



TOUCH KAILASH TRAVELS AND TOURS

KAILASH OVERLAND – 13NIGHTS/14DAYS

INNER KORA

Route:KTM – Kerung- Kailash – Kerung - KTM

Duration: 14 Days

Hotel : 3 Star Hotel in Available places 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 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

Kailash Tour by Land Route from Katmandu is 13 days tour to Holy Mount Kailash and Lake Manasarovar. Trisuliof Nepal is starting point of Kailash visit and can undoubtedly reach from Katmandu following 4 hours drive. We have many settled departure dates and each individual can take profit by joining our Kailash Tour by Land route from Katmandu.

Tour Package

You are not going to miss any essential exercises even in this short outing. Custom work like Puja, Hawan in Manasarovar, ManasarovarParikrama and Kailash Parikrama which are primary exercises are core attraction in this outing.

Highlights

Biggest and famous 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



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DETAIL ITINERARY – DAY TO DAY

DAY: 1- ARRIVE IN KATHMANDU TRANSFER TO HOTEL AND OVERNIGHT

Our representative will pick you up at the Tribhuvan International Airport and guide you to your hotel room. In the evening, you will be having a typical Nepali dinner with a brief about the tour. Overnight at hotel.

DAY 02: DAY SIGHTSEEING IN KATHMANDU VALLEY AND TRIP BRIEFING. OVERNIGHT AT HOTEL

We will visit some famous Hindu Temples of the Kathmandu Valley today. After breakfast, we will visit Pashupatinath, GujeswariShaktipith, and Jalnarayan back to hotel. Briefing at Hotel and you can purchase some essential goods for the Yatra if needed. Overnight at Hotel in Kathmandu.

DAY: 3 - DRIVE FROM KATHMANDU TO SYABRUBESI. OVERNIGHT AT GUESTHOUSE

Today after breakfast we will drive to Syabrubesi via TrishuliNuwakot. Overnight at Hotel

DAY: 4 - DRIVE FROM SYABRUBESI TO KERUNG. OVERNIGHT AT GUEST HOUSE

After breakfast, we will get on a Tourist Bus and start our drive through the black-topped road to get to the newly opened friendship bridge at the Nepal-Tibet border. We will arrive at the 1st village of Tibet, Kerung in about 2 hours. Overnight at Guesthouse

DAY: 5 –DRIVE FROM KERUNG TO SAGA &ACCLIMATIZATION.OVERNIGHT AT GUEST HOUSE

We will drive through the high hills on a comfortable black-topped road to get to the village of Saga. The path climbs up and down the passes of Thong La and La Lung before getting us comfortably to the village of Saga. Along the way, we will be able to see Lake Peikutso and the typical yak and sheep grazing technique of the Tibetan people.As the tour goes through the highest pass of the world at 5600 meters, we will need a day to get accustomed to the high altitude of the region which is why we will be staying in the same village today. We will spend the entire day with short hikes around the village. Overnight at Guest house



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Day: 6 - DRIVE FROM SAGA TO LAKE MANSAROVAR (5-6 HOURS, 277KM, 4558M).

OVERNIGHT AT GUEST HOUSE

After an early breakfast, we will drive towards the highest fresh Water Lake in the world. The holy lake of Manasarovar lies at an altitude of 4558 meters with greenish-blue colour. It is believed that the lake was once a resting place of Lord Vishnu. It is surrounded by Mt. Kailash, Mt. Gurula-Mandala and the Lake Rakshas. Lake Rakshas is thought to be created by the evil King Ravan which is why the locals think that the water here is poisonous. Overnight at Guesthouse

Day: 7 - EXPLORATION DAY. DRIVE TO DARCHEN (1 HOUR, 40KM, 4575M).

OVERNIGHT AT HOTEL

Today, we will get into the colours of religion and explore the holy lake of Manasarovar. We will perform some rituals and then, get going to the village of Darchen. Along the way, we will be able to take a peek at the holy Mt. Kailash. Darchen was previously known as Lhara. The village is situated right in front of the sacred Mt. Kailash. Overnight at Hotel.

DAY: 8 -KAILASH KORA. DRIVE FROM DARCHEN TO YAMADWAR AND TREK TO DERAPUK

(5-6 HOURS, 4900M). OVERNIGHT AT GUEST HOUSE

We will drive to the small settlement of Tarboche. Tarboche is the starting point of the Kailash Kora. Yamadwar, the gateway of the god of death, is located in Tarboche. From here, we will walk a few hours to arrive at the village of Derapuk situated in front of the north face of Mt. Kailash. Today, we will be able to see the beautiful views of the Gurula-Mandala, Ape, Kamet and other high peaks. Overnight at Derapuk

DAY: 9 - KAILASH KORA. TREK TO ZUTHULPUK VIA DROLMA LA PASS (8-9 HOURS, 19KM, 4760M). OVERNIGHT AT GUEST HOUSE

Today is the longest and hardest trek day of the Kailash Kora. We will walk up the highest pass of Dolma La to arrive at the village of Zuthulpuk. First, we will be heading to the village of Jarok Don hang. From there, we will hike towards the Shiva-tsal. In Shiva-tsal, people are thought to undergo a symbolic death just for a rebirth again. We will rest here for some time and then, descent steeply to get to the banks of the Lham-chuKhir River. We will follow the river and get to the KhandoSangam La facing the eastern side of Mt. Kailash. Sometime after that, we will be at the village of Zuthulpuk. The place got its name from the famous cave of Zuthulpuk or the miracle cave. Along the way, we will be able to view the Buddha's footprints. Overnight at Zuthulpuk.



