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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.

**Read Our Past Guest Reviews: Facebook | Google | TripAdvisor**

Please find below complete details of the 14 days **Kailash Mansarovar Yatra by Helicopter**. Due to the quality concern and best possible service offering, we do operate on a small group size of 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 Helicopter** (Group Tour) |
| **Travel Year:** | 2026 |
| **Starting point:** | Kathmandu, Nepal |
| **Finishing point:** | Kathmandu, Nepal |
| **Mt. Kailash height:** | 6,638 meters from sea level |

| | |
|---|---|
| **Highest point on trek:** | Dolma La Pass (5,600 meters) |
| **Tour Operation:** | May to September |

**Package Cost: 2026**

| | |
|---|---|
| **Group Size:** | **Minimum 20 people (Luxury Package)** |
| **Package Cost Per Person:** | **USD 4500/person** |
| **Optional Mt. Everest Flight:** | USD 250.00 (Including Transportation) |
| **Tax and Fees:** | All Included |

**Kailash Mansarovar Yatra by Helicopter Dates: 2026**

| **Travel Month** | **Kathmandu Arrival** | |
|---|---|---|
| | **Full Moon Dates** | **Non Full Moon Dates** |
| **April** | 23 April | — |
| **May** | 23 May | 04 May |
| **June** | 21 June | 08 June |
| **July** | 21 July | 06 July |
| **August** | 20 August | 03 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 you to your hotel.*

***Note:*** *Make sure that the arrival day is Saturday, Sunday, or Monday so that we can apply for your visa immediately in Kathmandu.*

***Meal:*** *Dinner Included.*

***Hotel:*** *Yak and Yeti or Similar (5 Star).*

**Day 02: Visa Application, Kathmandu Sightseeing.**

***At. 09:30 AM:*** *After your breakfast, you may need to visit the* ***Chinese Embassy*** *to apply for your visa to Tibet. Most of the time, the visit isn't required, but if needed, we will arrange a visit. Later, you will go for a full day of sightseeing in Kathmandu.*

*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, we will drop you 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:*** *Yak and Yeti or Similar (5 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 Jyotirlinga (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.*

*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, Keshav Naryan, Vishwanath, Chyasin Dewal and Sundari Chowk.*

**Day 03: Bhaktapur Sightseeing.**

***At. 09:00 AM:*** *Have your breakfast at the hotel. After breakfast, you will visit the Bhaktapur Durbar Square for sightseeing, which is at a distance of 16 KM from Kathmandu and takes around 45 minutes to reach.*

*Explore around the square and appreciate the unique historical and cultural heritage of the square. You will have various restaurants suitable for you to have your lunch at. You can have your lunch around the square, which provides a variety of restaurants and eateries with authentic* ***Newari cuisine*** *and other national/continental cuisines catering to your needs.*

***Optional Activity:*** *You can also participate in pottery activities in the pottery square of Bhaktapur. Here, local shops let you create your own pottery items and take them home at a cheap price. Involving yourself in this activity will be a unique experience for you.*

*Next, you will visit the **Kailashnath Shiva Statue** (the second tallest Mahadev Statue), which is about 8 KM from Bhaktapur and offers a breathtaking view of Kathmandu Valley with a leisurely stroll through the well maintained garden surrounding the statue. Then, you will visit Doleshwor Mahadev, which is at a distance of 7.5 KM from Kailashnath. There, you can witness the spiritual aura of the temple and, if you wish, participate in the Hindu worship rituals.*

*Once your sightseeing is complete, you will be dropped back at your hotel. You can utilize the evening time by visiting the local markets.*

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

***Hotel:** Yak and Yeti or Similar (5 Star).*

***Bhaktapur**, also known as Khwopa, is approximately 13 KM east of Kathmandu. The major highlights of Bhaktapur Durbar Square include Nyatapola Temple, 55-Window Palace, Golden Temple, and Dattatreya Temple, demonstrating the artistic and architectural talent of the Malla era. The Pokharis, such as Siddha Pokhari, Napukhu, and Kamalpokhari, add charm to this site. Moreover, it is famous for its pottery and handicrafts, and the surrounding area of the durbar soiree is dotted with local shops selling traditional pottery, wood carvings, and handicrafts.*

*The **Kailashnath Mahadev Statue** is the tallest statue of Lord Shiva and is located in Sanga, 20 KM from Kathmandu. The statue is 144 feet (44 m) in height and was made using copper, zinc, concrete, and steel. The statue depicts Lord Shiva in a standing posture, holding a trishul and damaru in his hands.*

***Doleshwor Mahadev** is a Hindu temple dedicated to Lord Shiva. It is located in the south eastern part of Bhaktapur district, which is also believed to be the head part of Kedarnath, located in Uttarakhand, India.*

**Day 04: Chandragiri Sightseeing.**

***At. 10:00 AM:** Have your breakfast and drive towards Chandragiri Hill, a vantage point located at a distance of about 14 km from central Kathmandu. You will reach the top of the hill by a 9-minute cable car ride. You will feel the religious significance amidst the serene atmosphere, as the hill features a*

