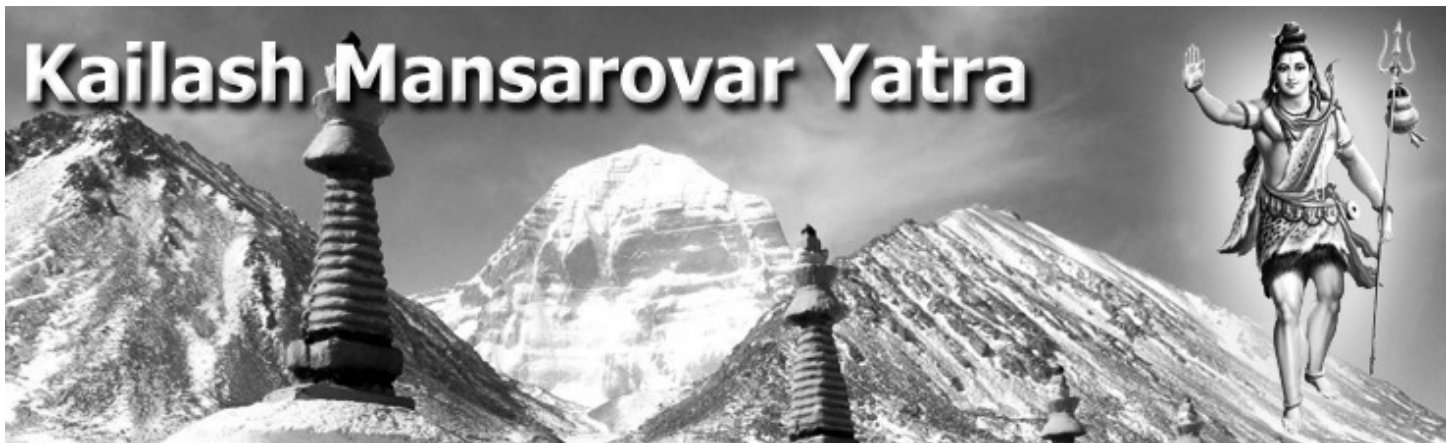


Kailash Mansarovar Yatra by Luxury Bus/Jeeps 2014

Travel with the best operator!



The twin destinations – Mount Kailash and the calm waters of The Lake Mansarovar, considered the most sacred and revered pilgrimage for Hindus, Jains and Buddhists – lie in the southwestern part of Tibet. According to legend, you have to be called by the divine to perform The Holy Kailash Mansarovar Yatra.

We are pleased to inform that we are the **ONLY** Mount Kailash Mansarovar Yatra Operator having our associated chain of hotels at Mansarovar and Dirapuk which no other operator has.

AS PER RECENT REGULATIONS, INDIAN PILGRIMS ABOVE 65 YRS. ARE NOT ALLOWED TO UNDERTAKE KAILASH YATRA.

Oriental Vacations and Journey's advantages during Kailash Yatra:

- The only Mount Kailash Mansarovar Yatra Tour Operator to have its associated guest houses / hotels / fixed camps at Mansarovar, Dirapuk and Zuthulpuk hence guaranteed comfort.
- Services of an accompanying experienced Nepalese escort through out Kailash Mansarovar Yatra
- Pure vegetarian meals prepared by our expert chefs well experienced in cooking Gujarati, North and South Indian cuisine - ample variety during meals (except during Kailash parikarma).
- Gemow bag / medical oxygen cylinders / first aid kit during Mount Kailash Mansarovar Yatra.
- Down jacket on returnable basis to all pilgrims.
- Duffel bag to each pilgrim on complimentary basis.
- Yatra completion certificate to all successful pilgrims who undertake the Holy Mount Kailash Mansarovar Yatra
- ZERO casualty record since its inception - the best in the industry!

The tour cost for Mount Kailash Mansarovar Yatra by jeep via Nepal for 2014 is as below:

Indian Passport Holders:

US\$ 1150 + INR 40000- per person on twin sharing basis*

US\$ 1150 + INR 48000 per person on single occupancy basis*

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The tour cost for Mount Kailash Mansarovar Yatra by Luxury Bus via Nepal for 2014 is as below:

Indian Passport Holders:

US\$ 950 + INR 40000- per person on twin*sharing basis

US\$ 950 + INR 48000 per person on single* occupancy basis (In Kathmandu Only)

“ Foreign Nationals/NRI rates are also available on Request ”

(*Twin sharing / single occupancy will only be applicable in Kathmandu and Camping whereas at all other places, dormitory / twin / triple sharing accommodation would be provided)

Kailash Mansarovar Yatra 2014 Fixed Departure Dates:

