

2025

Kailash Mansarovar Yatra

The Journey of a Lifetime

This brochure provides detailed information about the Kailash Mansarovar Yatra, including trip highlights, safety guidelines, spiritual significance, and logistical details, ensuring a safe, comfortable, and transformative pilgrimage experience for all.



TRAVELSCAPE HOLIDAYS , KHARGHAR
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WELCOME TO THE KAILASH MANSAROVAR YATRA

Introduction:

The Kailash Mansarovar Yatra is one of the most revered pilgrimages in the world, offering a deep spiritual and transformative experience. Located in the majestic Himalayas, the Yatra leads to Mount Kailash and the sacred Mansarovar Lake, both of which are believed to be the earthly abode of Lord Shiva.

This pilgrimage is not just a physical journey, but a spiritual odyssey, a quest for divine peace and self-discovery. The sacred landscapes, coupled with the ancient rituals and customs, provide the ultimate space for meditation, reflection, and connection with the divine. With each step, the Yatra presents an opportunity to connect with one's inner self and the greater universe, making it a journey of enlightenment and transformation.

“He who visits the sacred Mount Kailash and the holy Mansarovar will be blessed with divine grace, peace, and liberation.”

KAILASH MANSAROVAR YATRA: ROUTE & ITINERARY



Day 1: Arrival in Kathmandu (1,400m)

- **Arrival and Hotel Transfer:** Arrive in Kathmandu and be transferred to your hotel for check-in and relaxation.
- **Visa Processing:** Submit your original passport and photos for visa processing for Tibet.
- **Explore Thamel:** Spend your free time wandering around the vibrant streets of Thamel, a popular tourist district full of shops, cafes, and cultural sights.

Overnight Stay: Kathmandu

Day 2: Sightseeing in Kathmandu

- **Visit Pashupatinath Temple:** Begin your spiritual journey with a visit to the sacred Pashupatinath Temple, one of the holiest Hindu temples in Nepal.
- **Visit Gujeshwari Temple:** Explore this ancient temple dedicated to Goddess Parvati, located near Pashupatinath.
- **Visit Budanilkantha Temple:** See the famous reclining Vishnu statue at this tranquil temple.
- **Afternoon Briefing:** Attend a detailed briefing about the upcoming journey and necessary preparations.

Overnight Stay: Kathmandu

Day 3–4: Rest Days in Kathmandu (Optional Sightseeing)

- **Visa Processing:** Reserved time for visa processing for Tibet.
- **Optional Sightseeing:** For those interested, optional sightseeing tours are available at additional cost, including visits to Patan Durbar Square, Bhaktapur Durbar Square, and other attractions in and around Kathmandu.

Overnight Stay: Kathmandu

Day 5: Visa Collection and Briefing

- **Visa Collection:** Collect your Tibet travel visa.
- **Tour Briefing:** Attend a final briefing before the journey starts and receive travel kits, including important documents, maps, and essentials.

Overnight Stay: Kathmandu

Day 6: Drive to Syabrubesi (1,460m)

- **Scenic Drive:** Begin your journey by driving through lush valleys and scenic landscapes to the Nepal-Tibet border town of Syabrubesi.
- **Drive Duration:** 7–8 hours.

Overnight Stay: Syabrubesi

Day 7: Syabrubesi to Kyirong (2,700m)

- **Crossing the Border:** Cross the Rasuwagadhi border into Tibet and proceed to Kyirong, a beautiful town surrounded by mountains.
- **Drive Duration:** 4–5 hours.

Overnight Stay: Kyirong

Day 8: Drive to Saga (4,640m)

- **Tibetan Plateau Drive:** Travel through the breathtaking Tibetan plateau, passing by nomadic settlements and views of snow-capped peaks.
- **Drive Duration:** 6–7 hours.

Overnight Stay: Saga

Day 9: Acclimatization Day in Saga

- **Rest Day:** Take the day to rest and acclimatize to the high altitude of Tibet. This is essential for your health during the journey.

Overnight Stay: Saga

Day 10: Saga to Lake Mansarovar (4,590m)

- **Arrive at Lake Mansarovar:** Reach the sacred Lake Mansarovar, one of the highest freshwater lakes in the world. Perform rituals and take in the spiritual ambiance of this revered lake.
- **Drive Duration:** 6–7 hours.

