

MOUNT KAILASA MANASA SAROVAR YATRA

12 Nights and 13 Days

Kathmandu– 03 nights; Syabrubesi – 01 night; Kerung – 01 night; Saga -03 nights ; Manasarovar - 01 night;
Darchen-01 night; Deruphuk - 01 night; Zuthulphuk- 01 night;

Departure Dates -2026 : 25th Apr; 06,12, 20,25 May; 03, 11, 17, 23 June;

08, 16, 23 July; 05,12, 21, 28 Aug; 4th, 11th Sept;



What You are Paying For

Arrival and departure airport transfers on Private Basis
 All transfers according to program including airport transfers by Bus or similar.
 12 night accommodation (Double sharing rooms) as mentioned in the itinerary.
 Meal plan as per itinerary Every Meal would be Buffet.
 Tour Guide, Kailash working Team, Sightseeing tour with guide.
 Tibet side: all accommodation in Hotels & Guest House as per itinerary.
 Pure vegetarian meals (breakfast/ Lunch/ Dinner) providing by our counterpart by our staff.
 English and Chinese's speaking Tour Guide
 English speaking Tibetan guide
 Basic first-aid kit. Oxygen cylinders in bus
 Kailash permit & normal Tibet/ China visa fee.
 Private Transportation required for land transfer in Tibet and Nepal .
 Kailash Parikarma entry fees and permits, Manasarovar Entry Fees
 required tax and services charges
 Langtang National Park Entry fees .
 Water,sweets and fruits in Bus
 Down Jacket ,Duffel bag, Day Pack Bag ,Woolen caps .
 Applicable GST

What Is Not Included

Return domestic economy air ticket or similar

All kind of personal expenses such as tips, laundry, telephone bills and beverages.
 Any entertainment centres, Any sort of rides, palki/pony/doli.
 Guide and Entrances to the monuments.
 All entry fee to sightseeing places & monument entertainment centers.
 All kind of personal expenses such as tips, laundry, telephone bills and beverages.
 Optional, suggested, or unspecified activities. Personal & health Insurance coverage.
 Early check in or late checkout.
 All beverages, Travel Insurance of clients
 Emergency evacuation expenses.
 Riding Yak/Horse for Kailash Parikrama (direct payable to Yak/horse herder)
 Expenses of personal urgent visa fee etc & Services other than specified
 Camera fee (still or movie). Pooja Expenses, Insurance. Tips and Gratuities
 Any additional expenses incurred due to any flight delay or cancellation, weather conditions, political
 Closures, technical faults etc.
 Tibet or extra stay at Kathmandu
 Any service which is not mentioned in the Inclusions.

What Will It Cost You?

<i>For 3 Star hotel</i>	<i>Two of You in One Room</i>
If you are 12 years or older	INR. 2,40,900/ per person

Tour costs show here are subject to change without notice. Check the updated tour cost with Turnkey Holiday executives before booking. Any aspect of this tour is subject to change without notice.

Minimum 22Pax group travelling together (2, 4 or 5pax will be part of this group).
(The above quote is excluding Air fare.)

We need a copy of your PAN card if you pay us more than INR 49,900 in cash and can't accept more than INR 1,99,000 in cash for this tour

Your Flight Departs From Kempegowda Airport at 1730hrs
You will Arrive at Kathmandu International Airport at 2045hrs
 RA 226 BLRKTM 1730 2045
 RA 225 KTMBLR 1345 1630

Day 01: Arrival Kathmandu

Arrive Kathmandu airport
 Meet and assist service by our representative.
 Transfer to Hotel and check in, later visit to Thamel tourist area if time permits.
 Overnight stay at the hotel in Kathmandu.
 MEAL PLAN: D

Day 02: Kathmandu sightseeing - Tibet Travel Permit processing

Breakfast at the Hotel,
 Proceed for sightseeing with our expert guide. We will be getting everything ready for the trip of tomorrow.
 Sightseeing at Pashupatinath, Bouddhanath, Budhanilkantha (Sleeping Vishnu) and Kathmandu Durbar Square.
 Overnight stay at the hotel in Kathmandu.
 MEAL PLAN: B, L, D

Day 03: Kathmandu – Syabrubesi (141kms/6-7hours approximately)

