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Dear Sir/Madam,

Greetings from Holidays to Nepal!!

Many thanks for your **Kailash Mansarovar Yatra** inquiry with **Holidays to Nepal (P) Ltd**. We are a government-registered, highly rated, ISO certified, Nepal based and an experienced Kailash Mansarovar Yatra operator since 2013.

Read Our Past Guest Reviews: [Facebook](#) | [Google](#) | [TripAdvisor](#)

Please find below complete details of the 17 days **Kailash Mansarovar Yatra by Drive** in 2025 with Parikarma. Due to the quality concern and best possible service offering, we do operate on a small group size (10-20 people) with limited seats on our scheduled departure dates. So, we request you to let us know your decision as early as possible. Your early confirmation will help us to arrange a trip timely with all needful related arrangements.

Kailash Mansarovar Yatra Facts:

Trip Duration:	16 Nights 17 Days
Travel Type:	Kailash Mansarovar Yatra (KMY) by Drive
Starting Point:	Kathmandu, Nepal
Finishing Point:	Kathmandu, Nepal
Mt. Kailash Height:	6,638 meters from sea level
Highest Point on Trek:	Dolma la Pass (5,600 meters)
Best Months:	May to September



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Package Cost:

Group Size:	10-20 People (Deluxe Package)
Package Cost:	USD 3000 Per Person
Fixed Departure Date:	May to September 2025
Optional Mt. Everest Flight:	USD 250.00 (Including Transportation)
Tax and Fees	All Included.

Kailash Mansarovar Yatra by Drive Dates

Travel Month	Kathmandu Arrival
May	<ul style="list-style-type: none"> ● 04 May (Full Moon Date - 12 May) ● 18 May
June	<ul style="list-style-type: none"> ● 01 June (Full Moon Date - 11 June) ● 15 June ● 30 June (Full Moon Date - 10 July)
July	<ul style="list-style-type: none"> ● 13 July ● 30 July
August	<ul style="list-style-type: none"> ● 10 Aug ● 17 Aug ● 31 Aug (Full Moon Date - 07 Sep)
September	<ul style="list-style-type: none"> ● 07 Sep



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Your Trip Itinerary:

Day 01: Kathmandu Arrival.

Your Arrival Time (?) Our office representative will meet and greet you at Kathmandu Airport and transfer you to your hotel.

***Note:** Make sure that the arrival day is Sunday, so the next day we can apply for your visa immediately.*

***At. 06:00 PM:** We will meet for a trip briefing about your tour programme. If you are arriving late (after 04:00 PM), then we will have a briefing next morning at 09:00 AM. You can ask all your related questions during the trip briefing meeting.*

***Meals:** Dinner Included.*

***Hotel:** Hotel Tibet or Similar (3 Star).*

Day 02: Kathmandu Sightseeing, Visa Application.

***At. 09:30 AM:** After your breakfast, you may need to visit the **Chinese Embassy** to apply for your visa to Tibet. Later, you will go for a full day of sightseeing in Kathmandu.*

Firstly, you will start with [Pashupatinath Temple](#), a sacred Hindu pilgrimage site dedicated to Lord Shiva. You will wander through the maze of the temple, surrounded by small shrines, each with its own religious significance. Then, you will drive towards [Jal Narayan Temple](#). Take your time to appreciate the intricate details of the reclining statue of Lord Vishnu, its size, and the open air settings. You can have your lunch in between the sightseeing, according to your timing and nearby places of interest. Your final destination today will be [Patan Durbar Square](#), one of the three Durbar squares, where you will travel through the historical lane.

***At. 04:00 PM:** Once your sightseeing is complete, we will drop you off at your hotel. In the evening, you can go shopping around Thamel, a tourist market in Kathmandu.*

***Optional Activity:** You can also take part in the thrilling Everest Mountain Flight. It is a sightseeing adventure flight that departs at 06:30 AM from Kathmandu airport to Kathmandu airport, a 1 hour flight that takes you to the stunning aerial view of Mt. Everest (8848 m) and several other mountains*



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such as Lhotse (8516 m), Kanchenjunga (8586 m), Shishapangma (8027 m), Nuptse (7881 m), Ganesh (7422 m), and Chamlang (7319 m).