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DAY: 10 - FINISH KAILASH KORA AND OVERNIGHT AT DARCHEN.

During the morning, we will be exploring the caves and temples around the Milarepa cave. After breakfast, we will hike some 3-4 hours to complete our Kora and get back to the village of Darchen. Overnight at Darchen.

DAY: 11 - INNER KORA

Early morning, we proceed to Asthapad. Trek from Asthapad to Saptarishi cave and continue to Nandi Hill parikrama. Continue back to Asthapad by night and continue by driving back to Darchen. Overnight at hotel in Darchen.

DAY: 12 - DRIVE TO SAGA.

We conclude the Kailash darshan and drive back to Saga. After 7 hours of driving on paved roads, we arrive at the village of Saga. Overnight at guesthouse.

DAY: 13 - DRIVE BACK TO KATHMANDU. OVERNIGHT AT HOTEL

We will drive back to the village of Kerung on a comfortable ride. Today, we will cross the Nepal-Tibet border and get back to the capital city, Kathmandu. Overnight at hotel.

DAY: 14 - FINAL DEPARTURE TO HOME

Our representative will drop you at the Tribhuvan International Airport for your departure

***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 – Kerung – Kathmandu by Tourist Bus
Airport Pick up and drop off by private vehicle

Meal

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



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Accommodation

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

Visas & Permit

Hilsa 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

Guide, Staffs & supporters

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

Medical kits

Enough oxygen cylinders
Gamow Bags & Other necessary equipment

Clothing

Down Jacket non refundable basis
Monkey hat/ 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



TOUCH KAILASH TRAVELS AND TOURS

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.

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.

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.

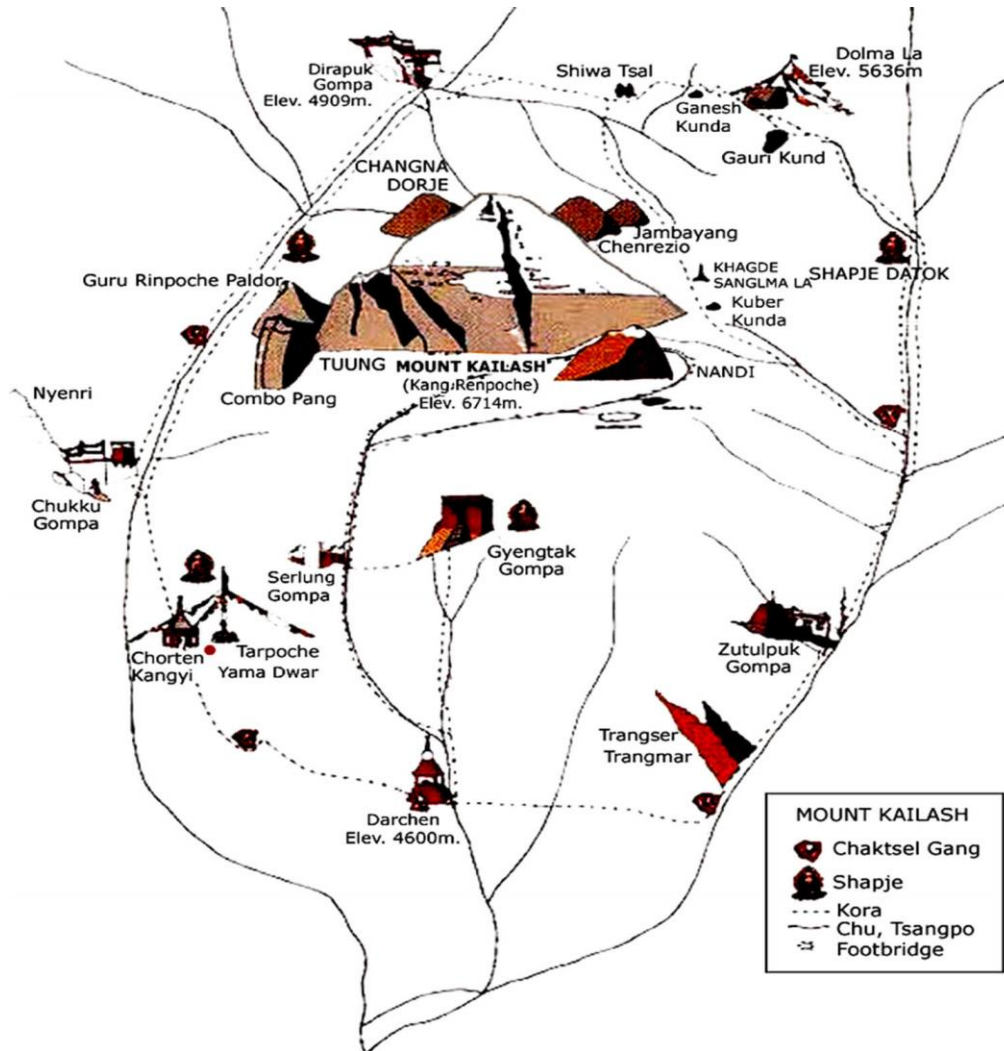
Important Links

www.touchkailash.in



TOUCH KAILASH TRAVELS AND TOURS

KAILASH MANSAROVAR YATRA MAP



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