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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** for Indians. Due to the quality concern and best possible service offering, we do operate on a small group size (maximum 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 needful related arrangements.

Kailash Mansarovar Yatra Facts:

Trip Duration:	13 Nights | 14 Days
Travel Type:	**Kailash Mansarovar Yatra (KMY) by Drive for Indians** (Group Tour)
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

Package Cost: 2026

Group Size:	**Minimum 20 People (Deluxe Package)**
Package Cost:	**INR 2,50,000/person**
Optional Mt. Everest Flight:	INR 10,500.00 (Including Airport Transfer)
Tax and Fees:	All Included.

Kailash Mansarovar Yatra by Drive for Indians Dates: 2026

Travel Month	Kathmandu Arrival	
	Full Moon Dates	**Non Full Moon Dates**
May	25 May	10 May
June	23 June	07 June
July	23 July	05 July
August	22 August	09 August

Your 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 to your hotel.*

Note: *Please carry a voter card as an alternate travel document to travel to Nepal by flight, as we will be collecting your passport for the chinese visa application procedure in Delhi beforehand, which you will receive after you reach Nepal.*

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. You will also visit the* ***Guhyeshwari temple*** *near Pashupatinath, which is one of the Sakti Peethas. Here, you can observe the beautiful architecture of the temple and also witness other religious ceremonies. 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.*

Later in the afternoon, your next exploration will be at Patan Durbar Square, one of the three Durbar squares, where you will travel through the historical lane. After that, the final destination today will be ***Shree Banglamukhi Temple,*** *which is about 600 m from Patan Dhoka and a few minutes of walking from there. You can learn more about the temple's history and significance while you observe the rituals and offerings made by the devotees.*

Once your sightseeing is complete, you will be dropped off at your hotel.

At. 06:00 PM*: We will meet for a 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. This temple, situated on the bank of Bagmati river was built in the 5th century. There are around 492 temples, 15 Shivalayas (shrines of Lord Shiva) and 12 Jyotirlingas (phallic shrines) to explore. No entrance fee is charged for SAARC nationals to enter the temple. Although only Hindus are allowed to enter the temple, visitors can clearly see the temple and the activities performed in the temple premises from the eastern bank of the Bagmati river.*

Guhyeshwari Temple *is a renowned Hindu temple located in Nepal's Kathmandu Valley. It is located about 1 km east of the famous Pashupatinath Temple and is an important part of Nepal's religious and cultural history. It is considered to be a Shakti Peetha, which is a place where parts of the goddess Sati's body fell.*

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 *is 5 km southeast of Kathmandu. Major temples are Krishna Temple, Taleju Temple and Bhimsen Temple. Some places to explore there are Patan Museum, Mahaboudha, Kumbeshwor, Keshave Naryan, Vishwanath, Chyasin Dewal and Sundari Chowk.*

Banglamukhi *is one of the famous temples of Devi (the goddess) in Kathmandu. The temple of Banglamukhi is situated in Patan (Lalitpur). There are various other small temples inside the Banglamukhi temple premises. People visit this temple mainly on Thursdays, as it is considered the day of Bhagwati.*

Day 03: Drive to Dhunche or Syabrubesi or Timure.

At. 08:00 AM: *You will meet our vehicle at your designated pickup place and you will start your drive towards* ***Dhunche (98 KM/5 hrs)*** *or* ***Syabrubesi (118 KM/6 hrs)*** *or* ***Timure (124 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 the Kyirong border, alternative routes like the 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 (we don't have any choice here).*

Day 04: Drive to Kyirong.

***At. 08:00 AM:** After breakfast, first we need to complete the immigration process (the departure stamp) at 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.*

*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.*

***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.*

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

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

***Distance covered:** 41.7 KM.*

***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: *After breakfast, you will drive 155 kilometers 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. 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: *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: *Local Guest House on sharing basis (We have no choice here).*

Distance covered: *450 KM.*

Altitude: *4650 m.*

Lake Mansarovar, *also known as Mapam Yumtso 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.

At. 08:00 AM: *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 one and a half hours to drive. After reaching Darchen, you can rest your bags and relax. You can stroll around the small market in Darchen town in the late afternoon. Overnight at the guest house.*

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 judgment, 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 on 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* ***Zuthulpuk (4800 m),*** *witnessing the* ***Gauri Kunda*** *on the way. By late afternoon, you will arrive in Zuthulpuk, the cave of miracles. The great ascetic Milerappa is supposed to have performed miracles here. Overnight at the guest house in Zuthulpuk.*

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

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

Distance covered: 22 KM.