Overnight Stay: Guesthouse near Lake Mansarovar

Day 11: Lake Mansarovar to Darchen (4,575m)

- **Morning Prayers:** Begin your day with prayers by the serene Lake Mansarovar.
- **Drive to Darchen:** Proceed to Darchen, the base for the Kailash Kora, where your circumambulation journey begins.
- **Drive Duration:** 2–3 hours.

Overnight Stay: Darchen

Day 12: Begin Kailash Kora – Trek to Dirapuk (4,900m)

- **Trek to Dirapuk Monastery:** Start your Kailash Kora (circumambulation) with a trek to Dirapuk Monastery. Along the way, enjoy stunning views of Mount Kailash.
- **Trek Distance:** 13km (5–6 hours).

Overnight Stay: Dirapuk Guesthouse

Day 13: Trek to Zuthulpuk via Dolma La Pass (5,636m)

- **Cross Dolma La Pass:** One of the most challenging parts of the Yatra, you will trek across Dolma La Pass (5,636m), the highest point of the Kailash Kora. Visit Gauri Kund, a sacred lake, before continuing the trek to Zuthulpuk.
 - **Trek Distance:** 22km (8–9 hours).
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Overnight Stay: Zuthulpuk Guesthouse

Day 14: Complete Kailash Kora and Drive to Saga

- **Complete Kailash Kora:** Finish the last leg of your Kailash Kora and return to Saga.
 - **Trek Distance:** 12km (4–5 hours).
 - **Drive Duration:** 5–6 hours.
-

Overnight Stay: Saga

Day 15: Drive to Kyirong and Return to Kathmandu

- **Retrace the Journey:** Drive back to Kyirong and cross back into Nepal. Continue the scenic drive back to Kathmandu.
- **Drive Duration:** 7–8 hours.

Overnight Stay: Kathmandu

Day 16: Departure from Kathmandu

- **Transfer to the Airport:** After a memorable and transformative journey, you will be transferred to the airport for your onward journey.



SPIRITUAL ACTIVITIES DURING THE YATRA:

Kailash Parikrama:

The Parikrama of Mount Kailash is an essential part of the Yatra, where pilgrims walk around the mountain in a clockwise direction, reciting prayers, chanting mantras, and meditating to connect with Lord Shiva. It is said that each step taken during the parikrama brings one closer to divine grace and spiritual liberation.

Holy Dip in Mansarovar Lake:

Pilgrims will take a holy dip in the sacred waters of Mansarovar Lake to purify their souls and cleanse themselves of past sins. The ritual is a deeply spiritual experience, symbolizing rebirth and spiritual renewal.

Prayers and Offerings:

Throughout the journey, there will be numerous opportunities to offer prayers and participate in rituals at sacred sites. Pilgrims often offer flowers, incense, and prayers to invoke blessings from Lord Shiva and other deities associated with the pilgrimage.



TOUR DATES FOR 2025

Month	Date
May	19, 26
June	1 (Full Moon), 9, 16, 23, 30 (Full Moon)
July	7, 14, 21, 28, 30 (Full Moon)
August	4, 11, 18, 25, 28 (Full Moon)
September	8, 15, 22



TOUR COST

Accommodation	Cost (Group of 10)
3-Star Package	₹ 225,000 per person
4-Star Upgrade	₹ 23,500 Supplement
5-Star Upgrade	₹ 45,500 Supplement
Helicopter Border Drop (optional)	₹ 85,500 Supplement



WHAT'S INCLUDED IN THE KAILASH MANSAROVAR YATRA

1. Accommodation

- Comfortable hotel stays in Kathmandu on a twin/triple-sharing basis.
- Guesthouse/lodge accommodations in Syabrubesi, Kyirong, Saga, Darchen, and during the Kailash Kora.

2. Meals

- Daily vegetarian meals during the journey, including breakfast, lunch, and dinner.
- Packaged snacks and tea/coffee during travel and trekking days.

3. Transportation

- Private, air-conditioned vehicles in Nepal and Tibet for the entire journey.
- Assistance with border crossings, including vehicle arrangements at Rasuwagadhi and Kyirong.