Meals: Breakfast and Dinner Included.

Hotel: Hotel Tibet or Similar (3 Star).

Pashupatinath Temple is the largest and holiest shrine for Hindus, dedicated to Lord Shiva. This temple, situated on the bank of the Bagmati River, was built in the 5th century. It is represented by a four faced shiva-lingam housed in the main temple. There are around 492 temples, 15 Shivalayas (shrines of Lord Shiva), and 12 Jyotirlingas (phallic shrines) to explore. Although only Hindus are allowed to enter the temple, visitors can clearly see the temple and the activities performed on the temple premises from the eastern bank of the Bagmati river. A center for Hindu pilgrimage, this temple hosts different major festivals such as Maha Shivaratri and pujas such as Rudra Abhishek and evening Aarti. Additionally, no entrance fee is charged for Indian nationals to enter the temple.

The **Jal Narayan Temple**, also known as Budhanilkantha Temple, is a famous Hindu temple dedicated to Lord Vishnu. It is around 8 KM north of Kathmandu at the base of Shivapuri Hill. The temple is famous for its large, reclining statue of Lord Vishnu resting on a bed of stone serpents in a pool of water. The temple is religiously significant for both Hindus and Buddhists. Unlike other Hindu temples, Budhanilkantha is an open-air shrine offering a unique and serene atmosphere.

Patan Durbar Square, one of the three durbar squares in Kathmandu Valley, is 6 KM southeast of Kathmandu. The square is an important example of Newari architecture, surrounded by prominent temples, palaces, courtyards, and statues. The Keshav Narayan Temple, which was built in the 17th century and dedicated to the Hindu god Vishnu, is a masterpiece of pagoda architecture. The temple is known for its nine roofed pagodas and its richly decorated interior. Other notable key attractions on the square are the Krishna Temple, the Taleju Temple, the Bhimsen Temple, and the Patan Museum. Wandering through the narrow alleys lined with traditional Newari houses, bustling markets selling handicrafts and souvenirs, and local shops showcasing local artisan's work is an interesting sight to see.

Day 03: Bhaktapur Sightseeing.



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At. 09:00 AM: Have your breakfast at the hotel. After breakfast, you will visit the [Bhaktapur Durbar Square](#) for sightseeing, which is at a distance of 16 KM from Kathmandu and takes around 45 minutes to reach. Explore around the square and appreciate the unique historical and cultural heritage of the square. You will have various restaurants suitable for you to have your lunch at. You can have your lunch around the square, which provides a variety of restaurants and eateries with authentic [Newari cuisines](#) and other national/continental cuisines catering to your needs.

*Next, you will visit the **Kailashnath Shiva Statue** (the second tallest Mahadev Statue), which is about 8 KM from Bhaktapur and offers a breathtaking view of Kathmandu Valley with a leisurely stroll through the well maintained garden surrounding the statue. Then, you will visit [Doleshwor Mahadev](#), which is at a distance of 7.5 KM from Kailashnath. There, you can witness the spiritual aura of the temple and, if you wish, participate in the Hindu worship rituals.*

Once your sightseeing is complete, you will drive back to your hotel. You can explore the city on your own if you're interested.

***Optional Activity:** You can also participate in pottery activities in the pottery square of Bhaktapur. Here, local shops let you create your own pottery items and take them home at a cheap price. Involving yourself in this activity will be a unique experience for you.*

***Meals:** Breakfast, Lunch and Dinner Included.*

***Hotel:** Hotel Tibet or Similar (3 Star).*

***Bhaktapur**, also known as Khwopa, is approximately 13 KM east of Kathmandu. The major highlights of Bhaktapur Durbar Square include Nyatapola Temple, 55-Window Palace, Golden Temple, and Dattatreya Temple, demonstrating the artistic and architectural talent of the Malla era. The Pokharis, such as Siddha Pokhari, Napukhu, and Kamalpokhari, add charm to this site. Moreover, it is famous for its pottery and handicrafts, and the surrounding area of the durbar soiree is dotted with local shops selling traditional pottery, wood carvings, and handicrafts.*

