

****OM NAMAH SHIVAYA****

MANAKANAKAMANA, JOMSOM & MUKTINATH EXTENSION TOUR :

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 Manasarovar 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.
- 07. 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.

Muktinath, Manakamana Extension Package: Pre/ Post Mt Kailash Yatra

Day	Itinerary Details:
01	After breakfast drive to Pokhara. En-route visit Manakamana temple. Finally arrive Pokhara and Check into hotel. Dinner and Overnight at hotel.
02	Early morning transfer to airport for flight to Jomsom. Arrive Jomsom and walk up to the bridge and drive for Muktinath. Arrive at the base of the Muktinath temple and walk to the temple. Take a holy bath, perform puja and return to jeep stand. Drive back to Jomsom and Overnight at hotel.
03	After breakfast walk to airport for flight to Pokhara. Arrive Pokhara and transfer to hotel. Afternoon leave for half-day Pokhara sightseeing covering Bindubasini temple, Seti Gorge, Devi's fall and Fewa lake. Overnight at hotel in Pokhara.
04	After breakfast transfer to airport for flight to Kathmandu/drive to Kathmandu. Overnight at hotel.
05	Transfer to airport for flight to onward journey/ Join for Mt Kailash Yatra.

Extension Tour Costs based on Group over 10 pax:

A. DELUXE GROUP TOUR COSTS ON REQUEST –MINIMUM 20 PAX & ABOVE

B. PRIVATE TOUR AS PER THE GROUP ON REQUEST :

Accommodation and other Details in Nepal & Tibet.		
Kathmandu	Lhasa	Other Part of Tibet(China)
5 star equivalent hotels	3 star equivalent hotel.	Best Available hotel/ Guesthouse/Tent

TOUR COST WILL INCLUDE:

- 1 night stay in Kathmandu at 3 star equivalent hotel.
- 2 night stay at Pokhara 3 star equivalent hotel.
- 1 night stay at Jomsom at 2 / 3 star hotel.
- Kathmandu / Pokhara / Kathmandu as per the above itinerary
- 1 half day local Pokhara sightseeing as per the itinerary.
- Airport transfer in Pokhara.
- Annapurna Conservation fee and Muktinath visit permit.
- Pokhara / Jomsom / Pokhara by flight and Jomsom / Muktinath / Jomsom by Jeep.
- All meals - Breakfast, lunch and Dinner (Veg.)
- Necessary assistant.

Cost Excludes:

- All personal nature of expense - tips, laundry, beverages etc.
- Airport tax.
- Entry fees during sightseeing.
- Any additional costs due to prolonged / postponement of tour - cancellation of flight, landslide, raining, political problematic which is beyond control of Fishtail Tours & Travel. Approximate per day per person accommodation and meal cost will be INR 2,000/-

Booking Procedure:

For the booking of Mt Kailash or any other Tibet / China Tour the following document and payment must be 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:



MASTER TOURS & TRAVELS

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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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