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Dear Sir/Madam,

Greetings from Holidays to Nepal!!

Many thanks for your **Kailash Mansarovar Yatra** inquiry with KailashYatra.Travel, a subsidiary of **Holidays to Nepal** (P) Ltd. We are a government-registered, ISO certified, highly rated, Kathmandu based and experienced Kailash Mansarovar Yatra operator since 2013.

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Please find below complete details of the 14 days **Kailash Mansarovar Yatra by Drive via Kyirong** for NRIs/Foreigners (Group). Due to the quality concern and best possible service offering, we do operate with a small group size of a maximum of 40 people with limited seats on our scheduled departure dates. So, we request you to let us know your decision as early as possible. Your early confirmation will help us to arrange a trip timely with all necessary related arrangements.

KMY Facts:

Trip Duration:	13 Nights | 14 Days
Travel Type:	**Kailash Mansarovar Yatra by Drive via Kyirong (Group)**
Travel Year:	2026
Starting point:	Kathmandu, Nepal
Ending point:	Kathmandu, Nepal
Mt. Kailash height:	6,638 meters from sea level
Highest point on trek:	Dolma la Pass (5,600 meters)

Tour Operation:	From May to September

KMY Package Cost:

Group Size:	**Minimum 20 People (Deluxe Package)**
Package Cost:	**USD 3000/person**
Optional Mt. Everest Flight:	USD 300 (Including Transportation)
Tax and Fees:	All Included

Trip Itinerary:

Day 01: Kathmandu Arrival, Welcome to Nepal!

Your Arrival Time (?) *Our office representative will meet and greet you at* ***Kathmandu Airport*** *and transfer you to your hotel.*

Note: *The mainland Chinese visa is not required for foreign nationals; an on-arrival Tibetan visa will be provided. However, if you're an American national, you will need to apply for a Chinese mainland Tourist visa (L class) from the US itself. On that basis a Tibetan visa and permit will be provided on arrival at immigration.*

Meal: *Dinner Included.*

Hotel: *Hotel Tibet or Similar (3 Star)*

Day 02: Kathmandu Sightseeing.

At. 10:00 AM: *After your breakfast at the hotel, you will participate in a full day of sightseeing in Kathmandu Valley. Your transportation will arrive at the hotel to pick you up for sightseeing.*

*Firstly, you will start with **Pashupatinath Temple**, a sacred Hindu pilgrimage site dedicated to Lord Shiva. You will wander through the maze of the temple, surrounded by small shrines, each with its own religious significance.*

*Then, you will drive towards **Jal Narayan Temple**. Take your time to appreciate the intricate details of the reclining statue of Lord Vishnu, its size, and the open air settings. You can have your lunch in between the sightseeing, according to your timing and nearby places of interest.*

*Your final destination today will be **Patan Durbar Square**, one of the three Durbar squares, where you will travel through the historical lane.*

***At. 04:00 PM:** Once your sightseeing is complete, your transportation service will drop you off at your hotel. In the evening, you can go shopping around Thamel, a tourist market in Kathmandu.*

***At. 06:00 PM:** We will meet for a trip briefing about your tour program. You can ask all your related questions during the trip briefing meeting.*

***Meals:** Breakfast and Dinner Included.*

***Hotel:** Hotel Tibet or Similar (3 Star)*

***Pashupatinath Temple** is the largest and holiest shrine for Hindus, dedicated to Lord Shiva. This temple, situated on the bank of the Bagmati River, was built in the 5th century. It is represented by a four faced Shiva-lingam housed in the main temple. There are around 492 temples, 15 Shivalayas (shrines of Lord Shiva), and 12 Jyotirlingas (phallic shrines) to explore. Although only Hindus are allowed to enter the temple, visitors can clearly see the temple and the activities performed on the temple premises from the eastern bank of the Bagmati River. A center for Hindu pilgrimage, this temple hosts different major festivals such as Maha Shivaratri and pujas such as Rudra Abhishek and evening Aarti. Additionally, no entrance fee is charged for Indian nationals to enter the temple.*

