

## Holy Mount Kailash & Sacred Lake Mansarovar: Heaven on Earth Awaits

In Hindu mythology, Lord Shiva resides atop the sacred Mount Kailash, immersed in yogic austerities, divine joy, and eternal love alongside his consort Parvati, the Mother Goddess. Mount Kailash and Lake Mansarovar form the spiritual soul of AUM devotees worldwide.

Ancient wisdom reveals: One parikrama (circumambulation) around Mount Kailash erases a lifetime's sins. Completing 108 parikramas promises enlightenment. A ritual bath in the pristine Mansarovar Lake transports pilgrims to Brahma's paradise, while drinking its sacred waters absolves sins from hundreds of lifetimes.

Join **Firante Treks and Expeditions** for your transformative Kailash Mansarovar Yatra—expert-guided treks from Nepal, lifetime memories guaranteed.



**KAILASH LOCATION:**

**ALTITUDE:**

**BASE CAMP:**

**CLIMATE:**

**BELIFES:**

**VISITING TIME:**

**PARIKRAMA (Kora) KAILASH:**

**ALTITUDE OF MANAS:**

**PARIKRAMA OF MANAS:**

Western Tibet.

Kailash peak (6714m) above the Sea level.

Darchen (4675m) above Sea level.

Unpredictable (Max 20 degree Celsius to Min. -10 degree Celsius).

Hindu, Buddhist, Jain, Bon-Po (all AUM followers).

Late May to October.

56 Km. {three days} - 42 Km. only by walk.

(4550m) above Sea level.

88 Km. (one day by Eco Bus).



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**KILOMETER FROM KTM:** 850 (one way) including 56 Km round of Kailash Parbat.

**TOTAL JOURNEY:** From Nepal to Nepal is 13 nights to 14 days normally and changes as per program itineraries

**Tentative Itinerary:**

DAY	PROGRAM	HALT	PLAN
Day 01:	Arrive to Kathmandu. Transfer to hotel. Evening – Detail briefing on Kailash Manasarovar Yatra.	Hotel***	D
Day 02:	After breakfast Visit Pashupatinath, and Sleeping Vishnu, back to hotel. After lunch free.	Hotel***	B, L, D
Day 03:	After Breakfast, group will departure to Dunche / Syabrubesi / Timure. 1950m – 154km (Nepal-China Border) by private tourist coach. 6-7hrs drive.	Guest house	B, L, D
Day 04:	After Breakfast drive to Nepal China border by coach and group will clear Nepal/ Chinese Immigration formalities and drive continue to Kyirong (2700m) 35 Km / 1 hrs	Hotel**	B, L, D
Day 05	Explore Kyirong for Acclimatize. Full day free	Hotel**	B, L, D
Day 06:	After Breakfast, Drive to Saga/ New Dongba (4250m) 268km / 7-8 hrs. En-route, we are going to drive over Bharmaputra River and drive continue to Saga/ New Dongba.	Hotel***	B, L, D
Day 07:	Drive to Lake Manasarovar (4500m) Chiu 422km / 6-7 hrs. Today beautiful day drive to Chiu Manasarovar Lake crossing over Mayum La and Chhongo Lake one the way. On the south of Lake is Mt. Gurla Mandhata (7728m) on south and Holy Kailash on the north. Lake Manasarovar is considered the holiest of all of Tibet's many lakes.	Guest House	B, L, D
Day 08:	Morning do some holy puja and after lunch drive to Darchen.	Hotel****	B, L, D
Day 09:	Morning drive to Yam Dwar (7km), We meet our horse, porter and yaks then set off together to Deraphuk. Those who are not attempting parikrama will return back to Darchen. We need to cover 10km to reach Deraphuk.	Guest House	B, L, D
Day 10:	Today we have to cover (22km), start very early and the trail leads us rapidly up for few hours to reach Dolma la Pass (5470m). this is the highest point of this journey. While we descending from Dolma la, we will pass alongside a small glacier pool. The legend of the pool is connected with Mata Parvati, continue trek to Zuthulphuk	Guest House	B, L, D
Day 11:	Last day of Kailash Parikarma, we need to cover (9km), Morning pack up our gear and move to Darchen, today trail is very easy and flat. It takes about 3hrs to reach Zongdo from here we board to bus and drive back to Darchen, meet our team and drive to Saga.	Hotel***	B, L, D



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Day 12:	Drive to Kyirong 220km/5-6 hours, after breakfast we drive back to kyirong county. Overnight stay at Hotel.	Hotel**	B, L, D
Day 13:	Drive to Nepal China border, group will clear border formalities and continue drive to Kathmandu 172 km / 7-8 hours. we will celebrate our successful trip with a banquet for all Yatris (pilgrims).	Hotel***	B, L, D
Day 14:	Today is the last day in Kathmandu, after breakfast we drive to airport as per your flight schedule. Have a safe flight and see you next time.	-	-

B: Breakfast, L: Lunch and D: Dinner.