***Kailashnath Mahadev Statue** is the tallest statue of Lord Shiva and is located in Sanga, 20 KM from Kathmandu. The statue is 144 feet (44 m) in height and was made using copper, zinc, concrete, and steel. The statue depicts Lord Shiva in a standing posture, holding a trishul and damaru in his hands.*

***Doleshwor Mahadev** is a Hindu temple dedicated to Lord Shiva. It is located in the south eastern part*



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of Bhaktapur district, which is also believed to be the head part of Kedarnath, located in Uttarakhand, India.

Day 04: Chandragiri Sightseeing.

At. 09:00 AM: Have your breakfast in the hotel and drive towards [Chandragiri Hill](#), at a distance of about 14 KM from central Kathmandu. You will reach the top of the hill by a 9 minute cable car ride. You will feel the religious significance amidst the serene atmosphere as the hill features a Hindu temple, the **Bhaleshwar temple**, at the top. It will be around lunch time after your exploration up there. You can also have your lunch at the nearest (1 KM from Bhaleshwar Temple) resort, Chandragiri Hills Resort, while you enjoy the panoramic view. Later, you will visit the [Swayambhunath Stupa](#), famously known as the **Monkey Temple**, a religious site with Hindu and Buddhist harmony. You must climb certain steps to reach the top of the hill, where the stupa is located.

Note: The two way cable car ride to Chandragiri Hills is NPR 1280. You can purchase it from the base station of the Chandragiri Hills once you reach there, which is not included in the package.

At. 04:00 PM: Once you finish your sightseeing for the day, you will be dropped off at the hotel. You can either rest at the hotel or use the evening time on your own.

Optional: If you need proper preparation for the Yatra, you can also choose to go for a hike to Chandragiri Hills instead of using a cable car. The hike will assist you in your upcoming trek during the yatra. Or you can take a short hike around Kathmandu in the Shivapuri area to places such as Jamacho Gumba, Bishnudwar, and Bagdwar. These places are inside Shivapuri National Park, so park fees must be paid to enter the area.

Meals: Breakfast and Dinner Included.

Hotel: Hotel Tibet or Similar (3 Star).

Chandragiri is a popular hill station located in the Kathmandu valley at an altitude of 2551 metres, offering stunning mountain and valley views. To reach the top, one needs to take a cable car ride for about 9 minutes. The cable car runs over lush green forests, giving an adrenaline rush. Mountains from Annapurna to Everest can be seen from here. At the top is Bhaleshwar Temple, a Hindu temple dedicated to Lord Shiva. This site also features cafes, restaurants, local shops, and a kind of playing section.



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*Believed to be the oldest Buddhist shrine in Nepal, the history of the **Swayambhunath Stupa** dates back 2500 years. Also known as a **Monkey temple**, it is a hilltop pilgrimage site surrounded by smaller temples, stupas, and monasteries. This site shows the perfect harmony of Hindu and Buddhist religions with the combination of Buddhist stupas and Hindu shrines.*

Day 05: Packing and Final Preparation.

***At. 09:00 AM:** After breakfast, you will have a full day to rest in Kathmandu. Today, you can use your whole day to prepare for tomorrow's journey. You can visit nearby markets, such as Thamel, to buy any needed stuff for your trip.*

***Note:** This day can be used as a buffer day, as some time there might be a holiday at the embassy to apply for your visa, so you can also use the previous day to apply for a visa and collect the passport today. If things go well and early, we can start driving towards the Tibet border today too. In such a situation, you can rest for one night after completing the trip in Kathmandu.*

***Meals:** Breakfast and Dinner Included.*

***Hotel:** Hotel Tibet or Similar (3 Star).*

Day 06: Drive from Kathmandu to Dhunche or Syabrubesi or Timure.

