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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, ISO certified, highly rated, Kathmandu based and an experienced Kailash Mansarovar Yatra operator since 2013.

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Please find below complete details of the 17 days **Kailash Mansarovar Yatra Private Tour via Lhasa** with EBC in 2026. This is a private tour with a group size of 4 to 6 people. It concerns the quality and best possible service offering, which we arrange upon people's preference and choice. So, we request you let us know your trip confirmation decision as early as possible. Your early confirmation will help us to arrange a trip in a timely manner with all needful related arrangements.

Kailash Mansarovar Yatra Facts:

Trip Duration	16 Nights 17 Days
Travel Type	Kailash Mansarovar Yatra (KMY) via Lhasa with EBC (Private)
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)
Tour Operation	From May to September



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Package Cost:

Group Size:	4 - 6 People
Package Cost:	USD 6200 Per Person
Optional Mt. Everest Flight from Kathmandu:	USD 250.00 (Including Transportation)
Tax and Fees	All Included.

Your Trip Itinerary:

Day 01: Kathmandu Arrival, Welcome to Nepal!

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

***Meal:** Dinner Included.*

***Hotel:** Mulberry or Similar (4 Star).*

Day 02: Visa Application, Kathmandu Sightseeing.

***At. 09:30 AM:** After your breakfast, you may need to visit the **Chinese Embassy** to apply for your visa to Tibet. Most of the time, the visit isn't required, but if needed, we will arrange a visit. 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



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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.*

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

Hotel: *Mulberry or Similar (4 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 the 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 the 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.*



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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.

***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.*

***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.*

*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.

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

***Hotel:** Mulberry or Similar (4 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.*



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The **Kailashnath Mahadev Statue** is the second 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 of the Bhaktapur district, which is also believed to be the head part of Kedarnath, located in Uttarakhand, India.

DAY 04: Visa Collection, Trip Preparation.

At. 09:00 AM: After breakfast, you will have a full day to rest in Kathmandu. You will collect your visa today, and 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 serve as a buffer in case of a holiday at the embassy. You can use the previous day to apply for your visa and collect the passport today. If everything goes smoothly, we may fly to Lhasa today. If so, you can rest for a night in Kathmandu after completing the trip.

Meals: Breakfast, Lunch, and Dinner Included.

Hotel: Mulberry or Similar (4 Star).

DAY 05: Fly to Lhasa.

At. 09:00 AM: Have your breakfast at the hotel and drive towards TIA for your flight to **Lhasa**. The flight time is about 1 hour and 15 minutes. Once you arrive at the **Lhasa Gonggar Airport**, you will be transferred to the designated hotel. After you check in at the hotel, you are welcome to explore the city, visit nearby temples, do some shopping, try delicious Tibetan food in one of the local restaurants, or just take a rest.

Depending on the time of your arrival, you might have some free time to spend in Lhasa. Our guides will be happy to advise you on what you can do in Lhasa. Walking around Bakhor Street can be an excellent choice for your first day in Lhasa. Most importantly, on your first day in Tibet, relax, enjoy your day, and allow some time for acclimatization.



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Meal: Breakfast Included.

Hotel: Local 3 Star Hotel (Available Best).

Altitude: 3650 m.

DAY 06: Lhasa Sightseeing.

*At. 09:00 AM: Have your breakfast at the hotel and get ready to explore Lhasa and its popular attractions. Start your sightseeing in the morning by first visiting the **Potala Palace**, the iconic symbol of Tibet and the winter residence of the Dalai Lamas. Marvel at the stunning architecture and intricate artwork. The majestic landmark will blow your mind at first sight. The day tour will be fully guided, and your licensed guide will provide you with all the necessary information about the palace, history, and do's and don'ts, making sure you won't get in trouble.*

***Note:** You are not allowed to take pictures and videos inside the temple, palaces, and other attraction sites.*

*After the Potala Palace, head to **Jokhang Temple**, considered the spiritual heart of Tibetan Buddhism. Jokhang Temple is just 2 KM away from the Potala Palace. Last but not least, **Barkhor Street** is a lively marketplace surrounding the Jokhang Temple. Around the street, you can find authentic Tibetan street food and lots of eye-catching things. Have lunch at the market and also shop for souvenirs, sample local cuisine, and immerse yourself in the local culture. There are a lot of things to see and experience here, as it is filled with locals, tourists, and pilgrims. Roam around the market area and enjoy Lhasa's nightlife before returning to the lodge.*

Meal: Breakfast Included.

Hotel: Local 3 Star Hotel (Available Best).

Altitude: 3650 m.

*The **Potala Palace** is one of the most recognizable landmarks in Tibet and was once the winter residence of the Dalai Lama. It is perched on Marpo Ri Hill and offers stunning views of the surrounding landscape. The palace is an architectural marvel, combining Tibetan and Buddhist styles. It was originally built in the 7th century but was extensively expanded and renovated in the 17th century under the Fifth Dalai Lama.*



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Jokhang Temple, built in the 7th century, is located in the heart of Lhasa. The Jokhang Temple houses the Jowo Shakyamuni, a revered statue of the young Buddha, which attracts thousands of pilgrims every year. The temple is a UNESCO World Heritage Site and plays a crucial role in the preservation of Tibetan culture and religion.

