



Explore Your Dream Destination



KAILASH MANSAROVAR YATRA

WELCOME TO SHIV SHAKTI TOURISM – YOUR TRUSTED TRAVEL AGENCY FOR THE SACRED KAILASH MANSAROVAR YATRA



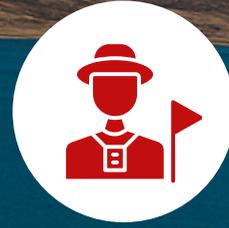
TRANSPORT



BEST HOTELS



DAILY FOODS



TOUR GUIDE

We're giving UPTO 40% Discount if you Book Early. Hurry! Save your spot now!



ABOUT US

SHIV SHAKTI TOURISM we specialize in organizing the divine and life-transforming Kailash Mansarovar Yatra, offering pilgrims a safe, comfortable, and spiritually fulfilling journey to one of the holiest destinations on Earth. With years of experience in spiritual tourism, we take pride in guiding devotees on this sacred path to the abode of Lord Shiva, ensuring a seamless experience filled with devotion, faith, and peace.



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KAILASH MANSAROVAR YATRA BY OVERLAND: 13 DAYS

Day 1

Kathmandu. (1300m)

Arrive in Kathmandu and check into your hotel. Rest day free at leisure.

Day 2

Kathmandu

Visit Pashupatinatha and Saktipeetha. Enjoy the rest day at leisure to explore Kathmandu or take part in an optional tour.

Day 3

Kathmandu|Syaprobese (1500m, 135km, 8 hrs approx)

After breakfast, drive to the Syaprobese. It has the advantage of being higher than the town and certainly much higher than Kathmandu, assisting in acclimatization.

Overnight in Guest house.

Day 4

Syaprobese|Rasuwagadi|Kyirong(2700m/8860m, 40 km)

After lunch and immigration formalities - we cross the friendship bridge and queue up for the immigration, our Chinese guide will assist us in this process. After completion of it, the road climbs steeply up to Kyirong. Overnight at Guest House with dormitory facility.

Kyirong is famous because of its mild climatic conditions and its abundant. Much like Zhangmu and Chuyang, it is another rare warm-climate district in Tibet. Located in the Xigaze Prefecture in southwest China's Tibet Autonomous Region, Kyirong has a long and rich history with the surrounding Tibetan and Nepalese areas.

Isolated in a valley below soaring mountains, a hidden gorge of unsurpassed beauty springs to life. Vegetation is plentiful and with the weather staying pleasant all year long, it flourishes here. The mild temperatures are seldom seen in the Qinghai-Tibetan plateau. Kyirong has rightfully earned the nickname the "Valley of Happiness" and there is plenty of the good stuff to go around. Short walk is advisable.

Day 5

Kyirong|Saga (4450 m, 105 km)

We will cross Pekhu Tso lake, passing Mount Xixapangma and Brahmaputra river. Further drive to Dongba. Overnight stay at guest house on dormitory rooms.

Day 6

Saga|Mansarovar (4500m, 320km)

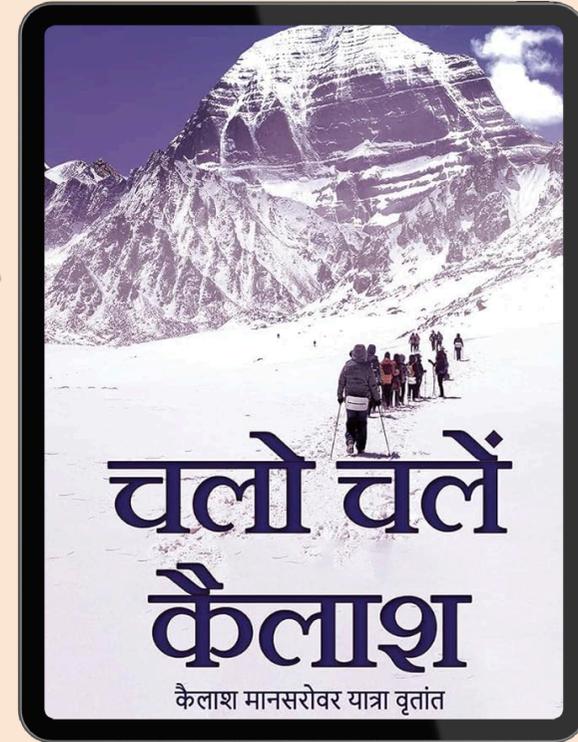
Today is the day of your lifetime that you are going to have darshan of the Holy "Mt. Kailash & Lake Mansarovar" - day's program as usual. Holy Dip at the lake followed by Mansarovar Parikrama by environmental buses; view Rakshas Tal and reach Chui Gompa. Overnight at guest house. According to the Hindu religion, the lake was first created in the mind of the Lord Brahma after which it manifested on Earth. Hence, in Sanskrit it is called "Manasa sarovaram", which is a combination of the words manasa (mind) and sarovaram(lake).

Day 7

Mansarovar| Darchen (4560m)

Till 2 pm free for pooja and hawan , drive to Darchen, base camp of kailas. It is on the southern side of the Kailas Peak wherefrom Kailas-parikrama begins.

Overnight at Darchen Guest house (dormitory accommodation) .



Day 8

Darchen|Sershung|Dirapuk (4765m, 24km)

After breakfast, drive to Sershung (12 km) and start trek for Kailash parikrama to Dirapuk (16,500 ft) - 12 km , packed lunch on the way, Dinner and overnight at Camp (tent/mud-house).

Day 9

Dirapuk|Zuthulpuk (4690m, 18km)

This is the day every pilgrims talk about, the most difficult journey throughout the yatra. The last pull to the pass is steep and, due to the altitude, unrelenting. At a dizzy height of 5640m (18600ft), the Dolma (Tara) La marks the transition from this life to a new one. 200 m-below the pass is a view of the lake of compassion, Gauri kund (5440m/18400ft). Further trek on the east bank of the river and reach Zuthulpuk , dinner & overnight at Camp (tent/mud-house). The walk between Dirapuk to Zuthulpuk may take about 10 to 12 hours.

Day 10

Zuthulpuk|Darchen|Saga

After breakfast we trek around 8 km, and we will reach to the place called Zhong Chu where the vehicle will be waiting for us - drive to Darchen, after lunch we drive to Dongba. Overnight at guest house.

Day 11

Saga|Kyirong

After breakfast, drive back to Kyirong. Overnight at guest house.

Day 12

Kyirong|Kathmandu .

Drive back to Kathmandu and transfer to the city hotel. Enjoy some free time in this exotic city.

