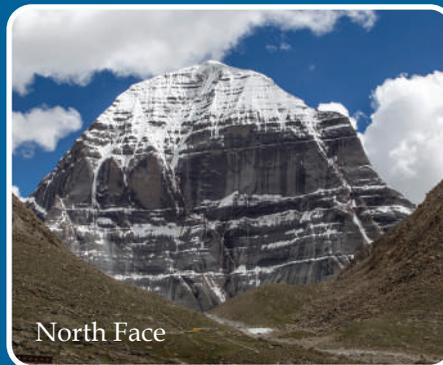




Chaliye Kailash Shivalaya ke Saath Parikrama Karwate Pakadke Haath

Shivalaya Tours & Travels Pvt. Ltd. is one of Nepal's most reputable pilgrimage and adventure travel operators, renowned for its exceptional expertise in the Kailash Mansarovar Yatra. With a strong operational network, profound cultural insight, and an uncompromising commitment to safety, we have earned our place as the preferred partner for pilgrims seeking a transformative, well-organized, and spiritually enriching journey to the holy Mount Kailash.





Who can undertake the journey

Physically Fit Individuals: This trek involves high altitudes and rugged terrain. Participants should be in good health and have a reasonable level of fitness.

Spiritual Seekers: Devotees of Hinduism, Buddhism, Jainism, and Bon who regard Mount Kailash as sacred will find this journey deeply meaningful.

Experienced Trekkers & Adventure Enthusiasts: Prior trekking experience, especially at high altitudes, is highly recommended. Those who enjoy challenging journeys and exploring remote regions will thrive on this adventure.

Mentally Prepared Pilgrims: The journey demands patience and resilience. Participants should be prepared for hardships, difficulties, and variable weather conditions.

Temperature and Weather

From May to September, Tibet generally experiences dry and sunny weather, with occasional precipitation in July and August.

Daytime: Up to 22°C, though the high-altitude sun can make it feel hotter.

Evenings and Nights: Temperatures can drop significantly, ranging from 0°C to -10°C at our highest camp during the Parikrama (5,000 meters).

Health and Fitness

Health Certificate: Participants must provide a certificate from a reputable doctor confirming fitness to travel at high altitudes.

First Aid

Carry a small personal medical kit with basic medicines and health essentials to manage common issues at high altitudes. Recommended items include:

- Diamox 250 mg (Acetazolamide) – 2 strips, for the prevention or relief of altitude sickness (use under medical supervision)
- Paracetamol or Ibuprofen – for headache, body pain, or mild fever
- Antiemetic tablets (e.g., Avomine or Domperidone) – for nausea and vomiting
- Digene or other antacid tablets – for acidity or indigestion
- Loperamide (Imodium) – for loose motion or diarrhea
- ORS (Oral Rehydration Salts) – to prevent dehydration
- Pain relief balm or spray – for sore muscles or joint pain

Fitness Preparation: Daily walking, jogging, stretching, and aerobic exercises focused on the heart and legs are recommended before the journey.

Altitude Sickness (AMS): High-altitude effects are caused by reduced oxygen levels. Participants should read about AMS and take necessary precautions.

Responsibility: All arrangements in Xizang are managed by the Foreign Exchange Co.,Ltd (FEC), a government organization. Shivalaya Tours and Travels Pvt. Ltd. reserve the right to alter itineraries due to weather or permit issues.

Clothing: Layered clothing is essential to adapt to fluctuating temperatures:

Warm Outerwear: Down jacket (provided), warm pullovers, windproof jackets

Trousers: Warm pants, light cotton pants

Thermals: Thermal vests and underpants

Other Essentials: Raincoat/poncho, walking boots,

tennis shoes, woolen socks, gloves, scarves, monkey cap, towels, and personal washing kit.