TOUR	Arrival in Kathmandu FIRST VISIT	Departure for Kailash	Arrival in Kathmandu SECOND VISIT	Final departure from Kathmandu	Days	Remarks
1	01 st May (Thursday)	03 rd May (Saturday)	12 th May (Monday)	13 th May (Tuesday)	13	
2	08 th May (Thursday)	10 th May (Saturday)	19 th May (Monday)	20 th May (Tuesday)	13	*Full Moon
3	15 th May (Thursday)	17 th May (Saturday)	26 th May (Monday)	27 th May (Tuesday)	13	
4	20 th May (Tuesday)	22 nd May (Thursday)	31 st May (Saturday)	01 st June (Sunday)	13	
5	02 nd June (Monday)	04 th June (Wednesday)	13 th June (Friday)	14 th June (Saturday)	13	
6	08 th June (Sunday)	10 th June (Tuesday)	19 th June (Tuesdays)	20 th June (Friday)	13	*Full Moon
7	14 th June (Saturday)	16 th June (Monday)	25 th June (Wednesday)	26 th June (Tuesday)	13	
8	30 th June (Monday)	02 nd July (Wednesday)	11 th July (Friday)	12 th July (Saturday)	13	
9	06 th July (Sunday)	08 th July (Tuesday)	17 th July (Thursday)	18 th July (Friday)	13	*Full Moon
10	13 th July (Sunday)	15 th July (Tuesday)	24 th July (Thursday)	25 th July (Friday)	13	
11	20 th July (Sunday)	22 nd July (Tuesday)	31 st July (Thursday)	01 st (August) (Friday)	13	
12	27 th July (Sunday)	29 th July (Tuesday)	07 th August (Thursday)	08 th August (Friday)	13	

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13	05 th August (Tuesday)	07 th August (Thursday)	16 th August (Saturday)	17 th August (Sunday)	13	*Full Moon
14	11 th August (Monday)	13 th August (Wednesday)	22 nd August (Friday)	23 rd August (Saturday)	13	
15	15 th August (Friday)	17 th August (Sunday)	26 th August (Tuesday)	27 th August (Wednesday)	13	
16	29 th August (Friday)	31 st August (Sunday)	09 th Sept. (Tuesday)	10 th Sept. Wednesday	13	
17	03 rd Sept. (Wednesday)	05 th Sept. (Friday)	14 th Sept. (Sunday)	15 th Sept. (Monday)	13	*Full Moon
18	10 th Sept. (Wednesday)	12 th Sept. (Friday)	21 st Sept. (Sunday)	22 nd Sept. (Monday)	13	
19	19 th Sept. (Friday)	21 st Sept. (Sunday)	30 th Sept. (Tuesday)	01 st October (Wednesday)	13	

*Denotes full moon departures

The above cost for Mount Kailash Mansarovar Yatra by jeep/Luxury Bus via Nepal for 2014 includes:

- Airport / Hotel / Airport transfers in Kathmandu.
- One half day sightseeing tour of Kathmandu valley covering Pashupatinath Temple and Budhaneelkantha – the temple of sleeping Vishnu.
- Transportation Kathmandu / Tibet Border / Kathmandu by Non A/c Coach.
- Three nights accommodation on twin sharing basis at 4* Hotel in Kathmandu (Shanker / Vaishali or equivalent) with daily breakfast, lunch and dinner (pure vegetarian).
- Two nights accommodation on sharing basis in Nyalam in PILGRIMS INN /Similer Lodge with common toilet facility.
- Two nights accommodation in New Hotel Saga or equivalent on sharing basis in Saga with attached toilet facility.
- One night accommodation in basic guest house in Darchen without toilet / shower facility.
- Two nights accommodation at Chui Gompa Guest house (basic guest house) at Mansarovar without toilet / shower facility.
- One night accommodation at Dirapuk Hotel (best available hotel / guest house) at Dirapuk without toilet / shower facility.
- One night accommodation at Zuthulpuk Guest House / Camps without toilet / shower facility.
- Camping arrangement backed by Nepalese Sherpa crew on full board basis – except inside Nepal, all the meals in Tibet side shall be cooked and provided by our Sherpa staff.
- Services of an English speaking Nepalese team leader from Kathmandu and an English speaking Tibetan guide from Kodari Border onwards.
- Transportation inside Tibet by Luxury Bus / 4WD jeeps (4 pax per jeep basis).

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- A support truck to carry food / camping equipments etc.
- Necessary Yak & Yak men to carry your luggage (one piece per person only) for Kailash Kora.
- Applicable entrance fees to visit Monasteries.
- Normal China / Tibet Single Entry Visa fee.
- One duffel bag per person on complimentary basis.
- One down jacket per person on returnable basis.
- Yatra completion certificate to each pilgrim upon successful completion of yatra.
- Insurance for our sherpa team / team leader.
- First aid-kit with medical oxygen cylinder and Gamow Bag.
- Pulse Oxy meter.
- 1 Roaming Phone with the Team Leader for communication in case of emergency.

