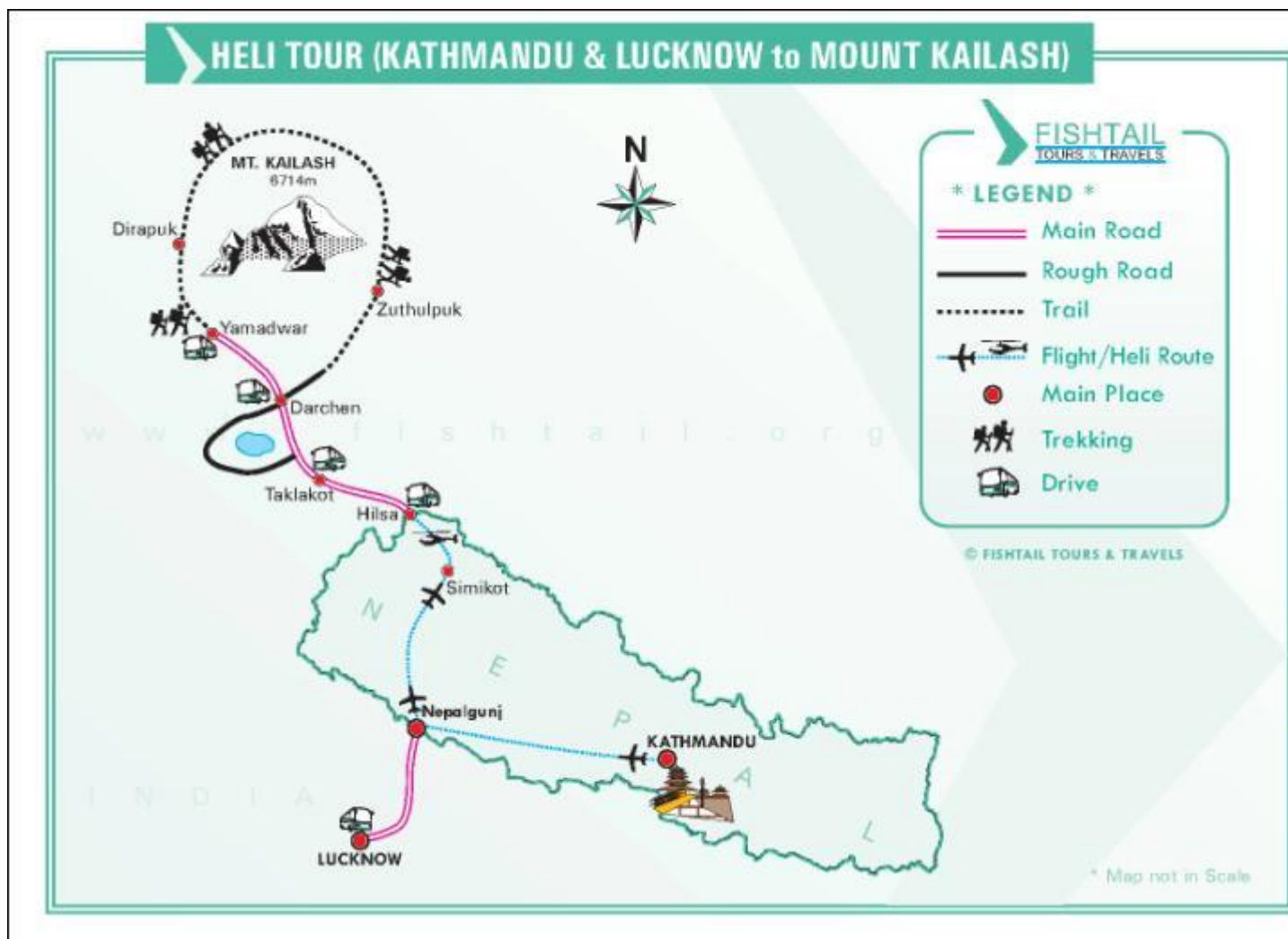


## HOLY MOUNT KAILASH YATRA 2024

01,	<a href="#">MT KAILASH HELI TOURS VIA HILSA - 12 Days</a>
02,	<a href="#">Muktinath Extension Tours - 5 Days</a>
03,	<a href="#">Holy Mt Kailash - An Introduction</a>
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06,	<a href="#">Tour Booking Form</a>

## HELI TOUR VIA KATHMANDU OR LUCKNOW - WITH MOUNT KAILASH PARIKRAMA:



### PRODUCT INFORMATION:

Heli Tour is one of the shortest yatra to the abode of Lord Shiva. This yatra will be commenced from Kathmandu, Nepal or Locknow India and proceed further to Nepalgunj where we will organize a briefing session along with distribution of all the free material as listed below. After briefing session in Nepalgunj we will fly to Simikot by scheduled flight and fly to Hilsa by Chartered Helicopter on sharing or private basis as per the type of Yatra. From Hilsa onwards, the journey will be commenced through Chinese coaches until return to Hilsa. The 3 days Parikrama around Mt Kailash will be started at Darchen and will be completed at Darchen after crossing 5,500 meter Dormala Pass. The main drawback of this route is frequent cancellation of flight due to bad weather. If weather condition remain fine, this Heli Tour to abode of Lord Shiva will be more convenience and less time taking. Fishtail Tours & Travel Nepal and NTB Treks Pvt Ltd invite you to join this Heli yatra to the abode of Lord Shiva during your upcoming season starting from April to October 2024.

