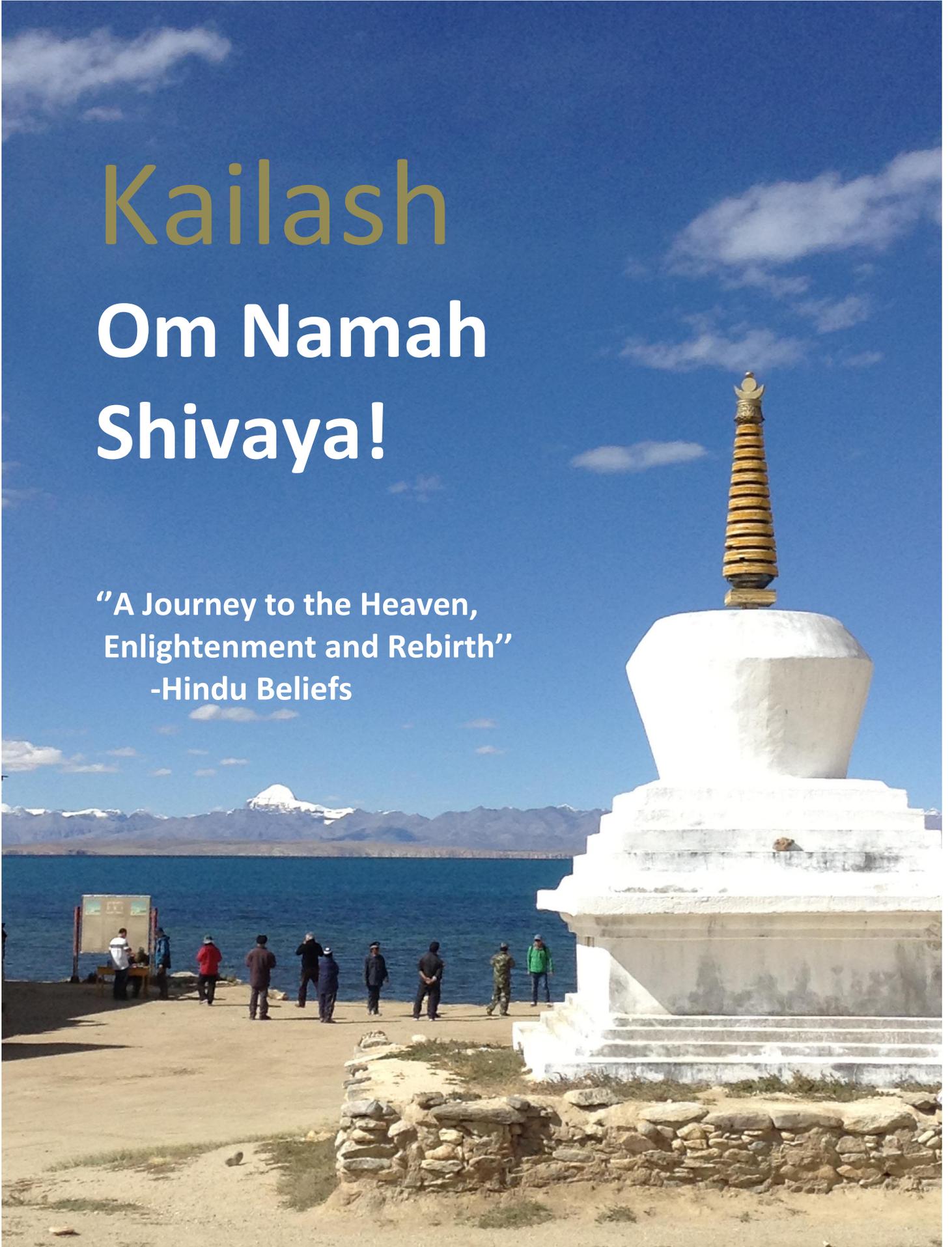


# Kailash

## Om Namah Shivaya!

“A Journey to the Heaven,  
Enlightenment and Rebirth”  
-Hindu Beliefs



# Kailash



Earthbound Expeditions Ltd makes a collective effort to bring pilgrims from all parts of the world to visit holy Mt. Kailash, Lake Manasarovar and other exciting places such as Everest Base Camp, Holy City of Lhasa, Muktinath, Janakpuri and Valmiki Ashram.