The above cost for Mount Kailash Mansarovar Yatra via Nepal for 2014 excludes:

- Travel & medical insurance – **we strongly recommend that one should take insurance coverage to cope up with any eventuality.**
- **3.09% govt. service tax.**
- Rescue evacuation cost in case of emergency.
- Airfare to Kathmandu and back.
- Extra cost in the event of landslide for hiring additional transportation or portorage on The Arniko Highway (INR 500 - 700) per person.
- Expanses of personal nature viz. soft / hard beverages including mineral water, photography charges, portorage at the airports / hotels, laundry, tips, telephone calls etc.
- Yak / Pony hiring charges for riding during Kailash Parikarma.
- Anything not specifically mentioned in the clause, "**The above cost includes**".

Booking Conditions for Mount Kailash Mansarovar Yatra via Nepal for 2014:

- Booking shall be accepted with a non-refundable deposit of INR 25,000 per person. Balance payment should be paid at least 30 days before the trip departure. Payment should be made by bank transfer to our INR or Foreign Currency Account or should be made by INR draft favoring "**Oriental Vacations and Journeys Pvt. Ltd.**" payable at Delhi.
- Passport copy with minimum 6 months validity.
- Letter from a doctor certifying that the participant is fit to undertake this pilgrimage.
- Booking **MUST** be made minimum 2 months prior to each departure date.
- Booking Form duly filled up.

Cancellation Policy for Mount Kailash Mansarovar Yatra via Nepal for 2014:

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- Once a booking is made, the deposit fee is non-refundable, irrespective of circumstances.
- Cancellation made 30 days before the departure date – 25 % of total package cost.
- Cancellation made 15 days before the departure date – 50 % total package cost.
- No refunds for any cancellation made within 15 days from date of travel.
- Cancellations must be sent by e-mail, verbal cancellations shall not be entertained.
- In case **Oriental Vacations and Journeys Pvt. Ltd.** cancels the group/departure due to political unrest / VISA / Permits denial / factors beyond our control, our liability shall be limited to advance payment received by us. We shall not be responsible for any kind of flight cancellation cost etc.
- Disputes, if any, shall be subject to Delhi jurisdiction.

Special Notes for Mount Kailash Mansarovar Yatra via Nepal for 2014:

- We strongly advise to keep a provision of 2 – 3 extra days to overcome any delays.
- Due to the nature of travel, there is always the possibility of change in the schedule. The Tour Operator or its associates shall not be liable for any such delays.
- We or our associate agents have the right to change the Itinerary in the event of adverse weather condition or any unforeseen circumstances beyond our control.
- The Group will be required to follow the itinerary strictly. The entire group will enter & exit together as per schedule.
- In case of adverse weather conditions or technical snags with the helicopter, there could be a possibility of helicopter being un-operation for a couple o days, under such circumstances, every effort shall be made to provide them lodging / boarding etc. and the best available efforts shall be made to make alternate arrangements if possible however under such circumstances, all additional charges (if any) shall be borne by the guests.
- Visit to Astha path and nandi Parbat shall be strictly subject to permission being granted by

Detailed itinerary for 13 Days Overland tour to Mount Kailash Mansarovar Yatra 2014 : Fixed Departure Mount Kailash Mansarovar Yatra Tour from Nepal side

Day 01 Arrival Kathmandu

Take off for The Kailash Yatra!

Arrive Kathmandu. Upon arrival, you will be met by our representative at the Tribhuvan International Airport who will assist you to transfer to your prebooked hotel. Overnight in the hotel.

Day 02 Temple visit in Kathmandu

After breakfast, proceed for a half day sightseeing tour of Pashupatinath Temple and Budhaneelkantha. Evening at leisure in Kathmandu.

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Day 03 Drive Kathmandu to Nyalam (3700 m)

After breakfast, we will drive to the frontier town of Nepal at Kodari enjoying a scenic drive through Dhulikhel. From here, there would be a short walk to the friendship bridge for further drive to Zhangmu, the main entrance of Tibet, China at the height of 2,300 m. which is about 145 kms from Kathmandu. In Zhangmu, you will be received by guide from our Tibetan counterpart. After all the immigration formalities at the check post here, our journey continues for another 35 kms which can take almost 3 hours through the up-winding road to Nyalam with beautiful scenery as the drive brings us for the overnight stay at Nyalam (3,700 m.). The lodges and guest houses here are very simple and basic. You can expect the unexpected as the China Tourism in Tibet is slowly picking up since last 10 years. Overnight at Hotel Nyalam or similar.

Day 04 In Nyalam for acclimatization

This whole day is dedicated for acclimatization at Nyalam. We will be going for a short trek of about three hours in Nyalam itself. Overnight at Hotel Nyalam or similar.