4. Permits and Documentation

- Tibet travel permit and visa processing for the entire group.
- Necessary permits for Lake Mansarovar and Mount Kailash Kora.

5. Guided Assistance

- Experienced tour leaders and English-speaking Tibetan guides for the journey.
- Dedicated local staff, including Sherpa and porters during the trek.

6. Medical Support

- First-aid kit with oxygen cylinders for high-altitude emergencies.

- Access to medical assistance during the trek, if required.

7. Ritual and Pilgrimage Support

- Arrangements for rituals at Lake Mansarovar and other holy sites.
- Guidance on spiritual practices for the Kailash Kora.

8. Travel Essentials

- Travel kits including duffle bags and windproof jackets.
- Backpacks for personal belongings during the trek.

9. Sightseeing

- Guided tours of Kathmandu's iconic temples, including Pashupatinath and Budanilkantha.
- En route stops for sightseeing and photography in Tibet's scenic landscapes.

10. Support Services

- 24/7 emergency contact assistance.
- Daily updates and communication throughout the trip.

WHAT'S EXCLUDED

- Airfare to/from Kathmandu.
- Travel insurance and emergency evacuation.
- Personal expenses, tips, and optional services (e.g., yaks or horses for the Kora).

WHY CHOOSE TRAVELSCAPE HOLIDAYS ?

Embarking on the sacred Kailash Mansarovar Yatra is a once-in-a-lifetime journey, and selecting the right travel partner is vital to ensure a smooth, safe, and fulfilling experience. **At Travelscape Holidays**, we take pride in offering meticulously planned tours that combine spiritual essence, cultural richness, and traveler comfort.

Our team's expertise and dedication set us apart, ensuring that every aspect of your pilgrimage is handled with care and professionalism. Here's why travelers entrust us to guide them through this life-changing adventure:

1. Expertise in Pilgrimage Tours

With over 20 years of experience, Travelscape Holidays specializes in organizing spiritual journeys, ensuring a seamless and enriching experience for every traveler.

2. Comprehensive Itinerary

Our itineraries are meticulously planned to balance spiritual fulfillment, scenic exploration, and personal comfort, making every moment of the trip memorable.

3. Personalized Assistance

We provide dedicated tour leaders, experienced guides, and responsive staff to cater to your individual needs throughout the journey.

4. Unparalleled Local Knowledge

Having deep connections in Nepal and Tibet, our team offers authentic insights into local culture, history, and rituals, enhancing your spiritual experience.

5. High-Quality Accommodations

From comfortable hotels in Kathmandu to well-maintained lodges in remote regions, we ensure restful stays even in challenging terrains.

6. Safety and Medical Preparedness

Your well-being is our priority. Our tours include oxygen cylinders, first-aid support, and experienced staff trained in handling high-altitude conditions.

7. Transparent Pricing

No hidden costs—our packages are comprehensive, offering excellent value with clear inclusions and exclusions.

8. 24/7 Support

From the moment you book with us, our team is available around the clock to address your queries and concerns.

Join Travelscape Holidays for a journey that transcends boundaries and transforms lives—your Kailash Mansarovar Yatra starts here.



ELIGIBILITY & FITNESS REQUIREMENTS

Embarking on the Kailash Mansarovar Yatra is both a spiritual and physical journey that demands a certain level of fitness and preparedness.

Age and Fitness Level Prerequisites:

- Recommended age: 18 to 65 years (exceptions on a case-by-case basis).
- Participants must be in good physical condition, free from chronic ailments such as severe hypertension, diabetes, or heart conditions.
- A basic medical fitness certificate is mandatory before undertaking the journey.

Acclimatization Requirements and Preparation Tips:

- Altitude acclimatization is crucial due to the high elevations (up to 5,636m at Dolma La Pass).
- Participants are encouraged to engage in regular cardio exercises, yoga, and brisk walking at least two months prior to the journey.
- Gradual ascent and rest days in the itinerary help the body adapt to the altitude.
- Maintaining hydration and avoiding alcohol during the trip further supports acclimatization.