*Hindu temple, the **Bhaleshwor Mahadev Temple**, at the top. It will be around lunchtime after your exploration up there. You can also have your lunch at the nearest resort (1 km from Bhaleshwar Temple), Chandragiri Hills Resort, while you enjoy the panoramic view. Later in the afternoon, you will visit the Swayambhunath Stupa, famously known as the **Monkey Temple**, a religious site with Hindu and Buddhist harmony. You must climb certain steps to reach the top of the hill, where the stupa is located.*

***Note:** The two way cable car ride to Chandragiri Hills is NPR 1280. You can purchase it from the base station of the Chandragiri Hills once you reach there, which is not included in the package.*

***At. 04:00 PM:** Once you finish your sightseeing for the day, you will be dropped off at the hotel. You can either rest at the hotel or use the evening time on your own.*

***Optional:** If you need proper preparation for the Yatra, you can also choose to go for a hike to Chandragiri Hills instead of using a cable car. The hike will assist you in your upcoming trek during the yatra. Or you can take a short hike around Kathmandu in the Shivapuri area to places such as Jamacho Gumba, Bishnudwar, and Bagdwar. These places are inside Shivapuri National Park, so park fees must be paid to enter the area.*

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

***Hotel:** Yak and Yeti or Similar (5 Star).*

***Chandragiri** is a popular hill station located in the Kathmandu Valley at an altitude of 2551 metres, offering stunning mountain and valley views. To reach the top, one needs to take a cable car ride for about 9 minutes. The cable car runs over lush green forests, giving an adrenaline rush. Mountains from Annapurna to Everest can be seen from here. At the top is Bhaleshwar Temple, a Hindu temple dedicated to Lord Shiva. This site also features cafes, restaurants, local shops, and a kind of playing section.*

*Believed to be the oldest Buddhist shrine in Nepal, the history of the **Swayambhunath Stupa** dates back 2500 years. Also known as a **Monkey temple**, it is a hilltop pilgrimage site surrounded by smaller temples, stupas, and monasteries. This site shows the perfect harmony of Hindu and Buddhist religions with the combination of Buddhist stupas and Hindu shrines.*

**Day 05: Final Preparation, Fly to Nepalgunj.**

***At. 08:00 AM:*** *After breakfast, you will have some leisure time at the hotel and prepare for a flight to* ***Nepalgunj****. You will drive to the airport and fly to Nepalgunj, which is about 1 hour of flight distance. Our vehicle will pick you up from the airport and drive you to the hotel.*

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

***Hotel:*** *Soaltee Westend Primer, Siddhartha, Diamond Palace or Similar.*

***Distance covered:*** *510 KM.*

***Altitude:*** *150 m.*

**Day 06: Fly to Simikot.**

***At. 06:00 AM:*** *Early morning after breakfast, our vehicle will pick you up from the hotel to take you to* ***Nepalgunj Airport*** *to catch a morning flight to* ***Simikot****. The flight time is about 1 hour. Simikot (2971 m) is the district headquarters of Humla, a mountain district of Nepal. At Simikot, you will walk up to your hotel. Once you reach there, you will spend the rest of the day acclimatizing, and if you have a little more time, you will do a short hike around Simikot.*

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

***Hotel:*** *Local Guest House.*

***Altitude:*** *2971 m.*

**Day 07: Heli to Hilsa, Drive to Taklakot.**

***At. 08:00 AM:*** *After breakfast, you will walk from your hotel to* ***Simikot Airport*** *and take a helicopter to* ***Hilsa****. It takes 20 minutes of flight time to reach Hilsa. You will see the scenic view of green hills and snow-capped mountains along with the deep river gorge of the River Karnali from the helicopter.*

*Once you reach Hilsa, after a 30-minute walk from there, you will reach the immigration office and complete your immigration procedures. Our vehicle will be waiting for you on the Tibet side. Then, a 30-minute drive from the border will take you to your accommodation at* ***Taklakot/Purang (3880 m)****.*

***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:*** *26 KM.*

***Altitude:*** *3880 m.*

**Day 08: Acclimatization Day at Taklakot.**

*This day is designed for rest and acclimatization to adjust to the high altitude, ensuring you are physically prepared for the upcoming trek.* ***Taklakot****, also known as* ***Purang town****, at an altitude of 3880 m, serves as a great acclimatizing point in this yatra for you. Enjoy a warm breakfast and you can take a leisurely stroll around the Taklakot market. After lunch, you can also walk around nearby areas to familiarize your body with the altitude.*

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

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

***Altitude:*** *3880 m.*

**Day 09: Drive to Lake Mansarovar.**

***At. 09:00 AM:*** *After breakfast, you'll drive from Taklakot to the sacred* ***Lake Mansarovar (4650 m)****, covering approximately 70 KM through the breathtaking Tibetan landscapes. In about an hour drive, you slowly approach* ***Rakshas Taal*** *first and notice Lake Mansarovar on the other side. Once you arrive at Mansarovar, you will take a rest at the guest house.*