Day 05 Drive Nyalam to Saga (4600 m) 240 Kms./ 6 - 7 hours drive

After breakfast, drive through the windswept territory passing many villages and camps of Yak herders with the distance view of snow capped mountains. We will be passing through the first highest pass of Lalung La Pass (5000 m) where a superb view of high Himalayas can be seen from Gaurishanker, Shishapangma to Langtang Himal. Drive past Khunmen Tso, Sinling, Karru Ongchen and Peigutso Lake (4400m). We continue driving crossing the river "Yarling Tsangpo" known as Bhramaputra, to reach Saga (4600 m) 240 Kms./6 -7 hours drive. Overnight at Hotel Saga.

Day 06 Drive Saga to Mansarovar (4560 m) 450 kms/ 8 hrs. drive

After breakfast, drive through Paryang (4750 m) 255 kms/ 3 - 4 hrs. drive through the windswept territory passing many villages and camps of Yak herders with distance view of snow capped mountains. On this day the road is quite flat, hence the drive will be comfortable compared to other days. We shall have lunch enroute. Thereafter drive to Chui Gompa (4560 m) 223 km/ 3 - 4 hrs. We continue driving crossing Mayum La pass (5200 m) and arrive Chui Gompa. Today is the day of lifetime, as we will have the first sight (darshan) of Holy Mt. Kailash and Holy Lake Mansarovar.

Stay in a guest house. Overnight at local guest house.

Day 07 At Mansarovar

It is a day for Puja & Holy bath in the holy lake. One may indulge into relaxation, meditation, devotion or hawan etc.

Day 08 Drive to Darchen (4620 m) (2 hr. drive)

After breakfast drive to Darchen (4620 m). Darchen is located beneath the majestic holy Mount Kailash, a small village

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with couple of guesthouses. During the auspicious pilgrimage time, this place will be flooded with Pilgrims with hundreds of tents all around. Darchen, the beginning and end point of the Kora. We may proceed for trek to Serrlung Monastery to visit Asthaphath which offers an excellent view of Nandi Parvat and Mount Kailash, subject to permission by Public Security Bureau at Darchen. Overnight at guest house.

Day 09 Drive to Serzhong / Tarboche (13 km) and trek to Dirapuk (4860 m) 7 km/ 5 - 6 hrs.

After breakfast, drive approx. 13 Kms. to Serzhong also known as Tarboche, the trek starting point of Kailash Parikrama. Tarboche is also referred as the outer "Asthaphath". The first day of our Kora is a gradual walk with multitudes of other local pilgrims chanting and praying. The trail leads us to few ups and downs till we reach our camp/guest house at Dirapuk (4860 m) 7 km/ 5 - 6 hours trek. Camping on the nice grassy meadows with a view of Kailash, north west face. Those not feeling themselves fit to continue parikarma will drive back to Darchen and wait for the Parikarma group to return. Overnight at Camp / Guest House.

Day 10 Trek to Zuthulphuk (4760 m) 18 km/ 9 - 10 hrs.

Today our circumbulation (Kora) leads to much higher side of the holy path just beneath the Holy Mount Kailash. The walk will bring us to one of the highest point at Drolma La, 5,200 m. (4-5 hrs.) before descending to the gradual field towards Zuthulphuk for the overnight stay after 4-5 hours walk. Zuthulphuk (4760 m) 18 km/ 9 - 10 hrs.

After early breakfast, group will set off as the sun's rays break over the ridges above. After the footbridge the trail rises up a rocky slope. Take this gently but steadily. It soon reaches a level walk. The peak of Mount Kailash rises to the right and can now be seen linked to a long spur, which joins the eastern ridge. This is the top edge of the glacial valley from which the Lhachu ("Divine River") flows.

This day is the climax of this holy journey & is the most difficult day of our journey. One has to pass through Drolma La Pass – 5200 m - highest altitude on this tour. Physically it is the most arduous day. At the pass is a large boulder depicting Tara, festooned with prayer flags. Here too Tibetans leave a memento of themselves such as a tooth, a lock of hair or even a personal snapshot.

After perhaps 30 minutes, we descend a steep, rock-strewn path to the valley below. Just below the pass is Lake Tu-je Chenpo Dzingbu (Gauri Kund) i.e. "The Pool of Great Compassion". Take great care now because it is easy to sprain your ankle or worse. You must negotiate steep staircases down to a snowfield. The only way down is to jump from boulder to boulder across a large rock fall. On the ridge above is a formations known as the Lekyi Ta-ra ("Axe of Karma"), as though one's moment ripen in an accident, suffering or death.

A final steep descending staircase brings you to the valley floor. From here it is still about 5 hours to the day's destination with no shelter in between. It is vitally important to remain on the right hand side of the river, the West bank. If not, you will get trapped, unable to cross it. The walk now becomes very pleasant and relaxing (as long as the

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weather is clear and there is no howling gale.) The path follows the gentle slope of the valley over grassy fields and clear brooks for several Kilometers before it narrows and turns further south to merge with another valley before reaching Zuthulphuk, the "Miracle Cave" of Milarepa. Overnight in Fixed Tents.

