

"Embark on an Adventurous journey of the Soul"

Kailash Mansarovar

FROM 24TH JULY - 4TH AUGUST

FROM 2ND - 13TH SEPTEMBER

Group Leader

Premlata Agrawal

PADMASHREE & NATIONAL ADVENTURE AWARD RECIPIENT



The Mount Kailash Parikrama

The Mount Kailash Parikrama, also known as the trek around Mount Kailash, is considered one of the most challenging and perilous journeys for pilgrims worldwide. Spanning three days, this trek involves circumambulating the sacred abode of Lord Shiva. The trek is divided into three stages to accommodate the high altitude and thin air, which can be physically demanding. The base camp, located in Darchen at an elevation of approximately 15,000 feet, provides accommodation and a place for pilgrims to rest and rejuvenate after the arduous climb and descent.

The first day of the trek begins in YUM DWAR and leads to Dirapuk Monastery. This leg of the journey is relatively easy, with gentle slopes and moderate terrain. It is crucial to stay together with the group throughout the trek. On the second day, the trek continues from Dirapuk to Zuthulphuk Monastery, which is the most challenging and exhausting part of the journey. This section includes the ascent and descent of Dolma La Pass, the highest point of the trek at an elevation of 5630 meters. The terrain is treacherous, with steep inclines and declines, requiring utmost caution. It is advisable not to linger at Dolma La Pass for an extended period due to the thin air and harsh cold winds.

The third and final stage of the parikrama is the easiest, covering the least distance and culminating in the completion of the holy journey at Darchen. Although this part may not offer picturesque landscapes, the stable ground allows pilgrims to reflect on the preceding three days and engage in contemplation.

Throughout this spiritual and adventurous journey, pilgrims encounter various divine sites and spiritual hubs of great sanctity.

Itinerary

Day 1: - Arrival in Kathmandu

Upon arrival at Tribhuvan International Airport in Kathmandu, our representative will greet you and assist with your transfer to the hotel. After check-in, you'll have time to rest and acclimatize. In the evening, there will be a briefing session to discuss the upcoming journey and answer any questions. You can also explore the nearby markets and try some local cuisine at your leisure.

Day 2: - Kathmandu Sightseeing and Preparation

After breakfast at the hotel, set out for a guided sightseeing tour of Kathmandu's highlights. Visit the sacred Pashupatinath Temple, a UNESCO World Heritage Site and one of the holiest Hindu temples. Then, explore the Swayambhunath Stupa (Monkey Temple), offering panoramic views of the Kathmandu Valley. In the afternoon, visit the ancient Boudhanath Stupa, an important center of Tibetan Buddhism. After sightseeing, return to the hotel to finalize preparations for the Kailash tour, including checking equipment and packing essentials.

Day 3 - Drive to Timmure (Nepal Border)

After an early breakfast, begin your scenic drive from Kathmandu to Timmure, covering approximately 165 km over 8 hours. The journey passes through picturesque countryside, terraced fields, and quaint mountain villages. Upon arrival in Timmure, settle in at a local guesthouse. Spend the evening relaxing and adjusting to the higher altitude.



Day 4: - Drive to Kerung

Today, after breakfast, drive about 40 km to reach Kerung, situated at an altitude of 3700m. This short journey takes you into Tibet, and you'll go through immigration formalities at the Nepal-China border. Kerung is a small border town where you'll spend the rest of the day resting to acclimatize to the altitude, enjoying simple meals and soaking in the views of the Himalayan foothills.

Day 5: - Drive to Saga

After breakfast, begin the drive to Saga (4450m), a distance of around 180 km, which takes approximately 4 hours. Along the way, you'll witness beautiful Tibetan landscapes—arid high plateaus, distant snow-capped peaks, and grazing yaks. Upon reaching Saga, check into your accommodation and spend the rest of the day resting and adjusting to the altitude.