FAQ

1. What is the best time to visit Kailash Mansarovar?

The ideal time to undertake the Kailash Mansarovar Yatra is between **May and September**, when the weather is relatively stable. During these months:

- The skies are clear, offering stunning views of Mount Kailash and Lake Mansarovar.
- Temperatures range from mild to cold, with daytime temperatures reaching around 15°C and nighttime temperatures dropping below freezing.
- The monsoon season adds a scenic charm to the Nepal portion, but the Tibetan plateau remains mostly dry.

2. What are the passport and visa requirements?

- **Passport:** A valid passport with a minimum of 6 months' validity from the date of entry into Tibet is mandatory.
- **Visa and Permits:**
 - A Chinese Group Visa is required for entering Tibet.
 - Additional permits, including the Tibet Travel Permit and Alien Travel Permit, are arranged by Travelscape Holidays on behalf of participants.
 - Indian nationals traveling via the Lipulekh Pass must secure a special Inner Line Permit.

Participants must submit their original passport and two passport-sized photos upon arrival in Kathmandu for processing.

3. How long does the Yatra take?

The Kailash Mansarovar Yatra typically spans **16 days**, including acclimatization days, sightseeing, and travel. This includes:

- Travel days in Nepal and Tibet.
- Time spent at key sites like Lake Mansarovar and Mount Kailash.
- The 3-day **Kailash Kora (circumambulation)** trek, which is physically demanding.

Shorter itineraries via helicopter or flight options are available for those with time constraints.

4. How difficult is the Yatra?

The Kailash Mansarovar Yatra is considered a **moderately challenging journey** due to:

- **High Altitudes:** Reaching altitudes over 5,000m, requiring acclimatization and good physical fitness.
- **Trekking Demands:** The Kailash Kora involves 3 days of trekking, with the highest point being the **Dolma La Pass (5,636m)**.
- **Weather Conditions:** Cold temperatures, especially at night, and unpredictable weather patterns.

Participants should prepare physically and mentally, and Travelscape Holidays provides trained guides and support staff to ensure safety and comfort.

5. Are there any restrictions or limitations?

- Pregnant women and individuals with serious medical conditions are discouraged from undertaking the Yatra.
- Children under the age of 18 are typically not allowed unless accompanied by parents and deemed fit.
- Certain religious or spiritual practices may be restricted at specific sites; participants should respect local customs.

6. What kind of support is provided during the Yatra?

Travelscape Holidays ensures:

- Experienced guides and sherpas for trekking and acclimatization.
- Oxygen cylinders and first-aid kits for emergencies.
- Comfortable accommodations and well-maintained transport vehicles.

7. Can dietary preferences be accommodated?

Yes, vegetarian meals are provided throughout the Yatra, adhering to the dietary needs of most participants. Non-vegetarian meals are typically unavailable during this journey due to its spiritual nature.

8. Is the Yatra safe for solo travelers?

Absolutely. Solo travelers are grouped with other participants, fostering a community environment and ensuring mutual support.

9. Can I complete only the Lake Mansarovar segment without trekking Mount Kailash?

Yes, participants can choose to visit Lake Mansarovar for rituals and skip the Kailash Kora if trekking is not feasible. Alternate plans can be arranged.

PAYMENT TERMS

- **50% Deposit:** Upon booking confirmation.
- **Full Payment:** Due 30 days before departure.

Cancellation Policy

- **45+ Days:** 10% of the tour cost.
- **30–44 Days:** 50% of the tour cost.
- **15–29 Days:** 75% of the tour cost.
- **<14 Days:** No refund.



IMPORTANT PRE-DEPARTURE INFORMATION

Clothing

- Warm layers: Gore-Tex jackets, sweaters, thermal wear, gloves, and hats.
- Comfortable walking shoes and casual wear for daytime.
- Essential items: toiletries, medicines, snacks, sunscreen, and water bottles.

Health & Altitude Sickness

- Consult a doctor to ensure fitness for high-altitude travel.
- Carry necessary medications, including Diamox.
- Stay hydrated and avoid alcohol.

Currency

- Currency: **Chinese Yuan (CNY)**. Approx. 1 USD = 7.5 CNY.

Risks & Liability

- All tours adhere to Tibet Tourism Bureau (TTB) rules.
- We are not responsible for disruptions due to natural disasters, political unrest, or other unforeseen events.