Day 13

Departing Kathmandu

Tour ends today. This afternoon, transfer to the airport for your flight home or onward to a new destination.

TOUR FEATURES:

Rates include:

- All necessary Tibet entry permission and Kailas permission/Visa for the Group.
- Chinese Visa fee.
- Airport transfers in Kathmandu.
- Overland transfers as per itinerary.
- 3 nights stay at 3 star property in Kathmandu
- Half day sightseeing tour(Pashupatinath and Sakteepeeth) in Kathmandu.
- 1 night stay at Dhunche or Syaprobesei nearby border.
- 8 nights stay at best available Hotels or Guest houses in Tibet.
- All vegetarian meals.
- Complimentary duffle bag and back pack.
- Down Jacket on return basis.
- All camping equipment (dinning tent, kitchen tent, kitchen utensils, table, chairs, toilet tent etc.
- A supporting truck for carrying your luggage, food stuffs and kitchen equipment.
- Entrance fees.
- Tibetan guide from FEC.
- Yak and yak man for trekking equipment; but not for carrying personal luggage.
- Oxygen cylinders for the group.
- All applicable taxes and service charges.



Rates do not include:

- International Airfare.
- Any additional expenses caused by reasons beyond our control, such as, natural calamities (landslides, floods), flight delays, rescheduling or cancellation, any accidents, medical evacuations, riots, strikes, evacuation costs, additional nights; that should be directly payable at the spot.
- Any expenses of personal nature such as tips, laundry, table drinks, telephone calls, etc.
- Pony /Porter for personal use during Kailas Parikrama.
- Travel Insurance.
- Any item not mentioned above.

Remarks:

- Ponies and Porter will be available as required. Passengers must limit their baggage weight to a maximum of 5 kg during parikrama.
- SHIV SHAKTI TOURISM general cancellation policy applies.
- Tour Itinerary may change based on Weather, Health Conditions of Yatris and restrictions imposed by Chinese Authorities. SHIV SHAKTI TOURISM will however make all efforts to maintain the tour schedule and complete all the important Aspects of the yatra.

KAILASH MANSAROVAR BY HELICOPTER: 11 / 9 DAYS

Day 1

Arrive Kathmandu

Arrive in Kathmandu and check into your hotel. Evening; visit Pashupatinath for Aarati Darshan.
Overnight at Hotel.

Meals: Dinner.

Day 2

Kathmandu|Nepalgunj

Morning sightseeing tour of Boudhanath and Jal Narayan. After Launch, fly to Nepalgunj (35mins).

Overnight: Hotel Cygnett Krishna or Similar

Meals: Breakfast, Lunch, Dinner

Day 3

Nepalgunj|Simikot (2870m)|Taklakot (3900m)

Early morning fly to Simikot by fixed wing aircraft (40 min) and after immigration formalities further fly to Hilsa (22 minutes) walk 10 minutes to reach the border. After Chinese formalities, further drive to Taklakot.

Overnight: Hotel Himalaya or Similar

Meals: Breakfast, Lunch, Dinner

Day 4

Taklakot (3900m).

Free for acclimatization.

Overnight: Hotel Himalaya or Similar.

Meals: Breakfast, Lunch, Dinner

Day 5

Taklakot|Mansarovar (4500m)

After breakfast, drive to Mansarovar (90km, 1.5hrs) –Bath, Religious pooja, hawan, meditation and lake parikrama by Bus.

Overnight: Guest house.

Meals: Breakfast, Lunch, Dinner



Day 6

Mansarovar|Darchen (4560m)

After breakfast, drive to Darchen. It's the basecamp of Kailash and prepare yourself to next day Parikrama. Stay Overnight at Hotel.

Day 7

Darchen|Sershung|Dirapuk (4765m)

After breakfast, drive to Sershung (12 km) via and start trek for Kailash parikrama to Dirapuk (16,500 ft) - 12 km , packed lunch on the way. The walk between Yamadwar to Dirapuk may take 4 to 5 hrs.

Overnight: Guest house.

Meals: Breakfast, Lunch, Dinner

Day 8

Dirapuk|Zuthulpuk (4690m, 18km).

This is the day every pilgrims talk about, the most difficult journey throughout the yatra. The last pull to the pass is steep and, due to the altitude, unrelenting. At a dizzy height of 5640m (18600ft), the Dolma (Tara) La marks the transition from this life to a new one. 200 m-below the pass is a view of the lake of compassion, Gauri kund (5440m/18400ft). The path stretches ahead, with distant mountains on the horizon. The way down is long and the last descend is quite steep. Further trek on the east bank of the river and reach Zuthulpuk . The walk between Dirapuk to Zuthulpuk may take about 10 to 12 hours.

Overnight: Mud house.

Day 9

Zuthulpuk|Darchen|Taklakot|Hilsa

After breakfast we trek around 8 km, and we will reach to the place called Zhong Chu where the vehicle will be waiting for us - drive to Darchen, after lunch we drive to Hilsa via Purang.

Overnight: Mud houses

Meals: Breakfast, Lunch, Dinner

Day 10,

Hilsa|Simikot|Nepalgunj|Kathmandu

Early morning fly to Simikot, Nepalgunj and then Kathmandu.

Overnight at Hotel.

Meals: Breakfast, Lunch, Dinner

Day 11,

Departing Kathmandu

Tour ends today. This afternoon, transfer to the airport for your flight home or onward to a new destination. Meals: Breakfast, Lunch.

TOUR FEATURES:

Rates include:

- All necessary Tibet entry permission and Kailas permission/Visa for the Group.
- Chinese Visa fee.
- Airport transfers in Kathmandu and Nepalgunj.
- Kathmandu|Nepalgunj|Simikot|Nepalgunj|Kathmandu by fixed wing aircraft.
- Simikot|Hilsa|Simikot by Chartered Chopper.
- 2 nights stay at Kathmandu at 4 star properties.
- Half day sightseeing tour in Kathmandu by air conditioned coach.
- 1 night stay at Hotel Cygnett Krishna in Nepalgunj.
- 1 night stay at Hilsa.
- Upper Humla Permit fee.