Day 6: - Drive to Lake Mansarovar (Full Moon)

After an early breakfast, drive approximately 280 km to the sacred Lake Mansarovar (4500m), a journey of around 6 hours. Lake Mansarovar is considered the holiest lake in Tibet, believed to cleanse one's sins and purify the soul. Arrive in time to witness the mesmerizing full moon night by the lake, a truly magical and spiritual experience. You'll stay in a guesthouse or basic lodge by the lake, with time to take a ritual bath or meditate.

Day 7: - Drive to Darchen

After a leisurely morning at Mansarovar, have lunch and drive 46 km (about 2 hours) to the base town of Darchen (4600m). Darchen is the starting point for the Mount Kailash Kora (circumambulation). Spend the evening preparing for the trek ahead, with the majestic Mount Kailash visible in the distance.

Day 8: - Trek to Deraphuk

After breakfast, drive 8 km to Tarboche (Yamdhar), the official starting point of the Kailash Parikrama. Begin your trek from here, walking about 12 km to Deraphuk (4890m). The 6-hour trek follows a serene valley surrounded by towering cliffs and offers the first close-up views of Mount Kailash's north face. Stay overnight in a basic guesthouse or camp, where the views of the sacred mountain will leave you spellbound.

Day 9: - Trek to Zhuthulphuk via Gaurikunda

Today is the most challenging day of the Kora. The trek spans about 22 km and takes roughly 10 hours, crossing the highest point, Dolma La Pass (5630m). The path ascends steeply to the pass, marked by colorful prayer flags and cairns, then descends past Gaurikunda Lake—a sacred site associated with Parvati. Continue down to Zhuthulphuk (4790m), where you'll spend the night in a basic guesthouse or camp, reflecting on the physical and spiritual accomplishment.

Day 10: - Trek to Chandu and Drive to Saga/Dongpa

After breakfast, trek for about 3 hours to reach Chandu, completing the Kora around Mount Kailash. From Chandu, drive back to Saga or Dongpa (about 6 hours via Darchen). Upon arrival, check into your accommodation and enjoy a hot meal and well-deserved rest.

