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Dear Sir/Madam,

Greetings from Holidays to Nepal!!

Many thanks for your **Kailash Mansarovar Yatra** inquiry with **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](#)

Please find below complete details of the 17 days **Kailash Inner Kora Private Tour.** This is a private tour with a group size of 4 to 6 people. It concerns the quality and best possible service offering which we arrange upon people's preference and choice. So, we request you to let us know your trip confirmation 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	16 Nights 17 Days
Travel Type	Kailash Inner Kora (Private)
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



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Package Cost:

Group Size:	4-6 People
Package Cost:	USD 55000 Per Person
Optional Mt. Everest Flight from Kathmandu:	USD 250.00 (Including Transportation)
Tax and Fees	All Included.

Your Trip Itinerary:

Day 01: Kathmandu Arrival.

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.

At. 06:00 PM: We will meet for a trip briefing about your tour programme. If you are arriving late (after 04:00 PM), then we will have a briefing next morning at 09:00 AM. You can ask all your related questions during the trip briefing meeting.

Meals: Dinner Included.

Hotel: Mulberry or Similar (4 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



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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.

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, Lunch and Dinner Included.

Hotel: Mulberry or Similar (4 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



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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.

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.

Once your sightseeing is complete, you will drive back to your hotel. You can explore the city on your own if you're interested.

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, Lunch and Dinner Included.

Hotel: Mulberry or Similar (4 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



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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.

Day 04: Packing and Final Preparation.

At. 09:00 AM: After breakfast, you will have a full day to rest in Kathmandu. Today, you can use your whole day to prepare for tomorrow's journey. You can visit nearby markets, such as Thamel, to buy any needed stuff for your trip.

Note: This day can be used as a buffer day, as some time there might be a holiday at the embassy to apply for your visa, so you can also use the previous day to apply for a visa and collect the passport today. If things go well and early, we can start driving towards the Tibet border today too. In such a situation, you can rest for one night after completing the trip in Kathmandu.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Mulberry or Similar (4 Star).

Day 05: Drive to Dhunche or Syabrubesi or Timure.

At. 08:00 PM: After breakfast, check out of the hotel. You will start your drive towards Dhunche (124 km/5 hrs) or Syabrubesi (137 km/6 hrs) or Timure (148 km/7 hours), where you can spend the night depending on how long it takes to get there. On the way to Trishuli bazar, you will stop for lunch at a highway restaurant before continuing your journey. The entire ride takes you along the Trishuli River, which offers stunning scenery.



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Company Regd. No: 112254/69/70

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Meals: *Breakfast, Lunch and Dinner Included.*

Hotel: *Mulberry or Similar (4 Star).*

Day 06: Drive to Kyirong. (2850 m)

At. 08:00 AM: *After breakfast, first we need to complete the immigration process (the departure stamp) at the Nepal side in Timure. Then you will walk towards Rasuwagadhi (Nepal-China Border), which is about 1.7 KM from Timure. You need to settle some customs formalities in Nepal before crossing the border into China, where our Tibetan guide will meet you. The guide will assist you to complete the immigration formalities in Tibet. Once the Chinese immigration process is over, start driving towards Kyirong. Kyirong is 40 KM from the border and takes around one and a half hours to reach. You will stay the night at the hotel in Kyirong.*

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

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

Distance covered: *41.7 KM.*

Altitude: *2850m.*

Day 07: Drive to Saga. (4500m)

At. 01:00 PM: *After lunch, today you will drive 155 KM from Kyirong to **Saga**, which will take around 3-4 hours. En route, you will have the opportunity to go to **Ganesh Parbat** and **Lake Peiku Tso**, then eventually cross the bridge built over the **River Brahmaputra** (also called Yarlung Tsangpo in Chinese) in Saga. 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 stay to acclimatize, so it won't cause any bigger issues while going to higher elevations.*

Meals: *Breakfast, Lunch and Dinner Included.*

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

Distance covered: *155 KM.*

Altitude: *4500m.*



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Day 08: Drive from Saga to Lake Mansarovar. (4650 m)

At. 08:00 AM: Enjoy a delicious morning breakfast, and today you will drive towards the holy and beautiful **Lake Mansarovar (4650 m)**. The distance from Saga to Mansarovar is about 450 KM and will take you around 8 to 9 hours. On the way, you will get a glimpse of Mount Kailash as well as the potent Rakshas Tal. Once you arrive at Mansarovar, you will take a rest at the guest house. You will stay the night at the guesthouse in Mansarovar.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Mansarovar Lakeside Guest House (very least facility available here)

Distance covered: 450 KM.

