



KAILASH & MANSAROVAR SPIRITUAL OVERLAND PILGRIMAGE

14 DAYS / 13 NIGHTS

DAY 01:

Arrive Kathmandu

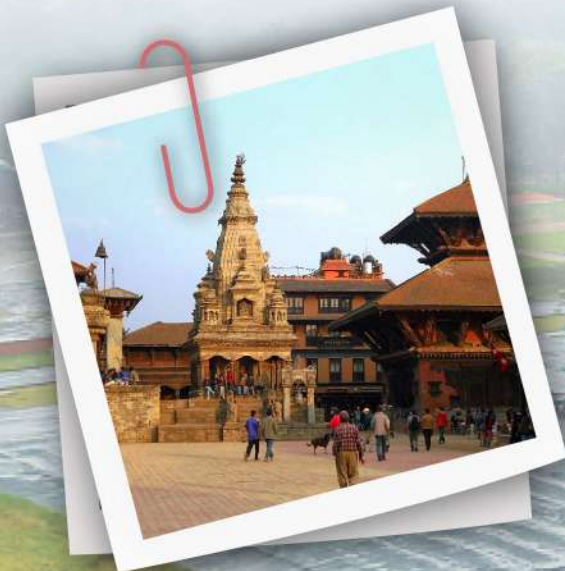
ALT: 1,400 M

Upon arrival at Kathmandu Airport, you will be welcomed by the Travelorg India representative and transferred to the hotel. Rest and acclimatize. An evening orientation invites participants to set intentions for the pilgrimage.

Breakfast – NO

Lunch – NO

Dinner – YES



DAY 02:

At Kathmandu

ALT: 1,400 M

After breakfast, visit Pashupatinath and Budhanilkantha – important centers for Hindu devotional practice. A briefing on pilgrimage customs, packing, and the Parikrama is held in the afternoon. Evening at leisure.

Breakfast – YES

Lunch – NO

Dinner – NO



DAY 03:



Kathmandu – Syabrubesi (by drive)

ALT: 1,450 M | DIST: ~150 KM | DRIVING:
6–7 HRS

Drive to Syabrubesi near the Nepal–China border. A quiet evening to rest; use this time for personal practice or group chanting.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 04:

Syabrubesi – Kyirong (by drive)

ALT: 4,130 M | DIST: 45 KM | DRIVING:
~1.5 HRS

Cross the Friendship Bridge and complete formalities. Continue to Kyirong. Gentle walks and rest to aid acclimatization.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 05:



JOHANNESBURG – KRUGER NATIONAL PARK

ALT: 4,500 M | DIST: 375 KM | DRIVING:
~7 HRS (PREVIOUS DAY)

Drive across the Tibetan plateau to Saga. The stark landscapes support contemplative reflection
—time to journal or meditate.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 06:

Saga (Rest & Acclimatization)

A full rest day to acclimatize. Optional short walks, prayer, and orientation on sacred sites and Parikrama etiquette.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 07:



Saga – Mansarovar (by drive)

ALT: 4,540 M | DIST: ~350 KM | DRIVING:
~7 HRS

Travel via Prayang and Mayum La Pass (approx. 5,200 m) to Hor Quo and Mansarovar. At the lake perform a simple puja, soak in the presence of the lake, and reflect on the significance of this holy waterbody.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 08:

Mansarovar – Darchen

ALT: 4,620 M | DIST: ~35 KM | DRIVING: ~1.5 HRS

Begin with a sacred bath (snan) and puja at Mansarovar. After lunch, drive to Darchen – the base for the Kailash Parikrama. Evening: guidance on the kora and preparatory prayers.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 09:

Parikrama Day 1 – Darchen to Diraphuk

ALT: 4,860 M | DIST: DRIVE 4 KM / WALK ~16 KM

Drive close to Yama Dwar and meet yak teams. Start the Parikrama (kora), walking past Yama Dwar and proceeding toward Diraphuk. This day is a steady walk with the first clear sight of Kailash's west face. Overnight at Diraphuk or a guest house.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 10:



Parikrama Day 2 – Dolma La Pass to Zuthulphuk

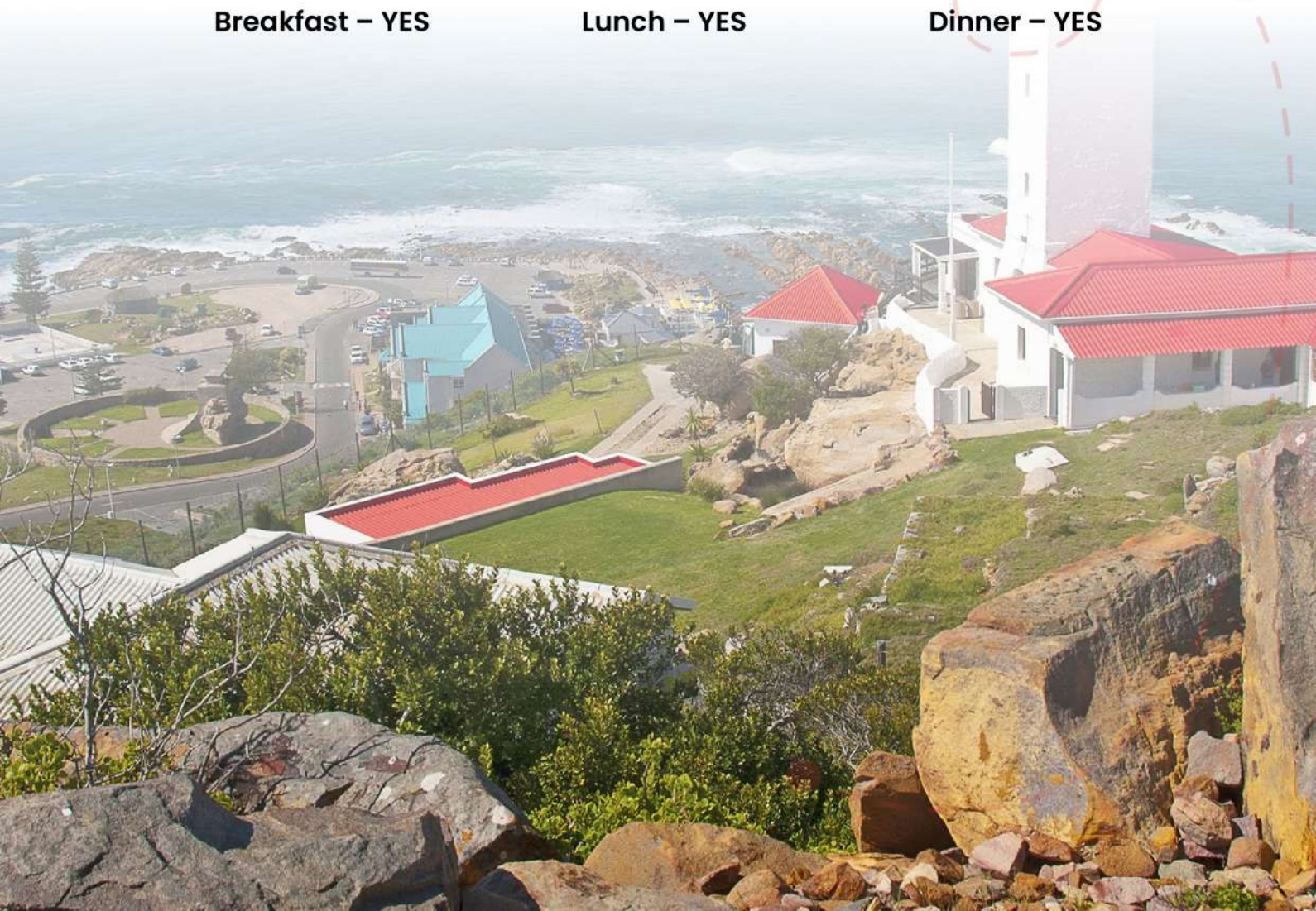
ALT: UP TO 5,850 M | DIST: ~22 KM | WALKING:
8-10+ HRS

After Morning breakfast at the hotel proceed for Seal Island Yacht ride and Helicopter ride at the beautiful farm. This ride covers the farm where we get to spot the Lions, Zebra, Wilder beast, Giraffe, etc. Evening we proceed for lighthouse trek. Overnight stay at Mossel Bay, Garden Route South Africa.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 11:

Parikrama Day 3 – Zuthulphuk to Chongdo; Drive to Saga

ALT: ~4,500 M | DIST: WALK 10 KM + DRIVE 280 KM

Complete the final leg of the kora, descend to Chongdo where transport meets the group and drive back toward Saga. Time for thanksgiving rituals and rest on arrival.

Breakfast – YES

Lunch – YES

Dinner – YES



深光之光明之城
SAGA CITY OF LIGHT

DAY 12:

Saga – Kyirong (by drive)

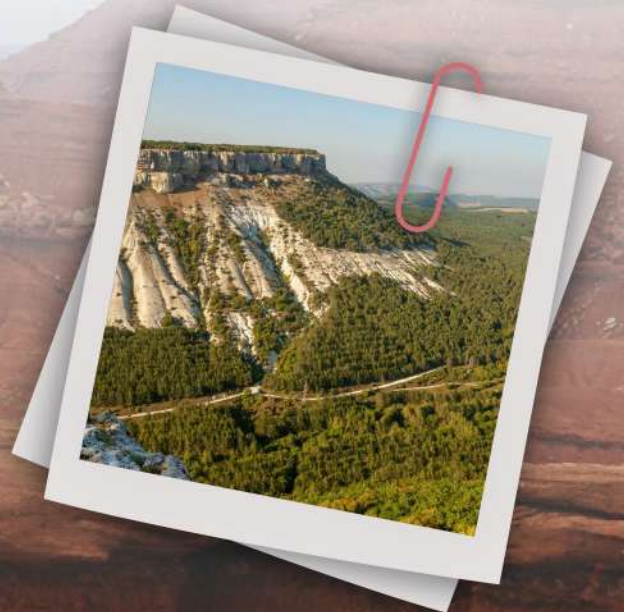
ALT: ~3,770 M | DIST: ~350 KM | DRIVING: ~7 HRS