*The **Jal Narayan Temple**, also known as the **Budhanilkantha Temple**, is a famous Hindu temple dedicated to Lord Vishnu. It is around 8 KM north of Kathmandu at the base of Shivapuri Hill. The temple is famous for its large, reclining statue of Lord Vishnu resting on a bed of stone serpents in a pool of water. The temple is religiously significant for both Hindus and Buddhists. Unlike other Hindu temples, Budhanilkantha is an open-air shrine offering a unique and serene atmosphere.*

***Patan Durbar Square**, one of the three durbar squares in the Kathmandu Valley, is 6 KM southeast of Kathmandu. The square is an important example of Newari architecture, surrounded by prominent temples, palaces, courtyards, and statues. The Keshav Narayan Temple, which was built in the 17th century and dedicated to the Hindu god Vishnu, is a masterpiece of pagoda architecture. The temple is known for its nine roofed pagodas and its richly decorated interior. Other notable key attractions on the square are the Krishna Temple, the Taleju Temple, the Bhimsen Temple, and the Patan Museum. Wandering through the narrow alleys lined with traditional Newari houses, bustling markets selling handicrafts and souvenirs, and local shops showcasing local artisan's work are an interesting sight to see.*

Day 03: Drive to Dhunche, Syabrubesi, or Timure.

***At. 08:00 PM:** After breakfast, check out of the hotel. You will start your drive towards **Dhunche (124 km/5 hrs) or Syabrubesi (137 km/6 hrs) or Timure (148 km/7 hours)**, where you can spend the night depending on how long it takes to get there.*

On the way to Trishuli Bazar, you will stop for lunch at a highway restaurant before continuing your journey. The entire ride takes you along the Trishuli River, which offers stunning scenery.

***Note:** In case of any emergencies like the natural disasters that interrupt the way towards Kyirong border, alternative routes like Tatopani border or Korala border will be used to enter Tibet according to the authorities decision. If it happens so, the itinerary from day 3 will be changed accordingly.*

***Meals:** Breakfast, Lunch, and Dinner Included.*

***Hotel:** Local Guest House (Available Best).*

Day 04: Drive to Kyirong.

***At. 08:00 AM:** After breakfast, first we need to complete the immigration process (the departure stamp) on the Nepal side in Timure. Then you will walk towards **Rasuwagadhi (Nepal - China Border)**, which is about 1.7 KM from Timure.*

You need to settle some customs formalities in Nepal before crossing the border into China, where our Tibetan guide will meet you. The guide will assist you to complete the immigration formalities in Tibet.

Note: *For immigration, it might take a minimum of 1 to 2 hours on a quiet day. On average, expect 2 to 3 hours, and during the busy full moon period, it can easily take more than 3 hours. It all depends on how many travelers are crossing on that particular day, so patience is key here.*

Once the Chinese immigration process is over, start driving towards ***Kyirong****. Kyirong is 40 KM from the border and takes around one and a half hours to reach. You will stay the night at the hotel in Kyirong.*

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Altitude: *2850 m.*

Day 05: Kyirong Acclimatization.

At. 08:00 AM: *Have your breakfast at your hotel prepared by your kitchen crew.*

Today you can visit the attractions and markets around Kyirong and observe their day-to-day life. You can go outside and walk around, as it will help you adjust to walking at high altitude.

Acclimatization is the process in which an individual adjusts to a change in its environment. As it's not compulsory, you can stay in the hotel and have some rest as well.

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Altitude: *2850 m.*

Day 06: Drive to Saga.

At. 07:30 AM: *Wake up early and have your breakfast and start packing your things. As you will be heading to Saga after lunch, you can use this excess time exploring Kyirong in brief.*

At. 12:00 PM: *Have your lunch and hop onto the vehicle and drive 155 KM from Kyirong to* ***Saga****, which will take around 3-4 hours.*

En route, you will have the opportunity to go to ***Ganesh Parbat*** *and* ***Lake Peiku Tso****, then eventually cross the bridge built over the* ***River Brahmaputra*** *(also called Yarlung Tsangpo in Chinese) in Saga. Overnight stay at Saga.*

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Distance covered: *155 KM.*

Altitude: *4500 m.*

Day 07: Drive to Lake Mansarovar.