***At. 08:00 PM:** After breakfast, check out of the hotel. You will start your drive towards Dhunche (98 KM/5 hrs) or Syabrubesi (118 KM/6 hrs) or Timure (124 KM/7 hours), where you can spend the night depending on how long it takes to get there. On the way to Trishuli bazar, you will stop for lunch at a highway restaurant before continuing your journey. The entire ride takes you along the Trishuli River, which offers stunning scenery.*

***Meals:** Breakfast, Lunch and Dinner Included.*

***Hotel:** Local Guest House.*

Day 07: Drive to Kyirong. (2850 m)

***At. 08:00 AM:** After breakfast, first we need to complete the immigration process (the departure stamp) at the Nepal side in Timure. Then you will walk towards Rasuwagadhi (Nepal-China Border), which is*



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about 1.7 KM from Timure. You need to settle some customs formalities in Nepal before crossing the border into China, where our Tibetan guide will meet you. The guide will assist you to complete the immigration formalities in Tibet. Once the Chinese immigration process is over, start driving towards Kyirong. Kyirong is 40 KM from the border and takes around one and a half hours to reach. You will stay the night at the hotel in Kyirong.

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Distance covered: *41.7 KM.*

Altitude: *2850m.*

Day 08: Kyirong Acclimatization.

At. 08:00 AM: *After breakfast, today you will climb up to 4500m and return back to Kyirong to stay the night. Climb high and sleep low would help your body to adjust the acclimatization process. Our guide and staff will offer you a packaged lunch and warm dinner at the hotel.*

Meals: *Breakfast, Lunch, and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Altitude: *2850m.*

Day 09: Drive to Saga. (4500m)

At. 07:30 AM: *After breakfast, you will drive 155 kilometers from Kyirong to **Saga**, which will take around 3-4 hours. En route, you will have the opportunity to go to **Ganesh Parbat** and **Lake Peiku Tso**, then eventually cross the bridge built over the **River Brahmaputra** (also called Yarlung Tsangpo in Chinese) in Saga. You will stay the night at the hotel in Saga.*

Meals: *Breakfast, Lunch and Dinner Included.*

Hotel: *Local 3 Star Hotel (Available Best).*

Distance covered: *155 KM.*

Altitude: *4500m.*



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Day 10: Drive from Saga to Lake Mansarovar. (4650 m)

*At. 08:00 AM: Enjoy a delicious morning breakfast, and today you will drive towards the holy and beautiful **Lake Mansarovar (4650 m)**. The distance from Saga to Mansarovar is about 450 KM and will take you around 8 to 9 hours. On the way, you will get a glimpse of Mount Kailash as well as the potent Rakshas Tal. Once you arrive at Mansarovar, you will take a rest at the guest house. You will stay the night at the guesthouse in Mansarovar.*

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Mansarovar Lake Side Guest House (very least facility available here).

Distance covered: 450 KM.

Altitude: 4650m.

***Lake Mansarovar**, also known as Mapam Yumtso in Tibetan, is one of the world's highest altitude freshwater lakes and is located at an elevation of 4650 m. It is revered as a holy site of purity, attracting Hindu pilgrims across the world. It is revered as a sacred lake in Hinduism, Buddhism, Bon, and Jainism. According to Hindu mythology, bathing in the lake can cleanse one's sins and bring good luck.*

***Rakshas Tal**, which translates to demon lake, is another lake on the way to Kailash, side by side with Mansarovar Lake. The name Rakshastal translates to "Lake of the Rakshasas" in Sanskrit, referring to the demon-like creatures in Hindu mythology. The lake is associated with the demon king Ravana from the Hindu epic Ramayana. According to legend, Ravana performed penance here to appease Lord Shiva.*

Day 11: Drive to Darchen. (4700 m)

*Today you can perform Puja/ Havan at the shore of Lake Mansarovar. After lunch, you will drive to **Darchen**, which is 35 KM from Mansarovar and takes around 1 and a half hours to drive. After reaching Darchen, you can rest your bags and relax. You can stroll around the small market in Darchen town in the late afternoon. Overnight at the guest house.*

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Local 3 Star Hotel (Available Best).

Distance covered: 35 KM.

Altitude: 4700m.