## YATRA INFORMATION

YATRA CODE	YATRA NAME	DURATION	DESTINATION COVERED
<b>FMHI 200 A</b>	Heli Tour via Kathmandu	11 Nights / 12 Days	Kathmandu, Nepalgunj, Simikot, Mount Kailash & Mansarovar Lake
<b>FMHI 200 B</b>	Heli Tour Via Lucknow (India)	11 Nights / 12 Days	Lucknow, Nepalgunj/ Simikot and Mount Kailash and Mansarovar lake
<b>FMHI 200 C</b>	Heli Tour with entry from Lucknow and exit from Kathmandu or Vice Versa	11 Nights / 12 Days	Kathmandu, Nepalgunj/ Simikot and Mount Kailash and Mansarovar lake

## TRIP FACTS

Tour Grade	Tour Duration	Highest Elevation	Road Condition	Walking and trekking Duration	General Information
3	12 Days	5,610 Meter	Black Topped Highway	Approx 42 Km Holy trek including 10 Km gradual Climbing.	Adventure type of tour especially during 3 days of Parikrama. The journey is smooth and comfortable till Parikrama starting point.

## FIXED DEPARTURE DATES – 2024

## Fly In / Fly Out via Hilsa/Simikot

Month	Group Code	Arrival in Kathmandu		Simikot-Hilsa Helicopter		Hilsa-Simikot Helicopter		Departure from Kathmandu		Full Moon date
		Day	Date	Day	Date	Day	Date			
April	<b>FMHI 201</b>	Wed	3 <sup>rd</sup> April	Fri	05 <sup>th</sup> Apr	Fri	12 <sup>th</sup> Apr	Sun	14 <sup>th</sup> April	
April	<b>FMHI 202</b>	Thus	18 <sup>th</sup> April	Sat	20 <sup>th</sup> April	Sat	27 <sup>th</sup> Apr	Mon	29 <sup>th</sup> Apr	23 <sup>rd</sup> Apr
May	<b>FMHI 203</b>	Thus	2 <sup>nd</sup> May	Sat	4 <sup>th</sup> May	Sat	11 <sup>th</sup> May	Mon	13 <sup>th</sup> May	
May	<b>FMHI 204</b>	Wed	15 <sup>th</sup> May	Fri	17 <sup>th</sup> May	Fri	24 <sup>th</sup> May	Sun	26 <sup>th</sup> May	23 <sup>rd</sup> May
June	<b>FMHI 205</b>	Wed	29 <sup>th</sup> May	Fri	31 <sup>st</sup> May	Fri	7 <sup>th</sup> June	Sun	9 <sup>th</sup> June	
June	<b>FMHI 206</b>	Thus	13 <sup>th</sup> June	Sat	15 <sup>th</sup> June	Sat	22 <sup>nd</sup> June	Mon	24 <sup>th</sup> June	22 <sup>nd</sup> June
July	<b>FMHI 207</b>	Thus	27 <sup>th</sup> June	Sat	29 <sup>th</sup> June	Sat	6 <sup>th</sup> July	Mon	8 <sup>th</sup> July	

July	<b>FMHI</b> 208	Thus	11 <sup>th</sup> July	Sat	13 <sup>th</sup> July	Sat	20 <sup>th</sup> July	Mon	22 <sup>nd</sup> July	21 <sup>st</sup> Jul
Aug	<b>FMHI</b> 209	Thus	25 <sup>th</sup> July	Sat	27 <sup>th</sup> July	Sat	3 <sup>rd</sup> Aug	Mon	5 <sup>th</sup> Aug	
Aug	<b>FMHI</b> 210	Wed	14 <sup>th</sup> Aug	Fri	16 <sup>th</sup> Aug	Fri	23 <sup>rd</sup> Aug	Sun	25 <sup>th</sup> Aug	19 <sup>th</sup> Aug
Sept	<b>FMHI</b> 211	Wed	28 <sup>th</sup> Aug	Fri	30 <sup>th</sup> Aug	Fri	6 <sup>th</sup> Sept	Sun	8 <sup>th</sup> Sept	
Sept	<b>FMHI</b> 212	Thus	12 <sup>th</sup> Sept	Sat	14 <sup>th</sup> Sept	Sat	21 <sup>st</sup> Sept	Mon	23 <sup>rd</sup> Sept	18 <sup>th</sup> Sept
Oct	<b>FMHI</b> 213	Thus	26 <sup>th</sup> Sept	Sat	28 <sup>th</sup> Sept	Sat	5 <sup>th</sup> Oct	Mon	7 <sup>th</sup> Sept	
Oct	<b>FMHI</b> 214	Wed	9 <sup>th</sup> Oct	Fri	11 <sup>th</sup> Oct	Fri	18 <sup>th</sup> Oct	Sun	20 <sup>th</sup> Oct	17 <sup>th</sup> Oct