At. 08:00 AM: *Enjoy a delicious morning breakfast, and today you will drive towards the holy and beautiful* ***Lake Mansarovar (4650 m)****.*

The distance from Saga to Mansarovar is about 450 KM and will take you around 8 to 9 hours. On the way, you will get a glimpse of ***Mount Kailash*** *as well as the potent* ***Rakshas Tal****.*

Once you arrive at Mansarovar, you will take a rest at the guest house. You will stay the night at the guesthouse in Mansarovar.

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Mansarovar Lakeside Guest House (we don't have any choice here).*

Distance covered: *450 KM.*

Altitude: *4650 m.*

Lake Mansarovar, also known as Mapam Yutso in Tibetan, is one of the world's highest altitude freshwater lakes and is located at an elevation of 4650 m. It is revered as a holy site of purity, attracting Hindu pilgrims across the world. It is revered as a sacred lake in Hinduism, Buddhism, Bon, and Jainism. According to Hindu mythology, bathing in the lake can cleanse one's sins and bring good luck.

Day 08: Drive to Darchen.

Today you can perform Puja/Havan at the shore of Lake Manasarovar. After lunch, you will drive to ***Darchen****, which is 35 KM from Mansarovar and takes around 1 hour to drive.*

Note: *Taking a dip in Mansarovar is restricted. However, you can take water from Mansarovar in a bucket and bathe with it.*

After reaching Darchen, you can rest your bags and relax. You can stroll around the small market in Darchen town in the late afternoon. You will stay the night at the hotel in Darchen.

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Distance covered: *35 KM.*

Altitude: *4700 m.*

Darchen *is a small village/town located at an altitude of 4700 m, which is a significant gateway to Kailash Yatra. It is the starting and ending point for the pilgrimage circumambulation (Kora) around Mount Kailash. The village itself is a small but important hub for pilgrims and travellers visiting the region. The vibrant market in this town hosts various restaurants serving basic Tibetan fare, hotels and guesthouses for accommodation, and shops selling supplies for the trek.*

Day 09: Drive to Yama Dwar, Trek to Derapuk.

At. 07:00 AM: *After having your breakfast, drive towards* ***Yama Dwar (Tarboche)****, which is the starting point of Kailash Parikrama.*

Once you reach, carry your bags and head towards the gate of Yama Dwar. Passing through the gate of Yamadwar is believed to remove your evil deed from the book of judgement, and you will get a place in heaven.

Your 3-day-long trekking journey begins and your stop for today will be at ***Derapuk****, which is about a 12 KM trek from Yamadwar. The south face of Mount Kailash is seen from Yamadwar; as you walk on, you will see the west face, halfway from Yamadwar.*

As you reach Derapuk, the stunning north face of Mount Kailash is seen. Once you reach your accommodation, you can rest your bags and relax. Overnight at a guest house in Derapuk.

Note: *If you are not doing Parikrama, then you will be waiting at Darchen till the group returns from Parikrama, with arrangements for accommodation and meals.*

Meals: *Breakfast, Packed Lunch, and Dinner Included.*

Hotel: *Local Guest House (we don't have any choice here).*

Distance covered: *12 KM.*

Altitude: *5050 m.*

Yama Dwar, *also known as Tarboche in Tibetan, is a gateway located near Mount Kailash It literally translates to "Gateway of Death" as "Yam" refers to Yama, the Hindu God of Death, and "Dwar" means gate. It is considered an auspicious place and the main starting point for the spiritual circumambulation (parikrama) around Mount Kailash. Passing through the Yam Dwar signifies leaving behind worldly attachments and joining a journey of spiritual purification.*

Day 10: Trek to Zuthulpuk.