Altitude: 4650m.

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

Rakshas Tal, which translates to demon lake, is another lake on the way to Kailash, side by side with Mansarovar Lake. The name Rakshastal translates to "Lake of the Rakshasas" in Sanskrit, referring to the demon-like creatures in Hindu mythology. The lake is associated with the demon king Ravana from the Hindu epic Ramayana. According to legend, Ravana performed penance here to appease Lord Shiva.

Day 09: Drive to Darchen. (4700 m)

Today you can perform Puja/ Havan at the shore of Lake Mansarovar. After lunch, you will drive to **Darchen**, which is 35 KM from Mansarovar and takes around 1 and a half hours to drive. After reaching Darchen, you can rest your bags and relax. You can stroll around the small market in Darchen town in the late afternoon. Overnight at the guest house.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Local 3 Star Hotel (Available Best)

Distance covered: 50 KM.



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Company Regd. No: 112254/69/70

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Altitude: 4700m.

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 Ashtapad, Saptarishi Cave, Back to Darchen.

Starting early in the morning after breakfast, you will drive to visit **Ashtapad**, located at an altitude of 4,900 metres, known for its spiritual significance and breathtaking view of the south face of Mount Kailash. The vehicle will drive you up to **Serlung Gompa**, which takes around 45 minutes, and you will have to walk from there to explore the area. Once you finish the exploration in Ashtapad, you will trek towards the **Saptarishi Cave**, where the seven sages are believed to have meditated. It will take about 3-4 hours of trekking to reach there. You will also find 13 Golden Chortens right outside the cave, which hold great spiritual significance. The way to the cave and the 13 chortens is considered very difficult, as you will have to climb with the help of rope on steep, small stairs. After you finish your exploration, you will trek back to Serlung Gompa and then drive back to Darchen for your night stay.

Meals: Breakfast, Packed Lunch and Dinner Included.

Hotel: Local 3 Star Hotel (Available Best).

Ashtapad, meaning "eight steps," is a significant spiritual site located at an altitude of about 4900m near Mount Kailash. It holds immense importance in both Hindu and Buddhist traditions. According to legends, Ashtapad is believed to be the place where the first Tirthankara of Jainism, Rishabhdev, attained enlightenment. The site offers breathtaking panoramic views of Mount Kailash, and many pilgrims undertake the trek to Ashtapad as part of their spiritual journey.

The **Saptarishi Cave**, located near Ashtapad, is another sacred site that attracts many pilgrims. The cave is believed to be the meditation retreat for the seven sages, known as the Saptarishis, who are revered figures in Hindu mythology. According to tradition, these sages meditated here to attain spiritual enlightenment and connect with the divine.



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The 13 Golden Chortens are a set of remarkable stupas serving as a significant landmark for pilgrims making their way for inner parikrama. Each chorten is said to represent a different aspect of Buddhist teachings and symbolises the path to enlightenment. The golden colour of the chortens reflects the divine nature of the teachings and serves as a reminder of the spiritual journey undertaken by those who visit. These chortens are not only architecturally beautiful but also hold deep cultural and religious significance.

Day 11: Drive to Yama Dwara, Trek to Derapuk. (5050 m)

*At. 07:00 AM: After having your breakfast, drive towards **Yamadwar (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 judgment, and you will get a place in heaven.*

Your next stop today will be at Deruphuk, 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. Overnight at the guest house at Deruphuk.

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

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

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

***Distance covered:** 12 KM.*

***Altitude:** 5050m.*

***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.*



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Company Regd. No: 112254/69/70

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DAY 12: Trek for Charan Sparsh, Back to Derapuk.

