



# SAI KRISHNA TOURS

TOUR WITH CARE

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## **MOUNT KAILASH & LAKE MANASAROVAR YATRA-14 DAYS**

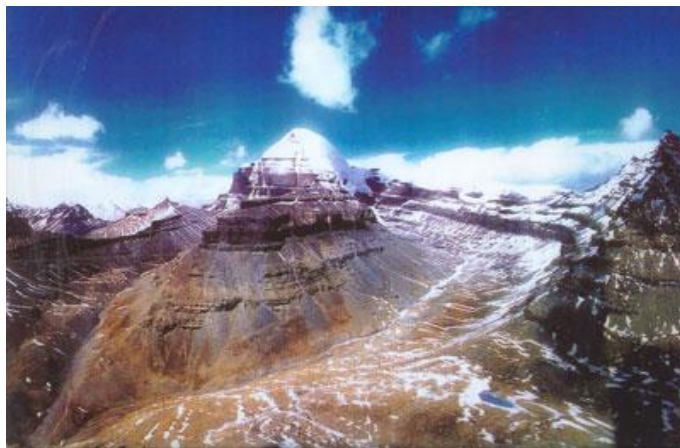


**Mt. Kailash (6714m)** is the most sacred mountain in Asia. It is believed to be the physical embodiment of the mythical Mt Meru, said to be the center of the universe or 'navel of the world'. Mt. Meru is depicted as a mandala, and its image occurs throughout both Buddhist and Hindu parts of Asia. Mt Kailas is holy to followers of four religions. To Hindus, Kailas is the abode of Shiva and nearby Manasarovar Lake is the means or soul of Brahma. Tibetans call Kailas Kang Rimpoche. Jains worship it as Mt Ashtapada, the peak from which the religion's founder, Rishabanatha, achieved spiritual liberation. Followers of Bon-Po, the ancient pre-Buddhist shamanistic religion of Tibet, revere Kailas as the soul of Tibet. Mt. Kailash has long been an object of worship for four Major religious, for Hindu, it is domain of Shiva, It is also the abode of samvara-a multiarmed, wrathful deity worshipped in the chakrasamvara Tantric cycle of Tibetrian Buddhism. The joins of India also reverse the mountain as the site at which the first of their saints emancipated. And in the ancient Bon religion of Tibet, Kailash was the sacred nine storeys Swastika Mountain, upon which the Banpo founder Shenrab alighted from haven. The 53 Km. Kailash circuit is the holist of all-Hindu as well as Buddhist pilgrimages and the beacon, which draws most traveller to western Tibet. It is said that a single Parikarma erases the accumulated sins of a lifetime, while 108 cicurmbulation will achieve Salvation.

**Lake Mansarovar:** At an elevation of 4510m, is more important to Hindus than to Buddhists. Hindu pilgrims make an 85km. circuit around Manasarovar that is made longer and more difficult by marshes and complicated stream crossings. The Tibetans, being more pragmatic, often make a circuit of the lake in the winter when the streams are frozen and the route is shorter. Near Manasarovar is another large lake, Rakshas Tal, the 'Demon Lake' that holds far less spiritual significance. Sprawling below Mount Kailash is the sacred lake Manasarovar (4580m), where ritual bath will deliver a pilgrim to brahm's paradise and drink of its water relinquishes the sins of a hundred lifetimes.

## [Itinerary starts on Jun 30 2020](#)

**Day 01: Katmandu (1300 mts.) Arrival**, our representative will meet at the airport and escort to the Hotel, Program briefing at the evening, dinner, overnight stay in Katmandu.



**Day 02: Katmandu to Syabrubeshi (3700 mts. - 140kms.)** - This is the first day of the Yatra. Very early with pack breakfast depart from Katmandu –Galchhi -Sybrubeshito near China border by reserved tourist coach. O/N stay at the hotel.

**Day 03: Syabrubeshi to Kerung ( 43 KKM)**, . Drive from Syabrubeshi to China boarder-17 KM, Our agent will complete custom formalities and check into Tibet - an autonomous part of China and drive to Kerung -26 KM . Overnight stay at Guest House.

**Day 04: Kerung Full day acclimatization** - Full day free for excursion of Kerung city.

**Day 05: Kerung to Saga /Dongba(4500mts. - 375kms)** - After breakfast drive from Kerung to Saga/Dongba .Overnight stay at Guesthouse.