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***Darchen** is a small village/town located at an altitude of 4700 m, which is a significant gateway to Kailash Yatra. It is the starting and ending point for the pilgrimage circumambulation (Kora) around Mount Kailash. The village itself is a small but important hub for pilgrims and travellers visiting the region. The vibrant market in this town hosts various restaurants serving basic Tibetan fare, hotels and guesthouses for accommodation, and shops selling supplies for the trek.*

Day 12: Drive to Yama Dwara, Trek to Derapuk. (5050 m)

***At. 07:00 AM:** After having your breakfast, drive towards **Yamadwar (Tarboche)** which is the starting point of Kailash Parikrama. Passing through the gate of Yamadwar is believed to remove your evil deed from the book of judgment, and you will get a place in heaven.*

Your next stop today will be at Derapuk, which will be about 10-12 KM from Yamadwar. It is one of the most exciting days of this yatra. You will walk along the beautiful rocky cliffs and waterfalls with some clouds in the clear blue sky, which makes you feel the omnipotence of Lord Shiva with tons of blessings. As you walk on, time and again, the north face of Kailash Parbat will keep appearing. Overnight at the guest house at Derapuk.

***Note:** If you are not doing Parikrama, then you will be waiting at Darchen till the group returns from Parikrama, with arrangements for accommodation and meals.*

***Meals:** Breakfast, Packed Lunch and Dinner Included.*

***Hotel:** Local Guest House (we don't have any choice here).*

***Distance covered:** 12 KM.*

***Altitude:** 5050m.*

***Yama Dwar**, also known as Tarboche in Tibetan, is a gateway located near Mount Kailash. It literally translates to "Gateway of Death" as "Yam" refers to Yama, the Hindu God of Death, and "Dwar" means gate. It is considered an auspicious place and the main starting point for the spiritual circumambulation (parikrama) around Mount Kailash. Passing through the Yam Dwar signifies leaving behind worldly attachments and joining on a journey of spiritual purification.*

Day 13: Trek to Zuthulpuk. (4800 m) (22 KM)



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At. 07:00 AM: After breakfast, we trek to the east face of **Dolma La Pass (5,600 m)** and then descend gradually to **Zuthulpuk (4800 m)**. By late afternoon, you will arrive in Zuthulpuk- the cave of miracles. The great ascetic Milerappa is supposed to have performed miracles here. Overnight at the guest house in Zuthulpuk.

Meals: Breakfast, Packed Lunch and Dinner Included.

Hotel: Local Guest House (we don't have any choice here).

Distance covered: 22 KM.

Altitude: 5600M

Nandi Parbat is a mountain peak located near Mount Kailash in the Himalayas, with an altitude of It is considered a sacred place in Hinduism and is named after Nandi, the sacred bull who is the mount (vahan) of Lord Shiva. The mountain's shape is said to resemble that of a bull. It is also believed that Nandi, the bull, acts as a gatekeeper or intermediary between devotees and Lord Shiva.

Gauri Kunda is a sacred lake located at the foot of Mount Kailash in Tibet at an altitude of approximately 5600m. It is a revered place in Hinduism and Buddhism where Goddess Parvati used to bathe. It is believed that the waters of the kund are purified by her touch and thus possess immense spiritual power. It can be seen on the way down towards Zuthulpuk.

Day 14: Zuthulpuk to Saga. (8 KM Trek and 470 KM Drive - 8 hrs)

At. 07:00 AM: Today you will walk about 8 KM and drive towards today's final destination, Saga. Have your breakfast and go to the ending point near Darchen, where you will meet our vehicle and drive to Darchen, merge with the group who didn't go for parikrama, and then drive towards Saga together. The driving distance will be around 480 KM and take about 8-9 hours. As it will be a long drive today, once you reach the hotel, check-in and rest. You will stay the night at the hotel in Darchen.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Local 3 Star Hotel (Available Best).

Distance covered: 480 KM.

Altitude: 4500m.



