



Spiritual Journey of
**Kailash
Manasarovar**

FROM COCHIN

**23
AUG**

13N | 14D

COCHIN | CALICUT | KANNUR | KOTTAKKAL

 www.skydays.travel

 CALL & WHATSAPP

97464 23333

DAY 01



Arrival in Kathmandu

- Arrival at Tribhuvan International Airport (TIA), Kathmandu.
- Detailed tour briefing in the evening. Accommodation: twin-sharing basis.
- Overnight stay at Kathmandu

Meals: Dinner



**DAY
02**



Kathmandu Sightseeing

- Visit the sacred Pashupatinath Temple, a UNESCO World Heritage Site dedicated to Lord Shiva.
- Explore the Budhanilkantha Temple, home to the massive reclining Vishnu statue.
- Visit Tibetan monasteries and explore the peaceful surroundings of Kathmandu.
Accommodation: twin-sharing basis.
- Overnight Stay at Kathmandu

Meals: Breakfast, Lunch ,Dinner





Drive to Syabrubesi by Bus

- Scenic drive through lush hills, terraced farms, and the Trishuli River.
- Cross the Rasuwa Gadhi near the Nepal-China border, experiencing the transition from Nepalese to Tibetan landscapes.

Accommodation: Standard hotel in Syabrubesi with an attached bathroom, twin/triple sharing basis.

- Overnight stay at Sybrubesi

Meals: Breakfast, Lunch ,Dinner



**DAY
04**



Enter Tibet, Drive to Kyirong

- Complete immigration formalities at Rasuwa Gadhi to enter Tibet.
- Drive through breathtaking Tibetan landscapes to reach Kyirong.
Accommodation: twin-sharing basis.
- Overnight stay at kyirong