Our experienced and well trained staff has successfully taken Yatris of all ages, from 11-84 year old for more than 18 years.

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**Contact us**

## Our Unique Services:



### **Our mission is to provide our customers the best possible services.**

- ❖ Personalised service and tailor made itinerary
- ❖ We teach you basic Yoga which will help you to be well acclimatised in the mountains
- ❖ Organisers join you for the Yatra
- ❖ Physical training and guidance
- ❖ Personal escort for senior citizens
- ❖ Orientation on ways to cope with acute mountain sickness
- ❖ Guidelines on walking, trekking and food habits during your journey
- ❖ Prayers in the morning and in the evening followed by bhajan and kirtan
- ❖ We serve vegetarian, north indian, chinese, gujarati and south indian meals
- ❖ Equipment provided: down jacket, sleeping bag, bag pack and poncho

## Detailed Itinerary

### A: Holy Kailash Manasarovar Yatra

#### Day 1: Arrive Kathmandu:

Arrival in Kathmandu. Upon your arrival in Kathmandu, We will meet you at the Tribhuvan International Airport. You will be transferred to your hotel; in the evening, we will have a group meeting and a two hour briefing for the Yatra. Overnight stay in hotel. We would suggest you take a flight which arrives early in the morning in Kathmandu to allow enough time to rest.

#### Day 2: Kathmandu Sightseeing. B.L.D

Darshan, Pashupatinath Temple & sightseeing. Early in the morning we will perform Rudrabhishek at Pashupatinath Temple. After lunch, we can proceed for a sightseeing tour of Buddha Nilakantha and Swayambhunath and drive to Nagarkot for Acclimitization walk.

#### Day 3: Explore and hiking day in Nagarkot. Visa Processing time. And later back to Kathmandu B.L.D

#### Day 4: Lhasa Arrival. B.L.D

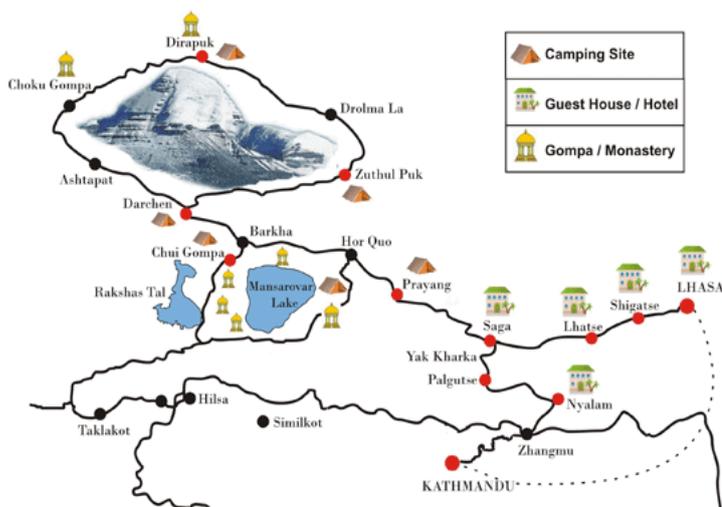
Kathmandu to Lhasa. We fly to Lhasa (**Flight not included**) and take you to the Hotel. Later we try to cover few sightseeing places including Bharkhor and Jokhang Temple. Overnight stay in Hotel

#### Day 5: Lhasa B.L.D

Sightseeing in Lhasa (Potala Palace, Jokhang Temple, and Bharkhor Market). We will take the tour in Lhasa whilst acclimatising.

