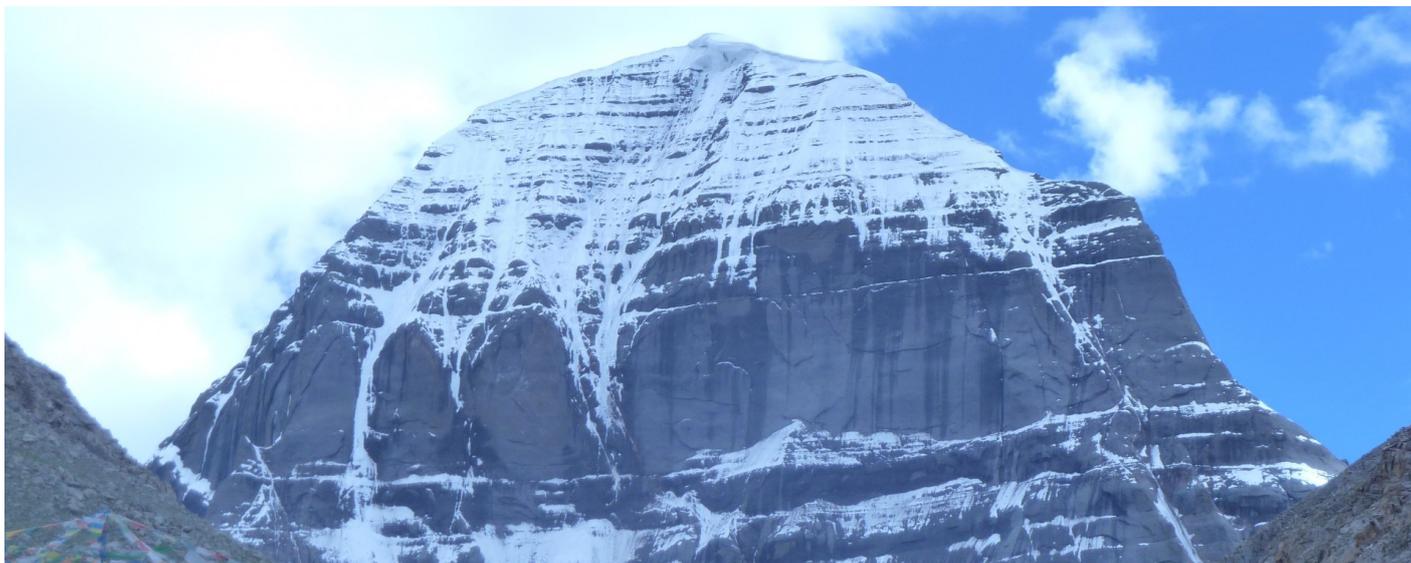


Mt. Kailash Manasarovar Tour



Mt. Kailash (6714m) is lies in the far western part of the vast Tibetan Plateau. Mt. Kailash is sacred place to the Buddhist, Jain, Hindu & the Bonpo religions. For the Hindus, the mountain represents the abode of Lord Shiva; for the Buddhists (Kang Rinpoche) a precious jewel of snows. The Wheel of Life; for the Bonpos and for jains Kailash is called Astapada. Four of the great rivers of the south Asia originates from here: the Karnali, which feeds into the Ganges(south), the Indus (north), the Sutlej (west) & the Brahmaputra (Yarlung Tsangpo) to the east. Mt. Kailash pilgrimage tour is very special for every human beings and it is once in a lifetime opportunity to be experienced.

The Journey to Mt. Kailash is mainly we take by driving from Kathmandu to Nyalam. Other options are trekking through Simikot(far west nepal) to Hilsa or from Lhasa where flights from Kathmandu are available.

We travel over vast Tibetan plateau by Landcuiser or deluxe buses which takes five days to arriving at Darchen at elevation of 4750m. Walking around the holy Mt. Kailash is to be done on foot which takes 3 days of trekking starting from Tarboche to cross the Drolma pass (5630m) descending all the way to Zutulphuk then next day to Jongdu where we meet the vehicles.

Best Nepal Trekking offers special fixed departure trips to Mt. Kailash & Lake Manasarovar to facilitate pilgrims & foreign tourists. We are probably one of the few outfits that provide Nepali Sherpa staff support for all of our treks in Tibet so as to ensure similar high quality trek services that exist in Nepal. All trips are planned to arrive at Kailash on a full-moon day to obtain total & unhindered view of the holy mountain.

