

2010 Mt. Kailash & Mansarovar Fixed Departure Tour

)

Dear Traveler / Agent

This is to inform to all concern that we are going to conduct our regular tour as fix departure Schedule for Mt. Kailash and Manasarover Tours and Treks, with effect from End of March onwards for year 2010.

We have the following Guaranteed Fix Departure dates for Kailash Tour in listed as below. Please contact us for further more information.

Click Here: info@holidaynepal.com

Mt. KAILASH

Mt. Kailash, claimed to be the apex of the Hindu religious axis is also one of the highest mountain in Tibet at 22,020 feet, and lake Mansarovar at 14,950 feet is said to be the highest fresh water lake in the world. Certainly a difficult region to reach with variable and extreme weather conditions. The distance from Lhasa for example is approximately 2000 km. Only during the last few years have many ordinary or not so ordinary travelers been able to experience this region. Road conditions are difficult much of the time and we have to make many preparations to ensure that we have a reasonable chance of reaching Kailash. We need to bring our own food and camping equipment. Basic lodges and teahouses can be found but the plateau is so remote that it is impossible to travel for several days without finding food available.

To travel for days on this remote plateau with the chance encounters of nomads herding their sheep or yaks is to be transferred into another way of life. To see and become part of such a devout pilgrimage as shown by pilgrims around Mt. Kailash and Lake Mansarovar is to put some aspects of our western way of life into their proper perspective.

We begin the tour by traveling to Kathmandu and departing by road to the Nepal/Tibet boarder town of Zhangmu where we collect out transport. We travel by the Southern route and after our pilgrimage (religious or secular) we return by the same route. The day to day program is outlined which we follow during our journey

Suggested Tour Itinerary:

Day 01 KATHMANDU-NYALAM (2220M):

This is the first day of the Yatra. About early morning, hotel staff will provide you breakfast around 05.30. We depart from Kathmandu to China border by tourist coach. It takes about 05 hours. Our tour guide will complete our custom formalities and check into TIBET. (An autonomous part of China) where our Tibet counter partner will accompanied

you received for further tour. After lunch, we drive to a small Tibetan town called Nyalam by Land Cruiser. Overnight stay at Nyalam Guest House.

Day 02 NYALAM FULL DAY ACCLIMATIZATION:

Full day free for excursion of Nyalam city. Overnight at Guesthouse.

Day 03 NYALAM-SAGA (4500M):

Early morning our staff will give you wake up call with cup of tea and breakfast. We drive from Nyalam to Saga crossing the river "Yarlung Tsangpo" by Ferry and continue journey for about 07.00 hours which is 220 km. Overnight stay at Saga in tent or Guesthouse.

Day 04 SAGA-PARYANG (4550M):

After breakfast, we proceed to paryang for about 06.30 hours, which is 195-km distance. Overnight at Paryang in tent or Guesthouse.

Day 05 PARYANG-MANSAROVAR - Hor (4500M):

After breakfast, we leave for Mansarover in a distance of 225 km, which takes about 8 hours. This is the first day at the bank of the Mansarovar Lake. Overnight stay in tent or Guesthouse.

Day 06 DRIVE TO CHHO-KUE GOMPA:

We drive further towards Manasarovar Parikrama by Land Cruiser (4WD). This is the special point to take a deep in Mansarovar lake and to do Pooja of Lord Shiva (Purification bath in the Holy Lake) . Full day free for spiritual activities. Drive around 1430 hours to Darchen and Overnight stay there at tent or Guesthouse.

Day 07 EXCURSION AROUND DARCHEN (4560M):

After breakfast, we drive around for an hour to Darchen, which is the base camp of ailash Parvet. Full day is free for acclimatization. Visit serlung Gompa (5200m) & Astapath, Nandi Parbat. Overnight stay in Guesthouse at Darchen.

Day 08 DARCHEN TO DRIAPHUK (4890M):

This is the first day of Kailash Parikrama. We start our journey after breakfast as early as possible. Today, we have to walk continuously for about 6 to 7 hours. Yak will carry our all goods and camping equipment. Overnight stay at Dira Phuk in tent.

Day 09 DIRAPHUK TO ZUTHULPHUK (4790M):

The day is very sensitive and we have to pass Dolma-la Pass, which is 5400m. above sea level. The weather is unpredictable in Dolma-la Pass and at any time snowstorm can fall. In this regard, we suggest we try to start our journey as early as possible. In route, we can have Darshan of Arikunda but it is very difficult to go and touch. Overnight stay in route to Zhuthulphuk in tent.

