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Dear Sir/Madam,

Greetings from Kailash Yatra Travel!!

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 an experienced Kailash Mansarovar Yatra operator since 2013.

Read Our Past Guest Reviews: Facebook | Google | TripAdvisor

Our private helicopter tours require a minimum group size of either 4 or 8 passengers to operate efficiently. However, we are happy to accommodate groups of other sizes with personalized arrangements and adjusted pricing. We are committed to exceptional service quality and tailoring your experience to your preferences. To ensure we can make all necessary preparations for your preferred date, we kindly request your trip confirmation as early as possible.

Kailash Mansarovar Yatra Facts:

Trip Duration:	13 Nights | 14 Days
Travel Type:	**Kailash Mansarovar Yatra Luxury Tour Package**
Yatra 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:	From May to September

Package Cost: 2026

Group Size:	**4-6 People**
Package Cost:	**USD 6500/person**
Optional Mt. Everest Flight from Kathmandu:	USD 250.00 (Including Transportation)
Tax and Fees:	All Included.

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 Sunday, so the next day we can apply for your visa immediately.*

Meal: *Dinner Included.*

Hotel: *Kathmandu Marriott 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. 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. In the evening, you can go shopping around Thamel, a tourist market in Kathmandu.*

***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.*

***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).*

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

***Hotel:** Kathmandu Marriott or Similar (5 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 **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 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 is an interesting sight to see.

Day 03: Bhaktapur Sightseeing, Nagarkot Stay.

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 cuisines*** *and other national/continental cuisines catering to your needs.*

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.*

At. 05:00 PM: *Once your sightseeing is complete, you will drive towards* ***Nagarkot****, which is about 16.8 km from Doleshwor Mahadev and takes about 45 minutes to drive. Get ready to escape the hustle and bustle of the city areas. As you reach the resort, take a rest and relax yourself. You can also visit the viewpoint to enjoy the sunset.*

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.*

Meals: *Breakfast and Dinner Included.*

Hotel: *Mystic Mountain 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.*

***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.*

***Nagarkot** is a scenic town located about 30 kilometers east of Kathmandu. It is famous for breathtaking sunrises and sunrise views over the panoramic views of the Himalayas, including Mount Everest and other significant mountains such as Langtang, Ganesh, and Gaurishanker. It features a diverse range of luxurious accommodations, such as hotels and resorts, making it a major tourist hub.*

Day 04: Chandragiri and Swayambhunath Sightseeing.

***At. 05:00 AM:** Wake up early in the morning for a majestic sunrise over the mountains. You will be able to enjoy a magnificent sunrise view over the towering peaks from your hotel. After a delicious breakfast accompanied by the beautiful view, get ready for yet another amazing day.*

***At. 11:00 AM:** Check out of the resort and drive towards **Chandragiri Hill**, a vantage point located around 37 km from Nagarkot to the cable car base station. It is 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 temple**, at the top. It will be around lunch time after your exploration up there. You can also have your lunch at the nearest (1 km from Bhaleshwar Temple) resort, 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:** Kathmandu Marriott 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: Fly to Timure, Drive to Kyirong.

***At. 06:00 AM:** Have your breakfast in the hotel, make your final preparations, and get ready for your incredible journey towards Kailash Mansarovar. You will drive towards TIA, from where you will take a helicopter flight towards Timure. The flight duration is around 15 minutes.*

Once you reach Timure, first you 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 in Tibet.*

Note: *It takes around 2 to 4 hours to complete the immigration formalities, depending upon the Chinese authorities.*

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 4 Star Hotel (Available Best).*

DAY 6: 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 4 Star Hotel (Available Best).*

Altitude: *2850 m.*

Day 07: Drive to Saga.

At. 01:00 PM: *After lunch, today you will drive 155 kilometres 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.*

Note: *You will start late to get more time to acclimatize at Kyirong, as gaining a huge elevation at once could be risky. Saga is at an elevation of 4500 m, and people need a night's stay to acclimatize so it won't cause any bigger issues while going to higher elevations.*

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

Hotel: *Local 4 Star Hotel (Available Best).*

Altitude: *4500 m.*

Day 08: Drive to Lake Mansarovar.

At. 08:00 AM: *Enjoy a delicious morning breakfast, and today you will drive to the holy and beautiful* ***Lake Mansarovar (4650 m)****. The distance from Saga to Mansarovar is about 450 km and will take you around 6 to 7 hours. On your journey to Mansarovar, you'll stop for a few minutes at another breathtaking lake named* ***Rakshastal*** *to take in its magnificence. Then you will continue your drive to Mansarovar. You will have your lunch on the way.*

Once you arrive at Mansarovar, you will take a rest at the guest house. After a while, you will be taken for a Kora of Mansarovar Lake in a vehicle. It is an auspicious day, as you will see the first glimpse of holy Kailash from sacred Lake Mansarovar. You can also take a holy bath on the bank of Lake Mansarovar. Overnight stay at a guest house in Mansarovar.

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

Hotel: *Mansarovar Lakeside Guest House (Available Best).*

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 09: 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. 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.