- Overland transfer in Tibet by luxury coach.
- A supporting truck for carrying kitchen equipment and food stuffs.
- 5 nights stay at Guest houses/Mud houses in Tibet.
- All vegetarian meals.
- Complimentary duffle bag and back pack.
- Down Jacket on return basis.
- All camping equipments (dinning tent, kitchen tent, kitchen utensils, table, chairs, toilet tent etc.
- A supporting truck for carrying your luggage, food stuffs and kitchen equipments.
- Entrance fees.
- Tibetan guide from China Tibet Tourism Board. (CTTB)
- Oxygen cylinders for the group.
- All applicable taxes and service charges.
- Overland transfer in Tibet by luxury coach.
- A supporting truck for carrying kitchen equipment and food stuffs.
- 5 nights stay at Guest houses/Mud houses in Tibet.
- All vegetarian meals.
- Complimentary duffle bag and back pack.
- Down Jacket on return basis.
- All camping equipments (dinning tent, kitchen tent, kitchen utensils, table, chairs, toilet tent etc.
- A supporting truck for carrying your luggage, food stuffs and kitchen equipments.
- Entrance fees.
- Tibetan guide from China Tibet Tourism Board. (CTTB)
- Oxygen cylinders for the group.
- All applicable taxes and service charges.

Rates do not include:

- Any additional expenses caused by reasons beyond our control, such as, bad weather, natural calamities (landslides, floods), flight delays, additional nights, rescheduling or cancellation, any accidents, medical evacuations, riots, strikes, evacuation costs etc, and that should be directly payable at the spot.
- International Airfare
- Any expenses of personal nature such as tips, laundry, table drinks, telephone calls, etc.
- Pony/Porter for personal use during Kailash Parikrama.
- Travel Insurance.
- Any item not mentioned above.





Kailash Mansarovar Moonlight Yatra

A Divine Journey Under the Sacred Glow

The Kailash Mansarovar Moonlight Yatra is one of the most spiritual and mesmerizing experiences in the Himalayas. This unique yatra allows devotees to witness the divine beauty of Mount Kailash and the tranquil Mansarovar Lake under the radiant full moon. The reflection of the moonlight on the crystal-clear waters of Lake Mansarovar is said to purify the soul and grant eternal blessings from Lord Shiva.

Overland Dates

May 7, 14, 21, 28	Full moon date may 26th May (Kathmandu arrival)
June 4, 11, 18, 25	Full moon date 24th June
July 2, 9, 16, 23, 30	Full moon date 24th July
August 6, 13, 20, 27	Full moon date 23rd August
September 3, 10, 17, 24	Full moon date 21st Sept

Heli dates - 2026

May 9, 16, 23, 30	Full moon 28th May Lucknow arrival
June 6, 13, 20, 27	Full moon 26th June Lucknow arrival
July 4, 11, 18, 25	Full moon 26th July Lucknow arrival
August 8, 15, 22, 29	Full moon 25th Aug Lucknow arrival
September 5, 12, 19, 26	Full moon 23rd Sept Lucknow arrival



Highlights of the Moonlight Yatra

- Full Moon Darshan of Mount Kailash and Lake Mansarovar — a once-in-a-lifetime celestial view.
- Holy Dip in the sacred Mansarovar Lake under moonlight — believed to wash away sins and bring peace.
- Spiritual Parikrama (Kora) around Mount Kailash — the ultimate path of devotion and inner awakening.
- Evening Maha Aarti on the shores of Mansarovar with chanting and diyas.
- Comfortable travel arrangements by Helicopter or Road, depending on the chosen route.



Best Time for Moonlight Yatra

- The Full Moon (Purnima) months between May and September are ideal, as the weather is clear and the moon shines brightly. Popular full moon dates include:
- Buddha Purnima (May)
- Guru Purnima (July)
- Shravan Purnima / Raksha Bandhan (August)
- Bhadrapad Purnima (September)

Route Options

- From Kathmandu (Nepal Route) – via Lucknow or directly to Kathmandu, with helicopter transfers via Simikot–Hilsa.
- From Lucknow (India Route) – Lucknow → Nepalgunj → Simikot → Hilsa → Taklakot → Mansarovar.
- Adi Kailash & Om Parvat Moonlight Yatra (India Route) – For those preferring travel entirely within India.

Why Choose Our Moonlight Yatra

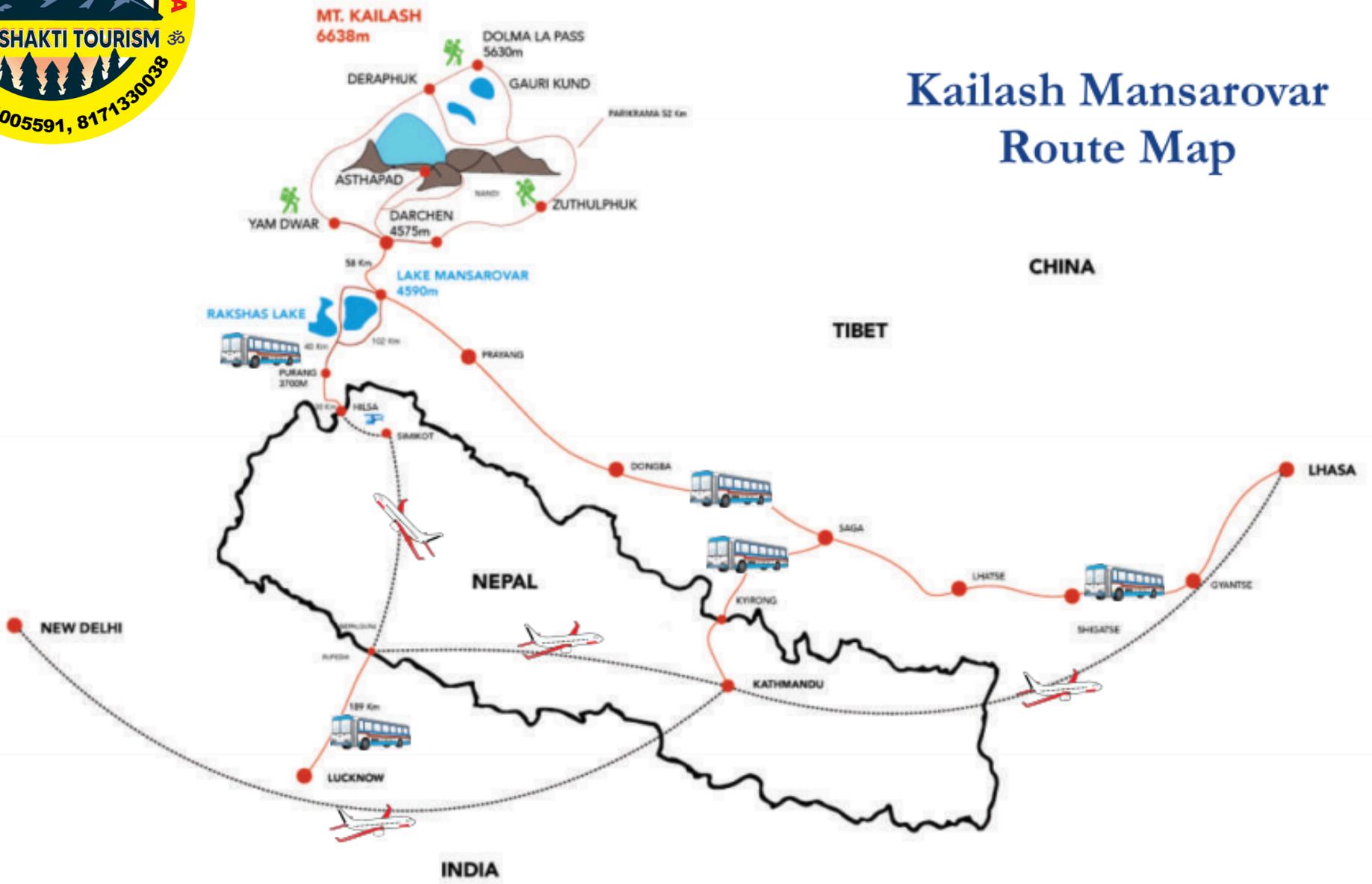
- Expertly guided Full Moon departures for 2025 season.
- Helicopter Yatra options for comfort and convenience.
- Medical & oxygen support throughout the journey.
- Spiritual guides, bhajan-kirtan sessions, and Aarti at Mansarovar.
- Hassle-free visa and permit assistance.