Day 11 Zuthulphuk to Darchen trek 10 km/ 3-4 hrs. and drive to Saga (8 - 9 hrs.)

The morning can be spent exploring the caves and visiting the temples and shrine that has been built around Milarepa's cave. A married elderly couple supervises the temple, which is usually an active residence for over half a dozen Tibetan devotees, helpers, or relatives who continuously busy themselves with the tasks of maintaining the buildings. One imagines Milarepa's disciples meditating here. Many of the caves contain meditation platforms, self-contained by dry stonewalls which divide them from their cooking partitions and entrance areas. It is well worth the short climb up to these caves before beginning the final stage of the trek. The winding gradual tracks finally ends our holy pilgrimage walk 10 km/ 4 - 5 hrs. Once we reach at the trek end point near Darchen, our land cruisers will be waiting to take the group to Saga. Overnight at a guest house in Saga.

Day 12 Drive Saga to Zhangmu (Kodari) Border to Kathmandu (340 Kms./ 8-9 hours drive)

After breakfast, drive to Zhangmu. After reaching Friendship Bridge, we'll be leaving our Tibet side vehicles on the other side of border and after completing custom and immigration formalities, we shall walk for approximately 15 minutes towards Nepal Immigration Post where our coach for Nepal would be waiting for us. Our Border guide will assist us to shift our belongings towards Nepal Side of the bridge. Lunch shall be served at a local en-route restaurant. Overnight at Hotel in Kathmandu.

Day 13 Fly back to your home with memories of Mount Kailash & Holy Lake Mansarovar

After breakfast, free for souvenir shopping and other independent activities. In time transfer to International Airport to board your onward flight else you may extend your stay in Nepal to visit Muktinath Temple or Manokamna Temple or just relaxing.

Travel Tips for Mount Kailash Mansarovar Yatra

Visa & Documentation:

All foreign nationals willing to undertake Kailash Mansarovar Yatra including Indians require a VISA to enter Tibet. One must be in possession of a valid passport for another six months to obtain Chinese VISA. We will require a scanned copy of your passport at the time of booking the trip which should be at least 45 days in advance). In case of Indian passport holders, **we shall require original passport in New Delhi approx. 15-20 days prior to group's arrival date in Kathmandu so as to apply for the group VISA in India** however passports of Foreign nationals shall be required in Kathmandu itself as their VISA shall be applied in Kathmandu – Chinese Embassy in Kathmandu issues VISA only on Monday, Wednesday and Friday. Please note that Chinese Embassy in New Delhi accepts VISA applications between 1030 - 1130 hrs. from Monday to Friday (excluding holidays). Kindly be informed that **the VISA is not stamped on your passport rather it will**

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be on a separate piece of paper issued by Chinese Embassy because it shall be a Group VISA.

Accommodation:

Kailash Mansarovar Yatra falls probably in the world's most remote part. Most of the times, you would be away from modern civilization. One must be well equipped and self contained. The group shall overnight in guest house / hotels except for one night in Zuthulpuk where the group shall be staying in fixed tents on dormitory basis. Use of candles inside the tents is strictly prohibited as tents and sleeping bags / quilts might catch fire due to any negligence. If your tents / sleeping bags are damaged due to misuse by candles or other incendiary articles, we will expect replacement/ reimbursement of the loss from you. Therefore we suggest you to use torch light inside the tents.

Guest house accommodation wherever available will be very simple with a cozy room (dormitory at most of the places) with common bathrooms and toilets. Hot water will be provided in every room for refreshing and for drinking by our Sherpa team.

- Nyalam Hotel has common toilet facility.
- New Hotel Saga or equivalent in Saga have attached toilet facility however hot water is available by buckets only between 2000 – 2100 hrs.
- Guest house in Darchen does not have toilet / shower facility – one will have to use either our toilet tent or shall use the open space to answer the call of nature.
- Chui Gumpa Guest house at Mansarovar is without toilet / shower facility – one will have to use either our toilet tent or shall use the open space to answer the call of nature.
- Dirapuk Hotel has no toilet facility – one will have to use open space.
- Zuthulpuk Guest House and Camping Facility is without toilet / shower facility – one will have to use common toilet tent or shall use the open space to answer the call of nature.

Food:

We take care of meals including breakfast, lunch & dinner with occasional tea break. While camping or while in guest houses, meals would be served to you in dining tent. This tent also serves as our meeting place & living hall. Toilet tents will be put up near the campsite, wherever feasible. Pressurized Lamp shall be used to lighten camp area. Bed tea will be served in your tent/guest house with a wake-up call. Hot breakfast will be set in dining tent. Once Sherpa team pack-up their equipments, please get one thermos flask filled with hot water for en route journey. A light packed lunch will be served on the way. The food is simple and pure vegetarian. Water given comes from local rivers and is boiled and filtered. If you need mineral water, you will have to buy it Enroute at the border and keep it in your Vehicle.