DAY 07: Lhasa Sightseeing.

*At. 09:00 AM: Start your day with breakfast at the lodge and light breathing exercises. Today you will visit two great Buddhist universities and two of the three great Gelug monasteries in Tibet, **Drepung Monastery**. The monastery is located northwest of Lhasa, within 11 KM, which you can cover in just 30-35 minutes by drive. Once at the monastery, you will smell the strong scent of traditional incense and tranquility. Explore the beautiful architecture of the monastery, along with the arts and a peaceful monastic ambience. Some things to witness are the sand mandala, authentic artwork of the monastery, a view of the spectacular landscape, and the doctrinal debate of the monks in the courtyard at 02:30 PM.*

***Important Note:** Drink plenty of water to avoid getting high altitude sickness. You can have lunch at the restaurant in Lhasa after the sightseeing; your guide will help you choose restaurants according to your preferences.*

*Next you will visit **Sera Monastery**, which is at a distance of about 14 KM from Drepung and is just a 45-minute drive. Once at the monastery, you will have several monks in pairs, one sitting and the other standing. What they're doing is asking questions and answering them based on their learning (Tibetan Buddhist doctrine). The debate is held at 3-4 PM every day except for Sundays.*

*End your day with a visit to **Norbulingka**, the summer palace of the Dalai Lamas. Stroll through its beautiful gardens and admire the exquisite murals and decorations. Spend the evening leisurely, exploring more of Lhasa or relaxing at your hotel. End your day with lots of new experiences, a warm dinner with traditional Tibetan food, and a cultural show.*

Meal: Breakfast Included.

Hotel: Local 3 Star Hotel (Available Best).

Altitude: 3650 m.



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***Derpung Monastery**, founded in 1416 by Jamyang Choeje, a disciple of the great Tibetan saint Tsongkhapa, is part of the Gelug school of Tibetan Buddhism. It is renowned for its impressive architecture, featuring whitewashed walls and red rooftops. The monastery complex is built on the slopes of Mount Gephel and includes numerous temples, assembly halls, and monastic residences. The main temple, the Tsokchen Hall, houses important religious artifacts and statues.*

***Sera Monastery**, located just a few kilometers north of Lhasa, Tibet. Founded in 1419 by Jamchen Choje, a disciple of Tsongkhapa, Sera is part of the Gelug school of Tibetan Buddhism and is renowned for its rich history, vibrant monastic community, and unique debating tradition. The monastery complex is divided into several main parts, including the main assembly hall (Sera Me), several colleges (Sera Je and Sera Me), and various chapels and residential quarters for monks.*

***Norbulingka**, meaning "Jewelled Park," is a significant cultural and historical site located in Lhasa, Tibet. Established in the 18th century, it served as the summer residence of the Dalai Lama and is renowned for its beautiful gardens, palaces, and rich Tibetan heritage.*

DAY 08: Drive to Shigatse, Enroute Sightseeing.

***At. 07:00 AM:** Today we will take some of the most beautiful roads in Tibet to drive to Shigatse. The distance from Lhasa to Shigatse is around 266 KM and takes about 4 to 5 hours of driving. Today you will make stops in various places. Prepare your cameras to capture the breathtaking views when we will be going up to the highest point of the day, **Kamba La Pass** (almost 4800 meters). Our next stop will be at **Yamdruk Lake**. It is one of the holy lakes in Tibet, and it is famous for its turquoise-colored water. After that, we will head towards **Gyantse**. On the way, we will make a stop to see the spectacular glaciers. In Gyantse, we will visit the monastery and the biggest stupa. Finally, we will reach Shigatse late in the evening and stay there overnight.*

***Meal:** Breakfast Included.*

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

***Altitude:** 3782 m.*

DAY 09: Drive to Tingri (4348 m), Explore Everest Base Camp.



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*At 07:00 AM: Today you will make your way to **Tingri**, but before that, have breakfast at the lodge first. After breakfast, get ready for a drive to Tingri. The drive from Shigatse to Tingri is around 237 KM and typically takes around 3 to 4 hours. Today's journey will be more enjoyable as you head towards the scenic Tibetan landscape, which will entertain you all along the way. The drive takes you through remote villages and past rolling hills, providing a glimpse of rural Tibetan life.*

*Once you arrive in Tingri, check in at the lodge and take some time to relax and acclimatize, preparing to drive towards **Everest base camp**. You will visit the base camp on a comfortable drive. After your visit to the base camp, come back to Tingri for an overnight stay.*

Meal: Breakfast Included.

Hotel: Local Guest House (Available Best).

Altitude: 4348 m.

***Tingri**, located on the north side of Mount Everest, serves as a gateway to the North Base Camp in Tibet. This route offers access to the Everest Base Camp from the Tibetan side, providing breathtaking views of the world's highest peak and a distinct perspective in comparison to the more widely known South Base Camp in Nepal. This is the only place from which you can get to the Everest Base Camp without trekking.*

DAY 10: Drive to Saga. (4500 m)

*At. 07:30 AM: On this day, you will make your journey to Saga, covering a distance of approximately 295 KM, which will take around 4 to 5 hours. En route, you will have the opportunity to go to **Lake Peiku Tso**. Once you reach Saga, check in and have your lunch. Later, explore the area on your own. 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: 4500 m.