MAP OF KAILASH MANSAROVAR



Kailash Mansarovar Route Map



Kailash Mansarovar Yatra Via Lhasa, Kyirong & Nepalgunj



TERMS AND CONDITIONS FOR KAILASH MANSAROVAR YATRA.

Booking Procedure

The amount of Rs. 25, 000 per person- Non refundable, along with completely filled up form and passport copy (minimum of 6 months validity) should be submitted at the time your reservation. You will get confirmation after a day. The balance payment should be paid 30 days prior to the commencement of the tour.

Following Documents are required :

- Original Passport at least 15 days prior to the departure for visa application.
- Medical certificate attested by Doctor certifying that passenger is fit to travel above altitude of 15000 feet.
- Medical Insurance (The cost incurred is not included in the tour cost)

Cancellation Policy

If You Cancel Your Tour you, or any member of your party, may cancel their travel arrangements at any time. Written notification or an e-mail to that effect from the person who made the booking must be received at our offices. The applicable cancellation charges are as per the published cancellation policy below.

Cancellation charges per person

- Prior to 15 days : 30 percent of tour cost
- Prior to 10 days of departure date : 50 percent of tour cost
- Prior to 7 days of departure: 100 percent.

If We Change/ Cancel Your Tour

We do plan the arrangements in advance. It is unlikely that we will have to make any changes to your travel arrangements. Occasionally, we may have to make changes and we reserve the right to do so at any time. If there are any changes, we will advise you of them at the earliest possible date. We also reserve the right in any circumstances to cancel your travel arrangements by assigning reasons to you.

If we are unable to provide the booked travel arrangements due to reasons beyond our control (for instance, bad weather, Political reason) we shall first try to offer you alternative dates for the tour if the tour hasn't already commenced, If the tour has already commenced, then we shall refund the booking price/fee charged from you on a pro-rata basis depending on portion of the tour standing utilized by you

In all circumstances, however, our liability shall be limited refunding to you the price we charged as the tour fees.

Change Your Holiday Plan

Once confirmation of services are done, if you wish to change your travel arrangements in any way, for example your chosen departure date or accommodation, we will do our utmost to make these changes but it may not always be possible. Any request for changes to be made must be in writing from the person who made the booking. All cost incurred due to amendment will be borne by yourself.

Our Liability to You

We accept responsibility for ensuring that your travel arrangements, which you book with us, are supplied as represented and promised to you. If any parts of your travel arrangements are not provided as promised, due to the fault of our employees, agents, we will pay you appropriate compensation if this has affected the enjoyment of your travel arrangements. Our liability in all cases shall be limited to the costs you paid of your travel arrangements.

We do not accept any responsibility for any third party services or service providers, like hotels, transport etc. For example, travel delays are the responsibility of the transporters and inefficient hospitality is the responsibility of the hotels.

Flight rescheduling policy

In the event of delay or pre-pond mend of the group due to the political reason/ natural calamities/ permit delays the extra cost towards rescheduling of the flights has to be rendered by the tourist. Shiv Shakti Tours and Travels P. Ltd will not be responsible for any additional service/ cost.

Porters and Ponies

Issues related to the hiring of porters and ponies during the Kailas parikrama will not be entertained, since these services and the prices are beyond our control. Therefore, you may opt for these services at your own personal risk.

Holiday Insurance

It will be your responsibility to purchase any sort of holiday insurance cover and we are not responsible for the same.

Exactness Not Guaranteed

We cannot and do not guarantee the exactness of any service that may be provided to you. For instance, photographs of the interiors of the hotel rooms posted on our website have been sourced from the respective Hotel management; the visual appeal of a room selected by you cannot and is not guaranteed by us. Similarly, while we assure you of enjoyable holidays, we cannot and do not guarantee or represent that such tour will be as per your mental perception, imagination or thought about such tours.

General Important Notes

In case there is any change in price the same will be communicated to yourself and only after your confirmation, we will proceed further. There will be no reduction for un-utilized services.

Forfeiture of Deposits

We shall be within our rights to forfeit the non- refundable interest free deposit paid by you. In the event you cancel the booking, or on failure on your part to adhere to the tour payment schedule as informed in the documentation Check List, or in the event the visa of any country is not granted or you are unable to travel on the tour booked due to any reason whatsoever, including medical ground or sickness, the non-refundable interest free deposits shall stand forfeited, and the scale of cancellation set out in the How To Book section of the brochure shall be applicable and binding.

Important Notes

Please be advised that these are the sole and complete terms and conditions governing the tour operations, supplemented only by the User Agreement. No employees of our Company or our agents have the authority to amend, modify or change these conditions, and you are advised to rely on the terms "as is". SHIV SHAKTI TOURISM AND TRAVEL reserve the right to change or modify these Terms and Conditions at any time without prior notice.



GENERAL INFORMATION

WHO CAN UNDERTAKE THE JOURNEY ?

Any persons with strong lungs and sound heart and who is not suffering from high blood pressure can undertake the journey to Holy Kailas and Mansarovar. He should be able to bear hardships, difficulties, and in clemencies of weather.