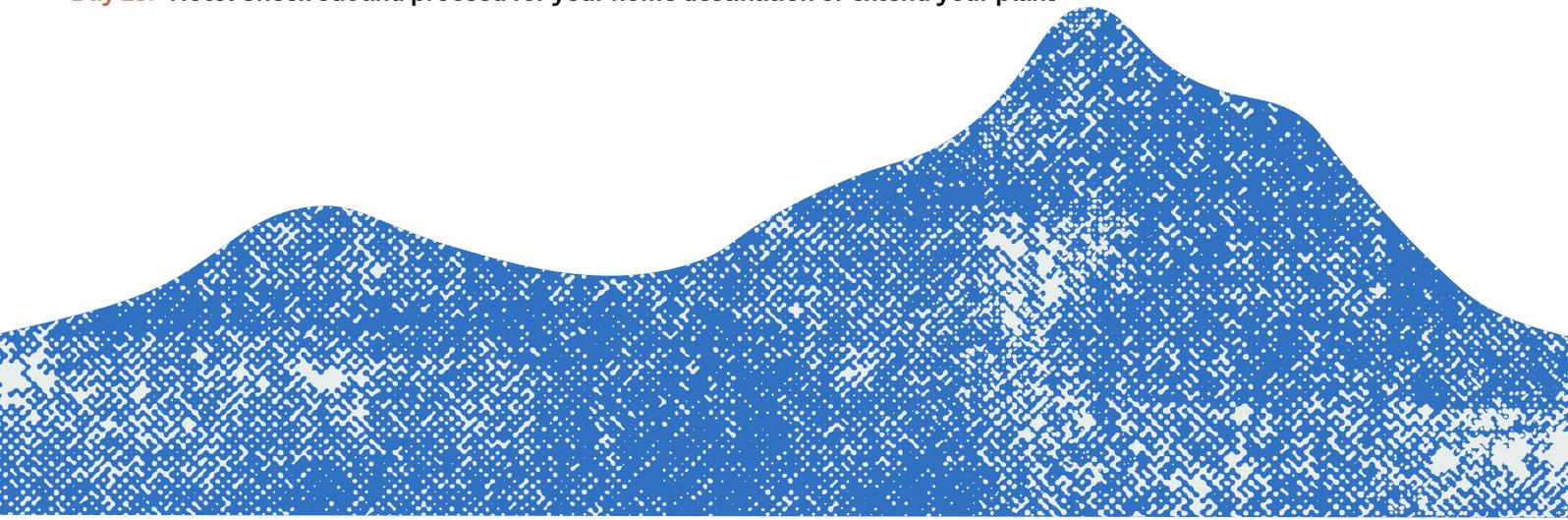
Day 11: - Drive Back to Kerung

After breakfast, drive back to Kerung (3700m), retracing your route through the stark yet beautiful Tibetan landscape. The journey takes around 5 hours. Spend the evening in Kerung, enjoying the last moments of the high-altitude experience and reflecting on your journey.

Day 12: - Drive Back to Kathmandu

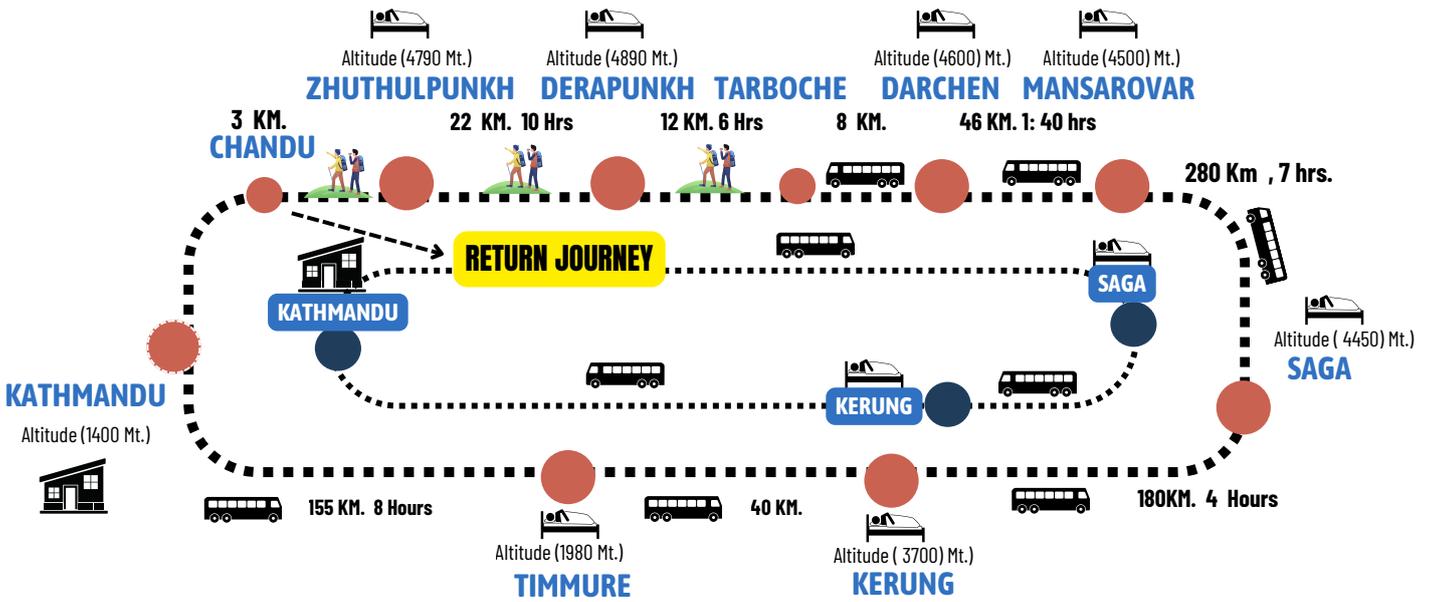
After breakfast, begin the drive back to Kathmandu, completing the border formalities at the Nepal-China border before continuing to the capital. Upon arrival in Kathmandu, check in to your hotel and enjoy the comforts of a warm shower and a delicious farewell dinner. Celebrate the successful completion of this spiritual and physically challenging journey.

