



17 Days
Holy Mt. Kalish &
Mansarovar Yatra



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7M Tours – 2019 Travel Series - International

17 Days Holy Mt. Kalish & Mansarovar Yatra | Daywise Itinerary



Day 01 : Arrive in Kathmandu (1,300m) and transfer to hotel

Airport to hotel 8 km, 45 minutes' drive

We will come and receive you at the airport and transfer to the hotel immediately for check in, free time in your own. **(D)**



Day 02 : Guided sightseeing and briefing on Kailash Yatra

Guided sightseeing to Budhanilkantha temple and Bouddhanath stupa. There will be a detailed briefing on Kailash Yatra and its preparations in the evening. Optional Helicopter journeys to Gosai Kunda. **(B, L, D)**



Day 03 : Pashupatinath Darshan (Havana, Puja etc.)

In the morning, we will take you to the Pashupatinath Temple for its darshan and Rudrabhishek. In the afternoon, you will have free time for packing and last-minute shopping if any. **(B, L, D)**

Kailash Yatra Starts



Day 04 : Fly to Lhasa (3,700m) and explore around

Ascend 2400m, 75 mins flight crossing The Himalaya, driving duration 1 hour

Fly to Gonggar Airport and drive to Lhasa by tourist coach. If time permits, explore Barkhor market in the evening. **(B, L, D)**



Day 05 : Guided sightseeing in Lhasa

Guided sightseeing to **Potala Palace**, known as the official palace and residence of the Dalai Lama, **Norbulingka**, the summer palace of the Dalai Lama and **Jokhang Temple**- the center of Tibetan culture and religion. **(B, L, D)**



Day 06 : Drive to Shigatse (3,840m)

Ascend 140m, distance 270km, driving duration 6 hours

Drive to Shigatse by tourist coach following the holy Brahmaputra River. If time permits, visit Tashi Lhunpo Monastery- the centre of Panchen Lama. **(B, L, D)**



Day 07 : Drive to Saga (4,500m)

Ascend 660m, distance 445km, driving duration 9 hours

Drive to Saga. We will cross different high passes on the way. Stay overnight in a hotel/guesthouse in Saga. (B, L, D)



Day 08 : Drive to Holy Mansarovar Lake (4,588m)

Ascend 88m, distance 507km, driving duration 10 hours

After breakfast, drive to Lake Mansarovar. Today, you will have first Darshan of holy Mt. Kailash and Mansarovar Lake from Horse Pass. You will perform the Parikrama of Lake Mansarovar by tourist bus. Stay overnight in a guesthouse at Chiu Gompa. (B, L, D)



Day 09 : Havana and ritual bathe at Mansarovar Lake and drive to Tirthapuri and onto Darchen (4,700m)

Ascend 112m, distance 370km, driving duration 5 hours

Morning you will perform Havana and Puja and take a holy ritual dip in the Mansarovar Lake. Afternoon, drive to Tirthapuri aka Adi Badrinath, situated at the bank of the Sutlej River, explore its major attractions, perform a parikrama and drive to Darchen – the base camp of Kailash. Overnight in a guesthouse/hotel. (B, L, D)



Day 10 : Parikrama starts: - Trek to Diraphuk (4,900m)

Ascend 200m, distance 8km by bus & 12km trek, total 20km

Drive to Tharboche, which is a very important power point for Tantric, and then trek to Diraphuk. Darshan of amazing close view of North face Kailash. Stay overnight in a guesthouse at Diraphuk. (B, L, D)



Day 11 : Charan Sparsha Day

Ascend 400m & distance 400m, 10km up and down trek

After breakfast trek to Kailash glacier for Charan Sparsha. Chance for closest Darshan of Mt. Kailash. Trek back to Diraphuk, overnight in the same guesthouse. (B, L, D)



Day 12 : Cross Dolma La pass (5,650m) and trek to Zuthulphuk Gompa (4,850m)