Transportation:

From Kathmandu till Kodari Border, the transportation will be provided by Non A/c tourist Luxury Bus or van. In the event of any landslide, the best available mode of transport will be used for which guests will have to pay additional charges as applicable. **From friendship bridge onwards, you will be carried by Luxury Bus /jeeps (4-WD vehicles like Toyota landcruiser).** If the road between Friendship Bridge and Zhangmu gets washed away, we may have to trek for about 2 hrs. There will be a separate support truck to carry the camping equipments and sherpa staff members. During the Kailash Parikrama, we will provide Yaks to carry the camping equipments & your personal heavy gears (one bag per

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person only). A Yak or Pony can be hired for you to ride on direct payment basis. (Yaks are not well domesticated and trained to ride on it).

Guide/ Escort:

A Tibetan/ English speaking guide will escort the group throughout the trip from Kodari Border till Kodari Border including few Nepali staff who will be taking care of your food requirements etc.

Clothing & Accessories:

Tibet is a dry cold country as such weather may change unexpectedly at any time. Plan your clothing in a way that you can wear layers of clothes. Depending upon the season, during June, July, August till September, day time will be pleasant and quite warm with about 15-20 degree Celsius, during afternoon time 1-4 pm can be windy. The morning and evening will be chilly between minus 2 to 0 degree Celsius.

Photography:

As Tibet gets very bright sunlight due to thin air so taking photographs can be quite glare. Carry photography gear accordingly. Taking photographs inside monastery will be charged as per monastery rule. Please ask your guide before taking photographs inside the monastery. Taking photographs at Army Camps/Check-points is strictly prohibited. Charging can be done at Saga, Darchen and Mansarovar guest houses but they do charge a certain amount for this.

Equipment on Trip:

We also provide Dining Tent, Kitchen Tent, Toilet Tents, Dining Tables, Folding Chairs and full kitchen utensils. We will provide Sleeping Bag and Foam Mattress for bed. Duffel bag and down jackets are also provided however if you wish, you may carry your own too.

Medicine:

We suggest you to bring your own first aid kit with adequate medication regarding altitude sickness, nausea, dehydration and some painkillers.

Be careful not to catch a cold. It is better to be over-clothed than under protected. En route avoid taking bath or drinking water from lakes, streams or rivers as your body is not conditioned for this. Since the dry cold winds tend to make the nose dry, keep your nose smooth by applying Vaseline. Keep your feet dry, never let it get wet. Keep your boots inside tents to keep them dry. Wearing cotton and wool socks in combination would be the best. Face, feet and hands must be well protected. Request your doctor to prescribe effective medicines to cover the following: **Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes.**

In addition to the medicines for above, your first aid kit should include following:

Vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshner, Nose inhaler, Toilet paper, Rubber bands, Dust cover (face mask), Cough drops, Lip balm, Vicks, Elastoplast, Adhesive tape, 4" crepe bandage & OAS powder - useful for adding to your water bottle and for fluid replacing purposes.

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Make a separate pouch for the first aid kit with a list of medicines and their appropriate usage. It is advised to carry glucose and glucose based items (mints, toffees, mini chocolates bars for periodical consumption at high altitude for energy. Multi-vitamin and vitamin C tablets are required for daily consumption as a routine.

Altitude Sickness:

Acute mountain sickness is a frequent problem in the Himalayan region. The altitude of the peaks and trails between them are among highest on earth. Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate. Others appear more slowly over a period of weeks like the change in acid base balance and production of extra red blood cells. These changes plus the effect of intense sunlight, walking hard & dehydration may cause a number of mild vague symptoms such as Loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise.

The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days or Diamox tablets. If symptoms are severe and the patient is ill **DESCEND IMMEDIATELY**, 300 meters of descent or more should be sought. This usually gives rapid improvement.

To minimize altitude sickness, never rush into things, walk slowly and firmly. The uneven ground, steep slopes and slushy banks are full of potholes. Do not combine walking and sightseeing together. Inspect your track in front and trek slowly.

Physical Fitness:

Before booking for this Kailash Mansarovar Yatra trip with us, you should be in sound good health preparation for this trip. We advise bit of exercise like morning or evening walk or jogging. Each pilgrim should ensure that he/she is medically fit and is not suffering from high-blood pressure, diabetes, asthma, heart disease or epilepsy since such conditions might prove fatal at high altitudes. **Medical fitness is of utmost importance.** Pilgrims should complete the medical tests and seek expert medical opinion regarding their fitness to undertake the pilgrimage at high altitude from their respective doctor.

We would require a medical certificate from every individual stating that the person traveling is not suffering from any such disease as mentioned above and is fit to travel at high altitudes.