At. 07:00 AM: *After breakfast, we trek to the east face of* ***Dolma La Pass (5600 m)*** *and then descend gradually to* ***Zuthulphuk (4800 m)****, witnessing the* ***Gauri Kunda*** *on the way.*

By late afternoon, you will arrive in Zuthulphuk, the cave of miracles. The great ascetic Milerappa is supposed to have performed miracles here. Overnight at the guest house in Zuthulphuk.

Meals: *Breakfast, Packed Lunch, and Dinner Included.*

Hotel: *Local Guest House (we don't have any choice here).*

Distance covered: *22 KM.*

Altitude: *4650 m.*

Gauri Kunda *is a sacred lake located at the foot of Mount Kailash in Tibet at an altitude of approximately 5600 m. It is a revered place in Hinduism and Buddhism where Goddess Parvati used to bathe. It is believed that the waters of the kund are purified by her touch and thus possess immense spiritual power. It can be seen on the way down towards Zuthulpuk.*

Day 11: Zuthulpuk to Saga.

At. 07:00 AM: *Today you will walk about 8 KM and drive towards today's final destination, Saga. Have your breakfast and go to the ending point near Darchen, where you will meet our vehicle and drive to Darchen, merge with the group who didn't go for parikrama, and then drive towards Saga together.*

The driving distance will be around 485 KM and take about 8–9 hours. As it will be a long drive today, once you reach the hotel, check in and rest. You will stay the night at the hotel in Saga.

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Distance covered: *488 KM.*

Altitude: *4500 m.*

Day 12: Drive back to Kyirong.

At. 09:00 AM: *Enjoy your breakfast early in the morning. Today, you will return to* ***Kyirong*** *following the same route back, which will cover around 155 KM and take about 2-3 hours.*

As you will reach there in the afternoon, you can take a rest or walk around the town and refresh yourself. You will stay the night at the hotel in Kyirong.

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Distance covered: *635 KM.*

Altitude: *2850 m.*

Day 13: Drive to Kathmandu.

At. 07:00 AM: *Enjoy your breakfast early in the morning. Today, you will return back to* ***Kathmandu****. To reach the border, you will need approximately 1 hour of driving, covering 40 KM.*

Then, after completing the immigration formalities on both sides, start driving towards Kathmandu. The distance is the same 130 KM and takes 5-6 hours. Once you reach Kathmandu, you can check in and rest. As today is the last day here, in the evening, you can shop around the local market, Thamel.

Note: *If anyone wants to extend their stay in Kathmandu, it can be extended with the required charges.*

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Hotel Tibet or Similar (3 Star).*

Distance covered: *170 KM.*

Day 14: Transfer to Airport.

As you enjoy your last breakfast at the hotel, the time to go back is already here. You can have some time of your own or add some additional activities until your flight time.

Our company representative will escort you to the Kathmandu airport 3 hours before your flight. We hope you have enjoyed the holy tour and will be back for another tour in Nepal.

Have a safe journey back! *It will be our pleasure to be part of your journey if you want to extend your stay in Nepal.*

Optional Activity: *You can also take part in the thrilling Everest Mountain Flight. It is a sightseeing adventure flight that departs at 06:30 AM from Kathmandu airport to Kathmandu airport, a 1-hour flight that takes you to the stunning aerial view of Mt. Everest (8848 m) and several other mountains such as Lhotse (8516 m), Kanchenjunga (8586 m), Shishapangma (8027 m), Nuptse (7881 m), Ganesh (7422 m), and Chamlang (7319 m).*

Meal: *Breakfast Included.*

Package Cost Includes:

1. *All airport pickups and drops in Kathmandu.*
2. *All mentioned sightseeing tours in Kathmandu on a sharing basis.*
3. *Transportation with non A/C during your land travel from Kathmandu to Nepal-China border and back.*
4. *All (3 Nights) hotel accommodations are in Kathmandu at 3 star deluxe hotels on double/twin/triple sharing basis.*
5. *Best available hotel/guest house/tea house accommodations during Kailash Yatra after Kathmandu. (On twin/triple/quad/dormitory sharing basis)*
6. *All meals as mentioned in the itinerary. (Pure Veg Meal)*
7. *Transportation in Tibet by A/C coach. (from Kyirong to Kyirong)*
8. *Nepali Team leader, kitchen staff, and supporting team.*
9. *An English-speaking Tibetan guide from Kyirong to Kyirong.*
10. *Required supporting trucks to carry kitchen equipment.*
11. *All the road permits and tibetan visa.*
12. *A free duffel bag and backpack to carry your stuff.*
13. *Yak for the Kailash parikrama to carry kitchen equipment and utensils only.*

14. *First Aid kit and oxygen cylinder.*
15. *Kailash yatra completion certificate. (at the end in Kathmandu)*

Note: *Single rooms can be provided only in Kathmandu with additional charges.*

Package Cost Excludes:

1. *Any international flight cost/Nepal visa fee if needed.*
2. *Chinese mainland visa for US citizens only.*
3. *Personal expenses.*
4. *Lunch is excluded in Kathmandu.*
5. *Sightseeing entrance fees.*
6. *Cost for extra/additional night accommodation and food during the trip. (if needed)*
7. *If pilgrims leave the group early from the Tibet side for non – disease reasons then USD 100 per person/per day has to be paid as penalty to the Tibet side – T. A. R. Foreign Exchange Center (FEC). (Visa splitting charge, accommodation, transportation charges will be extra)*
8. *Pony/Horse with porter (4000 - 4500 Yuan) or only porter (1200 - 1500 Yuan) hire cost during the Mt. Kailash parikrama.*
9. *Emergency evacuation cost. (If needed)*
10. *Travel insurance. (highly recommended)*
11. *Services that aren't mentioned above.*

Important information that you must read:

How do I book this tour?

Ready to book your Kailash Mansarovar Yatra with us? Follow these simple steps:

STEP 1: Check Availability and Discuss Your Plans.

Contact us with your preferred travel dates. We'll confirm availability and provide detailed information about the entire tour arrangements.

STEP 2: Submit Passport Details.

Once your dates are finalized, please email a clear, scanned copy of your passport to booking@kailashyatra.travel. Important: Passports must be valid for at least 9 months beyond your Yatra departure date.

STEP 3: Confirm Your Booking.

Confirm your reservation with **an advance payment of USD 500 per person**. Upon receipt:

- *We will secure your accommodations and transport.*

Final Payment: The remaining balance is due 30 days prior to departure. Full payment is required by this deadline to finalize all arrangements.

Payment Options: USD cash or direct bank transfer.

Visa and Documents (Foreign Nationals and NRIs)

Nepal portion: A valid passport and visa are mandatory for all foreign nationals and NRIs (Non-resident Indians) to enter Nepal. Nepal immigration offers a visa on arrival facility at Kathmandu airport for all valid documents and visa fees.

China/Tibet portion: A valid passport, visa and a special permit to visit the Kailash region are mandatory for all foreign nationals and NRIs (non-resident Indians) willing to undertake Kailash Yatra.

Note: *The mainland Chinese visa is not required for foreign nationals; an on-arrival Tibetan visa will be provided. However, if you're an American national, you will need to apply for a Chinese mainland Tourist visa (L class) from the US itself. On that basis a Tibetan visa and permit will be provided on arrival at immigration.*

Travel Insurance

Comprehensive travel insurance with specific high-altitude coverage is strictly mandatory for participation in the Kailash Mansarovar Yatra. This is non-negotiable due to the remote, high-altitude nature of this journey.