Ascend 800m and descend 850m, distance 22km by trek

Today is the hardest day of the Parikrama. So, you will start early in the morning. You will reach the Dolma La Pass after 5 hours of trek. After having darshan of Gauri Kunda near Dolma La, you will trek down to Zuthulphuk Gompa, where you will stay overnight in a guesthouse. (B, L, D)



Day 13 : Parikrama ends: - Trek to Tangsar and drive to Saga via Darchen

(Prikrama: 6km by trek, 4km by drive, total 10km)

Descend 350m, Darchen to Saga: distance 430km, driving duration 7 hours

Trek to Tangsar and drive to Darchen, where you will have a lunch. And then, drive to Saga. Stay overnight in a hotel. **(B, L, D)**



Day 14 : Drive to Shigatse

Descend 660m, distance 445km, driving duration 8 hours

After breakfast, you will drive to Shigatse. Stay overnight in a hotel. **(B, L, D)**



Day 15 : Drive to Lhasa

Descend 140m, distance 270km, driving duration 5 hours

After breakfast, you will drive to Lhasa. Stay overnight in hotel. **(B, L, D)**



Day 16 : Fly to Kathmandu and transfer to hotel

Descend 2400m, Airport distance 65km, flight duration 75 minutes.

You will drive to Gonggar Airport to catch up your flight to Kathmandu. After lunch, visit Doleshwor temple- the head of Kedarnath. Attend Yatra concluding ceremony in the evening and Aarti of Pashupatinath, if time permits. **(B, L, D)**



Day 17 : Kailash Yatra Ends, Trip concludes (Return to home)

Today enjoy transfer on private vehicle to the airport. Sit back and enjoy your flight back home. Return home with wonderful memories of your tour. **(B)**

17 Days Holy Mt. Kalish & Mansarover Yatra | Package Details

Cost Per Person (in USD \$ Dollars)

USD \$ **3800.00** Per person based on **DBL** occupancy

Tour Inclusions (per person)

- All ground transports including airport pickup and transfer in Nepal/Tibet.
- Four nights Hotel accommodations in Kathmandu as per the itinerary.
- International / Domestic airfare
- Guided sightseeing in Kathmandu as per itinerary
- Tibet Travel Permit and Visa
- Hotel accommodation in Lhasa, Sigatse, Saga and basic guesthouse accommodations in rest of Tibet as per itinerary.
- Pure vegetarian meals (Breakfast, lunch and dinners) everyday as per itinerary
- Travel by tourist coach in Tibet with supporting truck & emergency jeep
- Knowledgeable guide and supporting staffs
- Tents, mattress, sleeping bags, down jackets, rain poncho and all necessary kitchen equipments
- Gamow bag, oxygen cylinders with other tools, oxy-pulse meter etc.
- Yaks to carry all supplies during Parikrama
- Kathmandu – Lhasa –Kathmandu flights and guided sightseeing in Lhasa

Exclusions (Not Included items)

- Baggage handling and airline Baggage Charges
- Cost of Visa for USA citizen only (7M Tours is not responsible for rejection in Visa by consulate) or obtaining Nepal Visa
- Any tours, transfers or event tickets not mentioned in package
- Travel and Medical Insurance to participate in tour.
- Tips
- Meals other than what is mentioned in your itinerary.
- Any expenses of personal nature such as laundry, shopping, wines, mineral water, food and drinks not in the regular menu provided by us, mini bar, telephone calls, pay channels etc.
- Extra night's hotel in Kathmandu in case of trip gets shortened/cancelled due to unforeseen and unusual circumstances
- Medical/evacuation and rescue insurances
- Personal expenses, e. g. bar bills, bottled drinks and Mineral Water, telephone bills, laundry service etc.
- Personal clothes and equipment
- Horse for personal ride during Kora (Parikrama)
- Porter to carry personal handbag during Kora (Parikrama)
- Gratitude to the staffs (TIPS) and offering / Dakchhina at Puja
- Gosaikunda Helicopter Day Trip (Optional)
- Cost of excursions, city sightseeing, entrance fees and local guides availed of by the passengers, other than that mentioned in 'Inclusions'

