

****OM NAMAH SHIVAYA****

HOLY MT KAILASH OVERLAND TOUR BY COACH- 12 NIGHTS /13 DAYS

HOLY MT KAILASH AND MANSAROVAR LAKE- AN INTRODUCTION:

Holy Mt Kailash and Mansarowar Lake, center of creation & the Universe are as old as the creation. Thousands of Sages, Ordinary Mortals, Philosophers and even Gods had submerged in the blissful trance at the very sight of this divine grandeur. It is the MERU, SUMERU, SUSHUMNA, HEMADRI (Golden Mountain), RATNASANU (Jewel Peak), KARNIKACHALA (Lotus Mountain), AMARADRI, DEVA PARVATHA (Summit of Gods), GANAPARVATHA, AJATADRI (Silver Mountain). Regarded as SWAYAMBHU, the self-created one, everything is said to emanate from here and finally returns here. Mind is the knot tying consciousness and matter-that is set free here.

Famously known to be an abode of **LORD SHIVA** and his divine consort **PARVATI**, Mt. Kailash expounds the philosophy of **PURUSHA** and **PRAKRITI-SHIVA** and **SHAKTI**. The radiant **SILVERLY** summit is the throne of **TRUTH, WISDOM** and **BLISS-SACHIDANANDAM**. The primordial sound **AUM (NADABINDU)** from the tinkling anklets of **LALITA PRAKRITI** created the visible patterns of the universe and the vibrations (**DVANI**) from the feet of Lord Shiva (**NATARAJA**) weaved the essence of **ATMAN**, the ultimate truth.

Mt. Kailash is considered to be the centre of Hindu philosophy and civilization. Kalpa Viruksha tree is supposed to adorn the slopes. South face is described as Sapphire, east as crystal, west as Ruby and north as Gold. The city of **KUBERA** is also situated here. Ganga after originating from the toe of Mahavishnu enters the lunar circle and descends further from Kailash after circuiting it seven times and then ultimately divides herself into four rivers. The major rivers of Nepal and India originating from this area are Brahmaputra(Lohita), Indus(Sindhu), Sutlej(Shatadru) and Karnali. Every object in this area is sanctified and each one is related to gripping legends. As one ascends through **PARIKRAMA**, one encounters holy peaks of **RAVANA PARVAT, HANUMAN PARVAT, PADMASAMBHAVA, MANJUSRI, VAJRADHARA, AVALOKITESWARA, JAMBAYANG, SHAVARI, and NORSENG.**

The scriptures reiterate that one, who takes the holy dip at Mansarovar and carries out the Parikrama around Kailash, is absolved of his/her sins through generations and is absorbed into the Supreme Finality. There is no re-birth; sorrows or joys and he/she will be with ultimate –the Lord Shiva. In other words, they become Shiva.

In addition to the Hindus, the entire region is also one of the most important pilgrimage centers for the Buddhists. They worship **DEMCHOK** (Buddha in forceful form) seated on the summit of Kailash. It is also called Dharmapala, one version quotes the deity as a form of Shiva's manifestation. The description of the deity is more or less like Shiva. Devi is also given a similar form like Parvati. Buddhists adore Kailash as **KANG RINGPOCHE** and Mansarovar as **TSO MAPHAM**. Guru Rinpoche (The great Indian Master **PADMASAMBHAVA** who introduced Buddhism) and Saint Mileraipa are greatly revered here by the pilgrims. Since **TANTRISM** runs through the main core of Buddhism here, their customs and practices would be found running close and parallel to Hindu traditions. Like Hindus, they also consider (**DOLMA (DEVI)** and **GAURI KUND** (Thuki Zingbu) as holiest spots. Buddhists strongly believe that pilgrimage to this place liberates them to **NIRVANA.**

Besides, Jains acknowledge Kailash as **ASTAPADA** and **PADMAHRADA**. It is believed that **ADINATH VRISHABDEVA** - the first Tirtankara attained Nirvana here. A few claim that **GURU NANAK** meditated here. Across the river **CHU**, there on the Nyanri range stands an impressive temple. Inside this monastery there is a marble statue radiating peace and compassion. This statue is claimed to be that of Guru Nanak.

The entire area echoes with spiritual vibrations. Even the agnostics shall discover new balance amidst that fathomless serenity. One has to experience it. The common belief is that those who are ordained only could be there.

INFORMATION

Health Pre-caution

Oxygen is less at higher altitudes. The inclement weather and high altitude induces certain illnesses generally not encountered over the plains. Headache, nausea, lassitude, lethargy, breathlessness, general uneasiness (malaise), high irritability, light loss of balance, disorientation, incoherence and insomnia are to name among a few. It is common to all irrespective of age, sex and physical fitness. Gradual acclimatization is the best answer. Tranquilizers, sleeping dosages and strong antibiotics must be avoided. Some symptoms do indicate that the body mechanism is readjusting to new environment.