Meals: Breakfast, Lunch ,Dinner



**DAY
05**



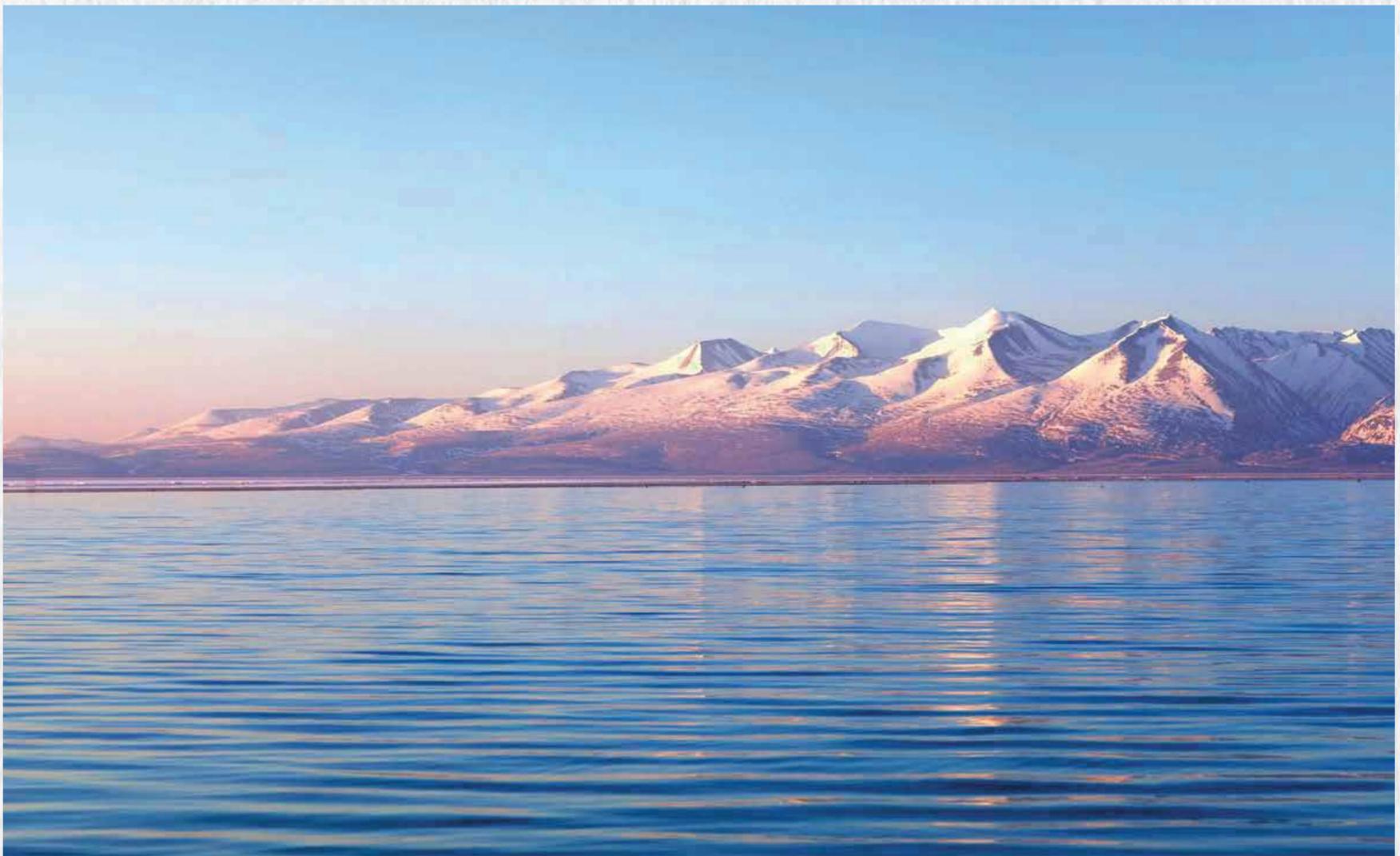
Drive from Kyirong to Saga

- Journey through stunning Tibetan terrain, including the Brahmaputra River and Paigu-Tso Lake.
- Witness the vast Tibetan highlands as you approach Saga.
Accommodation: twin-sharing basis
- Overnight stay at Saga

