOUCH KAILASH TRAVELS AND TOURS**

### **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.

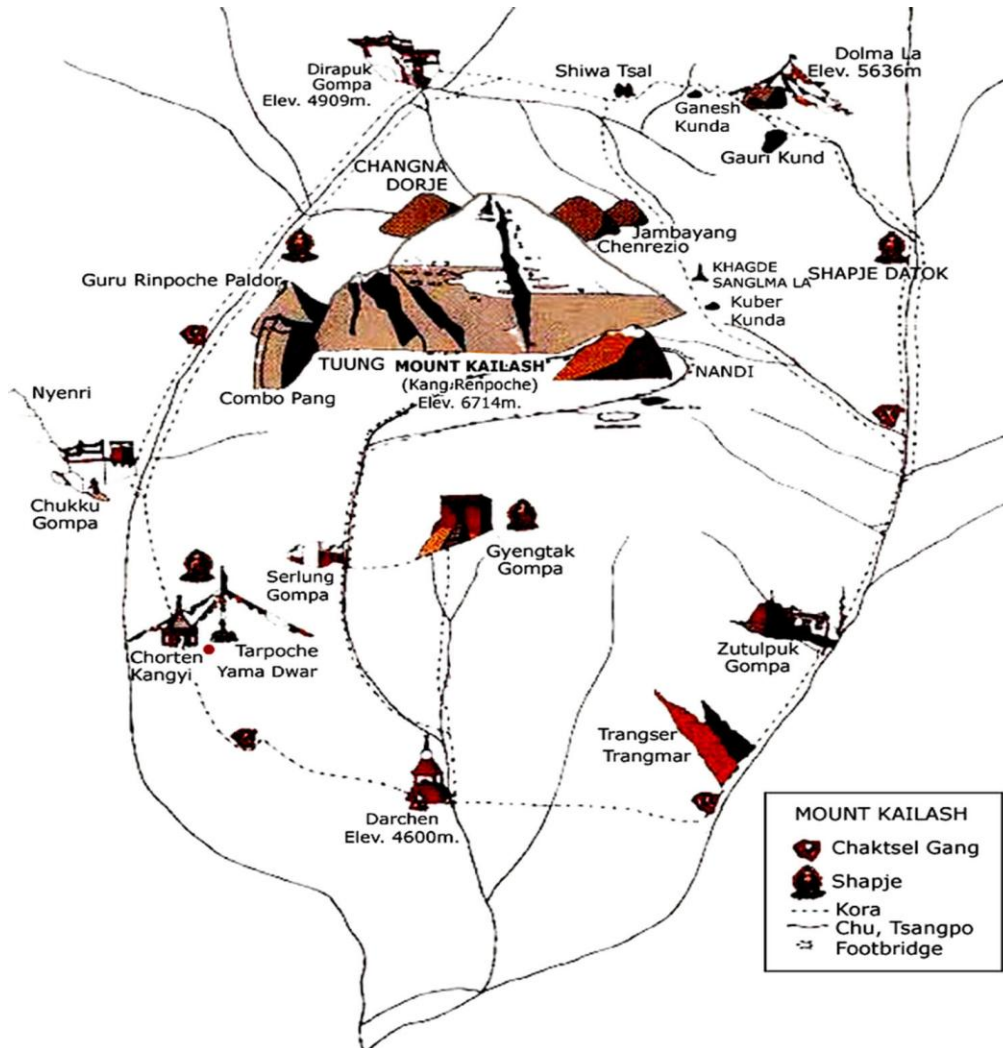
### **Important Links**

[www.touchkailash.in](http://www.touchkailash.in)



TOUCH KAILASH TRAVELS AND TOURS

## KAILASH MANSAROVAR YATRA MAP



### Touch Kailash Travels & Tours

#64<sup>th</sup> 8<sup>th</sup> cross, New BEL road. Bangalore - 560054

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