Breakfast at the Hotel,
 Proceed to Dhunche (127 km/6 hrs), Syabrubesi (141 km/7 hrs), or Timure (152 km/8 hrs). Stop for lunch at Trishuli Bazar, then continue your journey. Enjoy the scenic views of villages, mountains, and the Trishuli River along the way.
 Overnight stay at the hotel in Syabrubesi.
 MEAL PLAN: B, L, D

Day 04: Syabrubesi – Kerung -2850m (40kms/1hour approximately)

Breakfast at the Hotel,
 Drive to Rasuwagadhi or walk to the border from Timure. Complete the immigration process on the Nepal side at Rasuwagadhi. Our Tibetan guide will meet us at the China immigration, where we'll finish the formalities. (Lunch on the way). Then, drive to Kyirong (1 hr/40 km).
 Overnight stay at the hotel in Kerung.
 MEAL PLAN: B, L, D

Day 05: Kerung – Saga -4025m (220kms/6hour approximately)

Breakfast at the Hotel,

Drive towards Saga or New Dongba while crossing the highly beautiful Brahmaputra River (Yarlung Tsangpo). En route we will have the opportunity to go to Ganesh Parbat and Lake Peiku Tso then eventually cross the bridge built over River Brahmaputra (also called Yarlung Tsangpo in Chinese) in Saga. On the way we will have packed Lunch.

Overnight stay at the hotel in Saga.

MEAL PLAN: B, L, D

Day 06: Saga – Acclimatisation Day

Breakfast at the Hotel,

Acclimatisation day in Saga. In this day we can explore this beautiful tiny city with short treks for preparation of Kailash yatra. Saga is the village where the renowned Saga Dawa festival is celebrated. Saga Dawa Festival is the most significant religious festival in Tibet. The Saga Dawa Festival is celebrated on 15th day of the fourth month in Tibetan calendar. The Saga Dawa Festival will be celebrated on 11 June 2025 in the solar calendar.

Overnight stay at the hotel in Saga city.

MEAL PLAN: B, L, D

Day 07: Saga –Lake ManasaSarovar -4550m (450kms/6-7hour approximately)

Breakfast at the Hotel,

Drive to the holy and beautiful Lake Mansarovar (4550m), 450 km from Taklakot (6-7 hours). On the way, stop briefly at Rakshas Tal to admire its beauty. Continue to Mansarovar, where we'll rest, have lunch at the guesthouse, and prepare for the Mansarovar Kora by vehicle. This is a special day as we'll catch our first glimpse of Mount Kailash and the sacred lake. Take a holy bath in the lake before staying.

Overnight stay at the hotel in Manasarovar.

MEAL PLAN: B, L, D

Day 08: ManasaSarovar – Darchen -4650m (35kms/1hour approximately)

Breakfast at the Hotel,

Today you can perform Puja/Havan at the Shore of Lake Manasarovar. After Lunch we will drive to Darchen (Darchen in the Tibet Autonomous Region, it is a place of deep religious significance for Hindus, Buddhists, and Jains). You can stroll around the small market of Darchen town in the late afternoon. Here the rooms are basic and the bathroom is on common sharing.

Overnight stay at the hotel in Darchen.

MEAL PLAN: B, L, D

Day 09: Darchen- Yamadwar (Tarboche)-Deruphuk (4909m)

Breakfast at the Hotel,

Drive towards Yama Dwara. Yamadwar (Tarboche in Tebetan) is the starting point of Kailash Parikrama. Tarboche is also well known as an outer "Astha Path". It is one of the exciting days walking along the beautiful rocky cliffs; waterfalls with some clouds in the clear blue sky which makes you feel that the Great God Shiva is everywhere with tons of blessings. We see Ganesh Parwat on its side. Time and again the north face of Kailash Parbat will keep on appearing. Overnight at the Guest house.

If you are not doing Parikrama, then you will be waiting at Darchen till the group returns from Parikrama. Our team will help you arrange accommodation and meals. (Parikrama of Mansarovar Lake by vehicle (3 hrs - 90 km).

Overnight stay at the hotel in Deruphuk.

