

GENERAL INSTRUCTIONS & TERMS CONDITIONS FOR KAILASH YATRA

HEALTH CONSIDERATIONS:

All participants must provide Health Certificate given by a reputed Doctor confirming that the participant is medically fit to travel in Altitudes of 5700 meters.

*** Please Note that Master Tours & Travels or its representatives shall not be responsible for any loss of life due to any reasons; of any of the participants. In your interest please have a proper Medical Checkup & be certified by your doctor for travelling above 13000 ft MSL. ***

Please also bring along the following with you: -

1. Antiseptic Cream or Wound Disinfectant: iodine and tube - squeeze cream.
2. Foot Care & Blister Treatment: Band-Aids, adhesive roll & strips, gauze pads, moleskin. (Please bring trusted & broken in walking boots).
3. Gauze Pads: 3" at least 6 pads. Gauze Roll - 2/3" rolls. Adhesive Tape - 2" roll.
4. Ace Bandage for the Ankle: Elastic bandage 3" roll.
5. Water Disinfectant Tablets.
6. Medicine: -Antibiotics: (Trichoprim / Sulfamethoxazole - Bacterium DS or Septra DS - double strength (160mgs / 800 mg). Anti-diarrheas: Lomotil & Pepto - Bismol tablets & make sure you bring Charcoal Tablets! Please see your Doctor for more advice concerning Antibiotics & Anti Diarrhea's.
7. DIAMOX: 30 tablets. (It is a must that every participant takes DIAMOX from the day of his or her arrival in Katmandu. This is a precaution measure taken to ensure that participants do not fall ill due to high altitude. Please also consult your Doctor for this medicine.
8. Anti - Inflammatory: Advil; Rufen or Mortin. Aspirin / Tylenol or General pain killers.
9. Strong Sun Screen Oil; Skin Antibiotic Cream / Antifungal Ointment & Lozenges / Strepsils (Plenty).
10. Small Scissors & Knife; Waterproof Matches; Safety Pins; Thermometer; Lighter; Dehydration Salt (electrolytes) Packets; Foot Powder & Cream; Heat Balm for muscles / joints; Vicks inhaler / Vapourub & Chapsticks.

Request your Doctor to prescribe effective medicines to cover the followings		
Fever	Nose Block	Dysentery
Body & Joint pains	Chest Congestion	Lose Motion
Stiffness	Headache	Indigestion
Cold, cough & Sneezing	Acidity	Constipation
Muscle Pulls	Stomach Cramps	Diarrhea
Store Eyes	Vomiting	Swellings

FITNESS

Please start to get in shape now! A good 30 mins walk, jogging daily; stretching & regular exercise should put you in the right shape (concentrate on your Heart & Legs Aerobics). Porters will be carrying the bulk of your equipment; but it is recommended that you bring a good day pack and are fit enough to carry shacks; filled water bottles / canteen; food / snacks; camera; film; map; jumper; sun hat; first aid kit; lightweight rain gear & extra clothes etc.

INDIA: NEPAL: BHUTAN: TIBET: SIKKIM # AYURVEDA WELLNESS TOUR: ADVENTURE & TREKKING: BUDDHIST PILGRIMAGE & HOLY MT. KAILASH



ALTITUDE SICKNESS

This is an environment-related condition, which can affect anyone who ascends too rapidly to high altitudes without acclimatizing properly. We suggest you read any book on trekking that has a chapter on this & also consulting your Doctor. Please note that DIAMOX has to be taken by all participants as a precaution measure.

RESPONSIBILITY

All arrangements within TIBET are solely at the discretion of the China Tibet Tourism Bureau (CTTB) and China India Pilgrim Service Centre (CIPSC) both Government organizations & we have no control over the quality of the vehicles or the facilities. The decision of Tibet Tourism Bureau (TTB) and China India Pilgrim Service Centre (CIPSC) is final and mandatory to be followed and accepted by all. Hence, interested clients for Tibet and Holy Mt Kailash Yatra (especially Indian Yatries) are requested to be prepared, both mentally and physically, for the following adverse situations and do the necessary preparations accordingly. In case of occurrence of any of the following conditions, Master Tours & Travels its agents, associates or employees; shall not be held responsible for any lapse on their part & reserves the right to change the itineraries without advance notice, depending upon the weather & road conditions etc.