**Note: Itinerary are subject to change due to unavoidable circumstances and the extra cost occurred has to be paid by the clients.**

### Ex Kathmandu: Departure Date 2026

May: 16, 25\*

June: 06, 15, 23\*

July: 03, 13, 23\*

Aug: 02, 12, 22\*

Sept: 01, 11, 20\*

**Full moon at Manasarovar 2026: May 31\*, June 29\*, July 29\*, Aug: 28\*, Sept: 26\*,**

<b>GROUP SIZE: 21+ pax</b>	<b>TOUR COST PER PAX; Net [payable cost 2026]</b>
<b>EX Kathmandu: 14 days; Tour Cost for Indian Nationals; INR; 199000.00 per person</b>	
<b>EX Kathmandu: 14 days; Tour Cost for Foreign Nationals; USD; 2550.00 per person</b>	
<b>EX Kathmandu: 14 Days; Visa Fee for USA / Canadian Nationals; USD; 125.00 Additional</b>	

#### **Package Cost Includes:**

- Three stars hotel in Kathmandu with AP basis
- Sightseeing in Kathmandu as per itinerary
- All entrance fee listed in itinerary
- Kathmandu - Boarder - Kathmandu transfer by bus
- Boarder - Kailash - Boarder transfer by Deluxe bus as per Itinerary



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- Transport by tourist bus up to Manasarovar and Eco bus from Manasarovar and Kailash area as per group size
- English and Tibetan speaking guide from Tibet
- All accommodation in Tibet, Guest house / Hotel
- Duffel bag & small bag (a large & small bags to keep the Yatris for the Trip) Gortex Jacket
- Indian Veg meals during Yatra
- All entry, travel & road permit fees in Tibet
- One guide, Cook & Sherpa team from Firante Treks & Expeditions
- For Emergency Oxygen cylinder, oxy-meter and medical kit box

#### **Package Cost Excludes:**

- Beverage and personal nature cost
- Nepal entry and re-entry visa fees for non-residence Nepal
- If incase of landslide during monsoon, clients need to pay extra by them self.
- Rescue & emergency cost
- If any members exit before the trip ends in Tibet the visa split and extra transportations
- Tips for supporting staffs

**Important Information About Kailash Yatra:** We recommend carrying at least **USD 1,000** for extra expenses such as extra night's stay at hotel/guest house due to any reasons, horse ride & porter during Kailash parikrama. Any extra cost incurred thereof shall be borne by clients on the spot.

Please keep in mind that Mt. Kailash Yatra is not like an enjoyable holiday tour; therefore, you need to be prepared to face hardships and unpredictable situations.

#### **Payment Policy;**

- 20% at the time of Reservation
- 60% 15 days before arrival date
- 20% on Arrival / 3 days before arrival date
- Payment should be made in favour of the “**Firante Treks & Expeditions**”

#### **Tour Cancellation policy:**

In the event of cancellation of tour / travel service due to any avoidable / unavoidable reasons we must be notified of the same in writing. cancellation charges will be effective from the date we receive advice in writing, and collation charge would be as follows:

- 25 days prior to arrival: 10% of the Tour / Service cost
  - 15 days prior to arrival: 25% of the Tour / Service cost
  - 07 days prior to arrival: 50% of the Tour / Service cost
- 24 hours prior to arrival or No Show: No Refund



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### **Required Documents for Kailash Yatra Booking:**

- Minimum 6 month's valid date passport is required.
- A normal health certificate from your personal doctor to those are 50 years and above by age.
- Age Bar 10-70 years old.
- Scan Passport copy should be reached Explore Zhang Zhung office, Kathmandu prior 60 days.

### **Health:**

This is one of Earth's toughest high-altitude road journeys. You must be physically fit—no exceptions.

Patients with asthma or heart conditions often struggle with acclimatization. For your safety, get examined by your doctor to confirm your health and ability to handle:

- Days of rugged 'no-road' travel.
- Extreme cold and dust.
- Trekking to 18,500 ft during Kailash parikrama.

### **Firante Treks prioritizes your well-being with expert guides and acclimatization stops.**

### **Clothing's:**

As the temperature varies greatly between day and night (from max. 20 degrees Celsius to min. -16 degrees Celsius) one should prepare accordingly.

**Altitude Sickness:** as you are travelling 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 night at Manasarovar (4600m) moving on to the higher altitudes.

**Currency:** The unit of Chinese currency is Yuan. USD 1=7.1 approx. Money can be exchanged at Nepal-Tibet-China border. Exchange all you're remaining Yuan at the end of the trip at Nepal-Tibet-China border before re-entering Nepal.

### **Bring the following items with you:**

Woolen gloves, Balaclava, Sun hat, Thermal wear, Water bottle, Woolen socks, Towel, Light Jacket, Sunglasses, Sun cream, Torch with extra batteries/bulbs, Muffler, Mask, Raincoat, Sweater, Shirt/T-shirt & Trekking shoes

### **Travel Insurance:**

We highly advised to the clients to have full insurance against medical, nature calamity, helicopter evacuation, personal accident and cancellation etc.

### **Cancellation by the Company:**

We may be obliged to cancel your trip by reasons like border closed, permit not issued or cancelled by the government, war, riots, civil disturbances, strikes, natural disasters, terrorist activities or threat of such and closure of airport etc. Under such circumstance, we will advise you as soon as possible if we can offer you an alternative trip of comparable