Route & Climatic Conditions

Once the voyage commences, the panoramic Himalaya and Tibet cocoon the pilgrims in their effulgence and they drift beyond the reach of a conventional world. Deep silence and eerie expansiveness rule the atmosphere. A resourceful pilgrim, however, would enjoy his every step – planning is the key.

Route from Kathmandu to Tatopani (Nepal-China border) is narrow and scary but from the border onward roads are well maintained. The high altitude Tibetan terrain is dry, cold and windy. Night is colder than day. Torrential rains, strong icy winds are common features. The average altitude is above 3,500 meters and the route covers many high altitude passes.

Risk and Liabilities: We will endeavor to make your journey smooth and pleasant as far as possible. However, the entire program in Tibet is conducted strictly under the rules and regulations of China Tibet Tourism Bureau (TTB). Therefore, **Fishtail Tours/Trek (P) Ltd.** & its related organizations will not be responsible for any changes in the itineraries due to unavoidable circumstances such as government restrictions, delay in receiving Tibet Travel Permit and Visa due to TTB's own rules and regulations, land slides, road blockages, floods, snow, political unrests, cancellation of flights, delay due to shortage of land cruiser Jeep/Coach in Tibet, personal sickness or accident. Any extra cost incurred shall be borne by travelers themselves.

Required Documents:

- Minimum of six months valid passport and two copies of passport size photographs.
- A normal health certificate from your personal doctor for travelers aged 50 years and above may be required.

Fitness: This is not a trek or expedition but a tour; therefore no specific level of fitness is required. Anybody can join this Yatra if they think they are fit and have a strong willpower. People suffering from cardiac or respiratory problems should consult to their doctor. Morning and evening walks, jogging, stretching, meditation and regular exercises make the journey comfortable for all.

Food and Beverages: Delicious continental & Indian food will be served. Breakfasts and Dinners will be served in campsite by trained Nepali staffs. Packed lunch will be provided during daytime. We will serve mineral water for drinking purpose.

Clothing and Necessities: As the temperature varies greatly between day and night (from max. 20 degrees Celsius to min. -16 degrees Celsius) one should prepare accordingly. However, we suggest all yatries to travel light – maximum 10 to 15 Kgs per person.

Travelers should bring following items with them:

- Woolen gloves, Balaclava, Sun hat, Thermal wear, Water bottle, Woolen socks, Towel, Light Jacket, Sunglasses, Sunscreen, Torch with extra batteries/bulbs, Muffler, Mask, Raincoat, Sweater, Shirt/T-shirt (2 sets) & Trekking shoes.

Insurance:

Full travel insurance covering medicine, Helicopter evacuation (if in case of emergency), loss of personal belongings, postponed/ pre-pond expenses of inward and outward flight and trip cancellation is strongly recommended.

Cancellation:

All notice of cancellation must be sent to our office in writing; verbal cancellation will not be accepted. There is no refund for services not used. In case of any cancellation the booking amount will be completely forfeited. In addition, the following cancellation rules will be applicable on the balance amount payable.

- 21 days period from tour departure date: 30% cancellation charges.
- 15 days period from tour departure date: 50% cancellation charges.
- 7 days and less periods no show: 75% cancellation charges.

The above cancellation rules are applied as per the rules and regulation of China Tibet Tourism Bureau and (IPSC) Indian pilgrims service Center, China.

Most important points to be noted and prepared:

1. It should come into notice of all Kailash Yatries that, all Tibet and Holy Mt. Kailash Yatra/Tour operators in Nepal have very fewer roles to play in handling Tibet and Holy Mount Kailash Yatra operation. 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, the management of Fishtail Group of Tourism Hospitality Industries or its associates won't be liable and be made responsible:
 - 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.
 - d. All the price given below in Indian currency are calculated at the rate of 60/- per US dollar, i.e. (ROE) is 60/- at the time of pricing. All the difference due to currency fluctuation will be borne by either side.

Why to choose Master Tours & Travels as your pilgrimage Yatra operator to holy Mt.Kailash and Mansarovar—a journey to the abode of Lord Shiva?

01. The Yatra to Mt. Kailash and Mansarovar is considered as one of the toughest Yatras as the area lies in a high mountain terrain. Thus, it requires highly experienced team to ensure safety and comfortable journey for the pilgrims. Master Tours & Travels & its associate Fishtail Tours & Travels team has been effectively trained to conduct these kinds of tours and has been organizing the Yatra for more than 15 years.
02. We have very cordial relationship and rapport with IPSC/ Chinese government on every aspect. In case of an occurrence of any emergency during the Yatra, all the Yatries can get immediate help and support from the Chinese government.
03. As mentioned earlier, our entire team members are trained for maintaining personal hygiene, safety, sanitation and cleanliness.
04. We serve pure vegetarian, fresh and hygienic meals during the Yatra.