Day 13:- Hotel Check out and proceed for your home destination or extend your plans





KAILASH MANSAROVAR YATRA ROUTE PLAN



Mt. Kailash Parikrama Map Outer Kora & Inner Kora





101, SIGMA, SRINATH RESIDENCY, MARINE DRIVE ROAD, KADMA,
JAMSHEDPUR- 831005 PH: 9431110011

MOUNT KAILASH MANSORAVAR YATRA

TRIP COST: 2878 USD @ RS 90/- INR RS. 2,59,000/- (FROM KATHMANDU TO KATHMANDU)
REGISTRATION AMOUNT: RS. 30000 /- TO BE PAID AT THE TIME OF REGISTRATION, NON REFUNDABLE IN ANY CIRCUMSTANCES
ADDITIONAL GST @ 5% ON ALL PAYMENTS

FINAL AMOUNT WILL BE CALCULATED AS PER THE PREVALING CONVERSION RATES OF INDIAN CURRENCY TO US DOLLARS

PAYMENT SCHEDULE FOR INDIAN CITIZENS

ON REGISTRATION Rs.30000 + 5% GST **NON REFUNDABLE**
60 DAYS PRIOR TO TRIP DATE Rs.85900 +5% GST
45 DAYS PRIOR TO THE TRIP DATE \$1590 = Rs 1,43,100 + 5% GST
(AMOUNT WILL BE CALCULATED AS PER THE PREVALING CONVERSION RATES OF INDIAN CURRENCY TO US DOLLARS)

COST & PAYMENT SCHEDULE FOR OTHER THAN INDIAN PASSPORT HOLDERS

ON REGISTRATION SERVICE CHARGE + REGISTRATION Rs.40000 + 5% GST **NON REFUNDABLE**
60 DAYS PRIOR TO THE TRIP DATE Rs.75900 +5% GST
45 DAYS PRIOR TO THE TRIP DATE USA Nationals \$ 2000 + 5% GST
Others nationals \$ 1900 + 5% GST

Foreign Nationals :

For all other foreign passport holders, mixed-nationality groups are allowed, and travelers from any country may join the same group, except Indian nationals. foreign passport holders may however join Indian groups subject to a minimum of 5 foreign passport holders.

Visa Requirements:

Most European nationals do not require a prior Chinese visa for the Kailash tour. However, Czech Republic (Czechia) and British (UK) passport holders do require a visa.

Travelers from visa-required countries must either obtain the visa in their home country before arriving in Nepal or arrive in Nepal at least one week before the tour departure date to process the visa in Kathmandu. Arrival in Kathmandu on Sunday is strongly recommended to ensure smoother and timely visa processing.

OUR BANK DETAILS

Himalayan Paths

HDFC BANK

BISTUPUR BRANCH, JAMSHEDPUR

CURRENT A/C NO. 50200072486830

IFSC: HDFC0000087



INCLUSIONS

- VISA FOR INDIAN PASSPORT HOLDERS
- Yatra Permit
- Vegetarian Meals (Breakfast, Lunch & Dinner)
- Accommodation as per itinerary.
- Transportation : During our complete trip as per itinerary.
- 1 Nepali Tour Guide / Manager, 1 Chinese / Tibetan Tour Guide, Team of Sherpa to carry your luggage & Cooks to prepare food
- Transport by Tourist Eco Bus as per group sizes.
- Free gifts (Bag Pack, duffle Bag}
- Oxygen cylinder for emergency use.