**Please note:** In case of heavy rush at Mansarovar during full moon day,

### OUTLINE ITINERARY:

**Day 01:** Arrival in Kathmandu,

**Day 02:** Half day Pilgrimage Sightseeing & fly to Nepalgunj / Arrive Lucknow and transfer to Nepalgunj,

**Day 03:** Fly from Nepalgunj to Simikot/ Hilsa and drive to Taklakot,

**Day 04:** Full day acclimatization at Taklakot,

**Day 05:** Drive from Taklakot to Mansarovar

**Day 06:** Drive from Mansarovar to Darchen

**Day 07:** Drive to Yamadwar and holy Trek to Dirapuk,

**Day 08:** Holy trek to Zuthulpuk,

**Day 09:** Holy trek to near Darchen and drive to Taklakot

**Day 10:** Drive to Hilsa/fly to Simikot/ Nepalgunj

**Day 11:** Drive to Locknow airport for onward flight/ Fly to Kathmandu.

**Day 12:** Transfer to airport for onward flight.

### DETAIL ITINERARY

**DAY 01: ARRIVAL IN KATHMANDU, Dinner only**

Arrival at Tribhuban International airport, Kathmandu (1,350 M), meet & welcome by our office representative & transfer to hotel. Overnight stay at hotel.





**DAY 02: PILGRIMAGE SIGHTSEEING & FLY TO NEPALGUNJ /  
ARRIVE LUCKNOW & TRANSFER TO NEPALGUNJ B/L/D**

Puja at Lord Pashupatinath temple and Budanilkantha temple. After lunch transfer to domestic airport for flight to Nepalgunj (150 M, 45 minutes flight.). Arrive Nepalgunj and check into hotel. Or arrive at Lucknow and drive to Nepalgunj. Overnight stay at Hotel Siddhartha/ Sneha/ Cygnett or similar.



**DAY 03: FLY TO SIMIKOT /HILSA & DRIVE TO TAKLAKOT B/L/D**

Early morning transfer to airport for flight to Simikot (2,910 M). Complete immigration formalities & fly to Hilsa (3,704 M, 15 min flight).. Arrive Hilsa, complete the Nepal side immigration formalities and get introduced with Chinese Guide and drivers before entering into the Chinese Immigration office area. After immigration formalities proceed to Taklakot (30 Km, 4,025 meter, 1 hour drive). Overnight stay at hotel at Taklakot.



**DAY 04: FULL DAY ACCLAMATIZATION AT TAKLAKOT  
B/L/D**

Today, you are free to acclimatize yourself. Freshly cooked meals will be served. Overnight stay at hotel at Taklakot.

**DAY 05: DRIVE TO MANSAROVAR & MANSAROVAR PARIKRAMA  
B/L/D**

Drive to Mansarovar (4,590 M, 120 KM-2 Hrs). Perform puja, hawan and Devtarpan (self) followed by Mansarovar Parikrama. Overnight stay at guesthouse.



**DAY 06: DRIVE TO DARCHEN, B/L/D**

Breakfast and drive to Darchen (4,690 meter, 150 Km, 3 hours' drive) via Mansarovar lake and Rakshas lake. Arrive at Darchen and check into hotel. Overnight stay at hotel.

**DAY 07: DRIVE TO YAMADWAR & HOLY TREK TO DIRAPUK, B/L/D**

With packed lunch box, drive to Tarboch Flag Pole, the first prostration point, -an auspicious gateway and the sky burial ground. Visit Yamadwar (4,690 M) and further drive to Serzhong 8 KM from Darchen). Meet your porters/pony caretaker etc. and trek to Dirapuk (4,765 m, 10 KM, 3 to 4 hours trek). Overnight stay at guesthouse.



**DAY 08: HOLY TREK TO ZUTHULPUK, B/L/D**

Continue Parikrama over Dorma La Pass (5,610 M) to Zuthulpuk (4,700 M, 22 KM, 7 to 8 hrs trek). Overnight stay at guesthouse.

**DAY 09: HOLY TREK TO NEAR DARCHEN& DRIVE TO TAKLAKOT B/L/D**

Last and final day of Mt. Kailash Parikrama ends near Darchen (4,664 M, 14 KM / 3 to 4 hrs trek) & drive to Taklakot(150 KM, 3 hrs drive). Arrive at Taklakot and overnight stay at hotel.