Meals: Breakfast, Lunch ,Dinner



DAY 06



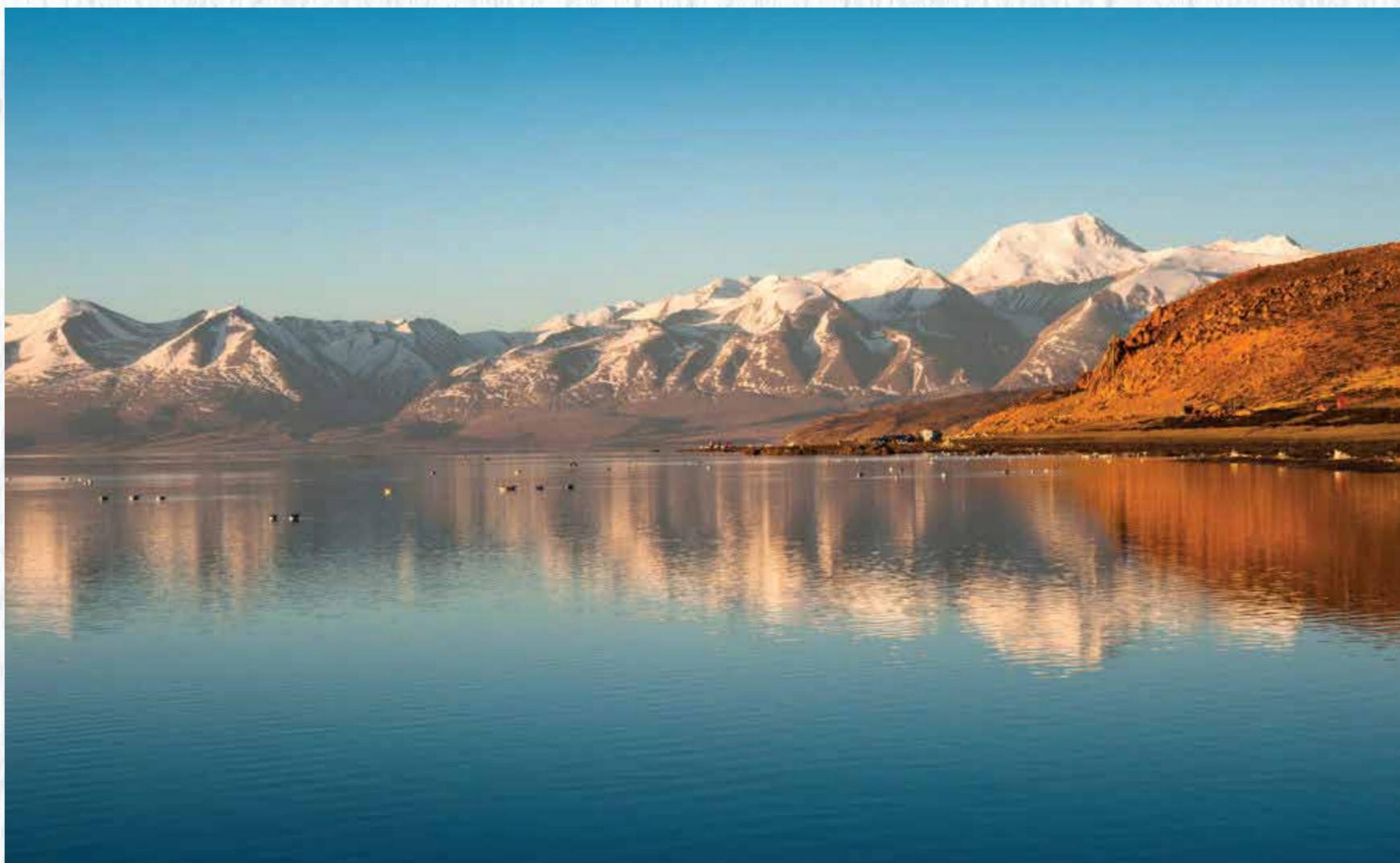
Saga

- Free for the day
- Aclamatization in Saga
- Overnight stay in saga

Meals: Breakfast, Lunch ,Dinner



**DAY
07**



Saga to Lake Manasarovar

- Drive to the sacred Lake Mansarovar, believed to cleanse all sins.
- Perform a Parikrama (circumambulation) of the lake by vehicle and collect holy water.

Accommodation: Guest House at Lake Manasarovar, 4-5 person per room, Dormitory style.

- We will be in Manasarovar on the Full Moon Day
- Overnight stay at Lake Manasarovar

Meals: Breakfast, Lunch ,Dinner



**DAY
08**



Lake Manasarovar to Darchen

- Perform puja at Lake Mansarovar in the morning.
- Continue the journey to Darchen, the base for the Mount Kailash trek.
- Accommodation: Hotel in Darchen
- Overnight Stay at Darchen

Meals: Breakfast, Lunch ,Dinner



**DAY
09**



Trek from Darchen to Diraphuk

- Begin the trek to Mount Kailash's north face after driving to Yam Dwar.
- Trek 12 km to reach Diraphuk, enjoying the stunning Himalayan beauty along
- the way. Accommodation: Stay at Diraphuk

NOTE:

Pilgrims staying at Darchen will have to shift hotel, no additional cost.

If the pilgrims wish to stay at the same hotel additional 200 yuan to be paid per person per night.

Meals: Breakfast, Lunch ,Dinner



**DAY
10**



Trek from Diraphuk to Zuthulphuk via Dolma La Pass

- Ascend the challenging Dolma La Pass (5,530 meters) and enjoy views of Gauri Kund, a sacred lake.
- Continue the trek downhill to reach Zuthulphuk.
- Accommodation: Stay at Zuthulphuk

Meals: Breakfast, Lunch ,Dinner



**DAY
11**



Zuthulphuk to Darchen to Saga

- Trek to Chongdo (approx. 3 hours), where vehicles will meet you.
- Drive back to Darchen and continue to Saga for an overnight stay.
- Accommodation on a Twin/Triple Sharing Basis in Saga.
- Overnight stay at Saga