Your insurance policy MUST include:

1. Emergency medical evacuation (up to 19,500 ft / 5,900m)
2. Repatriation coverage
3. Trip cancellation/interruption protection
4. Coverage for Tibet (China)
5. High-altitude trekking (up to 19,500 ft)
6. Full trip duration coverage

Important Notes:

- Not Included: Insurance costs are not included in your tour package.
- Your Responsibility: Securing adequate coverage is solely your responsibility.
- Proof Required: You must provide proof of valid insurance (policy number and insurer contact details) before departure.
- Consequences: Failure to provide valid proof will result in denial of participation with no refund.
- Assistance: Need help verifying coverage requirements or finding suitable providers? Contact us for guidance.

Medical Certificate

While a health certificate is not required for non-Indian nationals, we strongly advise consulting your doctor before traveling to assess your fitness for this journey. Travel is not recommended for individuals with lung conditions (including asthma, COPD, lung cancer, pneumonia, or pulmonary fibrosis). Additionally, travelers with high blood pressure, diabetes, or other significant medical

conditions should seek medical clearance before confirming their trip. Your health and safety are our priority.

Packing Lists

Clothing	Essentials	Additional
Warm and Comfortable Clothes	Soap/Shampoo	Hiking poles
Shoes	Toiletries	Camera, Batteries, Binocular
Shorts	Dust Mask/Sanitizer	Headlamp
Trekking Pants	Toilet Paper, wet tissues	Small first aid kit
Long Sleeved Shirt	Quick-dry towel	Documents (Passport, Permits, Visa) and Cash
Fleece	Sunglasses	Water Bottle
Rain Jacket	Sunscreen/Sunblocks	Plastic bags, Deo, Thread and Needle
Down Jacket, Sweaters	Moisturizers, Lip Balm	Energizers, Chocolates
Socks, woolen gloves	Hat, Balaclava	Snacks, fruits
Backpack	Personal Medical Kit	Worship elements

Essential Health Advisory

The Kailash Mansarovar Yatra via various routes is one of the world's most demanding high-altitude road journeys. Successfully completing it requires excellent physical fitness and resilience.

Critical Health Considerations:

1. **Pre-Existing Conditions:** Individuals with asthma, heart conditions (including angina, history of heart attack, or heart failure), chronic lung diseases (like COPD), or severe hypertension face significant risks at high altitudes. Altitude can severely exacerbate these conditions.
2. **Mandatory Medical Clearance:** We strongly advise ALL participants, regardless of age or apparent fitness, to undergo a thorough medical examination specifically for high-altitude travel. This is especially crucial if you have any pre-existing medical condition.
    - **Discuss:** Your specific itinerary, altitudes reached (including the 19,500 ft / 5,900 m Dolma La Pass during the Parikrama), extreme cold, dust exposure, rough "no-road" terrain, and sustained physical exertion over days.
    - **Obtain Clearance:** Explicitly ask your doctor: "Am I medically fit for this specific journey, considering the extreme altitude, physical demands, and environmental challenges?"
3. **The Challenges You Will Face**:
    - Extreme Altitude: Prolonged exposure to altitudes above 15,000 ft (4,500 m), with significant ascents.
    - Rigorous Terrain: Travel over rough, often unpaved roads ("no-road" conditions), requiring endurance. Physical Demands: Sustained trekking and walking, including the challenging Parikrama (circumambulation) crossing the high pass.
    - Harsh Environment: Exposure to extreme cold, wind, dust, and potentially variable weather. Remote Location: Limited immediate access to advanced medical facilities.
    - Honesty is Vital: This journey is not advised for those with significant health concerns or who are not in robust physical condition. Your safety, the safety of the group, and the feasibility of the journey depend on everyone being adequately prepared.

Altitude Sickness

Traveling through high-altitude terrain means you may experience symptoms of altitude sickness (Acute Mountain Sickness - AMS) as your body adjusts. Common symptoms include:

- Headache
- Loss of appetite
- Nausea
- Fatigue/Exhaustion
- Sleeplessness
- Breathlessness

Acclimatization typically takes several days and varies by individual. Therefore, a **mandatory 2-night stay in Kyirong** is required before ascending higher. This vital stop significantly aids your body's adjustment.