**Day 06: Saga/Dongba (4500mts. - 335kms) to Mansarovar** - After breakfast drive from Dongba to Mansarovar 07:00 hours. Conducting Mansarovar Parikrama by vehicle. This is the first day stay at the bank of the Mansarovar Lake. This is the first day stay at the bank of the Mansarovar Lake, Overnight stay at Guesthouse.

**Day 07: Mansarovar to Darchen (4600mts. - 110kms.)** - We will choose the special point to take dip in Mansarovar Lake and conducting Pooja, hawan and spiritual activities according to your tradition. Drive around 2.30 hrs to Darchen and overnight stay at Guesthouse. Astapad excursion can be done at extra cost.

**Day 08: Darchen to Diraphuk (4890mts. - 12kms.)** - This is the first day of Kailash Parikrama. We should start our journey after breakfast as early as possible. This day we drive up to yumdwari and start walking continuously for about 6 to 7 hours. Horse can be hired at extra cost those who cannot walk. Yak will carry the kitchen utensils and equipment. Overnight stay at mud house or tent on the basis of availability.

**Day 09: Diraphuk to Zhulthulphuk (4790mts. - 22kms.)** - This day is bit complex journey and we have to pass Dolma-La Pass, which is 5400 meter in height, The weather is unpredictable in Doma-la Pass and at any time snowstorm can fall. So we try to start our journey as early as possible. In route we can have Darshan of Gaurikund but it is very difficult to go and touch. Overnight stay at mud house or tent on the basis of availability.

**Day 10: Zhulthulphuk to Saga/Dongba**-Later our tour starts back for Kathmandu following the same route and same system applies for all subjects of our accommodation and meal Overnight stay at guesthouse.

**Day 11: Saga/Dongba to Kerung** - Drive back to Kerung, which is the last stay in Tibet part.

**Day 12: Kerung to Katmandu** - After custom formalities we will be picked up by Nepal side and continue drive to Kathmandu and check in at Hotel.

**Day 13: Katmandu** - Early morning optional Himalayan mountain flight tour. After breakfast start to Katmandu sightseeing including Pashupatinath and Budha Nikanth Darshan, back to hotel and rest of the day is free for shopping and packing, overnight stay in Katmandu.

**Day 14: Morning check out hotel, transfer to airport, catch flight for next Destination.** Options for early departure or you use your extra day for Himalayan mountain flight, Manakamana road trip, or Mukthinath tour. [\(Contact Sai Krishna Tours for more information about option day trip at additional cost\)](#)

Tour Package	Cost on Per Person Basis
<b>14 Days Package – Hyderabad to Hyderabad.</b>	<b>INR 1,75,000/- For Indian passport holders</b>
	<b>USD *** For Foreign passport holder</b>
<b>Extra cost:</b>	
Upgrade 5 star hotel on twin sharing basis.	<b>USD *** Per person</b>
Extra days in Kathmandu on 3 star hotel (If 5 star Hotel, Cost will be extra.)	<b>USD *** Per person</b>
Tirthapuri visit	<b>USD *** Per person</b>
Ashtapada visit	<b>USD *** Per person</b>
Mukthinath and manakamana 3days	<b>USD *** Per person</b>

**Payment details: Rs. 50,000 Advance** at time of booking and 20 days prior to tour departure date, 100% of the total cost should reach SAI KRISHNA TOURS account CHEQUE, CASH OR ONLINE TRNSFER payable at Hyderabad with **original passport of client.**

### **Estimate for additional activities:**

- Horse for personal ride on kora days is approx USD 350.00
- Extra day in Kathmandu USD 55.00 for with 2 meals and accommodations.
- USD 55.00 for Manakamana day trip including both way cable car tickets and transportation.
- Muktinath and Manakamana day trip USD 555.00 per person including two nights in Pokhara, one night Jomsom round trip flight with meal, transport.

### **Cost includes:**

- Arrival & departure transportation
- Airfares from Hyderabad - Kathmandu - Hyderabad
- Sightseeing tour of Pashupatinath and Budhanilkantha.
- 3 nights 3 star hotel at Kathmandu on twin sharing basis with all meals
- Transfer to Kerung by tourist bus
- Tibet side: accommodation in decent hotel/Guest House
- Pure vegetarian meals prepare by our escort.
- A/C coach & support trucks (Tibet side)
- English speaking Tibetan guide
- Nepali tour leader
- Gamow bag, oxygen, basic first-aid kit.
- Kailash permit & normal Tibet/China visa fee.
- Kerung land tax.