Temperature and Weather

Weather conditions from May to September in Tibet, can be expected to be dry and sunny, with precipitants in July and August, day time temperatures can be as high as 22 degrees centigrade in Tibet. The average daily temperature will be 10 degrees centigrade, however, the intense sun at high altitude can, make it feel even hotter. At this time of year there is an incredible drop in temperature from early afternoon to evening time; temperature at night-time will drop as low as 0 to -10 degrees centigrade at altitudes of 5000 meters, our highest camp during the PARIKRAMA.

Health

All participants must provide health certificate given by a reputed doctor confirming that the participant is fit to travel in altitudes of 5500 meters. We do ask you to bring along your own small first aid kit (available at Pharmacies). Some of the items we ask you to bring in the kit are: Antiseptic cream or Wound disinfectant: Iodine and tube-squeeze cream.

Fitness

Please start to get in shape NOW!!! A good 30 minutes walk, jogging daily, stretching and regular exercise should put you in the right shape (Concentrate on your heart & legs - Aerobics).

Altitude Sickness

Altitude Sickness – also know as acute mountain sickness (AMS) - is a pathological effect of high altitude on humans. It is caused by reduced air pressure and lower oxygen levels at high altitudes. It is suggested to read more on this topic.

Responsibility

All arrangements within Tibet are solely at the discretion of the China Tibet Tourism Bureau (CTTB), a government Organization, and we have no control over the quality of the vehicles facilities. Shivalaya Tours and Travels P ltd reserves the right to change itineraries without prior notice, depending on the weather, road and permit issues.

Currency

The basic unit of Chinese Currency, 1 Yuan = INR 11.00 approximately.

Clothing

While heading towards to Kailash, it will be warm inside the vehicle and light clothing will be required, but as soon as you step out of the vehicle, warm clothing will be required to keep off the cold winds of the Tibetan Plateau. Evening will be generally cold and warm clothing will be required. We recommend that you bring along the following clothing's and accessories with you:

- Down Jacket - one (Available on Rent)
- Warm thick pullover - One
- Warm thin pullover - One
- Warm pants - Two
- Light loose cotton pants - Two
- Warm windproof jacket - One
- Cotton full sleeve T-Shirts - Four
- Thermal under pants/long - Two
- Thermal vest / warm full T-Shirts - Two
- Rain coat with hood/ Poncho (should be roomy)
- Warm woolen socks-Six
- Large cotton or silk scarf-One
- Warm gloves.
- Soft paper tissue and handkerchiefs .
- Monkey cap
- Towels (one big, one small)
- Washing kit.

Accessories

- Personal First Aid Kit
- Toilet kit, Nail Clipper, Scissors
- Flash Light with extra batteries (3 Set)
- Sun Glasses, Sun Hat, Monkey Cap, Woolen Gloves
- Note book , Pen , Pencils
- Camera and extra batteries for electronic camera
- Rain Gear-Your raincoat should be roomy and have a water proof hood.
- Pocket knife , Sewing kit, Buttons, Cigarette lighter, towel, bags(a few of each size strong) dust masks, strong sun cream and lip balm, Moisturizers, Money pouch/belts etc.
- Water purification tablets.
- Walking stick- Water bottles- unbreakable (Min 2 liters capacity) can be purchased in kathmandu

You will be provided

- Down Jacket
- Duffel Bag and Back pack.
- Dinning Tents
- Toilet Tents
- Kitchen Tents, Equipment, Food
- Guide, Cook, Helpers
- Yaks to carry kitchen and camping equipment during the Parikrama; not your personal belongings.
- Equipment Truck with driver
- Oxygen cylinder with Masks in Vehicle

Transportation

Throughout the journey in Tibet, you will be traveling in a coach. A truck will be provided for luggage and all camping equipments and food supplies.

Staff

Our highly experienced Sherpa staff will be responsible for all camping & cooking arrangements.

Oxygen

Oxygen cylinder with mask will be provided during the PARIKRAMA. Please note that oxygen is to be used only in case of emergency

Briefing and Orientation

There will be a briefing of the program on the day of your arrival in Kathmandu. It is extremely important for all clients to assure their presence in the session.

Food and Beverage

We will be providing vegetarian breakfast, launch and dinner cooked by our Sherpas at campsite. You will be required to bring sufficient supplementary food like chocolates, biscuits, nuts, pickles, and your favorite tinned products to add variety to the meals.

Visas and Documentation

You must be in possession of valid passport for at least 6 months from your date of travel. We will obtain your visa for Tibet and will require scan copy of your passport (Front and Back page) and one passport size photographs while making your reservation. Your passports should reach us not later than 15 days prior to your departure.

Guide |Escort

Local English speaking guide will escort the group throughout the tour in Tibet.

Photography

Still cameras, home video cameras are allowed in China.

Insurance

We recommend that you insure yourself against sickness, EMERGENCY RESCUE, accidental hospitalization, etc... Apart from services mentioned in the package, we cannot guarantee for any damages or extra expenses that may arise from mishaps and the loss of the personal belongings during the pilgrimage.

Communication

One can get Chinese sim card at Taklakot and communicate throughout the trip. However, the sim is limited for sending messages and receiving call from abroad only. Wifi available in some places.