**DAY 10: DRIVE TO HILSA, FLY TO NEPALGUNJ VIA SIMIKOT &TRANSFER TO HOTEL B/L/D**

Drive to Hilsa, complete immigration formalities at China side and walk to Nepal side and complete immigration formalities and further walk to Hilsa helipad to take chartered helicopter flight to Simikot. After immigration at Simikot, proceed for Nepalgunj by scheduled flight. Arrive Nepalgunj and transfer to hotel. Overnight stay at hotel.

**DAY 11: FINAL DEPARTURE/ FLY TO KATHMANDU B/L/D**

Breakfast and drive to Locknow airport for flight to onward journey OR Fly to Kathmandu and transfer to hotel. Overnight stay at hotel at Kathmandu.

**DAY 12: FINAL DEPARTURE B**

Breakfast and free time until transferred to international airport for onward flight.



**Deluxe SIC B2B Yatra cost (Based on 20 + Pax in a group)**

YatraType	YatraEntry and Exit Points	Permit & Vehicle Payable in USD	Other Expense Payable in INR	Total in INR@ ROE 70.00 Per USD	Single room supplement- Kathmandu, &Nepalgunj only	Supplement for NRI/ Foreign Nationals
<b>Type- A</b>	Kathmandu in/ Kathmandu out	US\$ 1,250.00	INR 116,094/-	INR 220,000/-	INR 10,000/-	US\$ 500.00
<b>TYPE-B</b>	Locknow in / Locknow out	US\$ 1,250.00	INR 106,094/-	INR 210,000/-	INR 5,000/-	US\$ 400.00
<b>TYPE-C</b>	Kathmandu in/ Locknow out	US\$ 1,250.00	INR 111,094/-	INR 205,000/-	INR 7,500/-	US\$ 450.00

**Note:** The complimentary person have to bear the flight fare & visa charge as applicable.

**YATRA COSTS (EXCLUSIVE GROUP/FAMILY AS PER THE GROUP SIZE BELOW):**

Yatra Type	Yatra Starting and End Point	Yatra cost as per the group size based on ROE 83.00 per USD			Single Room Supplement ( Kathmandu, Nepalgunj, Taklakot and Darchen)
		10 to 16 Pax	17 to 20 Pax	NRI/ Foreign National Supplement	
Type A	Ex- Kathmandu	INR 338,800	INR 328,800	US\$ 500.00	INR 30,000/-
Type B	EX- LOCKNOW	INR 328,800	INR 318,800	US\$ 450.00	INR 25,000/-
Type C	PICK UP LOCKNOW & DEPARTURE FROM KATHMANDU or VICE VERSA	INR 333,800	INR 323,800	US\$ 400.00	INR 27,500/-

Note: The complimentary person have to bear the flight fare & visa charge as applicable.

**PRICE INCLUDES:**

- ✓ Special welcome on arrival in Kathmandu or Lucknow,
- ✓ One briefing session in Kathmandu or Nepalgunj,
- ✓ 2 nights stay at 5/4 star Hotel accommodation in Kathmandu and 2 Nights stay at hotel Sitharth/ Cygnett/ Sneha on twin share basis with all meals( pure veg only) if the yatri have booked the yatra via Kathmandu Tour Code FMHI 200 A ( Type A )
- ✓ Two night stay at Hotel Cygnett / Siddarth on twin share basis with all meals (pure vegetarian) if the Yatries have booked the Heli via Locknow/ Nepalgunj Tour Code FMHI 200 B ( Type B)
- ✓ One night stay in Kathmandu at 5 / 4 star hotel and two night stay at Nepalgunj at Cygnett or Siddarth if the Yatries have booked the yatra with Locknow in / Kathmandu out or vice versa Tour Code FMHI 200 C ( Type C)
- ✓ Six nights accommodation in Tibet (Guesthouse, Camp & Hotel) (3 star equivalent Hotel at Taklakot/Darchen) including all meals,
- ✓ Kathmandu half day sightseeing: Pashupatinath Temple, Boudhanath Stupa & Budhanilakanth Temple (if Yatra starts from Kathmandu- option 1),
- ✓ Flight Kathmandu-Nepalgunj-Kathmandu for option-1.
- ✓ Chartered Helicopter flight for Simikot-Hilsa-Simikot (on sharing basis),
- ✓ Nepalgunj/Simikot/ Nepalgunj by scheduled flight.
- ✓ Fully trained Sherpa team,
- ✓ Professional government license holder English speaking tour guide in Tibet,
- ✓ Three meals (Breakfast, Lunch & Dinner) every day while on the yatra,
- ✓ Mineral & boiled water,
- ✓ Oxygen cylinder and oxygen pillow as per the requirements,



- ✓ Tibet Visa & Permit Fee,
- ✓ Necessary Border charges,
- ✓ Ground transfers in Tibet on Deluxe Coach,
- ✓ Required trekking & kitchen equipment,
- ✓ First aid kit,
- ✓ Free use of Down Jacket,
- ✓ Backpack, Rain coat ( Pancho ) , Monkey cap & duffel bag for free,
- ✓ Yatra Completion Certificate,
- ✓ Simikot Area Entry Permit,
- ✓ Wages, meals, accommodation, transportations, equipment, insurance and other facilities to the tour staffs during the trip,
- ✓ All kind of local and government TAX etc.