MEAL PLAN: B, L, D

Day 10: Deruphuk – Zuthulphuk- Trek is of 22kms via Domla-la pass, 8-9 hours walk. (5636m)

The toughest yet the most rewarding day of the Yatra; Crossing the Dolma-la Pass; Today's trek is of 22 kms; 8-9 hours walk. After breakfast, we trek to the east face of Kuberkunda pass (5,636 m) also known as the dolma-la pass and then descending gradually to Zuthulphuk (4760m). Yamasthal should be crossed to reach the Shiva-sthal while your steps go towards the Kuberkunda pass with climbing ropes and other equipment. Once we reach the top we can see many spectacular views of the east face of Mt. Kailash and the origin of the Uma River which is not possible from other spots. From the top, we also can catch a close view of Nandi Hill, Astha Path and more. Then we descended towards Zuthulphuk passing moving rocks. By late afternoon we will arrive in Zuthulphuk - the cave of Miracles, the great ascetic Milerappa (a renowned Tibetan Buddhist yogi, poet, and saint known for his extreme ascetic practices) is supposed to have performed miracles here.

Overnight stay at the hotel in Zuthulphuk.

MEAL PLAN: B, L, D

Day 11: Zuthulphuk – Darchen 8km Trek –Saga (470kms/8-10hour approximately)

Breakfast at the Hotel,

We will be picked up at the ending point near Darchen by our vehicle and drive to Darchen where we will merge with the group who didn't go for parikrama and then together drive to Saga.

Overnight stay at the hotel in Saga.

MEAL PLAN: B, L, D

Day 12: Saga – Kerung -2850m (220kms/6hour approximately) - Kathmandu(152kms/5-6hour approximately)

Breakfast at the Hotel,

Start your journey to return back to Nepal via the same route.

Lunch at kyirong(220 km/ 5-6 hours of drive), post lunch we proceed further to the border and completing immigration formalities drive back to Kathmandu – around 5-6 hrs/152 KM.

This is a long day drive, but it is worth it to finally get back to Kathmandu.

Overnight stay at the hotel in Kathmandu.

MEAL PLAN: B, L, D

Day 13: Kathmandu Departure

Breakfast at the Hotel and check out from the hotel.

Later transfer to Kathmandu airport to board RA 225 X at 1345 and arrive Bangalore at 1630Hrs.

MEAL PLAN: B

We Want You To Know This

- Please carry valid Photo ID proofs to the above tour without fail.
- Please note don't wear saree, chappal not suggested for mountain trek.
- Supplement charges will apply for up gradation of 4 and 5 Star property.
- Early check in and late checkout are subject to hotel policy.
- The timings given in itinerary and program may be changed without prior notice.
- Tour confirmation only on receipt of full payment. No refund for Unused services
- Medical Certificate from the hospital with doctor seal and signature.
- Above is just an offer / quotation and we are not holding any booking against this query.
- All services/rooms are subject to availability at the time of receiving final confirmation from your end.
- Please be reminded that all special requests like early check-in, smoking, nonsmoking, views, floors, king, twin, adjoining and/or interconnecting rooms are strictly subject to availability upon arrival and same cannot be guaranteed prior. Please note standard check-in/check-out time applicable as per hotel policy.