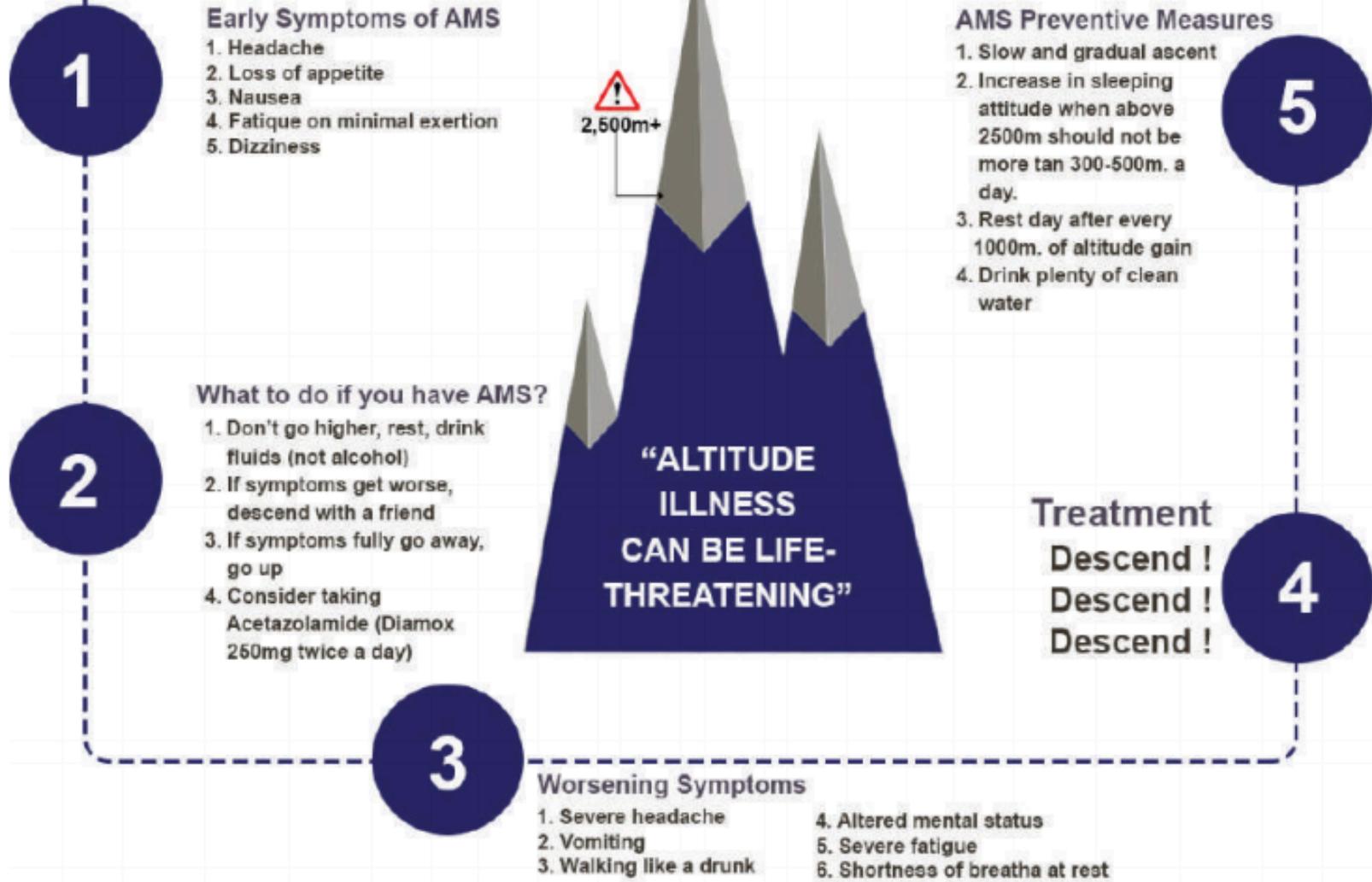
ALTITUDE SICKNESS CHART



IMPORTANT INFORMATION FOR Trekking and Mountaineers

Acute Mountain Sickness (AMS)

If you are feeling well above 2,500m., it may be AMS until proven otherwise



MEDICAL SUPPORT



FAQ'S

Who are eligible to undertake the Kailash Manasarovar Yatra- 2025?

- Any citizen, holding a valid passport and aged at least 12 years and below 75 years as on 1st January, 2025, is eligible to apply for the Yatra.

Is there any subsidy given to Kailash Manasarovar Pilgrims?

-Some State governments are known to provide varied sums of financial assistance to their residents to cover a part of their Yatra expenses.

How can one become a fit yatri?

-A yatri should be free from all major ailments like heart diseases, asthma, epilepsy, diabetes, hypertension, menstrual disorders, cancers, etc. Yatris are advised to bring their weight to average standards, exercise regularly, do breathing exercises, and quit tobacco, alcohol, etc. A doctor may be consulted to rule out any major ailments that may render one unfit for the Yatra.

What happens if a yatri falls sick en route?

-If a yatri suffers from minor ailments, there are medical and paramedical staffs on the Nepal side to provide relief. But should a yatri suffer from any major health problem, he/she may need to be evacuated to a hospital by helicopter at his/her own cost. However, due to administrative procedure involving the Chinese side and due to difficult climatic and geographical conditions, such evacuation from the Chinese side may take time - at least 48 hours. Therefore, yatris should ensure that they are truly confident of their health and physical fitness before they undertake this Yatra.

Should yatris carry the prescribed medicines, which they have been taking regularly on the advice of their doctors?

- Yes. Yatris are advised to take sufficient stock of their medicines to last the entire duration of the Yatra.

What currencies can be used in Tibet? Can I use credit card and ATM cards?

- Apart from Chinese Yuan, only US dollars are accepted. Very few shops in Tibet accept US dollars and you might not be able to get a good deal for an exchange rate. Hotels only in Lhasa, Shigatse and Gyantse accept credit cards. ATM facility is not widely available. Exchanging your money to Chinese currency will be the best option for you, which can be done at the Bank of China in Lhasa or in Kathmandu.

How are communication facilities in Tibet?

- Mobile coverage is wide in Tibet, even during parikrama. Wifi facility is also available in some hotels in Tibet. Despite of that, you can purchase a Chinese Sim card which will work throughout the Yatra. It will cost you around 100 Yuan.

Accommodation

There is accommodation ranging from 5-star chain hotels and resorts to comfortable lodges in Kathmandu and major tourist destinations. However, some good and basic guesthouses are available; and on dormitory basis in Tibet; during Kailash Yatra.

Toilet Facilities

Except some places, toilets are horrible in Tibet. Though we pitch up Toilet tents, people prefer to go outside.

What kind of food is available in Nepalese restaurants and in Tibet?

Kathmandu is a melting pot of international cuisine. Dining out is, therefore, a pleasure. The Nepali staple is rice, dal (lentils) and curry. Apart from Nepalese cuisine, there are restaurants serving Continental, Indian, Chinese, Mexican, Japanese, Italian and Korean food. Fast foods like burgers, pizzas are found everywhere.

What souvenirs can I take home?

-Popular among visitors are handmade apparels like woolen sweaters, jackets, trousers and caps. And the Pashmina shawl is a highly coveted item. Then there are ethnic and contemporary carpets, gems and jewelry, metal and wooden products, Khukuri (the curved metal knife, music CDs, Nepali paper products, pottery, spices, tea and Thangka paintings to take home. There are exclusive showrooms at Durbar Marg, Asan, Thamel, Patan and Bhaktapur Durbar Square area which specialize in these items.

FOOD MENU

In Tibet, our team will prepare all vegetarian meal. Normally, our menu would be as underneath:

BREAKFAST

HOT BEVERAGES:

TEA | COFFEE | BOURNAVITA

HONEY | JAM | BREAD | PAUBHAJI | UPMA | PONGAL | IDLY
WADA | CHOLE BATURA | POORI & BHAJI | AALU PAROTHA | FRUITS

LIGHT SNACKS: SOUPS | TEA | COFFEE | PAKAUDA
POPCORN | BHUJIYA | PAPAD | BISCUITS.