#### **PRICE EXCLUDES:-**

- × Insurance that covers Trekking/Travel/Accident/Medical/Emergency evacuations,
- × International airfares,
- × Horse(s) & Porter(s) for personal use,
- × Tips for the trekking, tour staffs & driver,
- × Alcoholic drinks,
- × Personal expenses: shopping, laundry, trekking-tour equipment, SIM Card etc.
- × Nepal Visa fee,
- × Cost raised by unpredictable cancellation, natural calamities, political situation, illness etc.
- × Others expenses which are not mentioned above in **PRICE INCLUDES** section.



## MANAKAMANA, POKHARA JOMSOM & MUKTINATH

Tour Code	Tour Title	Tour Title	Tour Duration
<b>FME-51 A</b>	Muktidham Extension Tour	4 Nights/5 Days	Manakaman, Pokhara, Jomsom & Muktidham

### OUTLINE ITINERARY:

**Day 01:** Arrive Kathmandu and transfer to hotel,

**Day 02:** Drive from Kathmandu to Pokhara via Manakamana,

**Day 03:** Fly from Pokhara to Jomsom & drive to Muktidham by local jeep & return to Jomsom,

**Day 04:** Fly from Jomsom to Pokhara & half day Pokhara sightseeing,

**Day 05:** Fly from Pokhara to Kathmandu & join on Holy Mount Kailash Yatra program.

### DETAIL ITINERARY:

#### DAY 01: ARRIVE KATHMANDU & TRANSFER TO HOTEL,

**Dinner**

Arrive in Kathmandu and transfer to your hotel. Dinner and overnight at hotel.

#### DAY 02: DRIVE TO POKHARA VIA MANAKAMANA

**B/L/D**

After breakfast drive from Kathmandu to Pokhara (925 meter, 200 KM, / 7-8 hrs drive). En-route visit to Manakamana temple by cable car. Pray to God Manakamana- wish - filing goddesses , lunch and drive to Pokhara. Arrive Pokhara and check into hotel. Evening visit around the Fewa Lake. Overnight stay at hotel.

#### DAY 03: FLY TO JOMSOM (2,720 M), DRIVE MUKTIDHAM (3760 M) & BACK JOMSOM- B/L/D

Wake up early in the morning and proceed to airport with packed breakfast for flight to Jomsom. After 25 minutes flight you will reach to Jomsom. Walk to the hotel and separate your clothing and requirements for Muktinath. Walk for 15 minutes to catch local Jeep for Muktinath ( 30 km , 1 hour drive). Arrive at Muktinath jeep station and start climbing up to Muktinath temple. Arrive at Muktinath temple after approx 15 minutes hiking. Take bath at 108 holy water spouts, perform Puja at Muktinath temple, Jwala Mai etc. and visit around the places of interest etc. Return to Jeep stand for local jeep drive to Jomsom. Arrive Jomsom jeep station, walk to the hotel and overnight.

#### DAY 04: FLY BACK POKHARA (850 M) & POKHARA SIGHTSEEING

**B/L/D**

Wake up early in the morning and walk to airport for flight to Pokhara. It is 25 minutes flight. Arrive Pokhara and check into hotel. Get refreshed and proceed for local half day sightseeing covering Devis Fall, Fewa Lake & Bindabasini Temple. Rest of the day is free for personal activities. Overnight stay at hotel.

#### DAY 05: FLY TO KATHMANDU & JOIN ON HOLY MOUNT KAILASH YATRA.

**B/L/D**

Breakfast and transfer to domestic airport for a flight to Kathmandu (25 Minutes) to join on Holy Mount Kailash Yatra program.