EXCLUSIONS

The following are not included in the package:

- Personal expenses
- Airfare/Rail fare or any other expenses from your home location
- Pony/Porter expenses during Kailash Parikrama
- Insurance
- Medical expenses
- Government Service Tax
- Donations or tips to guides, sherpas, drivers, cooks, porters, priests, or any crew member
- Additional accommodation due to bad weather, or any other reasons
- Evacuation/rescue/additional charges/losses due to natural calamities or unforeseen circumstances
- Anything not mentioned in the inclusions



REGISTRATION PROCESS TO REGISTER FOR THE KAILASH YATRA 2026, FOLLOW THESE STEPS:

- Fill up the Kailash Yatra 2026 Booking Form and scan a colored image of your passport.
- Send the soft copy of the booking form and passport to himalayanpaths.in@gmail.com
- Transfer the booking amount to the Himalayan Paths account and share the transaction details at himalayanpaths.in@gmail.com
- Pay the remaining amount as per the schedule.
- Delay in payments may lead to additional costs .
- **LAST DATE OF REGISTRATION: 60 DAYS PRIOR TO THE TRIP DATE**

HIMALAYAN PATHS – KAILASH MANSAROVAR CANCELLATION & PERMIT POLICY

This document outlines the cancellation terms, refund conditions, and permit procedures for the Kailash Mansarovar Yatra organized by Himalayan Paths. All participants are required to read and understand these policies before booking. By confirming a booking, the traveler accepts these terms in full.

1. TRIP CANCELLATION – GENERAL TERMS

- Unlike standard tour packages, the cancellation terms for Kailash Mansarovar are strict and may involve heavy penalties.
- Travelers must carefully review and agree to these terms before booking. If unwilling to accept, they should not proceed with a booking.
- All cancellation requests must be submitted in writing via email. Telephonic cancellations are not valid.

2. CANCELLATION CHARGES

After Initial Deposit

- Once the initial deposit is paid at the time of booking, this amount is strictly non-refundable.
- In addition, any GST, government taxes, or statutory charges applied at the time of payment will also be non-refundable.
- If a refund is otherwise applicable under the terms and conditions, such refund will be processed only after deducting the non-refundable deposit, registration amount, GST/government taxes/charges, and all expenses already incurred on account of the trip.

After Advance Payments

- As stated in the Booking Documents, cancellation charges apply once advance payments are made.

45 Days Prior to Trip Start Date

- Cancellation will incur a charge of 40% of the total trip cost, excluding the registration amount.
- In addition, any expenses already incurred on account of the trip will also be deducted from the refundable amount.

Less Than 45 Days Before Trip Start Date

- Cancellation will incur a charge of 100% of the total trip cost.

3. PERMIT AND VISA RELATED CANCELLATIONS

Before Tibet Permit Preparation

Refunds are allowed after deduction of non-refundable registration charges, GST/government taxes/charges, and all expenses already incurred.

After Permit Chart Preparation / Submission

No modifications or cancellations are permitted once the group chart is finalized and submitted.

After Permit Issuance or Trip Launch

No refunds or cancellations are allowed once permits are issued or the trip has commenced.

Non-Grant of Permissions

If entry permission is denied by Tibetan authorities, refunds will be processed after deducting non-refundable charges, permit application fees, GST/government taxes/charges, and expenses incurred.

4. SPECIAL CONDITIONS

Force Majeure

Cancellations due to natural disasters, political unrest, or global events fall under Force Majeure. Refunds are not applicable beyond the stated deductions.

Medical Grounds

Participants must be physically and mentally fit. Medical clearance is mandatory. If declared unfit, the participant will not be allowed to join, and no refund will be provided.

Unutilized Services

No refunds are applicable for services not availed once the trip has launched.

5. PERMIT AND VISA PROCESS

Tibet Permit Application

- Must be submitted at least 40 days before departure.
- Approval is at the sole discretion of Tibetan authorities.
- Permits often arrive late, sometimes 5–10 days into the scheduled journey window.

Chinese Visa Application

- Can only be applied for after the Tibet permit is issued.
- Requires submission of the participant's passport at the Chinese Embassy in Delhi.
- Processing time is approximately 7 working days.
- Overseas participants must remain in India during this period.

Practical Implications

- The expedition depends entirely on the timing of the Tibet permit.
- Without the permit, the Visa cannot be processed.
- Many agencies conceal this reality, leading to pilgrims stranded in Nepal with unexpected costs.