Day 11: Drive to Lake Mansarovar. (4650 m)



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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: 4650 m.

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.

Day 12: 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 your hotel in Darchen, check in, rest your bags, and relax. You can stroll around the small market in Darchen town in the late afternoon. 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: 35 KM.

Altitude: 4700 m.

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 travelers 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.



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Day 13: Drive to Yama Dwar, 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 Deruphuk.

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 Tea House (we don't have any choice here).

Distance covered: 12 KM.

Altitude: 5050 m.

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 14: Trek to Zuthulphuk, Drive to Darchen. (4650 m)

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 (4,800 m)**. By late afternoon, you will arrive in Zuthulpuk, the cave of miracles, witnessing **Gauri Kund** on the way. Trek further 8 KM and go to the ending point near **Darchen**, where you will meet our vehicle and drive towards today's destination. You will stay the night at the hotel in Darchen.



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

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

Distance covered: *22 KM.*

Altitude: *4650 m.*

Gauri Kunda is a sacred lake located at the foot of Mount Kailash in Tibet at an altitude of approximately 5600 m. 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 Zuthulphuk.

DAY 15: Drive to Kyirong.

At. 07:00 AM: *Enjoy your breakfast early in the morning. Today, you will return to **Kyirong** following the same route back, which will be a long ride back as you will cover around 635 KM of distance, which is about 12-13 hours of driving. The long day of travel, and finally you will reach Kyirong. Once you reach there, you can check in and rest. 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: *635 KM.*

Altitude: *2850 m.*

DAY 16: Drive to Kathmandu.

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 on both sides, start driving towards Kathmandu. The distance is the same, 127 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.*

Note: *We can keep helicopters as an option, but the weather condition could be a factor, so we better keep driving as a sure shot option here.*

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



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Hotel: Mulberry or Similar (4 Star).

Day 17: Transfer to Airport.

As you enjoy your last breakfast at the hotel, the time to go back is already here. You can have some time of your own or add some additional activities until your flight time. Our company representative will escort you to the Kathmandu airport 3 hours before your flight. We hope you have enjoyed the holy tour and will be back for another tour in Nepal. **Have a safe journey back!** It will be our pleasure to be part of your journey if you want to extend your stay in Nepal.

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

Meal: Breakfast Included.

Package Cost Includes:

1. All airport transfers in Kathmandu on private basis.
2. All mentioned sightseeing tours in Kathmandu.
3. Flight from Kathmandu to Lhasa.
4. All (4 Nights) hotel accommodations in Kathmandu at 4 star deluxe hotels on double/twin/triple sharing basis.
5. Best available hotel/guest house/tea house accommodation on the Tibet side.
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 after entering Tibet.
9. Required supporting trucks to carry kitchen equipment.
10. Tibetan visa and road permit.
11. A free duffel bag and small backpack to carry your stuff.



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12. *Yak for the Kailash parikrama to carry kitchen equipment and utensils only.*
13. *First aid kit, Gamow bag, and oxygen cylinder.*
14. *Daily, 2 bottles of mineral water per person except for the Parikrama time.*

Package Cost Excludes:

1. *Any international flight cost/Nepal visa fee if needed.*
2. *Personal expenses.*
3. *Cost for extra/additional night accommodation in Kathmandu. (if needed)*
4. *Lunch is excluded in Kathmandu.*
5. *Lunch and Dinner are excluded from Lhasa till Tingri. (Tibet Side)*
6. *Food and transport in case of any delay due to weather or unforeseen reason.*
7. *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 a penalty to the Tibet side—T. A. R. Foreign Exchange Centre (FEC). (Visa splitting charge, accommodation, and transportation charges will be extra.)*
8. *Pony/Horse Hire/Porter Hire Cost (Approx 3500-4000 Yuan) during the parikrama of Mt. Kailash.*
9. *Emergency evacuation cost. (if needed)*
10. *Travel insurance. (highly recommended)*
11. *Service that isn't mentioned above.*

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, by helicopter via Nepalgunj, and by flight via Lhasa.

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.*



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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 the Kailash Mansarovar Yatra?

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 the Kailash Mansarovar Yatra?

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 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 the 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?



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*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 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.*

Indian nationals do not require a visa to enter Nepal. For more information, please visit the Nepalese 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.



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STEP 2: Upon finalizing your dates and other information with our office, please send a scanned copy of your passport via email to 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 hotels and flights for you, and start your visa documentation processing.

Furthermore, the balance amount is to be paid 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 in 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 (email us at kailash@holidaystonepal.com), verbal cancellations will not be accepted.

Duration	Cancellation Charge
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



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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 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 pilgrim issued by his/her physician mentioning that the pilgrim/traveller is in perfect condition to undertake the yatra to Mount Kailash at a height of above 15,000 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



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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 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 19,500 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



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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 into making 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.

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