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

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

***Hotel:** Local 4 Star Hotel (Available Best).*

***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 10: 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. 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 next stop today will be at Derapuk, which will be about 10-12 KM from Yamadwar. It is one of the most exciting days of this yatra. You will walk along the beautiful rocky cliffs and waterfalls with some clouds in the clear blue sky, which makes you feel the omnipotence of Lord Shiva with tons of blessings. As you walk on, time and again, the north face of Kailash Parbat will keep appearing. You will stay the night at the guesthouse 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 (Available Best).*

***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 11: Trek to Zuthulpuk, Drive to Darchen.

At. 07:00 AM: *After breakfast, you will 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. From here you will meet our vehicle and drive towards today's destination. You will stay the night at the hotel in Darchen.*

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.*

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

Hotel: *Local 4 Star Hotel (Available Best).*

Altitude: *4700 m.*

Day 12: Drive to Kyirong.

At. 07:00 AM: *Enjoy your breakfast early in the morning. Today, you will return to* ***Kyirong*** *following the same route back, which will be a long ride back as you will cover around 635 KM of distance, which is about 12-13 hours of drive. The long day of travel, and finally you will reach Kyirong. Once you reach there, you can check in and rest. You will stay the night at the hotel in Kyirong.*

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

Hotel: *Local 4 Star Hotel (Available Best).*

Altitude: *2850 m.*

DAY 13: Drive back to Timure, Heli 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, drive 15 minutes further towards Timure for your helicopter flight back to Kathmandu.*

At. 03:00 PM: *Once you reach Kathmandu, you will be transferred to your hotel. Check in, and you can take a rest. As it is the last day, you can also explore the city and local market on your own. At the hotel in Kathmandu, a* ***certificate of completion*** *will be provided to you.*

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

Hotel: *Kathmandu Marriott or Similar (5 Star)*

DAY 14: Departure, Farewell!

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. *Airport transfer in Kathmandu.*
2. *All mentioned sightseeing tours in Kathmandu with a licensed tour guide.*
3. *Private helicopter transfer from Kathmandu to Timure and Timure to Kathmandu by helicopter.*

4. *4 Nights hotel accommodations in Kathmandu at 5 Star luxury hotels on a twin/double sharing.*
5. *1 Night hotel accommodation in Nagarkot at 5-star deluxe hotels on a twin/double sharing.*
6. *Best available 4-star hotel and guest house accommodation during Kailash Yatra after Kathmandu. (twin/double sharing basis)*
7. *Transportation on land cruisers for all drives from Kyirong to Kyirong.*
8. *All meals as mentioned in the itinerary. (pure veg meal)*
9. *Nepali team leader, kitchen staff, and supporting team.*
10. *An English-speaking Tibetan guide from Kyirong to Kyirong.*
11. *Required supporting trucks to carry kitchen equipment.*
12. *Tibetan visa and road permit.*
13. *A free duffel bag and small backpack to carry your stuff.*
14. *A support porter from our company during the Kailash parikrama.*
15. *Yak for the Kailash parikrama to carry kitchen equipment and utensils only.*
16. *First aid kit, Gamow bag, and oxygen cylinder.*
17. *Daily 2 bottles of mineral water per person, except for the Parikrama time.*
18. *Kailash yatra completion certificate at the end in Kathmandu.*

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

Package Cost Excludes:

1. Personal expenses.
2. Cost for extra/additional night accommodation in Kathmandu. (if needed/if visa gets delayed)
3. Lunch is excluded in Nepal.
4. Food and transport in case of any delay due to weather or unforeseen reason.
5. Pony/Horse Hire/Porter Hire Cost (Approx 3500-4000 Yuan) during the parikrama of Mt. Kailash.
6. Emergency evacuation cost. (if needed)
7. Travel insurance (highly recommended) and expenses of personal nature, etc.

8. Any international flight cost/Nepal visa fee if needed.
9. 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 a penalty to the Tibet side—T. A. R. Foreign Exchange Centre (FEC). (Visa splitting charge, accommodation, and transportation charges will be extra.)
10. Service that isn't mentioned above.

Frequently Asked Question (FAQs)

Here are some FAQs related to our Kailash Luxury tour:

What makes this tour luxury?

This tour can be considered luxury due to the following exclusive inclusion:

- Helicopter transfers in Nepal side
- Land cruiser in Tibet side
- 4–5 star or best available hotels
- Guided tours with the professionals
- All meals (hygienic veg meals)
- Permits and visa assistance

Locations	**City**	**Hotels (Category)**
Nepal	Kathmandu	Kathmandu Marriott (5 Star)
	Nagarkot	Mystic Mountain (4 Star)
Tibet	Kyirong	Vienna or Nanya Jinya (4 Star)
	Saga	Vienna Sanhaa (4 Star)

	Mansarovar	Guesthouse (Twin Sharing)
	Darchen	Ou Guantianoihenya (4 Star)
	Derapuk	Guesthouse (Twin Sharing)

Important information that you should read:

How do I book this tour?

Ready to book your Luxury 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 luxury 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 a 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 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 forehead must be shown clearly,
- Don't take pictures wearing white clothes,
- Mouth should be closed,
- Recent photo not less than 3 months.

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.

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 3 official days required for visa processing.*

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 isn't compulsory for non Indian nationals but we advise to check once with your doctor and take some advice before starting the journey. We strictly don't recommend traveling if you have any issues related to your lungs (Asthma, COPD, lung cancer, pneumonia, and pulmonary fibrosis). People with high blood pressure and diabetes also must take advice from their doctor before deciding about the trip.

Packing List:

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.

Currency

- **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, $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

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."

Holidays to Nepal wishes you a happy and comfortable journey !!!