Transparency Commitment

- Himalayan Paths discloses these facts to ensure participants are mentally, financially, and logistically prepared for possible delays.
- Participants will only be called to Kathmandu once Tibetan permits are in hand and forwarded for Visa processing.
- This measure is taken specifically to avoid unnecessary expenses for participants, such as extended stays in Kathmandu or cancellation of personal travel arrangements.
- By ensuring permits are secured before travel to Kathmandu, Himalayan Paths minimizes the risk of additional financial burden on participants.

6. IMPORTANT NOTES

- The dates mentioned in the booking are subject to change due to reasons beyond our control, such as delays in permits or unforeseen situations in Nepal or China.
- The journey involves travel through two countries – Nepal and China – to reach Kailash Mansarovar. While changes are rare, participants must be mentally prepared for extended stays if required.
- For Indian nationals, permits are generally not an issue, but timing and dependency on Tibetan authorities remain unpredictable.

✔ This policy document is binding and forms part of the terms and conditions of booking with Himalayan Paths.



PLEASE BE AWARE

1. Natural calamities and adverse weather conditions are beyond our control.
2. The company cannot guarantee the weather during the travel or assume responsibility for it.
3. The company will not be held liable for flight cancellations or delays due to weather.
4. Passengers are responsible for any additional expenses caused by weather-related issues.
5. Passengers should mentally prepare for unforeseen circumstances during the pilgrimage..
6. Passengers are requested to remain calm and cooperative in such situations.
7. Bad weather conditions may require participants to wait for extra days.
8. Accommodations beyond Kathmandu are basic, and passengers should have low expectations.
9. Luxurious facilities or star hotels are not available in China/Tibet.
10. Guesthouses along the way provide simple dormitory bedrooms.
11. Hot water may not be available in the bathrooms, and even cold water may be scarce.
12. Passengers with high expectations for luxury should reconsider participating.
13. Baggage weight is limited to 15 kg for the road route.
14. Excess baggage weight will incur an additional charge.



MT. KAILASH DARSHAN GUIDELINES & OTHER FACTORS

- Show respect to the mountains and avoid displaying heroism during the Kailash Parvat darshan.
- Maintain a rhythmic pace while walking to prevent early tiredness and accidents.
- Stay hydrated by drinking plenty of water during the trek. Liquid diet is beneficial.
- Apply sun cream to exposed body parts, especially during the Kailash Mountain Kora.
- If the body cannot tolerate the cold water of Mansarovar Lake, refrain from taking a bath. Sprinkling water on the body is considered equivalent to bathing.
- Trek in small groups to reduce the risk. Avoid trekking alone.
- Follow the instructions of the experienced Liaison Officer throughout the Kailash Yatra.
- Ensure proper meals are consumed throughout the journey for strength. Liquid diet can be beneficial.
- Avoid carrying a heavy backpack during the Kora of Mt. Kailash.
- Alcohol consumption is prohibited during the Kailash journey.
- Trip prices include accommodation, food, transport, guides, fuel charges, permits, visas, etc.
- The detailed list of inclusions and exclusions can be found in the trip brochure.
- The company makes every effort to avoid increasing the price of the service or tour package during the year.
- However, certain factors beyond our control may lead to price adjustments.
- Factors that may result in price increases include fuel price hikes, changes in government taxes, increases in visa fees or permit charges, major fluctuations in currency exchange rates, airfare increases, and changes in fees or charges by Nepal or Tibet ground operators.
- The company reserves the right to increase the price of the trip package or a part of the trip without notice, before or during the yatra, if such circumstances arise.
- Travelers are responsible for paying any additional amounts caused by price changes or hikes promptly.
- If travelers refuse to pay the additional amounts, the company has the right to reject their participation in the trip, and any advance payments made will be forfeited.

PHYSICAL FITNESS

- Kindly consult your doctor and get yourself examined for this yatra
- As Mount Kailash and lake Manasarovar is situated at high altitudes please start exercises like walking, jogging, yoga and other breathing exercises in order to have a successful yatra at least from a month before.