- a. Though you might have submitted both your name list with advance payment and the application for the Tibet Travel Permit in time as per the rules, it cannot be guaranteed that the Tibet Travel Permit and the Visa will arrive in time. Sometimes, the Tibet Travel Permit or the Visa might be rejected by the concerned authorities, i.e., TTB and CIPSC at the very last hour (even after your arrival in Nepal or after issuance of your non-refundable to and fro ticket to Nepal)
- b. In case of failure to obtain the Tibet Travel Permit and the Visa on time as per the stipulated date of arrival/departure, all additional expenses in Nepal (accommodation, food, transportation etc.) have to be borne by the client himself/herself.
- c. In case of rejection of your Tibet Travel Permit and the Visa by the concerned authorities, i.e., TTB and CIPSC, at the last hour (after arrival in Nepal), the client himself/herself has to issue fresh return ticket or manage his/her return journey on his/her own expense.

CURRENCY

All major foreign currencies are accepted in Zhangmu Bank in return for Yuan. The basic unit of Chinese Currency, 1 Yuan equals 10 Jiao & 1 Jiao equals 10 Fen. Currently USD 1 = 6.5 Yuan (Please check the latest exchange rate). Credit cards are not accepted.

CUSTOM FORMALITIES

Valuable goods taken for personal use (radio, still & video camera etc.) should be declared at the custom office by completing a custom declaration form & brought back on return journey. Antiques must be properly certified otherwise they may be confiscated.

TRANSPORTATION

From Katmandu to Kodari private minibus will be provided for the group. Border crossing from Kodari to Zhangmu (Tibet) will be on truck or walk, approximately 1 hour ride. Throughout the journey in Tibet you will be travelling in Chinese Deluxe Coach. A truck will be accompanying for luggage and all camping equipment & food supplies.

STAFF

Our highly experienced Sherpa staff will be responsible for all Camping & Cooking arrangements during the trip.

OXYGEN

One Oxygen cylinder with mask will be provided in each vehicle and during the Parikrama. Please note the Oxygen is to be used only in case of emergency. You can carry your portable Oxygen cylinders too if you so desire

BRIEFING & ORIENTATION

There will be a detailed briefing on the entire program on the day of your arrival at Katmandu. It is very important that all participants attend this briefing. If you have any un-answered questions then you discuss these during the meeting.

ACCOMMODATION

Accommodation in Nyalam & Darchen is in Lodges. These rooms are very basic without any modern amenities and most rooms accommodate 3-4 persons. Single room will not be available in Tibet and we have not charged for it. All stay in Nepal is on TWIN sharing basis only. Single accommodation can be provided in Nepal only at extra cost; please specify at time of booking the tour. During the rest of the journey 2 man High Altitude Tents will be provided. While camping we shall be providing all the tents; mattresses; sleeping bags; & camping equipment required for the trip, except personal clothing. *No laundry services will be available throughout the trip.*

FOOD & BEVERAGE

We will be providing pure vegetarian breakfast & dinner cooked by our Sherpa's at campsite. Lunch will be packed Light Snacks; to be carried. You should bring sufficient supplementary food like chocolates; biscuits; nuts; pickles & your favorite tinned products to add variety to the meals if required.

VISA & DOCUMENTS

You must be in possession of a valid passport for at least 6 months. We will obtain your visa for Tibet; additionally you must allow 20 full working days in Katmandu for the Visa. Please provide all the information asked for in the Tour Booking Form along-with 4-passport size photographs. Your passports should reach us not later than 15 days prior to your arrival in Katmandu.

GUIDE / ESCORT

Local English speaking Tibetan guide will escort the group throughout the tour in Tibet.

PHOTOGRAPHY

Still & home video cameras are allowed in Tibet without having to take any permission.

INSURANCE

We recommend that you insure yourself against Sickness; Emergency Rescue; Accident Hospitalization; Cancellation etc. as we accept no responsibility for any damages or expenses, which may arise from mishaps to persons or their belongings during the pilgrimages.

COMMUNICATION

The last place to make any international calls is NAYALAM, your first night in Tibet. However please be informed that it may be difficult at times to get the international phone connection. It is also not possible to contact any of the participants even for any urgent messages that may be sent to them whilst they are in Tibet.