Meals: Breakfast, Lunch, Dinner



DAY 12



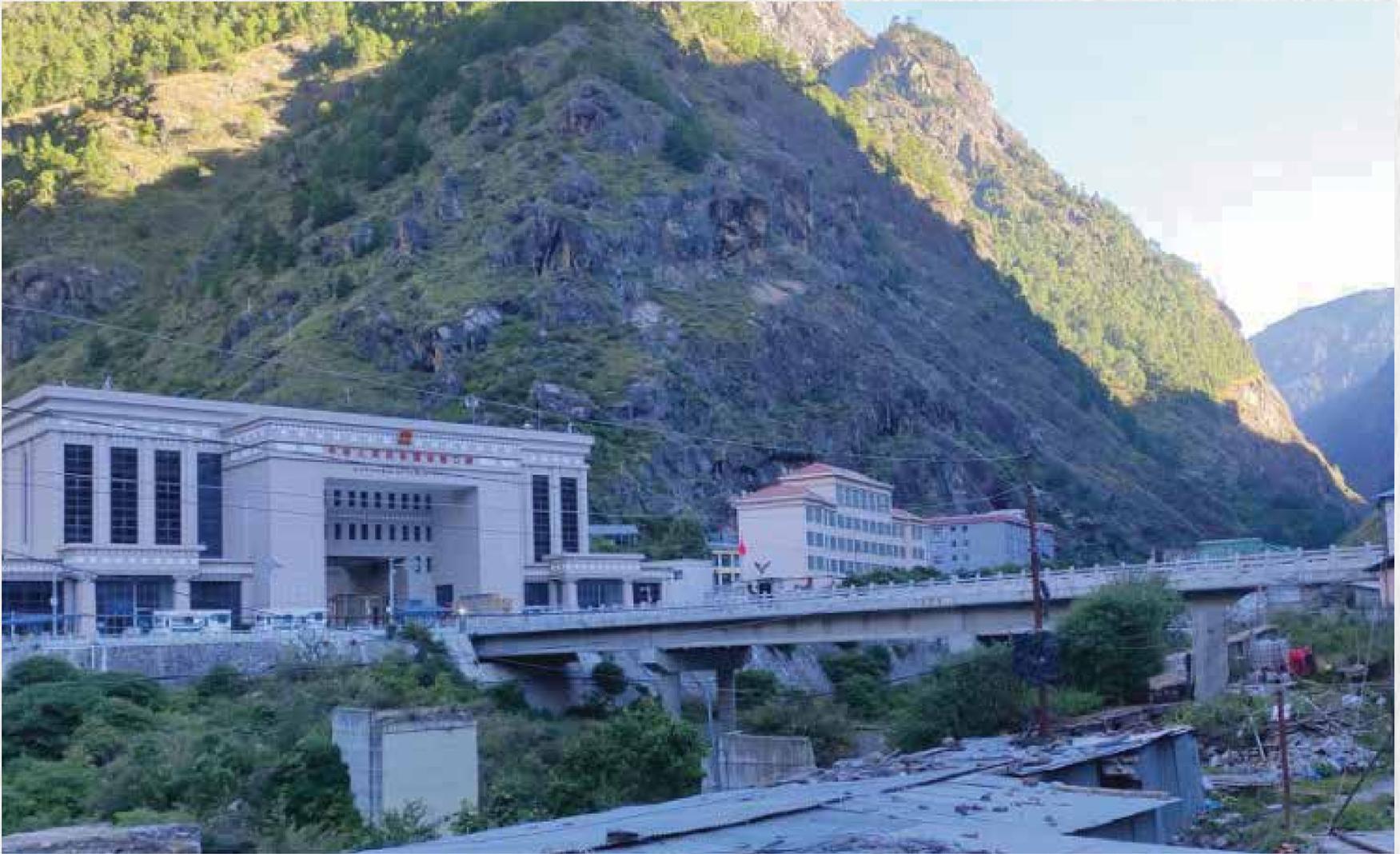
Drive from Saga to Kyirong

Activities:

- Return journey to Kyirong, retracing your route through the scenic Tibetan terrain.
Accommodation on a Twin/Triple sharing basis in Kyirong
- Overnight Stay at Kayirong

Meals: Breakfast, Lunch ,Dinner





Drive from Kyirong to Kathmandu

- After completing immigration at Rasuwa Gadhi, drive back to Kathmandu, marking the end of the overland journey.
- Accommodation: 3-star hotel in Kathmandu.
- Overnight stay at Kathmandu

Meals: Breakfast, Lunch ,Dinner



**DAY
14**



Departure from Kathmandu

- After Breakfast transfer to Tribhuvan International Airport(TIA) for your Journey back to Home Country.

This Trip Reflect on the Incredible spiritual and cultural adventure back.

Meals: Breakfast



INCLUSIONS

- To and Fro Flight – Air India
- Accommodation : 4 Star Hotel on a Twin/Triple Sharing Basis in Kathmandu Standard Neat and Clean Accommodation at Kyirong , Saga and Darchen Dormitory Style Accommodation with Common Bathroom and Toilet Facilities at Sybrubeshi/Timmure , Lake Manasarovar , Diraphuk and Zuthulphuk.
Meals : 100% Vegetarian Breakfast , Lunch and Dinner as specified in the itinerary
- Transportation : All ground transportation in comfortable vehicles throughout the journey.
- Sightseeing Tours: Guided tours with knowledgeable local guides at various sites.
- Permits: Necessary permits for entering Tibet and other regions.
- Visa: Chinese tourist group Visa.
- Parikrama Trekking: Support and guidance for the parikrama around Mt. Kailash, local guides.
- Bottled Water: Complimentary bottled water during the journey.
- Guide: English speaking guide and Tibetan guide.
- Staff: Cooks and supporting staff during Tibet part and Kailash Parikrama.
- Complementary : Duffle bag, Day Bag, Jacket and Winter Cap.

