



Lake Manasarovar

If there is something common between the four great rivers of Asia- the Indus, the Sutlej, the Brahmautra and the Karnali (Ganga), then it is the lake Manasarovar which is the source of all these rivers. It is widely believed that a person bathing in this lake or drinking its water is free from all his sins. According to Hindu Mythology, Lord Brahma first created this lake in his mind. So it is named as Manasarovar. In Sankrit, Manasarovar is a combination of two words, 'Mana' and 'Sarovar'; 'Mana' means mind and 'Sarovar' means lake.

Nevertheless, the pilgrimage to this spiritual region is difficult and tiring. Though it is considered as one of the Asia's most religious yet difficult voyages, this sacred region is one of the most visited places on earth. This region is believed to have invisible magnetic powers that attract people across the world towards it.

TOUR WITH THE OPTIMAL AGENCY

The Encounters Nepal, the dedicated team directed by Mr. Rishi Nepal, is one of the foremost companies that have been dealing with trekking and other adventurous tours since 2004. Our devoted attempt to provide you the most unforgettable and exciting experience in the high Himalayas let you experience the tradition and culture of the high Himalayas and strive to maintain and promote them.

We've designed this expedition with an environmental-friendly concept. We attach activities such as garbage and trash cleanup programs, encourage fair-trade. The involvement of professional and experienced guides, chefs and trip assistants and other team members makes this voyage a perfect trip. Expedition with Encounters Nepal means the best possible way to experience the grandeur of Nature.

Itinerary from EncountersNepal.com

Custom Tours

The guests at Encounters Nepal enjoy the benefit of flexibility as they can plan and create custom trips, as per their interest and convenience, to the Mt. Kailash region. There are several ways to enter Kailash region. The region neighbors with many holy sites which are just couple of days drive away. There is a huge list of educational institutes and religious and spiritual communities touring here with a very precise and detailed trip. There are some groups who take the quickest and easiest possible option of a helicopter flight to Kailash region. For interested ones, this region also provides an option of 5 day trek from Nepali town of Simikot to the Tibetan border just south of Lake Manasarovar. Encounter Nepal makes the best effort to make you enjoy every bit of this sacred place.

Pilgrim's General Information

- Accommodation
- Food
- Transportation
- Visa & Documentation
- Insurance
- Altitude Sickness
- Physical Fitness
- Personal Gear For Trip
- First Aid/ Medical Kits

Accommodations

Our clients receive a high class service in the intermediary period. We manage twin sharing rooms or single rooms with additional cost in the top class hotel in the heart of the capital city. In Tibet, there are very simple lodge and guest house with shared rooms and basic sanitary facilities like toilet and bathrooms. We even have stand by tented camp facilities in case of emergency or unavailability of rooms due to heavy rush. All the camping tasks will be carried by our staffs.

Food

The trip is provided with meals of all time as well. In Tibet, the cook from our team member will prepare delicious and mouthwatering meals. **Vegetarians will have soups, rice, noodles, bread, curry etc. in the menu.** While your stay in Kathmandu, your lunch and dinner in the hotel will also be included in it.

Transportation

Our private bus will take our clients to the border from Kathmandu. In Tibet, we manage four wheel drives: **Landcruisers and Jeeps** to carry personal and group gears. **Per vehicle, four clients will be accompanied by a driver.** We'll have yaks to carry your personal gears. We can even manage extra yaks and yakman as per requirement for an additional cost.

Itinerary from EncountersNepal.com

Visa & Documentation

It is mandatory for our clients to have a current passport with minimum of 6 months of validity remaining. Once we receive the copy of your passport and the advanced deposit, we'll manage the Chinese visa and entry permit procedures. For Indian passport holders, visa for Nepal is not required. There is visa on arrival at the airport for which one needs to have 2 copies of recent photographs and after paying 25.00 USD, you are provided with multi-entry visa that is valid for 15 days and for 40.00 USD, the visa the valid for 30 days.

Insurance

Appropriate medical and travel Insurance before the trip is recommended to our clients. The insurance policy is to be made sure to include emergency and rescue coverage.

Altitude Sickness

One of the major factors on Tibet trip that determines the stiffness is altitude. The altitude over 5000m is not a great deal in our trip. This is a serious issue since it can lead to mild or severe impact on your health no matter how healthy you are. Headache, nausea or vomiting, dizziness, vertigo, loss of appetite and difficulty in sleeping are some of the symptoms. One must be aware about how your body is functioning and must keep your body extremely hydrated in order to prevent this. For your body to adjust in this tough climate and altitude, rest days also can be organized. We also carry prescribed medicines (Diamox) which contributes in preventing symptoms. Our gear also includes several oxygen tanks and portable altitude chambers. A recent medical file with your medical history along with recent medical report is recommended for this type of trip. One must be aware of the fact that you are travelling at your own risk.