### **Cost excludes:**

- All beverages, Photography charges and Telephone calls
- Travel Insurance of clients
- Emergency evacuation expenses.
- Riding Yak/Horse for Kailash Parikrama (direct payable to Yak/horse herder)
- Extra cost in the event of landslide for hiring additional transportation
- Expenses of personal urgent visa fee etc & Services other than specified

### **What we provide to our clients:**

- Sleeping bag, down Jacket, Gamow bag and Oxygen.
- We don't charge extra for the parikrama. If you wish to take help of a yak or horse, the cost will be approx and Rs.15, 000 for horse payable directly to the horse herder. All Indian pilgrims are advised to hire one. You have to understand that the yaks are not domesticated but are meant to carry luggage.

### **Tour Cancellation policy**

- All notice of cancellation must be sent to our office in written. Verbal cancellations will not be entertained.
- **air tickets will not be cancelled**
- 20 days before trip departure 25% of total trip cost.
- 15 days before trip departure 50% of total trip cost.
- 10 days before trip departure 90% of total trip cost.
- 07 days and less departure 100% of total trip cost.





### **Important pre-departure information:**

#### **Clothing:**

Casual wears and comfortable walking shoes are the rule of Tibet . Be sure to bring warm clothing as nights and early mornings can be quite chilly to down right cold. Indian Pilgrims strictly no Sari. Bring all the film, medicine, cosmetics, personal toilet items etc. that you will need from home as these are difficult if not impossible to obtain on the way. A small first aid kit is also a good idea. Also quite useful is a route map, to know where you are going and have been each day.

#### **What to take:**

Winter wear: Gore-Tex material, though expensive, is highly recommended. Down jacket, raincoat or windbreakers, thermal under wears, Jackets, warm trousers & woolen shirts (cotton will also do), warm sweaters, woolen gloves, sun hat, comfortable shoes, light leather boots in case of snow, woolen balaclava ('monkey cap') & scarf/dust mask to protect your eyes & nose from dust

#### **Bring with you:**

Snacks along the way. Chocolates, dry fruit, toffees, glucose; 'namkeen' etc. Strong water bottle & water purifying tablets. Personal medical kit and Diamox tablet (for high altitude). Sun glasses (to protect your eyes from UV, which is especially strong in high altitudes). Sun block or sun screen lotion, wet tissues (Fresh-ones are excellent to wipe off the dust), clothes-line/clips, needle & thread, deo-spray (handy for smelly boots/feet and for a round of spray in the toilet tent!), toilet paper, torch & spare batteries, daypack (small shoulder bag), Camera & films, Binocular

#### **Health:**

This is one of the toughest high altitude road journeys on earth. You Must be physically fit - no two ways about that. Generally patients with asthma & heart problems have a problem acclimatizing to high altitudes. In your interests it is essential you should be examined by your doctor to know about your health condition and your ability to cope up with the rigors of high altitude travel for days in 'no road' conditions, extreme cold, dust, trekking to an altitud of 19500ft during the Parikrama, etc.

#### **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 an individual. For this reason alone, we have made it mandatory to

stay 2 nights at Nyelam (12000ft) and a night in Simikot those who take journey of Helicopter before moving on to the higher altitudes. Drink plenty of water, be calm, and do not exercise. Do not drink alcohol or smoke prior to and during the tour. We also recommend you carry a strip of diamox tablets. Do consult your physician on the dosage. We provide Gamow bag (a special equipment to prevent sickness from high altitude) on this tour.

#### **Currency:**

The unit of Chinese currency is Yuan. 1 Yuan = INR 11.50 approx; Money can exchange at Bank of China at Zhangmu or from the locals at Zhangmu or Kodari. Exchange all your remaining Yuan at the end of the trip at Zhangmu itself before re-entering Nepal.