At. 07:30 AM: Start your day by having breakfast at the guest house prepared by your kitchen team. Today you will participate in a day Yatra from Derapuk for Charan Sparsh. The total distance you will cover today is around 7-8 KM. You will have to walk for 3 to 4 hours to touch the feet of Mount Kailash, which is known as Charan Sparsh. The north face of Mount Kailash can be seen during this journey. You will feel as if you have been blessed by Lord Shiva by actually touching the base of Mount Kailash. Once you have touched the holy mountain and received blessings, you will return to Derapuk, which takes around 1 and a half hours to 2 hours. You will stay at the guesthouse in Derapuk.

Meals: Breakfast, Packed Lunch and Dinner Included.

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

Distance covered: 8 KM.

Charan Sparsh, or the act of touching the feet of revered figures, takes on profound significance during the pilgrimage to Mount Kailash. For many devotees, Mount Kailash is not only a physical destination but also a spiritual epicentre, representing the abode of Lord Shiva. Engaging in Charan Sparsh at this sacred site embodies a deep expression of devotion, humility, and reverence for the divine. Pilgrims often bow down and touch the ground or rocks at these holy sites, symbolising their surrender to the divine and their desire to receive blessings. This act signifies their humility and recognition of the greatness of Lord Shiva, who is believed to reside on Mount Kailash.

Day 13: Trek to Zuthulpuk via Sanglam La/Sin La Pass.

Have your breakfast in the guest house and start your trek towards Zuthulpuk. It is the actual route for inner Kora, which covers around 15 to 16 KM and will take around 8-9 hours of trekking. Starting from Derapuk, you will pass via Sanglam La Pass, which is at an altitude of 5680 m. From this route, you will be able to witness the east face of Mount Kailash. Following the trail, you will reach Zuthulpuk, where you will stay for your night stay.

Note: If the route is not allowed to travel, then we will go to Zuthulpuk via Dolma La Pass, following the outer Kora.

Meals: Breakfast, Packed Lunch and Dinner Included.



PAN Regd. No: 601184129
Company Regd. No: 112254/69/70

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

Distance covered: 16 KM.

Altitude: 4800m.

Day 14: Trek from Zuthulpuk, Drive to Saga.

At. 07:00 AM: Today you will walk about 8 KM and drive towards today's final destination, Saga. Have your breakfast and go to the ending point near Darchen, where you will meet our vehicle and drive to Darchen, merge with the group who didn't go for parikrama, and then drive towards Saga together. The driving distance will be around 480 KM and take about 8-9 hours. As it will be a long drive today, once you reach the hotel, check-in and rest. You will stay the night at the hotel in Darchen.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Local 3 Star Hotel (Available Best).

Distance covered: 480 KM.

Altitude: 4500m.

Day 15: Drive to Kyirong.

At. 09:00 AM: Enjoy your breakfast early in the morning. Today, you will return to Kyirong following the same route back, which will cover around 155 KM and takes about 2-3 hours. As you will reach there in the afternoon, you can take a rest or walk around the town and refresh yourself. You will stay the night at the hotel in Kyirong.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Local 3 Star Hotel (Available Best).

Distance covered: 635 KM.

Altitude: 2850M.

Day 16: Drive back 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



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Company Regd. No: 112254/69/70

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

Note: *Heli transfer can be kept as an option for return; however, it depends on the weather condition. So, drive is provided here as a certain and reliable option.*

Meals: *Breakfast, Lunch and Dinner Included.*

Hotel: *Mulberry or Similar (4 Star).*

Day 17: 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.*

Meal: *Breakfast Included.*

Package Cost Includes:

- 1. Airport transfer in Kathmandu.*
- 2. All mentioned sightseeing tours in Kathmandu.*
- 3. All (4 Nights) hotel accommodations are in Kathmandu at 4 star deluxe hotels on double/twin sharing basis.*
- 4. Best available guest house/tea house accommodation during Kailash Yatra after Kathmandu.*
- 5. All meals (Breakfast, Lunch, and Dinner) as mentioned in the itinerary. (Pure Veg Meal)*
- 6. Nepali team leader, kitchen staff, and supporting team.*
- 7. An English-speaking Tibetan guide from Kyirong to Kyirong.*
- 8. Required supporting trucks to carry kitchen equipment.*
- 9. Tibetan visa and road permit.*
- 10. A free duffel bag and small backpack to carry your stuff.*