05. We always use high quality International standard equipments to ensure comfort and safety of the Yatris.
06. Master & Fishtail team values your money and assures you that every penny you spend for the trip will be worthwhile as our sole priority is to provide you with the best quality service and guarantee your safety.
08. We have no any hidden costs, except for personal expenses not covered by the contract. We never charge a single penny during the entire journey.

HOLY MT KAILASH OVERLAND TOUR BY COACH

Tour Code	Tour Title	Duration	Destination Covered
FMO 100 C	Holy Mt Kailash Overland Tour	12 Nights/ 13 Days	Kathmandu, Holy Mt Kailash and Mansarovar Lake.

Fixed Departure Dates for 2014

Drive in /Drive out via Zhangmu

Month	Group Code	Dates of Operation								Full Moon Day
		Arrival in Kathmandu		Departure for Mt. Kailash		Return from the Yatra		Final Departure For onwards journey		
		Day	Date	Day	Date	Day	Date	Day	Date	
Apr	FMO 101 C	Thus.	24 th April	Sat.	26 th April	Monday	5 th May	Tues	6 th May	
May	FMO 102 C	Wed.	7th May	Friday	9th May	Sunday	18th May	Monday	19th May	14th May
May	FMO 103 C	Sat	17 th May	Monday	19 th May	Wed	28 th May	Thurs	29 th May	
May	FMO 104 C	Sun.	25 th May	Tues.	27 th May	Thurs	5 th June	Friday	6 th June	
June	FMO 105 C	Friday	6th June	Sun.	8th June	Tues	17th June	Wed.	18th June	13th June
June	FMO 106 C	Tues.	17 th June	Thus	19 th June	Sat.	28 th June	Sunday	29 th June	
June	FMO 107 C	Friday	27 th June	Sun.	29 th June	Tuesday	8 th July	Wed	9 th July	
July	FMO 108 C	Sat.	5th July	Monday	7th July	Wed.	16th July	Thurs	17th July	12th July
July	FMO 109 C	Tues.	22 nd July	Thus.	24 th July	Sat.	2 nd Aug	Sunday	3 rd Aug.	
Aug	FMO 110 C	Sunday	3 rd Aug	Tuesday	5 th Aug	Thurs	14 th Aug	Friday	15 th Aug.	10 th Aug
Aug	FMO 111 C	Tues.	19 th Aug	Thursday	21 st Aug	Sat.	30 th Aug	Sunday	31 st Aug	
Sept.	FMO 112 C	Tues.	2nd Sept.	Thus.	4th Sept.	Sat.	13th Sept.	Sunday	14th Sept.	9th Sept.
Sept	FMO 113 C	Tues.	16 th Sept.	Thus.	18 th Sept.	Sat	27 th Sept.	Sunday	28 th Sept.	
Oct.	FMO 114 C	Wed.	1 st Oct.	Friday	3 rd Oct.	Sunday	12 th Oct.	Monday	13 th Oct.	8 th Oct.

Yatra Itinerary:

Day	Itinerary Details
01	Arrival at Tribhuban International airport, meet & welcome by our office representative & transfer to hotel. Evening briefing about the Yatra. Overnight stay at hotel.
02	After breakfast leave for temple sightseeing tour to Lord Pashupatinath temple, Lord Narayana also known as sleeping Vishnu (Budhanilakantha temple) & Soyambhunath stupa. Return to hotel, lunch & rest of the day is free for the preparation of Yatra. Overnight stay at hotel in Kathmandu.
03	Early breakfast at hotel and drive to Nepal / China border also known as Tatopani, by coach to commence yatra to Nyalam (3,800 m). Complete Immigration formalities in Nepal side and walk approx 15 minutes to cross friendship bridge. Complete all China side immigration formalities & walk further ahead & get introduced with your Chinese guide and land cruiser/ coach drivers. After introduction, proceed the journey to Nyalam. Arrive Nyalam and overnight stay at guesthouse.
04	Full day acclimatization at Nyalam. Freshly cooked meals, tea, coffee and snacks will be served. Overnight stay at guesthouse.
05	After breakfast, drive to Saga (215 km, 5 to 6 hours, 4,580 m) or New Dongpa(332 Km, 8 hours, 4,500 m) through Tibetan Plateau via Lalung La Pass, Paiku lake (PAIKU TSO) and cross the Brahmaputra river (known here as the Yarlung Tsangpo). Packed hot lunch will be served on the way. Overnight stay at hotel
06	Drive from Saga/ New Dongpa to Mansarovar (427 km, 8 hours drive, 4,500 m) / (325 km, 7 hours, 4,500 m). Packed hot lunch will be served on the way. Overnight stay at guesthouse.
07	Morning holy bath and Puja at lake Mansarovar. Visit Chiu Gompa & drive (30 KM) to DARCHEN (4,560 m) for about 2 hours. After lunch, visit to Astapad (8 km drive) can be organized with an extra cost. Overnight stay at guesthouse.
08	With packed lunch box, drive to Tarboch Flag Pole, the first prostration point, -an auspicious gateway and the sky burial ground. Visit Yamadwar and further drive to Sershong (total 8 km). Meet your porters/pony caretaker / guide etc. and trek to Dirapuk (4,765 m,10 km, 3 to 4 hours trek). Overnight stay at guesthouse.
09	Continue Parikrama over Dormala pass (5,610 m) to Zuthulpuk (4,700 m) (22km/ 7 to 8 hours trek). Overnight stay at camp.
10	Last and final day of Mt. Kailash Parikrama ends near Darchen (14 km/ 3 to 4 hrs trek) & drive to Saga(450 Km, 6 hours). Arrive Saga, & overnight stay at hotel.
11	Drive Saga to Nyalam (215 km, 5 to 6 hrs drive). Overnight stay at guesthouse.
12	Drive Nyalam to friendship bridge (40 km) - Nepal/ China border and complete the Immigration formalities in China side. Cross the border and complete the immigration formalities in Nepal side. Walk further down where your coach to Kathmandu will be waiting. Lunch will be arranged on the way or at your hotel in Kathmandu. Arrive Kathmandu after 5 hours drive – 125 km. Evening certificate distribution program will be organized which is followed by dinner. Overnight stay at hotel.
13	Free time until your departure transfer to the International airport for your onward flight.
*****Yatra Ends*****	

Holy Mt. Kailash - Deluxe Overland Tour Costs: By Coach with 4 star eqv hotel in Kathmandu- Tour code: FMO 100 C

A, DELUXE GROUP TOUR COSTS ON REQUEST –MINIMUM 25 PAX & ABOVE

Accommodation Details		
Kathmandu	Saga	Other Part of Tibet
4 star hotel	Hotel Saga or Similar	Dormitory / Guesthouse

TOUR COST WILL INCLUDE:

- Special welcome on arrival by garland at the International airport, Kathmandu.
- 1 briefing session in Kathmandu.
- 3 nights accommodation in Nepal on twin share basis with all meals (vegetarian).
- 9 nights accommodation in Tibet/ China using guesthouse/ camping with all meals.
- Tibet visa and permit fee.
- Yak & Yakmen to carry kitchen equipments and food materials during Parikrama.
- Ground transfers in Tibet using Chinese Deluxe coach .
- Services of an English speaking guide and a professional Nepali tour leader.
- Fully trained team of Nepali staffs, 3 times a day meal, mineral and boiled water for drink, oxygen cylinder and oxygen pillow as per the requirements.
- Required trekking and kitchen equipments.
- Oxygen cylinders and first aid kit.
- Free use of warm down-jacket and sleeping bag.
- Backpack and duffel bag for free.
- 1 half-day Kathmandu sightseeing covering Pashupatinath temple, Budhanilakantha temple & Boudhanath stupa.
- Necessary Border charges.
- Kathmandu/ China Border/ Kathmandu by non-A/C coach.
- Yatra completion Certificates and necessary assistance.

Booking Procedure:

For the booking of Mt Kailash or any other Tibet / China Tour the following document and payment must reached to us.

- ❖ **Non refundable booking Charge INR 25,000/- for Indian Nationals & USD 500.00 for others.**
- ❖ **Properly filled booking form with duly signed (given below).**
- ❖ **Clear passport copy with minimum 6 month validity**

Tour Booking Form

Full Name (As shown in passport):

Age: Sex: Present Profession:

Passport No: Date of Issue: Valid till:

Name of Father/ Mother: Name of Husband/ Wife:

Permanent Address:

Temporary/ Present Address (If differ from permanent only):

Telephone: Office: Home: Mobile:

Email:

I am interested to join in your regular Mt Kailash Tour (Please tick in one): Overland Tour/ Heli Tour/ Hilsa Zhangmu Tour/ Mt Kailash Via Lhasa Tour on my own decision which is scheduled to departure from Kathmandu on..... And final departure from Kathmandu on..... and here by deposited initial non refundable booking Charge INR 15,000/- by cash/ cheque No:..... / bank transfer dated thru bank on.....

I am fully aware about the landscape & climate of the route and other required general information about the yatra. I am traveling on my own decision.

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