### MUKTIDHAM EXTENSION TOUR COST:

Type of Tour	Per person tour cost in INR as per the below group size				Single Room Supp.
	2-4 Pax	5 -9 Pax	10 – 15 Pax	16 & Above	
<b>Normal Tour:</b> 4/3 Star Hotels	INR.36,100	INR.33,400	INR.31,200	INR.30,200	INR.7500

## **COST INCLUDES:**

- ✓ One night 4 star equivalent hotel accommodation in Kathmandu,
- ✓ Two nights 3 star equivalent hotel accommodation in Pokhara,
- ✓ One night 3/2 star equivalent Hotel accommodation at Jomsom,
- ✓ Kathmandu / Manakamana/ Pokhara by a/c vehicle as per the group size.
- ✓ Flight Pokhara-Kathmandu,
- ✓ Flight Pokhara-Jomsom-Pokhara,
- ✓ Jomsom-Muktinath-Jomsom by local jeep on SIC basis,
- ✓ Half day Pokhara sightseeing as per the itinerary,
- ✓ Pokhara Hotel – Airport transfer in private vehicle,
- ✓ Annapurna Conservation Entry Permit,
- ✓ TIMS Permit,
- ✓ ACAP permit fees.
- ✓ All meals (Breakfast, Lunch & Dinner – Veg) during your trip,
- ✓ Nepal government license holder tour-trekking guide,
- ✓ Wages, meals, accommodation, transportations, equipment, insurance and other facilities to the the staffs during the trip,
- ✓ All types of rescue arrangements,
- ✓ All kind of local and government TAX etc.

## **PRICE EXCLUDES:**

- × Insurance that covers Trekking/Travel/Accident/Medical/Emergency evacuations,
- × International airfares,
- × Sightseeing entrance permits,
- × Tips for the staffs and driver,
- × Alcoholic & soft drinks,
- × Personal expenses: shopping, laundry, trekking equipment, SIM Card etc.
- × Nepal Visa fee,
- × Cost raised by unpredictable cancellation, natural calamities, political situation, illness etc.
- × Others expenses which are not mentioned above in **PRICE INCLUDES** section.

## **HOLY MT KAILASH AND MANSAROVAR LAKE- AN INTRODUCTION:**

Holy Mt Kailash and Mansarovar Lake, center of creation & the Universe are as old as the creation. Thousands of Sages, Ordinary Mortals, Philosophers and even Gods had submerged in the blissful trance at the very sight of this divine grandeur. It is the MERU, SUMERU, SUSHUMNA, HEMADRI (Golden Mountain), RATNASANU (Jewel Peak), KARNIKACHALA (Lotus Mountain), AMARADRI, DEVA PARVATHA (Summit of Gods), GANAPARVATHA, AJATADRI (Silver Mountain). Regarded as SWAYAMBHU, the self-created one, everything is said to emanate from here and finally returns here. Mind is the knot tying consciousness and matter-that is set free here.

Famously known to be an abode of LORD SHIVA and his divine consort PARVATI, Mt. Kailash expounds the philosophy of PURUSHA and PRAKRITI-SHIVA and SHAKTI. The radiant SILVERLY summit is the throne of TRUTH, WISDOM and BLISS-SACHIDANANDAM. The primordial sound AUM (NADABINDU) from the tinkling anklets of LALITA PRAKRITI created the visible patterns of the universe and the vibrations (DVANI) from the feet of Lord Shiva (NATARAJA) weaved the essence of ATMAN, the ultimate truth. The scriptures reiterate that one, who takes the holy dip at Mansarovar and carries out the Parikrama around Kailash, is absolved of his/her sins through generations and is absorbed into the Supreme Finality. There is no re-birth; sorrows or joys and he/she will be with ultimate – the Lord Shiva. In other words, they become Shiva.

In addition to the Hindus, the entire region is also one of the most important pilgrimage centers for the Buddhists. They worship DEMCHOK (Buddha in forceful form) seated on the summit of Kailash. It is also called Dharmapala; one version quotes the deity as a form of Shiva's manifestation. The description of the deity is more or less like Shiva. Devi is also given a similar form like Parvati. Buddhists adore Kailash as KANG RINGPOCHE and Mansarovar as TSO MAPHAM. Guru Rinpoche (The great Indian Master PADMASAMBHAVA who introduced Buddhism) and Saint Milerapaare greatly revered here by the pilgrims. Since TANTRISM runs through the main core of Buddhism here, their customs and practices would be found running close and parallel to Hindu traditions. Like Hindus, they also consider (DOLMA (DEVI) and GAURI KUND (ThukiZingbu) as holiest spots. Buddhists strongly believe that pilgrimage to this place liberates them to NIRVANA.

Besides, Jains acknowledge Kailash as ASTAPADA and PADMAHRADA. It is believed that ADINATH VRISHABDEVA - the first Tirtankara attained Nirvana here. A few claim that GURU NANAK meditated here. Across the river CHU, there on the Nyanri range stands an impressive temple. Inside this monastery there is a marble statue radiating peace and compassion. This statue is claimed to be that of Guru Nanak.

The entire area echoes with spiritual vibrations. Even the agnostics shall discover new balance amidst that fathomless serenity. One has to experience it. The common belief is that those who are ordained only could be there.