EXCLUSIONS

- Visa Fees: Visa fees for Nepal
- Personal Expenses: Expenses of a personal nature such as laundry, phone calls, souvenirs, etc.
- Tips and Gratuities: Tips for guides, drivers, and hotel staff (typically not included).
- Travel Insurance: Any additional travel insurance coverage beyond basic.
- Alcoholic Beverages: Drinks and meals outside the itinerary specifications.
- Optional Activities: Activities not mentioned in the itinerary or any upgrades to accommodation or experiences.
- Emergency Evacuation: Costs related to emergency evacuation or medical treatment not covered by basic insurance.
- Additional Days of Stay: In case of flight cancellations or unforeseen circumstances, clients will have to bear the additional cost

COST DETAILS

PER PERSON : 120000 + 1600 USD + 2% TCS

RS.1,20,000 + 2% TCS – TO SKY DAYS TOURS & TRAVELS PVT LTD

Limited Period Offer : INR 1,10,000 + 1600 USD + 2% TCS

Rs. 1,10,000 + 2% TCS – TO SKYDAYS TOURS AND TRAVELS PVT LTD

USD 1600 – Passenger should convert the currency and bring along with them while travelling to Kathmandu, Nepal. The USD 1600, will be collected from the passenger During the time of tour Briefing at the Hotel on 1st day of Check-in

FLIGHT DETAILS



DATE	FROM	TO	DEP TIME	ARR TIME
23 AUG	COK	DEL	06 : 05	09 : 30
23 AUG	DEL	KTM	11 : 35	13 : 40
05 SEP	KTM	DEL	14 : 40	16 : 20
05 SEP	DEL	COK	19 : 00	22 : 20

Horse And Porter

Payment to be made on location: Horse – 1200–1400 Yuan, Porter – 2800–3000 Yuan. Needs to be paid in Chinese yuan only, Indian currency not accepted

Availability depends on the flow of pilgrims.

Please note that, if needed Horses and Porters should be hired for parikrama and once paid, the amount is non-refundable

We will make every effort to arrange horses and porters; however, availability cannot be guaranteed.

Important Notes to Read Before Booking

- A clear scanned copy of the passport (with the passport number clearly visible) must be submitted at the time of booking.
- Digital and two (2) physical photographs (33 x 45 mm) are required. Photos must be studio-taken, with a white background, dark clothing, and no spectacles. These must be sent to the Delhi office. Other types of photos will not be accepted.
- The permit must be applied for at least 60 days prior to the departure date.
- The passport must be sent to the Sky Days Cochin office Minimum 30 days prior to departure.
- The passport must be valid for at least 6 months from the date of departure.
- Clients must enter Nepal using their Voter ID card.
- In case of permit application and subsequent cancellation, USD 300 will be charged as a cancellation fee.

Travel & Accommodation

- All the transportation will be on 27-seater tourist bus with seating of only 22 Pax.
- The program begins with dinner on Day 1 and ends with breakfast on Day 13.
- Accommodation will be on a twin/triple sharing basis. In remote areas, 5–6 bed dormitories may be provided. Single supplements are not possible at Mansarovar, Dhiraphuk, or Zuthulphuk.
- Hot water showers are not available in remote areas such as Syaburbeshi, Mansarovar, Dhiraphuk, and Zuthulphuk.
- Toilets during the Parikrama will be primitive outdoor Indian-style toilets. Hotels, however, will have commodes.
- Asthapad (South Face of Mount Kailash) is not included in the package and requires an additional payment of USD 100.
- Emergency rescue costs must be borne by the clients themselves.
- Clients canceling their Parikrama midway and returning from Dhiraphuk or Zuthulphuk will have to pay 200 Yuan per night for accommodation at Darchen and bear the cost of the Jeep separately.

Rules & Responsibilities

- Clients, under any circumstances, should not take a holy dip in Lake Mansarovar. If found doing so, the company will not be responsible for the fine of 1500 Yuan or any action taken by Chinese authorities.
- Any issues arising during the trip must be reported directly to our ground staff. Contacting through agents may cause disputes. All issues will be resolved by the ground staff, and there is no need to involve agents for every matter.
- Health and safety are the company's top priority. Clients must follow all instructions given by on-field staff.
- Clients must not carry any material related to activism, the Dalai Lama, or any illegal items. If found, the company will not be responsible for any problems or actions taken by authorities.

TERMS & CONDITIONS

Our Company kindly requests you to read these terms and conditions thoroughly. Please feel free to contact us if you have any questions or concerns.