Physical Fitness

Our clients need to be relatively healthy although most of the trip will be done in vehicles. Some energetic and active hiking is required for the trek around Kailash and can leave some physical distress on the body. An exercise routine for minimum of an hour in alternate days before trip is strongly recommended for our clients. Hiking and jogging and some stamina building exercise would be perfect workout for the trip. Please consult your doctor if you have any chronic health problems. We extremely welcome your queries about the physical demands of the trip.

Itinerary from EncountersNepal.com

Personal Gear

Here is the list of personal gear needed for the trip. Majority of these items can be hired in Kathmandu. If you have any questions about gears, feel free to contact us.

- 1 large duffel bag or backpack (we do provide as well)
- 1 small backpack or day pack
- 2 pair warm synthetic or cotton pants
- 1 pair light hiking pants
- 2 pair long underwear tops and bottoms
- 1 fleece/wool jacket / pants
- 1 down jacket (we do provide as well)
- 1 Sleeping bag (we do provide as well)
- 1 set of light rain gear tops and bottoms
- 1 warm hat and 1 sun hat
- 6 pair warm socks
- 1 pair comfortable waterproof hiking boots
- 1 pair comfortable shoes (for wearing around camp)
- 2 pair long sleeve cotton shirt
- 1 pair warm gloves or mittens
- 1 pair of sunglasses (100% UV protective)
- Sunscreen / lip salve (at least SPF 25)
- 1 silk or polyester scarf (to protect neck from sun)
- 1 towel
- Water bottle 2/lts
- 1 flashlight (w/ extra batteries)

Toilet Items

- Towel
- Soap
- Shampoo
- Toothpaste and Toothbrush
- Comb/Brush
- Razor
- Shaving Cream
- Women's Items
- Toilet Paper etc.

G P.O.Box: 21952 Thamel, Kathmandu, Nepal. Tel: 977-1-4411142, 977-1-4411338 Mob: 977-9851090105 (Rishi Pd Nepal)

Fax: 00977-1- 4411338. E-mail Address: info@encountersnepal.com

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Itinerary from EncountersNepal.com

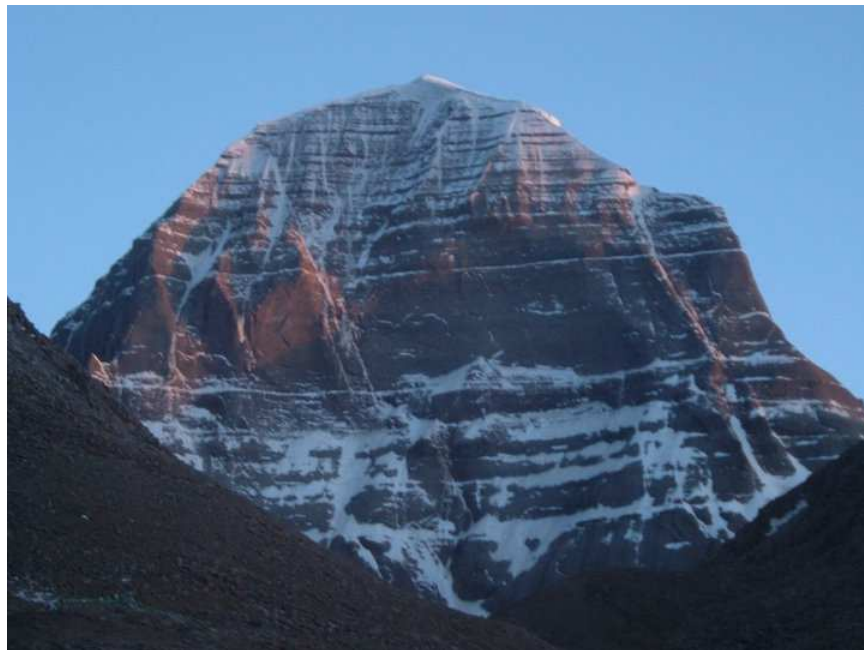
Groups Gear Provided

- Tents
- Mattress
- Cooking and eating wares

First Aid / Medical Kits

Our staffs at Encounter Nepal will provide you basic first aid treatment in your trip but we strongly suggest you to carry a well-equipped personal medical kit. Here we've prepared a list of recommended items. Consult a doctor for all prescriptions and medications.