#### **Risks & Liability:**

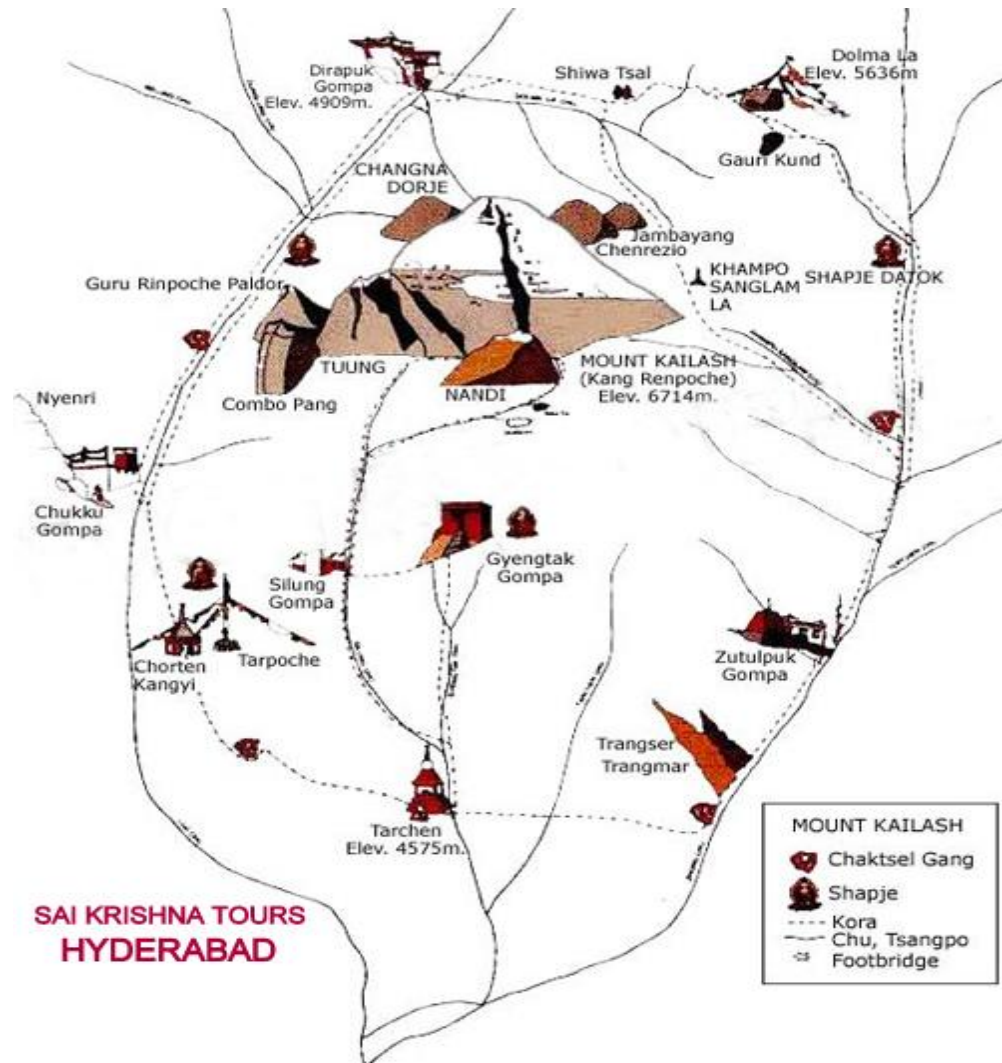
**SAI KRISHNA TOURS** and its associates will put every effort to make your journey smooth and pleasant. However, all the tours in Tibet are conducted strictly under the rules & regulation of Tibet Tourism Bureau (TTB). Therefore, **SAI KRISHNA TOURS** and its counterpart shall not be responsible for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

It is hereby informed that your very act of participating in the tour implies that you have fully agreed to the terms and conditions relating to the tour conducted by **SAI KRISHNA TOURS, HYDERABAD.**

#### **Items to be Carrey**

- One full hands swatter
- One half hands swatter
- One monkey cap
- One pair thermals
- One pair woolen hand gloves
- 5 pairs sockses
- scarf / dust mask
- One pair sports shoes
- Rain coat or wind breakers
- Personal medical kit
- Perfume
- Body deo spray
- Sun screen lotion
- Cold cream
- Lip guard
- Sun glasses
- Cap or hat
- Some dry fruits
- Snacks like, chocolates, biscuits, glucose, namkeen and sweets
- Toilet paper
- Wet tissues
- Torch light
- Camera, binocular.
- Strong water bottle

## Parikrama Map:



Thanks & Regards



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