PAN Regd. No: 601184129
Company Regd. No: 112254/69/70

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11. *Yak for the Kailash parikrama to carry kitchen equipment and utensils only.*
12. *First aid kit, Gamow bag, and oxygen cylinder.*
13. *Daily 2 bottles of mineral water per person except for the Parikrama time.*

Package Cost Excludes:

1. *Personal expenses.*
2. *Cost for extra/additional night accommodation in Kathmandu. (if needed)*
3. *Lunch is excluded in Kathmandu.*
4. *Food and transport in case of any delay due to weather or unforeseen reason.*
5. *Poni/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. *Service that isn't mentioned above.*
10. *If pilgrims leave the group early from the Tibet side for non – disease reasons then USD 100 per person/per day has to be paid as penalty to the Tibet side – T. A. R. Foreign Exchange Center (FEC). (Visa splitting charge, accommodation, transportation charges will be extra)*

Frequently Asked Questions (FAQs)

How can I go to Kailash Mansarovar from Nepal?

There are three main ways to get to Kailash Mansarovar from Nepal. They are overland via the Kyirong border and by helicopter via Nepalgunj.

KMY via Kyirong border: *This is a good option if you are looking for a more adventurous trip. The journey from Kathmandu to Kailash is 10 days and you will need to cross the border between Nepal and China at Kyirong Border.*



PAN Regd. No: 601184129
Company Regd. No: 112254/69/70

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KMY via Lhasa with EBC: *This route takes you through Lhasa, the capital city of Tibet where both flight and drive options are available from Nepal. It also includes a visit to north Everest Base Camp (EBC) from the Tibet side.*

KMY by helicopter via Nepalgunj: *It is the most expensive option, but it is also the fastest way to get to Kailash Mansarovar. The helicopter tour takes about 1 day from Simikot in Nepal to Hilsa in Tibet.*

What is the age limit for Kailash Mansarovar?

The age limit for the Kailash Mansarovar Yatra varies depending on the route and the regulations set by the respective government authorities. Generally, the age limit for Kailash Mansarovar is between 18 and 70 years old. There are exceptions for very fit individuals over 70, but it is not guaranteed that a permit will be issued as it depends upon the authority itself.

Can a normal person go to Kailash Mansarovar?

Yes, a normal person can go to Kailash Mansarovar. However, it's essential to understand that the journey to Kailash Mansarovar is considered a challenging pilgrimage due to the high altitude, rugged terrain, and often harsh weather conditions. The trek involves both physical and mental endurance, so it's recommended to be in good health and physically fit before taking the journey.

Is Kailash Mansarovar Yatra difficult?

The Yatra involves walking for several days, often in remote terrain and at high altitudes, with its highest altitude of 5600m in Dolma La Pass, which requires a good level of physical fitness and stamina. It can be physically demanding and can lead to altitude sickness and other health challenges for some individuals. However, people of all ages and fitness levels have undertaken it successfully as long as one is in good health and physical fitness before undertaking the journey. Also, proper acclimatization, physical training, and being aware of one's health condition are crucial for a safe and enjoyable experience.

How can I get a visa for Nepal?



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Company Regd. No: 112254/69/70

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All foreign nationals, except Indians, need visas to enter Nepal. Multiple entry visas for 15 days (US\$ 40 or equivalent convertible currency), 30 days (US\$ 50) or 90 days (US\$ 100) can be obtained from any Nepalese embassy or consulate. You can also get a [visa on arrival](#) at the Tribhuvan International Airport, Kathmandu or at the Immigration Office at the entry points of Nepal.

Tourist visas can be extended for a period of 120 days at the Immigration Department in Kathmandu. However, nationals of the following countries will not get a visa on arrival at the immigration entry points of Nepal: Afghanistan, Cameroon, Ethiopia, Ghana, Iraq, Liberia, Nigeria, Palestine, Somalia, Swaziland and Zimbabwe. They need to obtain visas from Nepalese embassies or diplomatic missions in their respective countries prior to their arrival in Nepal.

Gratis (Free) Visa for 30 days is available only for nationals of South Asian countries like Bangladesh, Bhutan, Maldives, Pakistan and Sri Lanka for the first visit in one visa year (January to December). However, a visa fee is required for its extension beyond 30 days.