NOODLES: VEG NOODLES | HAKKA NOODLES

SOUPS: VEG CORN SOUP | TOMATO SOUP
MUSHROOM SOUP | MIXED VEG SOUP

LUNCH & DINNER:

PLAIN RICE | JEERA RICE | VEG FRIED RICE | LEMON RICE
VEG BIRYANI | VEG PALAV | TOMATO RICE | CURD RICE
SAMBAR RICE | CHAPATHI | POORI | DAL FRY | DAL TADKA
RASAM | SAMBAR|

VEGETABLES: ALU DHUM | ALU MUTTER | CHANNA MASALA
GREEN PEAS CURRY | MIXED VEGETABLE CURRY

CHUTNEYS: PEANUTS CHUTNEY | MIX CHUTNEYS | TOMATO
CHUTNEYS
ROASTED PAPAD | FRIED PAPAD | BHUJIYA

SWEETS: GULAB JAMUN

SALAD: TOMATO SALAD | CARROT SALAD
GREEN SALAD | CUCUMBER SALAD

**PACKED LUNCH DURING
PARIKRAMA**
JUICE | APPLE |
CHOCOLATE | BISCUITS
| VEG BIRYANI | SAMOSA |
PARATHA.



DO'S & DON'T

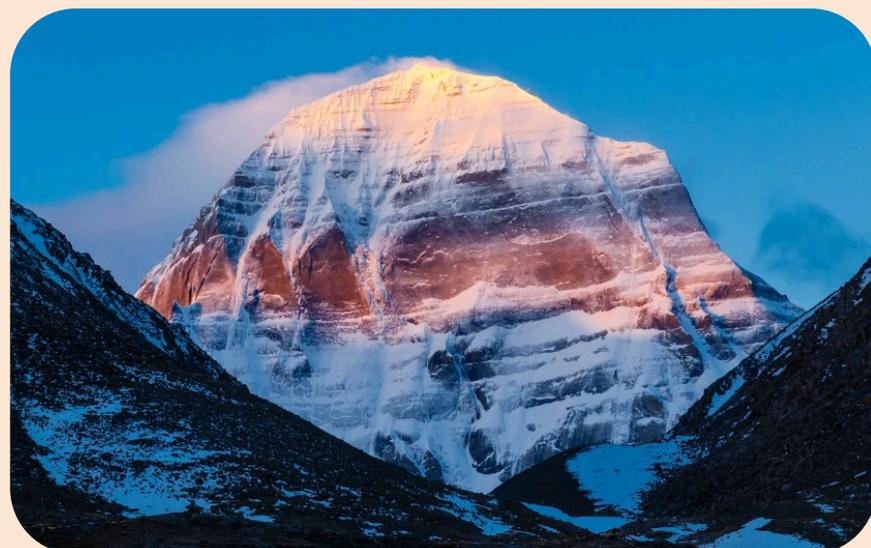
Do's

- For smooth & successful completion of yatra, it is essential to develop good understanding among yatris.
- Do take diamox regularly till you finish the parikrama.
- Drink plenty of water & fluids during trekking. Take liberal amounts of hot, fluids and enough nourishment to provide energy for body.
- Do cover yourself properly and protect yourself from Cold.
- Use good quality tinted snow-glasses or dark sun glasses to protect eyes against snow blindness. Avoid use of cheap, poor quality sun glasses.
- Apply good quality sunscreen lotion (30 SPF) to exposed parts of the body to avoid sunburn, particularly during parikramas.
- If there is heavy snowfall or snow storms, stay close to each other & avoid being separated.
- Do respect their culture and people.
- Do maintain cleanliness.
- Follow instructions of the Tour officer properly.

Don't

- Do not neglect to consume sufficient food & fluids. Do remember that pilgrims suffer from loss of appetite at high altitudes. So, per force consume enough nourishment.
- Do not over exert. Fatigue can lead to cold and more serious problems, especially at high altitude.
- Do not take photographs of Army Officials and Check Post.
- Do not talk about Dalai Lama.
- Do not smoke or consume alcohol during the yatra & especially at high altitudes, as this is dangerous & has serious consequences.

SOME TOURS PHOTOS



SAMPLE OF MEDICAL CERTIFICATE



MEDICAL CERTIFICATE

(To be filled by a registered Medical Practitioner only)

Name: Mr./Mrs./Ms. _____

(Surname)

(1st Name)

(Middle Name)

Fathers/ Husband's name: _____

(Surname)

(1st Name)

(Middle Name)

Date of Birth: Date: _____ Month: _____ Year: _____

Address: _____

City: _____ District: _____ State: _____ Pin Code: _____

Present illness / Past illness / Physical Disability	Is the Appliant Suffering Form	
	An infectious disorder	Yes No
Any known Allergy to Drugs	Hypertension	Yes No
	Bronical asthma	Yes No
History of taking Drugs for chornic Disease	Diabetes Mellitus	Yes No
	Epilepsy	Yes No
	Heart disease	Yes No

Above 45 years Male/Female	BP	ECG	Blood Sugar Report
Female	HB		

I have medically examined Mr. / Mrs. / Ms. _____

On (date) _____ and found him/her medically/mentally fit to undergo.

A TREKKING EXPEDITION / KAILASH MANASAROVER YATRA in high altitude areas and in the mountains and as per history and clinical examination he/she is not suffering from chronic disease.

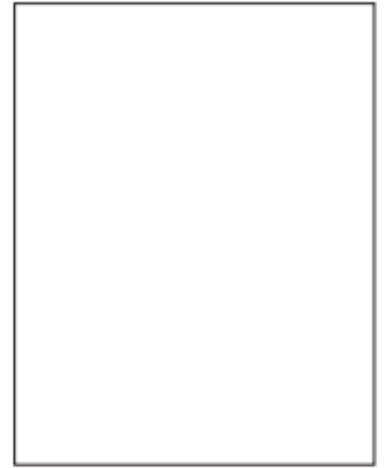
Name of Dr. _____ Degree _____ Regn no _____

Date & Seal

Signature of medical officer



APPLICATION FORM



I wish to participate in your pilgrimage tour on.....

And I here by enclose as advance deposit of INR.....

Full Name (as in passport).....

Address.....

Date of Birth.....Sex.....Nationality.....Passport No.....

Occupation.....Phone.....Mobile.....Email.....

Next Contact Person:..... Landline/Cell Number:.....