#### Overnight in Hotel.

Mount Kailash Mansarovar Yatra Map



#### Day 6: Lhasa → Shigatse(3950m) 350 kms- 9 hrs (B.L.D)

After breakfast in your hotel drive to Shigatse which is the 2nd largest city of Tibet. Built in 1447 by the first Dalai Lama the Tashil Lhunpo Monastery in Shigatse is a very important monastery in China as it is known as seat of the Panchan Lama. Night stay will be at Hotel.

**Day 7: Shigatse → Sage (4550m) 370 kms- 9 hrs (B,L,D)**

We take an early morning drive to Saga, please note this will be a long drive but on the way we can make enough stops and a lunch break. Overnight in Hotel at Saga.

**Day 8: Saga → Dongba → PRAYANG → MANSAROVAR (4550 m) 670 Kms 9 / 10 hrs (B,L,D)**

After breakfast, we continue the drive to Mansarovar (4750m / 14,180 ft) on the way you will cross Mayumla pass 5100m. Travel time: 8- 9 hours.

The day's drive is very long. This is a most auspicious day for everyone, as some of you might have waited for long, maybe even life times, to get your first glimpse of Holy Mt. Kailash and sacred Lake Manasarovar.

The road condition is fair. Enjoy the vast Tibetan plateau, where the landscape changes from sandy dunes to rocky vistas, to savannah. Stay overnight at a guesthouse.



**Day 9: Rest day in Manasarovar, Havan Puja, tarpanam and Hike around. (B, L, D)**

Havan worship/rest/acclimatisation at Lake Manasarovar. Experience being in the abode of God, it is a lifetime achievement: puja, havan worship, meditation, Holy bath, tarpan etc. Here relax and explore around the Lake Manasarovar. Stay overnight at the same guesthouse.

**Day 10: MANASAROVAR → DARCHEN 45 km drive → DIRAPHUK (4720m 7hrs trek (B, L, D)**

Drive Darchen 45 km and then to Tarboche (7 km) and trek to Derapuk (12 km) - First day of Parikrama. Trekking time: 6 to 7 hours, and a drive of about 13 km. to Tarboche. For those Yatris who are not joining for the Parikrama, they can do a small Parikrama about 100 mt. of Tarboche flag, which is also considered as a Parikrama of Holy Mount Kailash. Then an additional two kilometers by coach and we begin the Yatra on foot or horse back. The trail has a few ups and downs till Diraphuk. Be blessed by seeing the magnificent view of north face, of holy mountain Mt. Kailash. Stay overnight in guesthouse/camp.



**Day 11: DIRAPHUK → ZUTHULPHUK GOMPA (4790m) (B,L,D)**

Early morning we start about 7am for our second day of the Parikrama we trek 15 km from Diraphuk to Dolma La Pass (5650m / 18,532ft) to Zhutulbuk Valley (4760m / 15,613ft). Trekking time: 9 to 10 hours. This is the toughest day of the Yatra. To Dolma La Pass, it is a 6 kilometers uphill trek. If you would like to pray and perform puja for 10 to 15 minutes at the pass you can do. Soon after Dolma La Pass is Gaurikund. From here you will start descending for another 6 kilometers. The trail is very slippery and you have to move carefully, from rock to rock. Please use your walking poles. A final steep descent brings you to the valley floor. An additional 3 kilometers of gradual walk and you arrive at guesthouse. Stay overnight at camp/guesthouse.



**Day 12: ZUTHULPHUK → DARCHEN → Saga (B, L, D)**

Once we have our breakfast we trek for 6 KM and then drive to Darchen for Lunch and drive to Saga.

**Day 13: Saga → SHIGATSE (9 hrs) (B) 370 KM. B.L.D**

**Day 14: SHIGATSE → LHASA (7 hrs) (B) 280 KM. B.L.D**

Morning after breakfast we drive back to Lhasa.

**Day 15: LHASA → KATHMANDU (Flight not included) (1:30 hrs) (B,D)**

Morning departure from Lhasa to Kathmandu. We will come to pick you up at the airport, afternoon free for shopping, evening we will take you for culture show and dinner.