Return journey across the plateau to Kyirong. Use travel time for reflection and sharing of experiences among group members.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 13:

Kyirong – Syabrubesi – Kathmandu (by drive)

ALT: ~1,350 M | DIST: ~160 KM | DRIVING: ~6 HRS

Cross the border at Rasuwa Gadhi, complete customs, and return to Kathmandu. Evening at leisure in Thamel.

Breakfast – YES

Lunch – YES

Dinner – YES



DAY 14:

Depart Kathmandu

ALT: 1,400 M



After breakfast transfer to Tribhuvan International Airport for onward flights. Depart with blessings and memories of the pilgrimage.

Breakfast – YES

Lunch – YES

Dinner – YES



PRICE INCLUDES

ACCOMMODATION:

1. 03 Nights accommodation with breakfast, lunch & dinner (Pure Veg Meals) in Kathmandu on sharing basis.
2. Accommodation in Tibet with breakfast, lunch & dinner (Pure Veg Meals) in $\frac{3}{4}$ star hotels & Guest Houses at Parikrama on sharing basis.
3. Mineral water throughout Kailash Yatra.

TRANSPORTATION:

1. Kathmandu airport arrival and departure transfers by AC Coach.
2. Kathmandu sightseeing covering Pashupatinath, Budhanilkantha and Doleshwar by AC coach.
3. In Tibet, land transfer by AC Luxury Bus.
4. Supporting trucks carrying luggage, food, equipment etc.
5. Yak & Yakmen for trekking equipment and food during Kailash Parikarma

STAFFS:

1. Highly qualified and experienced Sherpa staff throughout the trip & Tibetan Guide.

PRICE INCLUDES

RESCUE EQUIPMENT:

1. Air compressor bag (Gammo Bag).
2. First Aid Kit.
3. Oxygen Cylinder.

PERMIT / FEES:

1. Tibet permit

COMPLIMENTARY ITEMS:

1. Windcheater Jacket.
2. Duffle Bag.
3. Day Bag.
4. Cap.

PRICE INCLUDES

1. Airfare to/from Kathmandu.
2. Chian Visa and Nepal visa for NRIs & foreigners.
3. Personal expenses such as phone calls, laundry, tips, shopping, cold/hard drinks etc.
4. Personal pony/porter during Parikrama (Kora). Must be hired for full Parikrama and paid directly (non-refundable).
5. Single room supplement in Kathmandu.
6. Any extra services such as additional hotel nights or sightseeing not mentioned in itinerary.
7. Evacuation cost.
8. Travel Insurance.
9. Extra cost due to unexpected circumstances such as landslides, snowfall, strike, flight cancellation etc.
10. Visa splitting charge & additional transport cost if returning early from Tibet.
11. Any services not mentioned in inclusions.



Booking Form

Tour Name:	Tour date:
Name:	Email:
Phone:	Cell phone:
Address:	City:
State:	Zip code:

Emergency Contact details:	Phone:
Name:	Email:

Passengers Information (as it appears on your passport)

Title	First name	Middle name	Last name	D.O.B MM/DD/YY	Meal	Citizenship	Passport number	Price USD \$
Mr.								
Mrs.								
Miss								
Mstr								
Total								
Grand Total								

TRAVEL INSURANCE

We highly recommend you purchase travel insurance to cover your trip and get health coverage overseas. We DO NOT PROVIDE INSURANCE SERVICE, but we recommend that you directly purchase through TRAVELGUARD AIG or ALLIANZ

- Room type: DBL = One king or Queen Size bed
- Twin = Two separate bed
- Triple = One king or Queen Size and one additional bed
- Single = One single bed (single supplement applies)

Please note: Max three people allowed in one room

Please check on the box below that you read & understand and accept the T&C

Declaration & Payments:

Full payment is required within 6 weeks prior to departure, 40% deposit is require at the time of booking to hold your space on the tour. I enclosed a non-refundable deposit of \$_____towards the cost of the tour
 Pay by cash or check payable to Sruhadam Tours And Travels And Mail check to Vishnu Patel, Sruhadam Tours and Travel
 2350 Rt 10 unit E9, Morris plains, New Jersey 07950

Signature:	
Date: (MM/DD/YY)	

Thank you



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