Insurance & Emergency Expenses

We highly recommend you to be insured against medical, accidents & necessary emergency evacuation. Please ensure that your insurance covers evacuation at high altitudes. Also be informed that air evacuation (evacuation by helicopter) is not possible in Tibet as such guest requiring emergency evacuation will be transferred by surface to nearest evacuation point in Nepal side after giving the necessary first aid. Any Emergency arrangement other than regular tour itinerary service should be borne by the clients themselves.

Please note that our Mount Kailash Mansarovar Yatra Tour does not include any rescue or evacuation expenses in emergencies hence it is advised to be properly insured against any kind of risk.

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General Considerations while packing for Mount Kailash Mansarovar Yatra Pilgrimage Tour

Keep the luggage weight and bulk down to a minimum. Baggage allowance on most international flights is 20 Kg's/44 lbs. You will only need two changes of clothes for Kathmandu. In Tibet, it is important to dress in layers. When it is hot you will only be wearing a base layer, when it gets colder you can add to this until you are wearing most of your clothes! During Kailash Parikarma, one bag per person would be carried on Yak. It is advisable to carry your stuff in a duffel bag rather than suitcase or other normal bags. Following points must be kept in mind while preparing for & during the Holy Mount Kailash Mansarovar Yatra.

List of things to carry:

1. Duffel bag or big backpack (**NO HARDSHELL SUITCASES PLEASE**)
2. Small day backpack with sturdy straps
3. Proper trekking shoes with spare laces – **please ensure that the shoes are broken-in before the trek. Do not walk in brand new shoes.**
4. Slippers / Sports sandals / Floaters [For walking around at campsites]
5. Sun cap
6. 3 pairs nylon socks, 3 pairs cotton/thicker socks, 3 pairs woolen socks [Two pairs of socks while walking are suggested to avoid blisters]
7. Personal Clothing [track suits are great, **AVOID** jeans or any other tight fitting pants]
8. Full sleeved thick sweater or fleece wear
9. Feather jacket (Will be provided by us on returnable basis)
10. Cotton or nylon thermal inner wear
11. Woolen monkey cap / Balaclava
12. Woolen hand gloves
13. Wind shirt (wind breaker)
14. Water proofs (poncho or pant & jacket)/ collapsible umbrella
15. Goggles [good quality, 100%-UV-protection sunglasses, not blue shade]
16. Cold cream / Hand lotion, sun screen lotion
17. Chapstick or Lip Balm
18. Torch with 2 extra sets of cells [No pencil cell torch, Head lamp is best]
19. Light towel [Should be a thin quick-drying towel]
20. 2-3 Water bottle (1 litre each) [**AVOID** simple plastic bottles. one hard plastic bottle or thermos flask- not the heavy duty one- is recommended for boiled water at higher camps]
21. Adequate underclothing
22. Personal toiletries
23. Towel
24. Toilet paper roll
25. Pen knife
26. Walking Stick [A must have]

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27. Easy Breathers or Camphor
28. Mask to protect yourself from dust and cold (cotton scarf for dust and woolen for cold)
29. Camera
30. Note book and pen
31. Personal toilet kit
- 32. 4 passport size photographs**
- 33. A copy of your insurance policy**
34. Reading material
35. ipod or similar
36. Personal medical kit.
37. Air Pillow / small cotton pillow (optional)
38. Personal medicines (with written instructions), assorted Band-Aids.
39. Plastic bags to contain all above including your duffel bag, plus a few spare ones.

Please note:

- + If you are asthmatic or have any kind of breathing problem, you should not travel.
- + Take advise of your doctor before undertaking this high altitude pilgrimage & always keep your usual/prescribed medicines (if any) along with beside basic medicines for fever, nausea, dehydration, vomiting body ache and headache.
- + Use very strong and rough bags to pack your belongings & don't keep the fragile items in your bag which has to be carried on the Yak. A duffel bag is advisable. **No hard shell suitcases please.**
- + Don't forget to carry some eatables like sweets, chocolates, glucose, candies, mints, khakra, laddu / pinni etc.
- + Engage yourself in fitness exercise like aerobics every morning. Two things would help. 1. Breathing exercises (to increase your lung capacity. Pranayam would help) 2. Running/ fast walking. It would be good if you can do this on treadmill on incline. **Like they say, "the more you sweat in peace, the less you bleed in war. Though this is certainly not war, working out will help you enjoy the trip a lot more."**
- + Please do not expect luxury on this tour however as far as possible, our Sherpa team will ensure you the best journey/stay with us in this tough terrain.
- + It is always advisable to insure yourself against personal loss, injury/accident, death and emergency evacuation. Make sure that your policy covers Emergency Evacuation by Helicopter at high altitude treks.
- + As there is no Hindu Temple at Holy Lake and Mt. Kailash as such no priest is available. If you want some spiritual activity to be performed, please make sure that your personal priest accompany you either from your own country or from Nepal. Do carry essential Havan Samagri, Havan Kunds etc. if you are willing to engage yourself in some spiritual ceremony like Havan (Yagna).
- + If possible, arrange your Chinese Yuans (which you might require to buy some souvenir or to pay for pony etc.) in your own country or in Nepal as on the borders, exchange rate might differ. Alternately, you can carry US\$ with you which can be easily converted but Indian Currency notes are not acceptable in Tibet. Do not carry