Indian nationals do not require a visa to enter Nepal. For more information please visit the Nepal government's official website [here](#). For an online visa application [click here](#). You will find information to get the Nepal visa online.

How do I book this tour?

If you are interested in joining one of our Kailash Mansarovar Yatra group departures please follow the process mentioned below:

STEP 1: Please check the availability of travel dates and seats from our website which is below with the cost table. Or directly contact our travel consultant so we will provide all needful information regarding the Kailash Mansarovar Yatra by helicopter.



PAN Regd. No: 601184129
Company Regd. No: 112254/69/70

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STEP 2: Upon finalizing your dates and other information with our office, please send a scanned copy of your passport via email at kailash@holidaystonepal.com. (Please note the passport must be valid for a minimum of 6 months from the date of yatra)

STEP 3: Now you can confirm your booking, but to confirm a booking we need **an advance payment of USD 500 per person**. Once we receive your booking advance amount, we will proceed with your placement in a group, reserve hotel and flights for you, and start your visa documentation processing.

Furthermore, the balance amount you have to pay 30-35 days prior to the tour departure, we won't be able to proceed with further needful arrangements if we don't receive your 100% payment at the above time period. [Click here](#) to know more about the payment options.

What are the booking cancellation policies?

All notices of cancellation must be sent to our office in writing form (email us at kailash@holidaystonepal.com), verbal cancellations will not be accepted.

30 Days before trip departure	100% Advance Booking Amount
20 Days before trip departure	50% of Total Trip Cost
15 Days before trip departure	90% of Total Trip Cost
10 Days and less departure	100% of Total Trip Cost

Important information that you should read:

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.



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

Travel Insurance

It is strictly advisable and mandatory to carry a valid **Travel Insurance** covering the Kailash region. Our trips do not include the price of travel insurance and it is the sole responsibility of the pilgrim/traveller to ensure that he/she is adequately insured for the full duration of the trip. If you need assistance while purchasing your insurance you can contact us.

Medical Certificate

It's not compulsory. But we suggest getting a health certificate of the pilgrims issued by his/her physician mentioning that the pilgrim/traveller is in perfect condition to undertake the yatra to Mount Kailash at a height of above 15000 feet. Medical certificates are not our responsibility and we do not take any liability for any health issue.

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



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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

Health

This is one of the toughest high-altitude road journeys on earth. You Must be physically fit. Generally, patients with asthma & heart issues have a problem acclimatizing to high altitudes. In such cases, it is essential you should be examined by your doctor to know about your health condition and your ability to cope with the rigorous high altitude travel for days in 'no road' conditions, extreme cold, dust, trekking to an altitude of 19500 ft during the Parikrama, etc. Most importantly, **it is highly recommended to carry the medicines you use on a regular basis.**

Altitude Sickness

As you are traveling over high terrain, you are likely to experience symptoms and discomfort of altitude sickness (headache, loss of appetite, nausea, exhaustion, sleeplessness, breathlessness etc.) until your body adjusts to the elevation. This can take a couple of days or more depending on the individual. For this reason alone, it is important to acclimatize properly and understand your body strength. While on the journey, drink plenty of water, be calm, and do breathing exercises. Do not drink alcohol or smoke prior to and during the tour. We also recommend you carry a strip of Diamox tablets in case of altitude sickness. Do consult your physician on the dosage.



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Currency

It is recommended that you carry Chinese currency (Yuan) as it is the only currency accepted on the Tibet side. The unit of Chinese currency is Yuan. USD 1 = 6.00 Yuan. 1 Yuan = NPR 17.00 approx. Money can be exchanged on the Nepal Tibet Border. Re-exchange all your remaining Yuan at the end of the trip at the border itself before re-entering Nepal.

Risks and Liability

Holidays to Nepal Pvt. Ltd and its associates will put every effort to make your journey smooth and pleasant. However, all the tours in Tibet are conducted strictly under the rules & regulations of the Tibet Tourism Bureau (TTB). Therefore, Holidays to Nepal. Pvt. Ltd and its counterpart shall not be responsible for any change and alteration in the program due to unavoidable circumstances such as landslides, road blockage, flood, snow, political unrest, cancellation of flight, delayed arrival, delayed issue of permit and visa, sickness or accidents. Any extra cost incurred thereof shall be borne by the clients on the spot.

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