Essential Altitude Precautions:

- Hydrate: Drink plenty of water consistently.
- Pace and Rest: Move slowly, stay calm, and practice deep breathing exercises.
- Avoid: Do not consume alcohol or smoke before or during the tour.
- Consider Diamox: We recommend carrying a course of **Diamox (Acetazolamide)** tablets as a preventative measure.

Crucially:

- Consult your physician before travel regarding suitability, dosage, and potential side effects.
- Discuss using Diamox with our experienced guide during the trip.

Your safety and well-being are our top priority. This acclimatization protocol is designed for a safer and more comfortable journey.

Kailash Parikrama

If a pilgrim is unable to complete the full parikrama due to physical, environmental, or health-related reasons, the following are the procedures based on the point at which the journey is halted and based on that extra cost includes:

By foot

Condition I

If the pilgrim has started the parikrama from Yamadwar but is unable to reach Derapuk and needs to return from midway due to physical inability or any other reason:

Additional Cost:

- **Emergency return transportation:**
  Sharing basis: 500-600 Yuan
  Private arrangement: 2000 Yuan
- **Accommodation cost at Darchen (return base point)**

Condition II

If he/she has successfully reached Derapuk and is unable to proceed with the parikrama the preceding morning due to deterioration of health or altitude sickness:

Additional Cost:

- **Emergency return transportation:**
  Sharing basis: 500-600 Yuan
  Private arrangement: 2000 Yuan
- **Accommodation cost at Darchen (return base point)**

Condition III

If a pilgrim manages to cross high-altitude Dolma La Pass but becomes unable to continue physically descending or trekking further.

Additional Cost

- **Emergency return transportation:**
  Sharing basis: 800-1000 Yuan
  Private arrangement: 2000 Yuan
- **Accommodation cost at Darchen (return base point)**

By Horse/Pony

The following guidelines should be carefully considered by any pilgrim who would like to make arrangements for parikrama with horses.

- Once the horse/yak is confirmed and paid for, the booking shall be non-refundable irrespective of non-usage or early return.
- The horse/yak assigned to the booking shall be non-transferable and shall only be used by and for the person for whom it was originally booked.
- All pilgrims must walk for at least 3 kilometers while descending from Dolma La Pass, either with, or without horses, as the terrain is dangerous and steep. This part cannot be done by horse for reasons of safety.
- While booking a horse it comes with a porter, and the porter can carry only 3 to 4 kg of personal belongings in the highest sense. The pilgrims have to carry the basic things on their own.
- Horse services are available only for a single trip, that is, a one way journey from Yamadwar to the border of Zuthupuk and Darchen. The same horse can't return if pilgrims wish to return midway.

If you're travelling during the full moon. To be aware of:

The full moon time invites a large number of crowds to the Kailash Mansarovar region. And along with the crowd, one needs to prepare oneself for the challenges it invites. The challenges one might face are the logistical challenges like accommodation, transportation and all.

Accommodation

Regarding the accommodation, there won't be a problem in cities like Kathmandu; however, once you start approaching the border, you can face the accommodation problem. You will find only basic guest houses on a (triple/quad) sharing basis. One cannot expect double sharing rooms, as due to the overcrowding, sometimes luckily one can get them, sometimes not. Especially in places like Mansarovar, Derapuk and Zuthulpuk, pilgrims are requested to expect the very least as there are no washroom facilities as well. (it means no washroom at all)

Transportation

For transportation, as it is a group joining journey, the transportation is limited. Also, due to the high number of pilgrims, delays and waiting times are common. Moreover, if you have a large number of single groups, flexibility and patience are essential, as vehicle allocations depend on group size and availability.

Pony and Porter

The high full moon time with a large number of crowds makes the availability of ponies and porters limited. If one wants to get a pony or porter, please do make your confirmation in advance. If one wants to book it in between the journey, the chances to get it are very few or no chance.