Duration: 13 days

Price: \$2050

Rating: 5 Star

Group Size: Min. Group of 06 Person

Grade: Difficult

Destination: Tibet

Activity: Pilgrimage Tours

Equipment Lists:

1. Sleeping bag (down), rated to -10 degree centigrade (If you don't have them it can rent in Kathmandu for your trek period).
2. Sleeping bag liner (optional)
3. Hiking boots should be light weight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.
4. Sneakers or sandals for camp and town.
5. Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.
6. Thermal underwear, polypropylene or other synthetic (No cotton).
7. Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants.
8. Several t-shirts, both long and short sleeved.
9. Shirts long sleeved.
10. Rain jacket/poncho(Gore-Tex) or equivalent is ideal
11. Down jacket.
12. Fleece Jackets
13. Warm hat.
14. Hat for sun protection.
15. Gloves or mittens.
16. Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)
17. If you wear prescription glasses or contacts, bring spares.
18. Two (2) good quality 1 liter water bottles.
19. Trekking poles. (optional, and can be purchased in Kathmandu)
20. Flashlight or headlamp with extra batteries.
21. Reading/writing materials.
22. Pictures of where you live, your family, and what you do. (to share with people along the way).
23. Camera and spare batteries.
24. Special snack items in zip lock bags.
25. Ear plugs (for travel)
26. Particle masks (for dust)
27. Toilet kit with towel, washcloth, bandanna, scrub brush, short clothes line, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.
28. Women: bring extra sanitary supplies and zip lock bags to pack out used materials.
29. Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items.

Other Informations:

Booking and payments:

01. As per new rules trip booking should be done in advance of 2 months prior to trip departure date with deposits of INRS 10,000 per person or US\$ 200/ person.
02. Minimum 6 months valid date passport is required and two copies of pp size photograph.
03. A normal health certificate from your personal doctor to those are 50 years and above by age.
04. Visas of Yatris who are above 70 years may be rejected by the Chinese Authority if using Indian passport.
05. 30 days prior to tour departure date, 50% of the total cost should reach Best Nepal Trekking (P) LTD. account by bank transfer with color passport copy of clients.
06. Full payment should make before departure to Kailash Manasarovar Yatra.

07. One group leader complimentary trip for minimum 15 paying pax.

Tour Cancellation policy:

01. All notice of cancellation must be sent to our office in written.
02. 30 days before trip departure 10% of total trip cost.
03. 15 days before trip departure 25% of total trip cost.
04. 3 days before trip departure 50% of total trip cost.
05. Once clients arrived in Kathmandu there after no refund will be made.

Itinerary:

Day 01: Arrival in Kathmandu and transfer to the Hotel(1340m)

We will receive you at the airport and then transfer to the hotel. Trip briefing in the evening. Overnight in Hotel with full board basis.

Day 02: Half day sightseeing in Kathmandu valley 03 different sites.

Half day sightseeing in Kathmandu valley 03 different sites as Pashupatinath temple, Boudhanath stupa and Budha nil kantha Temple), Visa preparation day. Free afternoon. Overnight at Hotel with full board basis.

Day 03: Kathmandu to Nyalam (3800M) Drive 160KM

Depart at early from Hotel in Kathmandu and drive to Kodari, Nepal Tibet border (115 KM). After immigration and customs Formalities on both sides we drive to the town of Nyalam (45KM). Overnight stay at Hotel.

Day 04: Rest day at Nyalam for acclimatization

To facilitate altitude acclimatization we will take you on a day hike for few hours and return back to the same hotel. All meals and overnight stay at Nyalam same Hotel.

Day 05: Drive to New Dongba (4550M), Drive 425KM

We start driving after breakfast, following the Bhotekoshi River. Once we get higher at Lalung la pass (5050m) the view of Mt. Shishapangma (8012m), Gauri Shanker and other many high mountains can be seen. Then we leave the main highway and drive to west by Peiku Tso Lake. Packed lunch will be served at the bank of Brahma Putra River. Then continue driving to new Dongba for another 2 hrs and overnight stay at Guesthouse.

Day 06: Drive to Manasarovar/Chiu Gompa (4560M), Drive 385KM

After breakfast we drive along the Brahmaputra River across the vast Tibetan plateau of Paryang. We cross the check point to be checked passports at Mayum La. Today we drive over 5211M high Mayumla pass. On the day time we can see good view of border Himalaya of Nepal including Mt. Kanjiroba and chances to encounter many wild animals. The auspicious day for all travelers having first glimpse of the Holy Manas and Mt. Kailash from the Horchu. We will make the parikrama of the Lake Manas today by community bus and overnight stay at Chiu Gompa/ Manasarovar guest house.