Accessories: Personal first aid kit and toiletries (toilet kit, nail clippers, scissors)

Flashlight with extra batteries

Sunglasses, sun hat, woolen gloves, monkey cap

Notebook, pen, camera with extra batteries

Rain gear, pocket knife, sewing kit, sun cream, lip balm, moisturizers, money pouch/belt

Water purification tablets

Walking stick, water bottles (unbreakable, min. 2 liters)

Provided Equipment

- Down jacket (on return basis)
- Duffel bag and backpack
- Dining, kitchen, and toilet tents
- Guide, cook, helpers
- Yaks for carrying kitchen and camping equipment during the Parikrama
- Equipment truck with driver
- Oxygen cylinder with mask for emergencies

Transportation: ravel throughout Tibet will be by coach, with luggage, camping equipment, and food carried separately by a truck.

Staff: Experienced Sherpa staff will manage all camping, cooking, and support arrangements.

Oxygen: Oxygen cylinders with masks are available in vehicles, to be used only in emergencies.

Briefing and Orientation: A mandatory briefing will be held on arrival in Kathmandu to review the program, safety guidelines, and logistics.

Food and Beverages Meals: Vegetarian breakfast, lunch, and dinner prepared by our Sherpas

Participants may bring supplementary food such as chocolates, biscuits, nuts, pickles, or tinned products for variety

Accommodation: Throughout the journey, comfortable hotels are provided at major stops, ensuring a pleasant stay. However, at Lake Manasarovar and during the Kailash Parikrama, accommodation is simple and basic, with dormitory-style facilities due to the remote Himalayan terrain. Please note that laundry services are not available, and single or twin-sharing rooms cannot be arranged in these high-altitude regions.

Communication: Chinese SIM cards can be obtained at Nyalam, Kyirong, and Purang for local communication. They are primarily for sending messages and receiving international calls. Wi-Fi is available at select locations, but connectivity may be limited in remote areas.



Kailash Mansarovar Via Kyirong

13 Days

ITINERARY:

Day 1 : Kathmandu.

Day 2 : Kathmandu

Day 3 : Kathmandu | Syaprobese

Day 4 : Syaprobese | Rasuwagadi | Kyirong

Day 5 : Saga

Day 6 : Saga | Mansarovar

Day 7 : Mansarovar | Darchen

Day 8 : Darchen | Dirapuk

Day 9 : Dirapuk | Zuthulpuk

Day 10 : Zuthulpuk | Darchen | Saga

Day 11 : Saga | Kyirong | Syaprobese

Day 12 : Syaprobese | Kathmandu

Day 13 : Departing Kathmandu

TOUR FEATURES

Rates include:

- All necessary Tibet entry permission and Kailash permission | Visa for the Group.
- Chinese Visa fee.
- Airport transfers in Kathmandu.
- Overland transfers as per itinerary.
- 3 nights stay at 3 star property in Kathmandu
- Half day sightseeing tour (Pashupatinath and Sakteepeeth) in Kathmandu.
- 2 night stay at Dhunche or Syaprobese nearby border.
- 5 nights stay at Hotels | Guest houses in Tibet.
- 2 nights stay at mud house in Dirapuk and Zuthulpuk.
- All vegetarian meals.
- Complimentary duffle bag and day pack.
- Down Jacket on return basis.
- All camping equipment (dinning tent, kitchen tent, kitchen utensils, table, chairs, toilet tent etc.
- A supporting truck for carrying your luggage, food stuffs and kitchen equipment.



- Entrance fees.
- Tibetan guide from China Tibet Tourism Board. (CTTB)
- Yak and yak man for trekking equipment; but not for carrying personal luggage.
- Oxygen cylinders for the group.
- All applicable taxes and service charges.

Rates do not include:

- Airfare.
- Any additional expenses caused by reasons beyond our control, such as, natural calamities (landslides, floods), flight delays, rescheduling or cancellation, any accidents, medical evacuations, riots, strikes, evacuation costs, additional nights; that should be directly payable at the spot.
- Any expenses of personal nature such as tips, laundry, table drinks, telephone calls, etc.
- Pony | Porter for personal use during Kailas Parikrama.
- Travel Insurance.
- Any item not mentioned above.

REMARKS

- Tour Itinerary may change based on Weather, Health Conditions of Yattris and restrictions imposed by Chinese Authorities. Shivalaya Tours will however make all efforts to maintain the tour schedule and complete all the important aspects of the yatra.