Day 10 ZHUTHULPHUK TO DARCHEN:

This is the day we finish our Parikrama and go back to base camp in Darchen. Overnight

Day 11 DARCHEN TO PARYANG:

Our tour starts back for Kathmandu follows as the same route as and applies for all subjects of our accommodation and meal as previous. Overnight

Day 12 PARYANG TO SAGA:

Drive back to Saga. Overnight

Day 13 SAGA TO NYALAM:

Drive back to Nyalam, which is the last stay in Tibet part. Enjoy and overnight at Guesthouse.

Day 14 NYALAM TO KATHMANDU:

After custom formalities, we will be picked up by Nepal side and continue drive to Kathmandu for about 05 hours journey and check in hotel. Overnight at hotel.

THE SERVICE END.

TOUR COST INCLUDES:

Tibet and Kailash travel permit

Private land transfers as per itinerary

Accommodation as per itinerary on twin sharing and meals as per trip plan.

Monasteries entrance fees

Sightseeing tours as per itinerary

A local English speaking guide throughout the tour & Trekking program

TOUR COST EXCLUDES:

Excess baggage charge if any

Travel insurance

Chinese visa fee (US\$ 58 Per Person for all nationalities (For USA, US\$ 142 Per Person)

Lunch & dinner as per trip plan

Nepal re-entry visa fee

Expenses of private nature such as Laundry, Telephone calls, Beverages, Tips, etc.

Any loss arising due to unforeseen circumstances such as ACCIDENTS, ROAD BLOCKAGE

due to landslides, FLIGHT DELAYS OR CANCELLATIONS due to weather or technical problems, etc.

DESTINATION: Mt. KAILASH & MANSAROVAR 2010

Group Joining Basis

Dep. Month	KTM Arrival Date	Kailash Dep Date	Full Moon
June	17th June	19th June	Full Moon
July	18th July	20th July	Full Moon
August	17th August	19th August	Full Moon
September	16th September	18th September	Full Moon
October	14th October	16th October	Full Moon

DESTINATION: SIMIKOT – KAILASH TOURS AND TREKS

GROUP JOIN BASIS – FIXED DEPARTURE
KATHMANDU ARRIVAL DATE ON 12TH SEP
SIMIKOT DEPARTURE ON 15TH SEP

DESTINATION: LHASA EVEREST BEST CAMP TOUR 9N/10D

GROUP JOINING BASIS
DEPARTURE ON 16TH JULY 2010
ARRIVAL KATHMANDU ON 25TH JULY

KAILASH FACT PROFILE KAILASH “WEST TIBET”

LOCATION:	WEST TIBET
ALTITUDE	KAILASH PEAK 22000 FT ABOVE SEA LEVEL
BASE CAMP	DARCHEN 14950 FT. ABOVE SEE LEVEL
CLIMATE	(MAX. 20 DEGREE CENTIGRADE TO MIN. -10 DEGREE CENTIGRADE) UNPREDICTABLE
BELIEFS	HINDU, BUDDHIST, JAINS, BANPO (ALL AMU FOLLOWERS)
VISITING TIME	BEGINNING OF MAY TO END OF SEPTEMBER
PARIKRAMA OF KAILASH	52 KMS (THREE DAYS)
PARIKARMA OF MANSAROVAR	102 KM (3 DAYS WALK AND ONE DAY BY LAND CRUISER JEEP IF NOT RESTRICTED BY GOVT. OF CHINA OR TIBETAN TOURISM BUREAU)
MANASAROVAR ALTITUDE	14950 FT. FROM SEA LEVEL
DISTANCE FROM KATHMANDU	817 KMS (ONEWAY)

JOURNEY TIME	14 DAYS FROM KATHMANDU TO KATHMANDU INCLUDING 3 DAYS PARIKRAMA OF *KAILASH ON WALK
CLOTHING	HEAVY WOOLEN CLOTHING MEANT FOR MOUNTAINEERING
TIME	NEPAL IS 15 MINUTES AHEAD THE INDIAN STANDARD TIME AND TIBET IS 02.45 HOURS AHEAD THEN NEPALI STANDARD TIME
CURRENCY	THE UNIT OF CURRENCY IS THE REMBI OR YUAN. US \$ 1 IS EQUIVALENT ABOUT 11 YUAN APPROX

GENERAL INFORMATION:

Altitude sickness is the effect of the thin air at great heights. Travelers to Kailash may suffer some discomfort like breathlessness and headaches before becoming acclimatized. Many hotels keep bottled oxygen for emergencies. There are no tourist standard hotels with modern facilities as no frills basic accommodation. The popular time of the year to visit Kailash is May through October.. Warm clothes are recommended during this season.