## INFORMATION

**Health Pre-caution:** Oxygen is less at higher altitudes. The inclement weather and high altitude induces certain illnesses generally not encountered over the plains. Headache, nausea, lassitude, lethargy, breathlessness, general uneasiness (malaise), high irritability, light loss of balance, disorientation, incoherence and insomnia are to name among a few. It is common to all irrespective of age, sex and physical fitness. Gradual acclimatization is the best answer. Tranquilizers, sleeping dosages and strong antibiotics must be avoided. Some symptoms do indicate that the body mechanism is readjusting to new environment.

**Route & climatic conditions:** Once the voyage commences, the panoramic Himalaya and Tibet cocoon the pilgrims in their effulgence and they drift beyond the reach of a conventional world. Deep silence and eerie expansiveness rule the atmosphere. A resourceful pilgrim, however, would enjoy his every step – planning is the key. Route from Kathmandu to Tatopani/Rasuwagadi (Timure) (Nepal-China border) is narrow and scary but from the border onward roads are well maintained. The high altitude Tibetan terrain is dry, cold and windy. Night is colder than day. Torrential rains, strong icy winds are common features. The average altitude is above 3,500 meters and the route covers many high altitude passes.

**Risk and Liabilities:** We will endeavor to make your journey smooth and pleasant as far as possible. However, the entire program in Tibet is conducted strictly under the rules and regulations of China Tibet Tourism Bureau (TTB). Therefore, Fishtail Tours/Trek (P) Ltd. & its related organizations will not be responsible for any changes in the itineraries due to unavoidable circumstances such as government restrictions, delay in receiving Tibet Travel Permit and Visa due to TTB's own rules and regulations, landslides, road blockages, floods, snow, political unrests, cancellation of flights, delay due to shortage of land cruiser Jeep/Coach in Tibet, personal sickness or accident. Any extra cost incurred shall be borne by travelers themselves.

### Required Documents:

- Minimum of six months valid passport and two copies of passport size photographs.
- A normal health certificate from your personal doctor for travelers aged 60 years and above may be required ( May not be compulsory always)

**Fitness:** This is not a trek or expedition but a tour; therefore no specific level of fitness is required. Anybody can join this Yatra if they think they are fit and have a strong willpower. People suffering from cardiac or respiratory problems should consult to their doctor. Morning and evening walks, jogging, stretching, meditation and regular exercises make the journey comfortable for all.

**Food and Beverages:** Delicious continental & Indian food will be served. Breakfasts and Dinners will be served in campsite by trained Nepali staffs. Packed lunch will be provided during daytime. We will serve mineral water for drinking purpose.

**Clothing and Necessities:** As the temperature varies greatly between day and night (from max. 20 degrees Celsius to min. –16 degrees Celsius) one should prepare accordingly. However, we suggest all yatries to travel light – maximum 10 to 15 Kg per person. We too provide certain clothing and essential from our end. Kindly go through the details and decide the requirement accordingly:



### **Clothing Requirement:**

Clothing requirement may vary as per the yatra duration. On the basis of 10mto 14 days Heli and Overland Yatra , the following clothing are suggested;

4/5 Pairs of Thermal ware

Enough undergarment and warm soak

4 pair of outer clothing

Hand Gloves

Light Jackets & Sweeter

Shoes with water resistant

Muffler and sandal

Hand Towel

Enough Soaks ( Thick Woolen socks for Parikrama)

Other clothing including night clothing as per the personal need and preference

### **General Essentials:**

Torch Light with battery

Multivitamin Tablets

Sun protection cream with 50 PH

Regular medicine that are being used

Wet and dry tissues

Dry fruits and energy bars

Vicks or Amritanjan

Dark Sun Glasses

Body Lotion

Water bottle – 2 bottles of 1 liter each

### **What we offer:**

Feather Down jacket with up to -10 cold resistance

Back Pack for valuable and general essential

Duffel bag for personal clothing

Walking Stick for the 3 days Parikrama

Wind cheer or Puncho to cover cold wind and rain during parikrama

Monkey Cap

First Aid Box for general medicine

3 Times a day freshly cooked meal

Boiled and mineral water

**Insurance:** Full travel insurance covering medicine, Helicopter evacuation (if in case of emergency), loss of personal belongings, postponed/ pre-pond expenses of inward and outward flight and trip cancellation is strongly recommended.

## **CANCELLATION:**

All notice of cancellation must be sent to our office in writing; verbal cancellation will not be accepted. There is no refund for services not used. In case of any cancellation the booking amount will be completely forfeited. In addition, the following cancellation rules will be applicable on the balance amount payable.

- 21 days period from tour departure date: 30% cancellation charges.
- 15 days period from tour departure date: 50% cancellation charges.
- 7 days and less periods: 75% cancellation charges.