CLOTHING & ACCESSORIES

Clothing for both extremes of climate & temperature are required. While driving to Kailash, it will be warm inside the vehicle and light clothing is required. But as soon as you step outside the vehicle, warm clothing will be required to keep off the cold winds of the Tibetan Plateau. Evenings will be generally cold & warm clothing will be required. We recommend you bring along the following clothing & accessories with you: -

CLOTHING

1. One - Down Jacket (Can also be rented in Katmandu @ approx. USD 1.50 per day)
2. One - Warm Thick Pullover.
3. One - Warm Thin Pullover.
4. Two - Warm Pants.
5. Two - Light Loose Cotton Pants.
6. One - Warm Windproof Jacket.
7. Four - Cotton Full Sleeve T- Shirts.
8. Two - Thermal Long Under pant.
9. Two - Thermal Vest / Warm Full T- Shirt.
10. One - Rain Cape with Hood / Poncho (Should be roomy).
11. "Broken-in" pair of Ankle High Walking Boots with one extra shoe laces.
12. Light Tennis Shoes & Light Rubber Sandal.
13. Six pair - Warm Woolen Socks.
14. Six pair - Light Cotton Socks.
15. One - Large Cotton or Silk Scarf.
16. One - Warm Gloves / Mittens.
17. Plenty Soft Tissues & Handkerchiefs.
18. One each Monkey Cap & Sun Hat.

INDIA: NEPAL: BHUTAN: TIBET: SIKKIM # AYURVEDA WELLNESS TOUR: ADVENTURE & TREKKING: BUDDHIST PILGRIMAGE & HOLY MT. KAILASH



19. Two - Towels (One big & One small).

20. Washing Kit.

ACCESSORIES

1. Personal First Aid Kit.
2. Toilet kit, Nail Clipper, Scissors.
3. Flashlight with extra batteries (4 sets).
4. Sun Glasses.
5. Water Bottles - unbreakable (min 2 ltrs. capacity). Can also be purchased in Katmandu.
6. Notebook; pens; & Pencils.
7. Camera with extra Film Rolls & batteries.
8. Binoculars (recommended).
9. Pocketknife; sewing kit; butane cigarette lighter; Chap stick; Moisturizers; Money Pouch/Belts etc.
10. Water Purification Tablets.
11. Walking Stick (can be purchased in Katmandu).

IMPORTANT: Restrict all personal gear to 15kgs. KEEP IT LIGHT & TIGHT.

BOOKINGS:

All package bookings are to be made more than 90 days prior & shall be confirmed only on receipt of the advance payment in shape of Cash; Traveler or Bankers Cheque; payable at JAMMU favoring Master Tours & Travels as mentioned above.

FLIGHT DETAILS FOR MT. KAILASH

Regular flights are operated by Jet, Air Sahara, Indian, and Nepal Air. Fare & timings will be made available on request.(For Yatri's travelling from India). International flights are also operated to Kathmandu Airport

OTHER TERMS & CONDITIONS

In case the Chinese Tibet Tourism Bureau (CTTB) does not operate any particular tour before the launch of the same; the liability of Master Tours & Travels shall be limited to refunding the part of the amount after deducting the booking charges already paid for making Air, Train, Hotel & other arrangements. In case any tour is canceled by the CTTB after its start then there shall be no refund whatsoever. Master Tours & Travels shall stand absolved of all responsibility in such cases.

CANCELLATIONS

In case of the guests effecting cancellation of their booking for Kailash Mansarovar Yatra the cancellation shall be levied as per the following:

1. @ 25% of package amount if cancellations are more than 45 days before tour commencement.
2. @ 50% of package amount if cancellations are between 44 days to 30 days of tour commencement.

INDIA: NEPAL: BHUTAN: TIBET: SIKKIM # AYURVEDA WELLNESS TOUR: ADVENTURE & TREKKING: BUDDHIST PILGRIMAGE & HOLY MT. KAILASH



3. @ 75% of package amount if cancellations are between 29 days to 15 days of tour commencement.
4. No Refunds if cancellations are within 15 days of tour commencement.
5. The guests must inform Master Tours & Travels for these effects as Hotels or our associates will not entertain any queries in this regard.
6. Master Tours & Travels & its Principals; Agents or its Associates shall not be responsible for any delay or cancellation of flights or trains or any other mode of transport due to bad weather or natural calamity or any other causes beyond our control. Cancellations on these accounts are subject to deduction as mentioned in the above clause (1,2 & 3).
7. Master Tours & Travels & its Principals; Agents or its Associates acts as an agent of Transport Co./ Hotel and has no responsibility as Principal; nor is responsible for any loss or damage of life or property of the passenger during the tour.
8. Master Tours & Travels has the right to revise / suspend the package offered at any point of time and can refund the advance received. The holder of the package shall not have any claim against it by any reason thereof.
9. Please Note that Master Tours & Travels or its Principals or Agents shall not be responsible for any loss of life due to health reasons of any of the participants. In your interest please have a proper Medical Checkup & ensure that you are physically fit.
10. All disputes subject to Courts jurisdiction of High Court of J&K, Jammu, India only.

For any further clarifications you can always contact the undersigned.

Warm regards.

Yours sincerely,

Capt. Anil Gour
MD