Day 07: Manasarovar to Darchen (4700M), Drive 40KM

Today we will take the holy bath at Manasarovar, do the pooja and Hawana. After lunch we will drive to Darchen. Final confirmation for the parikrama as we need to arrange horse and porters. Overnight in Guesthouse.

Day 08: Trek from Darchen to Diraphuk (4950M), Drive 6KM and trek 12KM

Today is the first day of the Parikrama of the Holy Kailash (Kang Rinpoche). We drive to Darpoche, and then we start walking from here. We visit Yamadwar and Darpoche (the place for the Saga Dawa festival) where we can do the first prostration. The trail goes on the side of Suttlej River. Overnight stay in guest house at Diraphuk.

Day 09: Trek from Diraphuk to Zhutulphuk (4800M), Trek 22Km

Very special day of the trip that we will go over the Drolma-la pass (5630m), offer Prayers at the Drolma La and descend down towards the Gaurikunda. Walk straight down following the rocky gully to Sabje Dadok and we reach at the valley which is gradually goes down and we reach to Zhutulphuk. Overnight in Guest house.

Day 10: Zhutulphuk to New Dongba (4550M), Trek 10KM and Drive 370KM

After 3 hour trek we reach at Jhongdu where the bus will be waiting for us and continue drive to Horchu by the community bus. Today is most special day which we complete the parikrama of both Mt. Kailash(Kang Rinpoche) and Lake Manasarovar. Then we continue drive to New Dongba. Overnight in guest house.

Day 11: Drive from Dongpa to Nyalam(3800m)

Drive along the Brahmaputra river by saga town. We drive accross the vast tibetan plateau then descend after Lalung la pass to Nyalam. Overnight in Hotel.

Day 12: Drive Nyalam to Kathmandu(1340m)

Early morning we drive to Kodari and after the custom formalities then drive to Kathmandu. Overnight in Hotel.

Day 13: Departure back to Home.

We will transfer you to the kathmandu international airport for your departure flight back to home.

Cost Include:

- All airport transfers (Pick up and drop) by private vehicles.
- Twin sharing accommodation 3 nights at 3 star Deluxe Hotel in Kathmandu on full board basis.
- Land transportations from Kathmandu to Kodari - Kathmandu by tourist coach.
- Best available hotel accommodation during the trip, Guesthouse as well in Parikrama as mentioned in the itinerary.
- All kind of freshly cooked vegetarian meals (breakfast, lunch, dinner) and all kind of hot drinks (tea/coffee/ hot water) during the trip from our kitchen, bottled drinking mineral water.
- Tibet entry visa, travel permits and all entrance fees to Lake Manasarovar, Mt. Kailash, Shisapangma conservation area and Saga grass land area fees.
- Transportation in Tibet by 4500 Model Toyota Land cruisers (04 person in each) or Van (5-6 person in each) As per the new rules in 2014, land cruiser may not allowed in Kailash but so far not finalized.
- Supporting trucks for luggages, food supplies and cooking staff.
- Full back up staff from Nepal (Sherpa leader, cooking staffs and Sherpa staffs.)
- English speaking Tibetan guide for the trip.
- Insurance for Nepalese staff and Tibet Alien Travel Charges.

- Necessary equipments as duffle bags, sleeping bag and down jacket for the trip (Sleeping bag and Down Jacket is returnable after trip)
- Yaks and Yak men to carry our supplies during the Parikrama.
- Oxygen and Gamow bag (high altitude chamber) for emergency.
- Sightseeing in Kathmandu valley into 3 different sites (Pasupatinath temple, Boudhanath stupa and Budhanilkantha temple), transportations and entrance fees.

Cost exclude:

- Air ticket to / from your country.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra porter & transportation charges in the event of road blockades or landslides.
- Personal clothing & accessories.
- Personal horses to riding and porters during Parikrama.

Other Features:

- Activity: Overland Tour & Trekking
- Max. Altitude: 5630m (Drolma la pass)
- Trip start & end: Kathmandu
- Accommodation: 3 star hotels & Guesthouses
- Transportation: Landcruiser & deluxe bus