The above cancellation rules are applied as per the rules and regulation of China Tibet Tourism Bureau and (IPSC) Indian pilgrims service Center, China

## **MOST IMPORTANT POINTS TO BE NOTED AND PREPARED:**

It should come into notice of all Kailash Yatrics that, all Tibet and Holy Mt. Kailash Yatra/Tour operators in Nepal have very fewer roles to play in handling Tibet and Holy Mount Kailash Yatra operation. The decision of Tibet Tourism Bureau (TTB) and China India Pilgrim Service Centre (CIPSC) is final and mandatory to be followed and accepted by all. Hence, interested clients for Tibet and Holy Mt Kailash Yatra (especially Indian Yatrics) are requested to be prepared, both mentally and physically, for the following adverse situations and do the necessary preparations accordingly. In case of occurrence of any of the following conditions, the management of Fishtail Group of Tourism Hospitality or its associates won't be liable and be made responsible.

Though you might have submitted both your name list with advance payment and the application for the Tibet Travel Permit in time as per the rules, it cannot be guaranteed that the Tibet Travel Permit and the Visa will arrive in time. Sometimes, the Tibet Travel Permit or the Visa might be rejected by the concerned authorities, i.e., TTB and CIPSC at the very last hour (even after your arrival in Nepal or after issuance of your nonrefundable to and fro ticket to Nepal)

In case of failure to obtain the Tibet Travel Permit and the Visa on time as per the stipulated date of arrival/departure, all additional expenses in Nepal (accommodation, food, transportation etc.) have to be borne by the client himself/herself.

In case of rejection of your Tibet Travel Permit and the Visa by the concerned authorities, i.e., TTB and CIPSC, at the last hour (after arrival in Nepal), the client himself/herself has to issue fresh return ticket or manage his/her return journey on his/her own expense.

The entire price given below in Indian currency is calculated at the rate of 83/- per US Dollar, i.e. (ROE) 83/- at the time of pricing. All the difference due to currency fluctuation will be borne by either side.

## **WHY TO CHOOSE FISHTAIL TOURS & TRAVELS AS YOUR PILGRIMAGE YATRA OPERATOR TO HOLY MT.KAILASH AND MANSAROVAR–THE JOURNEY TO ABODE OF LORD SHIVA?**

- The Yatra to Mt. Kailash and Mansarovar is considered as one of the toughest Yatras as the area lies in a high mountain terrain. Thus, it requires highly experienced team to ensure safety and comfortable journey for the pilgrims. Fishtail Tours & Travels team has been effectively trained to conduct these kinds of tours and has been organizing the Yatra for more than 17 years.
- We have very cordial relationship and rapport with IPSC/ TTB on every aspect. In case of an occurrence of any emergency during the Yatra, all the Yatris can get immediate help and support from the Chinese government.
- As mentioned earlier, our entire team members are trained for maintaining personal hygiene, safety, sanitation and cleanliness.
- We serve pure vegetarian, fresh and hygienic meals during the Yatra.
- We always use high quality international standard equipment to ensure comfort and safety of the Yatris.
- Fishtail team values your money and assures you that every penny you spend for the trip will be worthwhile as our sole priority is to provide you with the best quality service and guarantee your safety.
- We have no any hidden costs, except for personal expenses not covered by the contract. We never charge a single penny during the entire journey

## **BOOKING PROCEDURE:**

For the booking of Mt Kailash or any other Tibet / China Tour the following document and payment must reached to us.

- Non-refundable booking Charge- Indian National INR 25,000/- & NRI/ Foreigner US\$ 500.00.
- Properly filled booking form with duly signed (given below).
- Clear passport copy with minimum 6 month validity.
- 2 copies of passport sized color photographs.

## TOUR BOOKING FORM

Full Name (as in passport): .....

Age: .....

Sex: ..... Profession: .....

Passport No: .....

Date of Issue: .....

Valid till: .....

Name of Father/ Mother/Guardian : .....

Name of Husband/ Wife: .....

Address: .....

Telephone: Office: ..... Home: ..... Mobile: .....

Email: .....

In case of Emergency Immediate contact details:

Name of the Person: .....

Relation: .....

Phone: .....

Mobile: .....

Most Important Medical Information/ Medication Details:

a, .....

b, .....

c, .....

I am interested to join in your regular Mt Kailash Tour (Please tick in one): Overland Tour/ Heli Tour/ Mt Kailash Via Lhasa Tour/Mount Kailash Inner Kora on my own decision which is scheduled to departure from Kathmandu on..... And final departure from Kathmandu on..... and here by deposited initial nonrefundable booking Charge U\$ 500.00 / INR 25,000/- by cash/ Bank transfer /cheese No: ..... through bank.....on.....

I am fully aware about the landscape & climate of the route and other required general information about the yatra. I am traveling on my own decision. I am also aware about the duration of yatra and additional cost to be paid in case of any problem – flight cancellation due to bad weather , visa and permit problem which are beyond control of Fishtail Group or its associated partners.

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