Kailash Mansarovar by Helicopter

10 Days

ITINERARY:

- Day 1 :** Arrive Kathmandu.
- Day2 :** Kathmandu | Nepalgunj.
- Day3 :** Nepalgunj | Simikot (2870m) | Taklakot (3900m)
- Day 4 :** Taklakot. (3900 m)
- Day 5 :** Taklakot | Mansarovar (4500m)
- Day 6 :** Mansarovar | Darchen (4560m) | Sershung | Dirapuk (4765m)
- Day 7 :** Dirapuk | Zuthulpuk (4690m, 22km).
- Day 8 :** Zuthulpuk | Darchen | Purang | Hilsa
- Day 9 :** Hilsa | Simikot | Nepalgunj | Kathmandu
- Day 10 :** Departing Kathmandu

TOUR FEATURES

Rates include:

- All necessary Tibet entry permission and Kailas permission | Visa for the Group.
- Chinese Visa fee.
- Airport transfers in Kathmandu and Nepalgunj.
- Kathmandu | Nepalgunj | Simikot | Nepalgunj | Kathmandu by fixed wing aircraft.
- Simikot | Hilsa | Simikot by Chartered Chopper.
- 2 nights stay at Kathmandu at 4 star properties.
- Half day sightseeing tour in Kathmandu by air conditioned coach.
- 1 night stay at Hotel Cygnett Krishna in Nepalgunj.
- 1 night stay at Hilsa.
- Upper Humla Permit fee.
- Overland transfer in Tibet by luxury coach.
- A supporting truck for carrying kitchen equipment and food stuffs.
- 5 nights stay at Guest houses/Mud houses in Tibet.
- All vegetarian meals.
- Complimentary duffle bag and day pack.
- Down Jacket on return basis.
- All camping equipments (dinning tent, kitchen tent, kitchen utensils, table, chairs, toilet tent etc.
- A supporting truck for carrying your luggage, food stuffs and kitchen equipments.
- Entrance fees.



- Tibetan guide from China Tibet Tourism Board. (CTTB)
- Oxygen cylinders for the group.
- All applicable taxes and service charges.

Rates do not include:

- Any additional expenses caused by reasons beyond our control, such as, bad weather, natural calamities (landslides, floods), flight delays, additional nights, rescheduling or cancellation, any accidents, medical evacuations, riots, strikes, evacuation costs etc, and that should be directly payable at the spot.
- International Airfare.
- Any expenses of personal nature such as tips, laundry, table drinks, telephone calls, etc.
- Pony | Porter for personal use during Kailash Parikrama.
- Travel Insurance.
- Any item not mentioned above.

REMARKS

- Tour Itinerary may change based on Weather, Health Conditions of Yatris and restrictions imposed by Chinese Authorities. Shivalaya Tours will however make all efforts to maintain the tour schedule and complete all the important aspects of the yatra.



Terms and Conditions for Kailash Mansarovar Yatra

Booking Procedure:

The amount of Rs. 25,000 per person- Nonrefundable, along with completely filled up form and passport copy (minimum of 6 months validity) from the date of travel; should be submitted at the time your reservation. A confirmation will be send within 24 hrs. The balance payment should be paid 30 days prior to the commencement of the tour.

Following Documents are required :

- Original Passport at least 15 days prior to the departure for visa application.
- Medical certificate attested by Doctor certifying that passenger is fit to travel above altitude of 15000 feet.

- Medical Insurance (The cost incurred is not included in the tour cost)

CANCELLATION POLICY

You, or any member of your party, may cancel their travel arrangements at any time. Under cancellation, written notification or an e-mail to that effect from the person who made the booking must be received at our offices. The applicable cancellation charges are as per the published cancellation policy below.

Cancellation charges per person

- Prior to 15 days : 30 percent of tour cost
- Prior to 10 days of departure date : 50 percent of tour cost
- Prior to 7 days of departure : 100 percent.



Your True Companion

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Association of Kailash Tour Operators, Nepal