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Day 15: Drive back to Kyirong. (2850M)

At. 09:00 AM: Enjoy your breakfast early in the morning. Today, you will return to Kyirong following the same route back, which will cover around 155 KM and takes about 2-3 hours. As you will reach there in the afternoon, you can take a rest or walk around the town and refresh yourself. You will stay the night at the hotel in Kyirong.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Local 3 Star Hotel (Available Best).

Distance covered: 155 KM.

Altitude: 2850M.

Day 16: Drive to Kathmandu. (1400m)

At. 07:00 AM: Enjoy your breakfast early in the morning. Today, you will return back to Kathmandu. To reach the border, you will need approximately 1 hour of driving, covering 40 KM. Then, after completing the immigration formalities at both sides, start driving towards Kathmandu. The distance is the same 130 KM and takes 5-6 hours. Once you reach Kathmandu, you can check in and rest. As today is the last day here, in the evening, you can shop around the local market, Thamel.

Meals: Breakfast, Lunch and Dinner Included.

Hotel: Hotel Tibet or Similar (3 Star)

Distance covered: 170 KM.

Day 17: Transfer to Airport.

Final departure, Nearly 2 hours before your scheduled flight, our company representative will take you to the airport. We assure you that you will get back to your home with the amazing holy experience of Kailash Manasarovar and Nepal. We hope you will enjoy the holy tour and are sure that you will be back for the next pilgrimage tour somewhere in the Himalayas again. If anyone would like to go to Muktinath then the itinerary will be added as per the route.

Meal: Breakfast Included.



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Package Cost Includes:

1. *Airport transfer in Kathmandu.*
2. *All mentioned sightseeing tours in Kathmandu.*
3. *Private vehicle with A/C during your land travel from Kathmandu to Kathmandu.*
4. *All (6 Nights) 3 star deluxe hotel accommodation in Kathmandu on double/twin sharing basis.*
5. *Best available guest house/tea house accommodation during the Kailash Yatra after Kathmandu.*
6. *All meals (Breakfast, Lunch and Dinner) as mentioned in the itinerary. (Pure Veg Meal)*
7. *Nepali Team leader, kitchen staff and supporting team.*
8. *An English-speaking Tibetan guide from Kyirong to Kyirong.*
9. *Required supporting trucks to carry kitchen equipment.*
10. *Tibetan visa and road permit.*
11. *Sleeping mat, jacket and sleeping bag while on Kailash tour.*
12. *A free duffel bag to carry your stuff.*
13. *Yak for the Kailash parikrama to carry kitchen equipment and utensils only.*
14. *First AID kit, Gamow bag and oxygen cylinder.*
15. *Daily 2 bottles of mineral water per person except for the Parikrama time.*

Package Cost Excludes:

1. *Personal expenses.*
2. *Cost for extra/additional night accommodation in Kathmandu. (if needed)*
3. *Food and transport in case of any delay due to weather or unforeseen reason.*
4. *Poni/Horse Hire/Porter hire cost (Approx 3500-4000 Yuan) during the parikrama of Mt. Kailash.*
5. *Emergency evacuation cost. (If needed)*
6. *Travel insurance (highly recommended) and expenses of personal nature etc.*
7. *Any international flight cost/Nepal visa fee if needed.*
8. *Service that isn't mentioned above.*



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9. *If pilgrims leave the group early from the Tibet side for non – disease reasons then USD 100 per person/per day has to be paid as penalty to the Tibet side – T. A. R. Foreign Exchange Center (FEC). (Visa splitting charge, accommodation, transportation charges will be extra)*

Frequently Asked Questions (FAQs)

How can I go to Kailash Mansarovar from Nepal?

There are three main ways to get to Kailash Mansarovar from Nepal. They are overland via the Kyirong border and by helicopter via Nepalgunj.

KMY via Kyirong border: *This is a good option if you are looking for a more adventurous trip. The journey from Kathmandu to Kailash is 10 days and you will need to cross the border between Nepal and China at Kyirong Border.*

KMY via Lhasa with EBC: *This route takes you through Lhasa, the capital city of Tibet where both flight and drive options are available from Nepal. It also includes a visit to north Everest Base Camp (EBC) from the Tibet side.*

KMY by helicopter via Nepalgunj: *It is the most expensive option, but it is also the fastest way to get to Kailash Mansarovar. The helicopter tour takes about 1 day from Simikot in Nepal to Hilsa in Tibet.*

What is the age limit for Kailash Mansarovar?