- **Additional and Optional Activities and Service Cost:**

- Horse and horseman per day: 1000 Yuan (during kora/parikrama)
- Porter per day: 400 Yuan (during kora/parikrama)
- Jeep (daytime/nighttime): 500/800 Yuan (during kora/parikrama)
- Extra night at the hotel per room without food: 500 Yuan (during kora/parikrama)
- Note: The additional expenses incurred due to the delay, accidents, Natural disasters, and political action.
- In case of the Traveller not going to Kailash Kora due to any reason and staying back in Darchen for those days, The food and accommodation will be on their own.
- In case the traveller not going to continue the trip for any reason and stay back in any place for those days, The food and accommodation on their own.
- Valid passport for six month and more and passport size photographs copy, You need to make booking before 40 days of departure dates.
- Sometime due to the unavoidable circumstances like bad climate, political unrest, landslides, health illness, natural disasters which are beyond human control may occur, we will be happy to refer you for any alternative trip to suit you.
- Health & Fitness: A fitness certificate from your doctor is required. Please consult your physician and inform us of any health conditions before undertaking the Kailash Yatra for your safety.
- Travel Insurance: All travellers compulsory have their travel insurance to cover accidents, emergency rescue in case of unfavourable climatic condition.
- Accommodation: Luxury and good standard hotel are in the cities like Kathmandu, Nepalgunj, Pulang ,Darchen Lhasa and Shigatse, at other places like manasaravar lake and During Kora of kailash there are guest houses and lodges with basic facilities without any modern amenities.
- Tibet side: cities like Kyirong, Saga/Darchen we will be providing good 3*/4* hotels while during Manasarovar: Dormitory style Guest House with common bathroom. And during Kailash Parikarma : Sharing basis Dormitory with Common Toilets.
- Tips to Prevent Altitude Sickness:
Mental Preparation: Stay calm and positive. A relaxed mindset can help reduce symptoms.
Physical Fitness: Prepare your body beforehand with regular exercise to improve endurance and adaptability.
Rest Before Ascent: Get plenty of rest and sleep well the night before ascending to higher altitudes.
Take It Slow: On arrival, move slowly and give your body time to adjust. Avoid overexertion in the first few days.
Hydration is Key: Drink plenty of water to stay hydrated. Avoid alcohol and caffeine, as they can increase dehydration.
- Altitude sickness can affect anyone, but with the right mindset and simple precautions, you can minimize the impact and fully enjoy your journey.
- Early Check-In and Late Check-Out is strictly subject to hotel availability at the time of check-in/out.
- Currency: Only US Dollars and Euros can be exchanged for Chinese Yuan (CNY) at banks in Tibet. Indian Rupees (INR) cannot be exchanged in Tibet, so it's best to convert INR to USD or CNY in India or Nepal before your journey. Please note that exchange rates fluctuate daily, and buying and selling rates may differ.
- Insurance: It is mandatory to purchase travel insurance that covers illness, emergency evacuation, accidents, trip cancellation, and medical treatment. Please note that such insurance is not available in Nepal.
- Communication: Please note that apps like WhatsApp, Facebook, and Google services do not work in Tibet without a VPN. We strongly recommend that all travelers download and install multiple VPNs in advance, as one may not always function reliably. VPNs are essential for accessing most social media platforms in Tibet.

- Tibet has good mobile network coverage, so you can make calls from almost anywhere. Most hotels offer Wi-Fi, although availability may vary. To stay connected, you can purchase a Chinese SIM card, typically costing around 200 Yuan.
- Documents:
 - Passport (with photocopies)
 - Travel Insurance (with photocopies)
 - Airline Tickets (with photocopies)
 - Some recent two inch colorized photo
 - RMB Cash (The Chinese yuan is the official currency of Mainland China. Technically, the yuan is the base unit of the renminbi currency (RMB)).
 - Credit or debit card .
- Passport & Visas: All the travellers should have valid passport for six month and visa can be obtain from Nepalese embassy or consulate in India, however visa is stamp at the time of arrival in Airport. For yatra you get a group visa and we get entry in group as per size. While submitting passport for visa it's not necessary to send your old passport.
- Chinese Visa: The visa will be processed through the Chinese Embassy in Delhi. We will require the physical passport in Delhi 10 days before the trip in order to obtain the visa.
- Tibet Permit Application: To apply for the Tibet Travel Permit, we need properly scanned copies (not mobile phone photos) of the passport and a passport-sized photo in PDF format at least 25–30 days prior to the trip. Please note, permit applications must be submitted at least 25 days before departure.
- TREK : There is no alternate route once the trek begins from Yam Dwar on Day 08. Yattris must either complete the trek or stay back in Darchen to rejoin the group after 4 days.
However, two support options are available:
 - Horseback Ride: INR 12,000 per day (approx. 1,000 Yuan) × 3 days = INR 36,000 total.
Please note: Horse and horseman are charged together, cannot be separated, and must be hired for the entire 3-day trek – not available on a daily basis.
 - Shared Jeep Option: INR 6,000 per day × 3 days = INR 18,000 total (subject to availability).
This option is weather dependent, and may not be available if it snows.
- Supporting truck is provided to carry equipment up to Darchen. However, it is not available during the trekking days.
- In India, hotels are not officially categorized as "4 Star","3 Star" or "5 Star". Instead, they are typically grouped under the following categories: Category A: Equivalent to 4 Star hotels, Category B: Equivalent to 3 Star hotels .Category C: Budget hotels. However it might not be a direct comparison and also amenities and services differ from hotel to hotel and destination to destination.