**Day 16: KATHMANDU → USA/UK or India (Flight not included).**

Note: Please note the visa and permits are granted by the Chinese authority so we do not hold any responsibility if we are not granted entry for Tibet.

**GBP £2585**

**Group Join Basis on minimum 15 pax to Maximum 25 pax.**

**Cost may increase if we have less than 15 pax.**

## Tour Extensions

### **B: Extension to Janakpur Dham (GBP £ 290 P/P)**

#### **Janakpur Dham**

##### **Detailed Itinerary**

**Day 01:** Same as Kailash Manasarovar itinerary as in option A,

**Day 02:** Day journey to Janakpur Dham. Flight to Janakpur and back from Kathmandu. You will take the early morning Janakpur, do Puja and return to Kathmandu the same day, by a late afternoon.

**Day 03:** Trip concludes (return home)



### **C: Extensions to Everest Base Camp from Tibet**

**(GBP £ 500 P/P minimum passenger 4 pax)**

##### **Detailed Itinerary**

Day 1: We need to organise this either on the way to Kailash or in return. This will be a day trip with overnight stay in Rongbuk.



**D: Muktinath Yatra extension only 3 night 4 Days (£500 pp) If you add Chitwan and Valmiki Ashram: (7 nights and 8 days) (GBP £795 P/P minimum 4 pax)**  
**Muktinath**



### Devghat

#### Detailed Itinerary

Day 01: Drive to Chitwan National park and overnight in a resort.  
Day 02: Visit Valmiki Ashram.  
Day 03: Early morning elephant safari, then drive to Pokhara via Dev Ghat.  
Day 04: Drive to Pokhara. On the way river raft Overnight in hotel.  
Day 05: Jomsom and drive to Muktinath. You will take an flight to Jomsom, drive to Muktinath and return back to Jomsom. Overnight in hotel.  
Day 06: Pokhara and explore the Best of Pokhara. You will fly to Pokhara in the morning and visit the main attractions of Pokhara.  
Day 07: Kathmandu. Overnight in hotel  
Day 08: Trip concludes, departure for onward journey

This yatra could be performed either before or after Kailash yatra We will suggest the suitable time while booking yatra.



(Note: Kailash Manasarovar yatra itinerary will be same as in option A)

#### Departure dates for 2019 for Kailash Manasarovar with Lhasa

No	Arrival date in Kathmandu	Return from Kathmandu
1	26 <sup>th</sup> May 2019	10 <sup>th</sup> June 2019
2	23 <sup>rd</sup> July 2019	7 <sup>th</sup> Aug 2019
3	11 <sup>th</sup> Aug 2019	26 <sup>th</sup> Aug 2019
4	25 <sup>th</sup> Aug 2019	9 <sup>th</sup> Sep 2019 Limited space
5	8 <sup>th</sup> Sep 2019	24 <sup>th</sup> Sep 2019 (with EBC) Limited space only

### The cost includes

- All the airport transfer and pick up.
- Twin sharing accommodation at Hotel in Kathmandu full board basis in Lhasa, Shigatse and Saga.
- Lodging accommodation in Tibet in 2-4 people sharing basis– guesthouse / 2 men tent during camping.
- Full boarding - vegetarian (breakfast, lunch, dinner and two times tea).
- Tibet visa, special permits and entrance fees.
- Transportation in Tibet by coach/van/minibus and supporting truck for luggage and food.
- All support staff (guide, cook and other supporting staffs.)
  - Insurance for staff.
  - Tents & mattresses, sleeping bags and jackets.
  - Poncho & duffle bag for individual yatriss.
- Water jar for holy Manas Jal
- Havan and puja equipment, shower tent and hot water provided in Manasarovar for holy bath.
- Yaks and Yakmen to carry our supplies during the Parikrama.
- Transportation to Nepal –Tibet border by vehicle.
- Duffle bag to take your cloths in Tibet and back pack for you to take your day to day stuff like camera.
- Monkey cap, stick, poncho
- Oxygen bag and Gamo bag. This is a High altitude chamber, which helps the person to relieve from high altitude sickness. By using this chamber, it is less likely that person will face death due to high altitude sickness.