The age limit for the Kailash Mansarovar Yatra varies depending on the route and the regulations set by the respective government authorities. Generally, the age limit for Kailash Mansarovar is between 18 and 70 years old. There are exceptions for very fit individuals over 70, but it is not guaranteed that a permit will be issued as it depends upon the authority itself.

Can a normal person go to Kailash Mansarovar?

Yes, a normal person can go to Kailash Mansarovar. However, it's essential to understand that the journey to Kailash Mansarovar is considered a challenging pilgrimage due to the high altitude, rugged



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terrain, and often harsh weather conditions. The trek involves both physical and mental endurance, so it's recommended to be in good health and physically fit before taking the journey.

Is Kailash Mansarovar Yatra difficult?

The Yatra involves walking for several days, often in remote terrain and at high altitudes, with its highest altitude of 5600m in Dolma La Pass, which requires a good level of physical fitness and stamina. It can be physically demanding and can lead to altitude sickness and other health challenges for some individuals. However, people of all ages and fitness levels have undertaken it successfully as long as one is in good health and physical fitness before undertaking the journey. Also, proper acclimatization, physical training, and being aware of one's health condition are crucial for a safe and enjoyable experience.

How can I get a visa for Nepal?

All foreign nationals, except Indians, need visas to enter Nepal. Multiple entry visas for 15 days (US\$ 40 or equivalent convertible currency), 30 days (US\$ 50) or 90 days (US\$ 100) can be obtained from any Nepalese embassy or consulate. You can also get a [visa on arrival](#) at the Tribhuvan International Airport, Kathmandu or at the Immigration Office at the entry points of Nepal.

Tourist visas can be extended for a period of 120 days at the Immigration Department in Kathmandu. However, nationals of the following countries will not get a visa on arrival at the immigration entry points of Nepal: Afghanistan, Cameroon, Ethiopia, Ghana, Iraq, Liberia, Nigeria, Palestine, Somalia, Swaziland and Zimbabwe. They need to obtain visas from Nepalese embassies or diplomatic missions in their respective countries prior to their arrival in Nepal.

Gratis (Free) Visa for 30 days is available only for nationals of South Asian countries like Bangladesh, Bhutan, Maldives, Pakistan and Sri Lanka for the first visit in one visa year (January to December). However, a visa fee is required for its extension beyond 30 days.



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Indian nationals do not require a visa to enter Nepal. For more information please visit the Nepal government's official website [here](#). For an online visa application [click here](#). You will find information to get the Nepal visa online.

How do I book this tour?

If you are interested in joining one of our Kailash Mansarovar Yatra group departures please follow the process mentioned below:

STEP 1: Please check the availability of travel dates and seats from our website which is below with the cost table. Or directly contact our travel consultant so we will provide all needful information regarding the Kailash Mansarovar Yatra by helicopter.

STEP 2: Upon finalizing your dates and other information with our office, please send a scanned copy of your passport via email at kailash@holidaystonepal.com. (Please note the passport must be valid for a minimum of 6 months from the date of yatra)

STEP 3: Now you can confirm your booking, but to confirm a booking we need **an advance payment of USD 500 per person**. Once we receive your booking advance amount, we will proceed with your placement in a group, reserve hotel and flights for you, and start your visa documentation processing.

Furthermore, the balance amount you have to pay 30-35 days prior to the tour departure, we won't be able to proceed with further needful arrangements if we don't receive your 100% payment at the above time period. [Click here](#) to know more about the payment options.

What are the booking cancellation policies?

All notices of cancellation must be sent to our office in writing form (email us at kailash@holidaystonepal.com), verbal cancellations will not be accepted.