Terms & Conditions

01: Passport must be valid minimum for 6 months from your travel date. **02:** Application should be submitted at least 30 days before the provisional date of departure. SHIV SHAKTI TOURISM & TRAVEL will confirm your booking within 7 days of your application. **03:** When the booking is made the following details must be disclosed. Full name as in passport, date of birth, nationality, Sex, Occupation and a medical certificate to travel in high altitude area. **04:** Itinerary can change without prior notice due to unavoidable circumstance such as govt. restriction, land slide, road blockage, flood, snow political unrest, cancellation of flight, delay, sickness or accident, any extra cost incurring there of shall be borne by the clients on the spots. **05:** Upon The confirmation 100% deposit is required before 45 days of the commencement of the tour along with passport. **06:** INR. 25,000/- (Twenty thousand only) non refundable will be charged & balance will be refunded if the cancellation is intimated 40 days before the departure date. **07:** A 50% cancellation charges of total package amount will be refunded if the client cancels between 7 to 15 days before the commencement date of tour. **08:** No Cancellation will be accepted within 7 days of the commencement date. **09:** A full refund will be made if Shivalaya Tours and Travels cancel a trip.

Assumption of Risks, Release and Guarantee

I understand & I am aware that during the tour in which I intend to participate under the arrangement of SHIV SHAKTI TOURISM Travels, and its agents, associates of employees, certain risks and dangers may arise, including but not limited to the hazards of travelling in remote and mountainous terrain, accident or illness in remote places without the availability of medical facilities or means of rapid evacuation. I further understand and accept that due to the nature of travel in Mt. Kailas and also due to certain terms & conditions imposed upon Shivalaya Tours and Travels, by the principle i.e., Chinese travel authorities. I accept and agree all risks associated with the journey and further agree to abide by the terms & conditions of SHIV SHAKTI TOURISM & TRAVEL as described here & in its brochures and publication. In the event of illness, accident, weather, political and other factors beyond their control, I will not hold SHIV SHAKTI TOURISM & TRAVEL its agents, associates or employees responsible or liable for any damages. I understand that I travel at my own risk.



SAMPLE OF PERMIT / VISA COPIES

西藏自治区外事办公室

香客进藏确认函

LETTER OF CONFIRMATION FOR PILGRIMS INTO TAR

藏外函字第2019786号

签发

[Signature]

兹确认 FEC-19-SH-851

团一行 3 人于

2019 年 8 月 10 日至 2019 年 8 月 20 日进藏朝圣。

旅行目的地: 神山、圣湖及其周围景点。

旅行路线: 布达拉宫-布达拉宫-布达拉宫-布达拉宫-布达拉宫。

西藏自治区外事办公室邻国事务处

2019年7月25日

团体签证

GROUP VISA

第 000583 团体签证, 准予 印度民间香客 FEC19-SH-877 团 (5) 人自 2019 年 08 月 06 日至 2019 年 09 月 03 日, 在中华人民共和国旅行, 首次有效。

No. 000583 group visa, valid for single entry, permits 印度民间香客 FEC19-SH-877 group consisting of (5) persons to travel in PRC from 06 Aug 2019 to 03 Sep 2019.

发证日期
Date of Issue

06 Aug 2019

签署、印章
Signature and Seal



备注: 持证人可自吉隆入出境

人员名单

LIST OF GROUP

序号 NO.	姓名 Name in full	性别 Sex	出生日期 Date of birth	职业 Profession or Occupation	国籍 Nationality	护照号码 Passport No.
1	CHELLAPPA MAHESWARI	女	19570525	HOUSEWIFE	印度	12473670
2	SUBBIAH CHOCKALINGAM	男	19510326	BUSINESS	印度	R8944957
3	CHOCKALINGAM SIVAKAMI	女	19530803	HOUSEWIFE	印度	R8944588
4	PASARKAR RAJARAM GUNWANTRAO	男	19540330	BUSINESS	印度	M5912183
5	PASARKAR SHARYOU RAJARAM	女	19590723	HOUSEWIFE	印度	M5635508

名单结束

END OF THE LIST



HM54000020190725600341

被邀请人员名单

Name List of the Invited

外文姓名 Full Name	性别 Sex	出生日期 Date of Birth	国籍 Nationality	护照号码 Passport No
36 SAMIVEL RAJASEKAR	男	1969-04-12	印度	P8180878
37 GANAPATHY MUTHU VENKATARAMAN	男	1955-03-16	印度	J2464930
38 JAYARAMAN PANCHANATHAN	男	1969-05-26	印度	L7263549
39 CHIDAMBARESAN NATARAJAN	男	1953-01-08	印度	N0671974
40 SAMPURANA KAILASAM GURUNATHA SUBRAMANIAN	男	1953-06-03	印度	Z2771405
41 SANGILIMUTHU KARUNANIDHI	男	1955-04-27	印度	M6054982
42 ARUMUGASAMY BALASUBRAMANIAN	男	1955-11-20	印度	T3553912
43 BALASUBRAMANIAN SELVI	女	1964-10-10	印度	T3552952
44 CHIDAMBARA VADIVELU MANOHARAN	男	1956-06-14	印度	T4286019
45 KANNAIYAN DAMODARAM	男	1965-12-10	印度	T6211111

邀请单位名称: 西藏自治区人民政府外事办公室

Name of Duly Authorized Unit

邀请单位盖章

Seal



2019年 07月 25日

Year/Month/Day

注: 1. 本表须与邀请函一起使用。

Notes: 1. Used together with the invitation letter.



HM54000020190725600341

被邀请人员名单

Name List of the Invited

外文姓名 Full Name	性别 Sex	出生日期 Date of Birth	国籍 Nationality	护照号码 Passport No
6 MATHURAPPAN SUBBIAH	男	1953-03-05	印度	T0470692
7 PIRAMIAH RAMALAKSHMI	女	1954-04-25	印度	T0471270
8 KARDASAMY PILLAI SIVASUBRAMANIAN	男	1960-05-29	印度	K1948130
9 SIVASUBRAMANIAN VIJAYARANI	女	1967-07-15	印度	T6077033
10 GOPAL MUTHUKRISHNAN	男	1956-12-23	印度	J3618890
11 MUTHUKRISHNAN VIJAYAKUMARI	女	1958-03-01	印度	J2293400
12 VENKATARAJAN SUBRAMANIAN	男	1949-02-04	印度	S1848503
13 SUBRAMANIAN JANSIRANI	女	1955-01-10	印度	T3533097
14 JAYARAMAN KOUSALYA	女	1977-07-12	印度	P8099269
15 RAMAMURTHAM KALAVATHI	女	1952-06-15	印度	H8170941

邀请单位名称: 西藏自治区人民政府外事办公室

Name of Duly Authorized Unit

邀请单位盖章

Seal



2019年 07月 25日

Year/Month/Day

注: 1. 本表须与邀请函一起使用。

Notes: 1. Used together with the invitation letter.

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