Basic Information

- o **Start Point:** Kathmandu
- o **End Point:** Kathmandu
- o **Max Altitude:** 5650m / 18,532ft
- o **Altitude of Kailash Peak:** 6714m
- o **Best time to visit:** May to September
- o **Temperature:** Max 20°C to Min -10°C
- o **Altitude of Mansarovar Taal:** 4550m
- o **Parikrama Of Mansarovar Taal:** 102 Km
- o **Climate:** Unpredictable
- o **Tour Grading:** Moderate to Strenuous
- o **Accommodations:** Hotels in Kathmandu, Lhasa & Shigatse and basic Guesthouses in the rest parts of Tibet

Payment Terms

A Deposit of 25% WILL BE REQUIRED to start any booking process. The Remaining Balance of 75% will be due no later than 7 DAYS prior to client arrival.

Terms & Conditions

Surcharges will apply if any tradeshow, fair, special event or concert is being held at the applicable city during travel. 7M Tours reserves the right to use alternative accommodation, sightseeing tours and transfer of equal or higher standards. No refunds either in part or full will be made for any unused services in above package like ground transportation, meals, accommodation, sightseeing tours. 7M Tours will not be held responsible for any missed breakfast, lunch or dinner due to flight timings. No Intercity surface transfers are included unless specified in the package. 7M Tours will not be held liable for any baggage charges or any other charges by any airline(s) for the clients. Payment for the tour must be made as per the invoice & payment terms and conditions. Changes to any part of the agreed itinerary cannot be made once partial and/or full payment has been made to 7M Tours. The Tour Itinerary will not start on a weekend unless previously arranged by 7M Tours.

Booking Conditions for International Travel

Each traveler is required to fill out a Disclaimer Form, duly sign in and return along with a copy of the valid passport (Photo page for US Citizen).

- **Meals:** The location and menus are pre-set for the meals provided on the tour. We reserve the right to change the location and the menu under events which occur beyond our control.
- **Hotels:** We tend to select hotels which are more comfortable after a long day of sightseeing. All baggage and personal belongings are at all times and under all circumstances your responsibility. 7m Tours will not be responsible or liable in case of loss / breakage of such items from the hotel or transit all along the duration of tour. The company is not liable for any damages done to the room or the hotel during your stay there.
- **Transportation:** We use air-conditioned/air-cool luxury coaches for ground transportation. No seat numbers will be allocated and daily seat rotation will be done as to be fair to every traveler. The tour manager has the final authority for the seating arrangement/rotation in the coach.
- **Cancellation due to VISA rejection:** All clients travelling with 7M Tours must possess a valid visa, if applicable. However, kindly note that Visa issuance is entirely at the discretion of the concerned Consulate/Authorities to grant/reject visa even after submitting all relevant documents and the company will not be held responsible for the

same. The company will not be responsible for non-issuance of the visa due any reason whatsoever.

- Travel Insurance: We highly recommend you purchase a comprehensive Travel insurance in order to protect your trip from any unforeseen cancellations, medical problems during the tour, trip cancellations etc.
- Disclaimer: We reserve the right to change any information or attractions before or after our booking the tour due to events beyond our control like bad weather, any natural calamity, or any accident. All rates and hotels are subject to change without any prior notice. Major road works may necessitate route change in the itineraries. Closure of Indian restaurants or change in the management may cause us to make changes

in the itinerary. We will notify you in advance where we know about these changes beforehand, otherwise our tour managers or local representative will inform you of the changes during the tour. We cannot be responsible for any loss or damages, injury, sickness, accident, delay, discomfort, death, increased expenses, which is caused by the act or default of the company, and management or employees of any hoteliers, airlines, shipping company, coach owner/coach operator who are the company's independent contractors residing outside our normal selection and inspection process. Any claim or complaint by the client must be notified to the company in writing with 7 days after the end of the tour.