Fitness:

It has been already mentioned that both Mt. Kailash & Mansarovar are at very high altitude and go to there one should be properly equipped with proper paraphernalia and adequate medical check ups. so now that one has finally decided t go this high altitude pilgrimage one should go to the consultant and get following.

E.C.G. / BLOOD PRESSURE / HEMOGLOBIN TEST / BLOOD SUGAR / STRESS TEST

beside these all tests have to start morning and evening walk, jogging, stretching, meditation and regular exercise should bring you in the right shape.

CARRIES TO FOLLOWING ITEMS OF WEARS ARE SUFFICIENT FOR THIS YATRA:-

Woolen hand gloves / Woolen Shokes / Mufflers / Monkey Cap / Towel Paper / Shop Liquid / Rain Coat / Light Jacket / Sweeter Full and Half / Sun Glass / Shirt & T Shirt / Trekking Shoes / Thermal Falk / Thermal Wears / Sun & Cold Cream / Personal Camera,
Sufficient Roll of Flim / Binocular / Touch & Extra Batteries / Pen & Note Book

FOOD & BEVERAGE:

We will be providing vegetarian breakfast and dinner cooked by our Sherpa cook in campsite, who will be taken from Kathmandu. Light lunch will be packed in saving dish. Clients are request to carry sufficient snacks accordingly your choice.

TRANSPORATION:

From Kathmandu to Zhangmu (Nepal Tibet border) by tourist coach. from Zhangmu by land cruiser 4WD jeep. four person a land cruiser. supporting truck to carry all necessities supporting equipment.

ACCOMMODATION:

Guest House / Hotels / Lodge or Tented Camp on twin sharing basis

INSURANCE:

full travels insurance coverage for medical evacuation, loss of belongs and pri-cancellation is strongly recommended.

PRIME BOOKING:

25% advance to reserve one sit for Kailash Yatra and is non-refundable. this prim cost goes for Tibet part and there is no any rule to claim refund in any unavoidable circumstances. and full of package payment should be complete before one month.

VISA:

Please note that visas for China are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going.

For the most up to date information please check your governments foreign ministry website or with you travel agent as rules do change. It is important that you check for yourself. For most travellers there will probably have an embassy and consulate in the country that you live in.

CHINA:

You will need to organize a China visa yourselves before your trip commences. As Tibet is still a sensitive area for travel we suggest you refrain from listing Tibet as one of the places you are going to visit as your application for a visa will be denied. We suggest you list the areas of Beijing and Xi'an, when filling in your application. For entry to Tibet, We will arrange for a Tibet Permit for the group as a whole.

What to Take: Equipment Checklist:

Passport (with photocopies)
Photo for Nepal Visa at border (1 photo)
Travel insurance (with photocopies)
Airline tickets (with photocopies)
Cash and travellers cheques in major currency (USD, CAD, HKD, EUR, GBP, AUD)
Credit or debit card (limited use - see personal spending money)
Map, Itinerary and pre departure information
Any entry visas or vaccination certificates required
Day pack for daily personal items
Wet wipes / Moist towelettes
Hand sanitizing lotion
Alarm clock, Flashlight, Pocketknife

Sun hat, Sun block, Sunglasses
Moisturizer, Lip balm (and more lip balm)
Water bottle, Plastic mug
Sleep sheet - bedding in basic guest houses is plentiful, but often dusty.
Sleeping bag
Ear plugs for light sleepers
Small towel and swim wear (optional)
Toiletries (biodegradable)
Sturdy walking shoes/Sport sandals
Money belt
Long loose trousers, Hiking pants/track pants, Shirts/T-shirts, Fleece, Jacket, thermals, hat and gloves (regardless of season) Wind / waterproof jacket.
Cover for backpack or plastic bags to keep clothes dry.
Camera and film and Battery
Reading/writing material, cassettes or other entertainment for long travel days.
Binoculars (optional)
First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).
Presents from home like photos, stickers, postcards, children's books, souvenir pins
Protein bars, chocolate, dried fruits, candies and snack foods etc

For More Details information please contact us as below address:

SAHARA HOLIDAYS NEPAL

TREKS & EXPEDITIONS (P) LTD

Bhagawan Bahal – Ward No. 29 – Thamel

Kathmandu – Nepal

Tel: 00977 1 4444196 / 4444168

Fax: 00977 1 4444168 (Request)

Web Address: www.holidaynepal.com

Email: info@holidaynepal.com / holidaynepal@wlink.com.np

Culture, Nature and Adventure Tour Operator.