### The cost does not include

- **International flight from UK to and from Kathmandu and Kathmandu-Lhasa- Kathmandu not included**
- Drinking water for the whole trip
- Bar bills (coca cola).
- Horse and porter for Parikrama.
- Personal Insurance & emergency rescue charges,
- Extra porter & transport charges in the event of landslides or other emergencies.
- Personal clothing & accessories, laundry.
- Personal, medical and evacuation insurance.
- Tipping for Nepali and Tibetan staff.
- Extra night hotels if you happen to come back to Kathmandu earlier than the above itinerary.

Please make Cheque payable to Earthbound Expeditions Ltd or the Bank transfer from UK

#### Bank Transfer Detail :

**Barclays Bank AC : 93259153**

**SORT CODE: 20-37-16**

**Outside UK Transfer**

#### Earthbound Expeditions Ltd

**International-Transfer: (In US\$ Account only)**

**IBAN : GB87BARC20371673381322**

**SWIFTBIC : BARCGB22**

**Barclays Bank**

**Bank Address: 1221 Greenford Road, Sudbury Hill, UB6 0HY**

## Things to do before arriving to Kathmandu

Vigorous exercise to increase the lung capacity.

Start to drink at least 3-4 litres of water.

Please get Multiple Entry visa to Nepal – as we are going to Kailash (situated in Tibet, China) and coming back to Nepal again.

## Kailash/Tibet Travel Information:

**Passport:** A nine months valid passport is required for travel to Tibet. Please check the expiry date of your passport.

**Visa:** Nepal visa: All travellers visiting Nepal require a visa. As per new rule in Nepal, you are not required to obtain Nepal visa if you are not staying for more than three nights. In that case you will only require a single entry visa to Nepal. This visa will cost you around £25 (Twenty five pounds). You do not need to take chinese visa as it will be arranged by us. The visa fees for chinese visa are included in our package price.

**To obtain Nepal visa: Choice 1:** Visa can be obtained at any Nepalese Embassy, Consul, or Honorary Consul outside Nepal. Your ticket agent may also arrange for your Nepal visa. **Choice 2 (Easy and fast way):** Visa can be obtained on arrival at Kathmandu Airport Immigration. You will require two (2) copies of your passport size photos.

**Weather & climate:** Geographically, Tibet lies beyond the trans-Himalayas and has minimal rainfall and sunny days. For those traveling to Kailash region, the best time to visit is from May to September. Mid-day temperatures in this region could rise as high as 22 degrees Celsius with evening temperatures as low as 8 to 12 degrees below zero. March to November is the best time to visit central Tibet.

**Health:** Those in good health should have no difficulty traveling to this region. Due to the high altitude of this area, travellers may experience the effect of altitude sickness, which is characterised by mild headaches, nausea, and loss of appetite. Altitude sickness can be reduced by frequently drinking non-alcoholic liquids such as water and juice. Travellers are reminded to protect themselves from the strong sunlight, which can cause sunburn. Those with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before embarking on this journey.

For those who have decided to join this Yatra, Earthbound Exp requests that you engage in some type of health related activity such as yoga, morning walks, or jogging in order to maintain your physical fitness.

**Currency:** The unit of currency in Tibet is the Renmbi or Yuan. As of Oct 2018, GBP£1 is equivalent to Yuan 8.80. This exchange rate is subject to change. Currency can be exchanged at the Bank of China with branches located in Lhasa and other major cities.

**Risk and liability:** We will make every effort to ensure that your journey is smooth and as pleasant as possible. However, please be reminded that all programmes in Tibet are strictly conducted under the rules and regulations of the Tibet Tourism Bureau. Therefore, neither Earthbound Expeditions Ltd. nor our Tibet Agent shall be responsible for any changes in the itinerary due to unavoidable circumstances including but not limited to: Government restrictions, landslides, road blockages, flooding, snowfall, political disturbances, flight cancellations, illnesses or accidents. Any additional costs that are a result of such circumstances will be born by the traveller/s.