Currency in Tibet:

- **Official Currency:** The currency used in Tibet (China) is the Chinese Yuan (CNY), also abbreviated as RMB (Renminbi).
- **Approximate Exchange Rates (for reference):** USD 1 = ~7.00 CNY (Subject to change) 1 CNY = ~12.60 INR (Subject to change) Rates fluctuate; check closer to your departure.
- **Primary Exchange Location:** The most convenient place to exchange USD cash (recommended) or other major currencies for Yuan is in Kathmandu or at the Nepal-Tibet border crossing (Kyirong), upon entering Tibet.

- **Re-Exchanging Yuan:** At the end of your tour, before re-entering Nepal through the Kyirong border, you can re-exchange any unused Yuan notes back to USD or Nepali Rupees (NPR). Keep your original exchange receipt if possible, as it may be required.

Payment Tips:

1. USD Cash (New, Unmarked Bills): Bring sufficient USD cash (in smaller denominations like $20s, $50s, $100s) for exchange. Older or marked bills may be rejected.
2. Limited Card Use: Credit/debit cards are rarely accepted outside major Lhasa hotels. Rely primarily on cash.
3. Small Bills: Once exchanged, try to get some smaller Yuan denominations (5, 10, 20) for everyday purchases, tips, and entrance fees.

Communication in Tibet

For reliable communication and data access in Tibet, we highly recommend purchasing a travel eSIM before your trip. This is the most convenient solution, as regular international roaming can be expensive and unreliable.

1. **Purchase BEFORE Entry:** Crucially, you must download, install, and activate your eSIM BEFORE crossing the border into Tibet (China). Access to app stores (Google Play, Apple App Store) and many eSIM provider websites is restricted within China.
2. **Coverage and Provider:** The primary (and often only) network operator in remote Tibetan areas is China Mobile. Ensure your chosen eSIM explicitly supports China Mobile for reliable coverage during your yatra.
3. **Example Plan:** A typical plan offering ~20GB of data valid for 30 days costs approximately $20-$30 USD. This is generally sufficient for navigation, messaging, and basic internet use during the trip.
4. **Where to Buy (Reputable eSIM Providers):** Airalo (Highly popular, user-friendly) Holafly, Nomad, and Klook, Compare prices and specific China Mobile coverage on these platforms.

5. **Regular Roaming:** Check with your home mobile provider about travel packs, but be aware costs are usually much higher than an eSIM, and coverage in remote areas may be poor.
6. **Physical SIM Alternative:** You can buy a local China Mobile SIM at the border (Kyirong), but this requires passport registration, takes more time, and availability isn't guaranteed. An eSIM prepared in advance is faster and easier.
7. **VPN is Essential:** Remember, access to Google services (Gmail, Maps, Search), WhatsApp, Facebook, Instagram, YouTube, and many international news sites is blocked in China. You MUST install a reputable VPN (like ExpressVPN, NordVPN, Astrill, Top VPN) on your phone BEFORE entering Tibet to access these services. Activate it after crossing the border.
8. **Wi-Fi Limitations:** Hotel Wi-Fi in cities like Lhasa is often available but slow and also subject to internet restrictions (requiring your VPN). Don't rely on consistent Wi-Fi, especially at higher altitudes or remote areas.

Pro Tip: Set up your eSIM and VPN completely BEFORE you cross the border for seamless connectivity upon arrival in Tibet.

Risks and Liability

Holidays to Nepal (P) Ltd and our partners are committed to ensuring a smooth and enjoyable journey. Please note, however, that all tours in Tibet operate strictly under the regulations of the Tibet Tourism Bureau (TTB).

Force Majeure and Unforeseen Circumstances: We cannot be held liable for any itinerary changes, delays, or cancellations resulting from unavoidable events beyond our control.

This includes, but is not limited to:

- Natural events (landslides, road blockages, floods, snow)
- Political unrest or instability
- Flight cancellations or significant delays
- Delays in obtaining permits

- Personal illness or accidents

Client Responsibility: Any additional costs incurred due to such events must be borne by the client directly and payable on the spot.

KailashYatra.Travel wishes you a happy and comfortable journey !!!