HEALTH PRECAUTION

Oxygen level is less at higher altitudes. The inclement weather and high altitude induces certain illness generally not encountered over the plains. Headache, nausea, lassitude, lethargy, breathlessness, general uneasiness [malaise], high irritability, light loss of balance, disorientation, incoherence and insomnia are a few. It is common to all irrespective of the age, sex and physical fitness. Gradual acclimatization is the best answer. Tranquilizers, sleeping dose and strong anti-biotic must be avoided. Some of symptoms indicate that the body mechanism is readjusting to new environments. The best idea is deliberately slow down all the activities and follows the following rules:

- Rest.
- Relax-do not exert, be excited.
- Reduce talking.
- Walk slowly – adopt one third of your speed and space.
- Keep your load light.
- Walk for 30 minutes and rest for 5 minutes.
- Whenever you feel uncomfortable, just stop; rest and relax.
- Ignore the sudden outbursts of fellow pilgrims and avoid arguments.
- Observe silence with smile.
- Never go too high and too fast.
- Consume plenty of liquids; never proceed with an empty stomach.
- Chant a prayer or visualize everything around to suit your pleasant thoughts or put on the earphones and listen to your favourite music, bhajans, chanting etc.
- Be careful not to catch a cold. It is better to be over clothed than under protected. En-route avoids taking bath or drinking water from Lake Streams or rivers, as your system is not conditioned for this.
- Keep your boots/Ked inside tent. Protect yourself against dust and direct sunshine during the long stretches of driving. Face, feet and hands must be well protected.
- The uneven ground, steep slope and slushy banks are full of potholes. Do not combine walking and sight seeing together.
- Always listen to your guide or the one with experience. Never leave the group.
- On this trip, over exertion is to be avoided and drinking plenty of fluids is recommendable. During winter, heavy warm clothing is a must.

TEAM LEADER

PREMLATA AGRAWAL

An intrepid adventurer who began mountaineering in her late 30s, Premlata Agrawal is the first Indian woman to scale the Seven Summits, the seven highest continental peaks of the world. She was awarded the Padma Shri by the Government of India in 2013 and the Tenzing Norgay National Adventure Award, the highest award in the field of adventure sports, in 2017 for her achievements in the field of Mountaineering. On May 20, 2011, she became the oldest Indian woman to have scaled the world's tallest peak, Mount Everest at the age of 48 years.

Being a true icon in the mountaineering community, Tata Steel retained her in the adventure sports department to further motivate future adventurers. With her unwavering commitment to the sport and unflinching courage, she infused her passion, grit, and determination of being an adventurer and a mountaineer to students, women, and the youth of the country by taking them on multiple treks and expeditions.

Her 20 years of dedication to mountaineering is a testament to the human spirit's boundless potential for greatness, as she has shown time and again that with grit, determination, and a fierce will to succeed, anything is impossible. This has also won her multiple accolades over the years-

Today, after moving on from Tata Steel and with a heart full of passion and a soul that craves adventure, Padmashree Premlata Agrawal has devoted her life to the pursuit of mountaineering excellence. She has started her institution called "Himalayan Paths" with the vision of unleashing the untouched potential within the students, youth and women of our country.



There's no substitute for taking action
I never dreamed about success, I worked for it.

Premlata

- **FIRST INDIAN WOMEN TO CLIMB THE SEVEN SUMMITS**
- **FIRST INDIAN WOMEN TO CLIMB MOUNT DENALI THE HIGHEST PEAK OF NORTH AMERICA**
- **FIRST INDIAN WOMEN TO CLIMB MOUNT CARSTENST PYRAMID THE HIGHEST PEAK IN AUSTRALASIA**
- **OLDEST INDIAN WOMAN MOUNTAINEER TO CLIMB EVEREST (2011)**
- **FIRST FROM JHARKHAND TO CLIMB MOUNT EVEREST**
- **AWARDED PADMA SRI IN 2013**
- **AWARDED TENZING NATIONAL ADVENTURE AWARD 2017**