***At. 01:00 PM:*** *After getting some rest, you can explore around the lake and can also perform puja, havan or other religious activities you want at the shore of Lake Mansarovar. You will stay the night at the guesthouse in Mansarovar.*

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

***Hotel:*** *Mansarovar Lakeside Guest House (We have no choice here).*

***Distance covered:*** *70 KM.*

***Altitude:*** *4650 m.*

**Day 10: Drive to Yama Dwar, Trek to Derapuk.**

***At. 07:30 AM:*** *After breakfast, drive through Darchen to get to Yama Dwara.* ***Darchen****, which is 35 KM from Mansarovar, takes around 1 hour to drive. After reaching Darchen, you will further 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 it 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, Lunch, and Dinner Included.*

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

***Distance covered:*** *35 KM.*

***Altitude:*** *5050 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.*

***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 11: Trek to Zuthulpuk.**

***At. 07:00 AM:*** *After breakfast, you trek to the highest point of the yatra,* ***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 12: Zutulphuk to Hilsa or Simikot.**

***At. 07:00 AM:*** *After an early morning breakfast, you will walk 3 hours to catch the vehicle near* ***Darchen****, which will take you to the Nepal-China border. Our staff will prepare lunch in Darchen (on the way to Hilsa).*

*After lunch, you will continue to drive to the border. After completing the immigration procedures to exit Tibet, you will have a short walk towards* ***Hilsa*** *from the border. If you reach early, you'll be able to catch a helicopter to* ***Simikot****; otherwise, you will need to stay in Hilsa overnight.*

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

***Hotel:*** *Local Guest House.*

***Altitude (Hilsa):*** *3640 m.*

**Day 13: Fly to Kathmandu via Nepalgunj.**

***At. 07:00 AM:*** *Today, if you stayed in Hilsa, then you have to take an early morning* ***Heli flight to Simikot****. Instantly, you will catch another flight to* ***Nepalgunj****. Our representative will pick you up from Nepalgunj airport and take you to the hotel in Nepalgunj, where you will have lunch and take a rest for a while.*

***At. 04:00 PM:*** *Later in the evening, proceed to Nepalgunj airport and then catch a flight to* ***Kathmandu****. Our local representative will pick you up from Kathmandu airport and drop you off at the hotel. You can visit the Pashupatinath temple on the way back for evening aarti if you're interested.*

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

***Hotel:*** *Yak and Yeti or Similar (5 Star).*

**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 and Nepalgunj.*
2. *All (5 Nights) accommodation in Kathmandu and (1 night) in Nepalgunj on twin/double/triple sharing basis.*
3. *Sightseeing tours in Kathmandu.*
4. *Best available local hotel/guesthouse/tea house accommodation after Nepalgunj and on the tibet side. (On twin/triple/quad/dormitory sharing basis)*
5. *Humla restriction area entry permit.*
6. *Domestic flights from Kathmandu to Nepalgunj and Nepalgunj to Simikot. (Two way)*
7. *Simikot to Hilsa and Hilsa to Simikot transfer by helicopter.*
8. *Tibetan visa and road permit.*
9. *Transportation by luxury A/C coach from Hilsa to Hilsa. (Tibet Side)*
10. *All meals (Pure Vegetarian) as mentioned in the itinerary.*
11. *A Nepali tour leader (English Speaking), kitchen staff, and a supporting team.*
12. *A support truck to carry kitchen equipment and baggage.*
13. *An English speaking Tibetan guide from Hilsa to Hilsa.*
14. *Oxygen cylinders and Gamow bags for emergency use and well-equipped medical kit bags.*

15. *Yak for the Kailash parikrama to carry kitchen equipment and utensils only.*
16. *One duffle bag and one backpack to carry your stuff.*
17. *All applicable taxes and service charges.*
18. *Kailash yatra completion certificate. (At the end in Kathmandu)*

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

**Package Cost Excludes:**

1. *Personal expenses.*
2. *Nepal Visa and international flight tickets.*
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 penalty to the Tibet side – T.A.R. Foreign Exchange Center (FEC). (Visa splitting charge, accommodation, 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. *Service that isn'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 1,000 per person**. Upon receipt:

- *We will secure your accommodations and helicopter.*
- *We will initiate your visa processing.*

**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 special permit to visit the Kailash region are mandatory for all foreign nationals and NRIs (non-resident Indians) willing to undertake Kailash 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 4 working days, and the Chinese visa agency is closed on Saturdays and Sundays. Therefore, it is recommended that yatris plan their arrival on Saturdays, Sunday or Monday to ensure they have the 4 official days required for visa processing. For the visa, we will need your physical passport, digital photo and Chinese visa form* ***(****Chinese Visa Application form****).***

*In case the visa is delayed, the guest is to bear the costs for the extra stay in Kathmandu.*

## 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 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 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 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 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 !!!