Altitude: 5600 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 480 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 takes 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: *155 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.*

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 necessary airport transfers in Kathmandu.*
2. *All (3 nights) accommodations in Kathmandu on twin/double/triple sharing basis. (3 star hotels)*

3. *Best available hotels/guesthouses/teahouse accommodation during Kailash Yatra after Kathmandu. (On twin/triple/quad/dormitory sharing basis)*
4. *A full-day pilgrimage sightseeing tour in Kathmandu.*
5. *Transportation with A/C during your land travel from Kathmandu to Nepal-China border and back.*
6. *Tibetan visa and road permit.*
7. *Transportation in Tibet by luxury A/C coach. (from Kyirong to Kyirong)*
8. *All meals (Pure Vegetarian) as mentioned in the itinerary.*
9. *A support truck to carry kitchen equipment and baggage.*
10. *All necessary travel and trekking permits as per our itinerary.*
11. *An English speaking Tibetan guide from Kyirong to Kyirong.*
12. *A Nepali tour leader (English and Hindi speaking), kitchen staff, and supporting team.*
13. *Oxygen cylinders and Gamow bags for emergency use and well-equipped medical kit bags.*
14. *Yak for the Kailash parikrama to carry kitchen equipment and utensils only.*
15. *One duffle bag and one backpack to carry your stuff.*
16. *All applicable taxes and service charges.*
17. *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 Tickets.*
2. *Personal expenses.*
3. *Meals not mentioned in the itinerary.*
4. *Food and accommodation in case of any delay due to weather or unforeseen reason.*
5. *If pilgrims want to leave the group early from the Tibet side for non – disease reasons, then USD 100 per person per day has to be paid as a penalty to the Tibet side – T.A.R. Foreign Exchange Center (FEC). (Visa splitting charge, accommodation, and transportation charges will be extra.)*

6. *Pony/Horse (4000 Yuan) or Porter (1500 Yuan) hire cost during the Mt. Kailash parikrama.*
7. *Emergency evacuation cost. (If needed)*
8. *Travel insurance. (highly recommended)*
9. *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 INR 30,000 per person**. Only after this will your spot be reserved, and you can proceed for further procedures.

STEP 4: Permit Application.

The next step will be the application for the Tibet Travel Permit, which is the most required document to apply for your Tibetan visa; it must be applied 1 month before your travel date.

Note: *Once the application is processed, one cannot cancel their trip. In any case of cancellation, one must pay USD 300 or the equivalent, whether one travels or not.*

The Tibet Travel Permit will be received within 20 days of the application date. Once the permit is received, we will need your physical passport, which is to be sent to our given address in Delhi. At the same time, you are required to transfer the remaining amount of the trip.

Note: *In some cases, you might not receive your passport due to the workload; in such cases, you can use your voter ID card to travel to Nepal. Your passport will be sent to you by us from the Delhi office here in Kathmandu.*

Final Payment: The due balance amount is to be paid 30-35 days prior to the tour departure; we won't be able to proceed with further needful arrangements if we don't receive your 100% payment in the above time period. Click here to know more about the payment options.

Payment Options: *USD cash or direct bank transfer.*

Visa and Documents (Indians)

Nepal Portion - Indian nationals do not require a passport or visa to travel to Nepal. A valid identity card (voter ID card) is acceptable to Nepal Immigration to give permission to Indian nationals for traveling in Nepal.

China/Tibet Portion - A valid passport, visa, and a special permit to visit the Kailash region is mandatory for Indian nationals willing to undertake the yatra.

Chinese Visa Photograph:

- Photos to be clicked in front of a white background. (33x48mm size)
- Clear face (No earrings, no nose pin, no Tika on the forehead, no necklace, no eye glasses, and no red eyes).

- Both ears and the forehead must be shown clearly.
- Don't take pictures wearing white clothes.
- The mouth should be closed.
- Recent photo not more than 3 months old.

Please be aware that we will provide you with a visa form that must be completed accurately. Ensuring that all the information is correct, as it is essential for the visa application. Please review all the details carefully before submitting the form. Once the travel arrangements are confirmed with us, the Chinese visa form will be sent to you.

Important Note: *The visa processing takes a minimum of 4 working days, and the Chinese visa agency is closed on Saturdays and Sundays. The visa is to be applied beforehand in Delhi for the Indian passport holders. For that, we will need your physical passport, digital photo and Chinese visa form* ***(****Chinese Visa Application form****).***

In case the visa is delayed after your arrival in Kathmandu, an individual is to bear the costs for the extra stay.

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

A health certificate is mandatory for Indian nationals, so we strongly advise consulting your doctor before traveling to assess your fitness for this journey and get a certificate for the same. 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 acclimatization day** 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, include the extra cost:

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 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 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: 2000 Yuan
  Private arrangement: 8000 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 Darchen. The same horse can't return if pilgrims wish to return midway.

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 at 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, and $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 in 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 or visas
- 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 !!!