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30 Days before trip departure	100% Advance Booking Amount
20 Days before trip departure	50% of Total Trip Cost
15 Days before trip departure	90% of Total Trip Cost
10 Days and less departure	100% of Total Trip Cost

Important information that you should read:

Foreign Nationals and NRIs

Nepal portion - A valid passport and visa are mandatory for all foreign nationals and NRIs (Non-resident Indians) to enter Nepal. Nepal immigration offers a Visa On Arrival facility at Kathmandu airport for all valid documents and visa fees.

China/Tibet portion - A valid passport, visa and a special permit to visit the Kailash region is mandatory for all foreign nationals and NRIs (non-resident Indians) willing to undertake Kailash Yatra.

Travel Insurance

It is strictly advisable and mandatory to carry a valid **Travel Insurance** covering the Kailash region. Our trips do not include the price of travel insurance and it is the sole responsibility of the pilgrim/traveller to ensure that he/she is adequately insured for the full duration of the trip. If you need assistance while purchasing your insurance you can contact us.

Medical Certificate

It's not compulsory. But we suggest getting a health certificate of the pilgrims issued by his/her physician mentioning that the pilgrim/traveller is in perfect condition to undertake the yatra to



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Mount Kailash at a height of above 15000 feet. Medical certificates are not our responsibility and we do not take any liability for any health issue.

Packing List:

Clothing	Essentials	Additional
Warm and Comfortable Clothes	Soap/Shampoo	Hiking poles
Shoes	Toiletries	Camera, Batteries, Binocular
Shorts	Dust Mask/Sanitizer	Headlamp
Trekking Pants	Toilet Paper, wet tissues	Small first aid kit
Long Sleeved Shirt	Quick-dry towel	Documents (Passport, Permits, Visa) and Cash
Fleece	Sunglasses	Water Bottle
Rain Jacket	Sunscreen/Sunblocks	Plastic bags, Deo, Thread and Needle
Down Jacket, Sweaters	Moisturizers, Lip Balm	Energizers, Chocolates
Socks, woolen gloves	Hat, Balaclava	Snacks, fruits
Backpack	Personal Medical Kit	Worship elements

Health

This is one of the toughest high-altitude road journeys on earth. You Must be physically fit. Generally, patients with asthma & heart issues have a problem acclimatizing to high altitudes. In such cases, it is



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essential you should be examined by your doctor to know about your health condition and your ability to cope with the rigorous high altitude travel for days in 'no road' conditions, extreme cold, dust, trekking to an altitude of 19500 ft during the Parikrama, etc. Most importantly, **it is highly recommended to carry the medicines you use on a regular basis.**

Altitude Sickness

As you are traveling over high terrain, you are likely to experience symptoms and discomfort of altitude sickness (headache, loss of appetite, nausea, exhaustion, sleeplessness, breathlessness etc.) until your body adjusts to the elevation. This can take a couple of days or more depending on the individual. For this reason alone, it is important to acclimatize properly and understand your body strength. While on the journey, drink plenty of water, be calm, and do breathing exercises. Do not drink alcohol or smoke prior to and during the tour. We also recommend you carry a strip of Diamox tablets in case of altitude sickness. Do consult your physician on the dosage.

Currency

It is recommended that you carry Chinese currency (Yuan) as it is the only currency accepted on the Tibet side. The unit of Chinese currency is Yuan. USD 1 = 6.00 Yuan. 1 Yuan = NPR 17.00 approx. Money can be exchanged on the Nepal Tibet Border. Re-exchange all your remaining Yuan at the end of the trip at the border itself before re-entering Nepal.

Risks and Liability

Holidays to Nepal Pvt. Ltd and its associates will put every effort to make your journey smooth and pleasant. However, all the tours in Tibet are conducted strictly under the rules & regulations of the Tibet Tourism Bureau (TTB). Therefore, Holidays to Nepal. Pvt. Ltd and its counterpart shall not be responsible for any change and alteration in the program due to unavoidable circumstances such as landslides, road blockage, flood, snow, political unrest, cancellation of flight, delayed arrival, delayed issue of permit and visa, sickness or accidents. Any extra cost incurred thereof shall be borne by the clients on the spot.



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Holidays to Nepal wishes you a happy and comfortable journey !!!