**Insurance:** All travellers have to have their compulsory travel insurance that provides care and services for sickness, accidents, emergency rescue, etc. related to international travel. Please submit a copy of your insurance policy to our Kathmandu office upon your arrival to Kathmandu, Nepal. Earthbound Expeditions Ltd. shall not be responsible for the loss of personal assets and belongings of the traveller/s due to unavoidable reasons or mishap.

**Staff:** Our agent Earthbound Expeditions Ltd. only employs well-trained, responsible and capable staff that has successfully led many trips for European and Indian groups to this vast region. Each trip is staffed with an

experienced guide who speaks English and Hindi, ensuring a pleasant and smooth journey for the group. Earthbound Expeditions Ltd. is committed to providing the best and reliable service for each group for this journey of a lifetime!

**Transportation:** Our agent Earthbound Expeditions Ltd. will arrange for all overland transportation. A coach will be provided for the Kathmandu-Kerung-Kathmandu or Lhasa-Lhasa portion of the trip and coach/minivan/minibus will transport the group in Tibet. A support truck will carry the necessary camping gear and supplies. Yaks and yak men will be arranged for the Kora (Parikrama).

**Medical supplies and service:** Medical facilities in Tibet are very basic if at all available. Our agent Earthbound Expeditions Ltd. will provide a first aid medical kit and equipment for treating high altitude sickness including an oxygen cylinder with mask and altitude portable chamber. All travellers are requested to bring their own first aid kit with medicines and supplies recommended by their doctors.

**Postal service and communication:** Many areas of Tibet are without communication facilities, including telephone and postal services. The last point in the journey from which a telephone call can be made is Saga, the small city near the famous Brahmaputra River. Beyond this point, it is not possible to make telephone calls. In case of emergency, please ask your family and friends to contact the staff at our Kathmandu office that will provide information and respond to their needs accordingly.

**Clothing:** Due to frequent changes in temperature, even moving from inside the land cruiser where it is warm to cooler outside temperatures, travellers will need clothes for both warm and cold periods. To make your yatra light and comfortable, Earthbound Expeditions Ltd. will provide basic yet important clothing items such as down jackets and sleeping bags, back pack (water proof), duffel bag.

**SUGGESTED LIST OF THINGS FOR THE YATRA: PLEASE NOTE YOU CAN GET ALL THIS ITEMS IN KATHMANDU IF YOU WANT TO AVOID EXTRA LUGGAGE IN CHEAPER PRICE HOWEVER YOU MAY NOT GET THE BEST QUALITY.**

## CLOTHINGS

Clothing should be normally light capable of providing enough warmth.

Items	Quantity
Track suits	2
Towels	2
Woollen scarf /muffler	1
Shawl	1
Monkey cap (Balaclava)	1
Woollen gloves	1 pair
Cotton gloves	1 pair
Sandal with back strap	1 pair
Hiking boots	1 pair
Sports shoes	1 pair
Cotton socks	8 pairs
Woollen socks.	2 pairs

Items	Quantity
Woollen sweeter with high neck	1
Skirt for ladies (good for open toilet)	1
Under garments	12
Night wears	2
T- shirts	2
Wind-cheater with a hood (water proof) –1	1
Trouser (Pants) loose fitting –2	2
Thermals (leggings and vests).	2 Sets
Shirts long sleeved made of wool or flannel.	
Down jacket	
Windbreaker	

## TOILETRIES

Sun block cream, tooth paste and brush, soap, skin moisturiser, toilet rolls, tissues & detergent, hand mirror, wide tooth comb, lip balm.

## MISCELLANEOUS

Alarm clock  
Video and still camera with extra batteries  
Torch with batteries  
Music

Water can with m-seal for bringing the Manas Holy Water,  
Reading books  
Sunglass with retainer (thread/ chain)  
500-ml. thermos flask foldable with mug cover



Our Team with Happy family....