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Indian Currency Notes of 500 & 1000 denominations as these are not acceptable in Nepal and cannot be exchanged. Also, they are not considered legal. **PLEASE DO NOT CARRY THEM**

- + **Upon arrival at immigration desk at Tribhuvan International Airport, please request the immigration officer to put an entry stamp in your passport otherwise you'll have to unnecessarily pay INR 500-1000 at Tibet immigration.**
- + Don't carry too many clothes.
- + Always carry your passport, visa and insurance with you & keep the passport handy while traveling. Leave a copy of passport with us and another one at home.
- + Please always carry your sweater / fleece, windcheater, waterproofs & water bottle.
- + Please carry your water bottle to the dinner table for a refill. Always have water with you.
- + Warm clothing & few other things can be bought in Nepal, they are of good quality.
- + We advice all our guests to read the notes on acute mountain sickness carefully. Please note that this trip will take you to very high altitudes & one should take all the precautions seriously.
- + We strongly advice all our guests to get an international travel insurance policy with evacuation provision.
- + Please note that the Airport taxes on departure from Katmandu are not included in the cost.

Prior to Mount Kailash Parikarma:

- + Start taking DIAMOX at least 2 days before starting your journey - once every morning after the breakfast. It should be taken for 3-6 days. This is to minimize altitude sickness.
- + Drink at least 3 litres of mineral water everyday till you complete the Holy Yatra.
- + Avoid riding Yak during Kailash Parikarma. A pony is preferred over Yak.
- + Advise your requirements for Pony Hiring (available at an additional cost) to your tour guide at least a day before the beginning of Parikarma.

During Mount Kailash Parikarma:

- + Walk slowly, don't compete with any one and never loose your temper. This probably is going to be the toughest journey you have ever made so far.
- + In case you feel any kind of breathlessness during parikarma, immediately inform our tour guide or sherpa staff & follow their advise.
- + On the second day of parikarma, you will reach a height at Dolmala Pass where Oxygen level is very low. Do not stop/wait here for more than 5 minutes.
- + During parikarma, you'll come across rivers and streams, you can wash your face occassionally with cold water. Avoid drinking water from streams or rivers en route.
- + As far as possible, try to walk. But, if you are riding a pony during parikarma, make sure that you hold it properly.
- + On the second day of parikarma, you will see several clothes lying on the rocks, please don't touch the same.
- + Walk carefully and guard yourself from slipping or falling to prevent fractures, sprains and muscle pulls.

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- + Do not combine walking and sightseeing together lest you fall or get hurt. Inspect the track in front of you and walk slowly.
- + Travel in the group and do not leave any one behind unless escorted.

While on the Holy Mansarovar Lake:

- + Don't take a Holy dip in Holy Mansarovar Lake while it is windy.
- + Never take a dip in Rakshas Tal (Lake) as it is inauspicious.
- + If you face altitude sickness, do not proceed for parikarma because once you leave Mansarovar or Darchen and wish to come back from Parikarma due to any reason, there are no facilities available like stretcher etc.
- + Even for Helicopter evacuation, you will have to drive to Nepal border, before evacuation can be organized and that too will depend on weather conditions.
- + Don't forget to collect some white ringed stones from The Holy Lake as each stone is treated as "Shivlinga".

General during Kailash Yatra:

- + If you smoke or consume alcohol, avoid it throughout the journey.
- + Satellite phone being provided by us on use and pay basis is primarily to facilitate you during any emergency as such avoid making calls to your well wishers because charging facilities for satellite batteries are very limited and in case of excess usage, the satellite phone might be useless at the time of any emergency.
- + While in tents, make sure that it is properly zipped and your luggage (which is kept inside the tent) is not touching the tent's outer surface otherwise in case of rain you might find water inside your tent.
- + Try and stay indoors while it is too windy or sunny.
- + While staying in the guest house, avoid using public toilets (if available) as these are very dirty. **It is advisable to use open area or our own toilet tents for toilet purpose.**
- + Travel during Kailash Yatra with the TEAM SPIRIT and help your group members in case of any need or emergency.
- + Please do not expect excellent vehicles in Tibet. The terrain being rough, vehicles are bound to break down but do not panic, the drivers are expert enough to repair it. Repairs may take few minutes to a couple of hours but please maintain patience as we cannot leave group members behind.
- + As tents and other camping equipments move in trucks, it will take about 2 hours for our sherpa team to pitch-in tents once they reach camp site. Please have patience as truck speed cannot be matched with your land cruiser's speed.

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