1. Prices

Prices are subject to change due to fluctuations in exchange rates or unavoidable circumstances such as climatic changes, flight cancellations, or internal political situations. However, there are no hidden costs.

2. Cancellation & Refund Policy

- 150 USD will be deducted as labour charge if cancelled before the permit application.
- 400 USD will be deducted (labour charge + permit charge) if cancelled after the permit application and before visa application
- 40 % of the package cost will be refunded if cancelled 14 days before departure.
- 0% refund if canceled less than a week before departure. Flight Tickets cost & visa cost is 100% Non-Refundable

3. Passports & Visas

All travelers must have a valid passport with at least six months of validity. Visas can be obtained from Nepalese embassies or consulates in your country. Alternatively, visas are available upon arrival at the airport. For the Kailash Yatra, a group visa is required, and group entry will be organized based on the group size.

4. Changes or Delays in the Program

Unavoidable circumstances such as bad weather, political unrest, landslides, health issues, or natural disasters may affect your itinerary. We will do our best to offer alternative trips to suit your needs.

5. Postponement and Transfer of Booking

You may change your trip date or itinerary, provided the request is made at least 30 days in advance. Any additional costs incurred due to the changes will be your responsibility. We will do our best to accommodate your preferences with similar or alternative arrangements.

6. Health & Fitness

We recommend consulting your physician before booking a trip. Please inform us of any pre-existing health conditions.

7. Travel Insurance

It is mandatory to have travel insurance that covers accidents, emergency rescues, and other unforeseen circumstances.

8. Complaints

Any complaints during the trip should be immediately reported to your tour leader or guide. Alternatively, you may report them to our office after the trip. We will address the issue promptly.

9. Privacy

We collect personal information solely for official purposes. Your information will not be shared or published without your consent. We respect individual privacy.

10. Visas and Permits

You must have a passport valid for at least six months from the date of entry into Tibet. We will arrange your Tibet visa from the Chinese Embassy in Kathmandu. For this, a scanned copy of your passport must be provided at least 35 days before the departure date.

11. Meals

We provide freshly cooked vegetarian meals during the entire Mount Kailash trip, prepared by experienced Indian and continental chefs.

12. Temperature and Weather

The dry and windy season spans from October to May. Snow may occur in mountainous areas. Despite the high altitude, there is abundant sunshine during the day, while temperatures drop significantly at night. Daytime temperatures can reach up to 22°C, while nighttime temperatures may fall to 0°C to -10°C.

13. Trip Leaders

Our professional, English- and Hindi-speaking trip leaders are experienced and well-trained. Each has over ten years of experience and is familiar with the region. They prioritize your needs and ensure your safety throughout the trip.

14. Altitude Sickness

Parts of the trip exceed 2,500 meters (9,200 feet), where altitude sickness may occur. Follow these tips to reduce its effects:

- Stay mentally prepared.
- Maintain physical fitness.
- Rest well before arrival.
- Walk slowly and acclimatize gradually.
- Stay hydrated and avoid alcohol.

Medications like Diamox can help. We provide oxygen and basic medicine during the trip. Carry your regular medication and a personal first aid kit.

15. Currency

Only US Dollars and Euros can be exchanged for Chinese Yuan in Tibet. Currency exchange is available in Nepal and Tibet, but rates may vary daily.

16. Photography

Personal cameras are allowed, but photography is prohibited at checkpoints.

17. Insurance

We strongly recommend insuring yourself against sickness, accidents, trip cancellations, and other emergencies. Unfortunately, such policies are not available in Nepal.

18. Communication

Mobile networks are reliable in Tibet. Wi-Fi is available at some hotels. Alternatively, you can purchase a Chinese SIM card for around 200 Yuan.

19. Clothing, Equipment, and Accessories

While driving, it will be warm inside the vehicle but cold and windy outside. Mornings and evenings are generally cold, so warm clothing is essential. Recommended items include:

- Footwear: Comfortable trekking boots and walking shoes.
- Clothing: Wool shirts, cotton shirts, thermal underwear, jackets, hats, and gloves.
- Accessories: Flashlight, water bottle, sunglasses, first-aid kit, and personal toiletries.

20. Documents

Ensure you carry the following:

- Passport (and photocopies)
- Travel insurance (and photocopies)
- Airline tickets (and photocopies)
- 33*45 mm Recent Passport-Size photos, White Background without Specs * 2 Copies Per Person
- RMB cash
- Credit or debit card

Thank You