- band-aids, bandages, medical tape, Neosporin, and other wound dressings
- blister dressings, moleskin, spenco, 2nd skin
- cold and flu tablets / nasal decongestant
- antihistamine (for allergies)
- aspirin or ibuprofen
- Imodium or lomotil (anti-diarrhoea)
- rehydration powder
- throat lozenges / cough medicine
- small pair scissors / tweezers / thermometer
- antibiotics (consult doctor)
- Full supply of all current prescription medications.



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HIGHLIGHTS OF KAILASH YATRA ORGANIZED BY ENCOUNTERSNEPAL.COM

- Complimentray Darshan Of Asthaphath and Nandi Parbat
- High success rate of Kailash Parikarma
- Dedicated Team Of Nepali Trekking Staff and co-operative Tour Guide from Tibet / China side
- Encountersnepal.com overlooks the accommodation facility at Paryang & Dirapuk. It has its own Fixed Camp at Zhuthupuk.
- PERSONALIZED SERVICE

12 NTS 13 DAYS YATRA COST FOR GROUP JOIN BASIS:

COST FOR INDIAN PASSPORT HOLDERS

INRS. 68,000 PER PERSON

COST FOR FOREIGN PASSPORT HOLDERS

USD 2000 PER PERSON

DAYS	PROGRAMME
01	Arrive to Kathmandu. The Group shall be met at the airport and transfer provided to your hotel.
02	Darshan Of The Pashupatinath Temple and The Temple Of Sleeping Vishnu. Rest of the day free for the final preparation of The Yatra.
03	The Group embarks on The Kailash Yatra by driving to The Kodari Border. Cross the Friendship Bridge , complete immigration facilities and drive to Nyalam. 3750 km. (153km. 6/7 hours.
04	The day is spent at Nyalam acclimatizing. The Group shall be taken on a 3 hrs trek atop a hill at Nyalam.
05	Drive to Saga. 4600 m. (approx. 240km. 6/7 hours.)
06	Drive to Paryang 4750m. (approx. 255km. 5/6 hours)
07	Drive to Chui Gompa via the circumbulation of Lake Manasarovar. Yatris will get an excellent opportunity to bathe on the holy Lake Manasarovar. 4560m. (223km. 22km. 5/6 hours)
08	Drive to Darchen and proceed to Serlung Monastery. The Group will have Darshan Of Asthaphath and Nandi Parbat. Return for o/nt stay at Darchen. 4620m.(approx. 115km. 4/5 hours)
09	Drive to Sershong , 4860m.(approx. 20km Trek starting point of The Kailash Parikarma. On the first day, Yatris trek upto Dirapuk. (13km. 7 hours.)
10	Trek to Zhuthulpuk.4760m. (18km. 9/10 hours)
11	End Kailash Kora and drive to Saga. 4600m.
12	Early morning drive to Nyalam and to Friendship Bridge where Transportation awaits for the Groups final leg of journey to Kathmandu. 1300m. (approx.123km 7.8 hours)
13	The day is free until your transfer to the airport.

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FIXED & GUARANTEED YATRA DATE FOR 2012



DEPARTURE MONTH FOR 2012		DEPARTURE DATE		DEPARTURE DATE	
APRIL	2012	April 30 *	/ Thursday		
MAY	2012	May 17	/ Thursday	May 29 *	/ Tuesday
JUNE	2012	June 10	/ Sunday	June 27 *	/ Wednesday
JULY	2012	July 10	/ Tuesday	July 27 *	/ Friday
AUGUST	2012	August 09	/ Thursday	August 25 *	/ Saturday
SEPTEMBER	2012	September 04	/ Tuesday	September 11	/ Tuesday

Itinerary from EncountersNepal.com

Service Included:

- Arrival / departure transfers
- 1 Halfday Sightseeing Tour Of Pashupatinath Temple and Temple Of Sleeping Vishnu
- 3 Nts accommodation at Hotel Shanker (4 Star Property) on Twin Sharing & with all meals
- Kathmandu – Kodari Transfer by Tourist Coach
- In Tibet , 4 – WD Japanese Landcruisers (4 person in 1 Jeep Basis)
- Support Truck to carry luggage , equipment and food items
- Experienced Staff comprising of 1 Nepali Team Leader , 1 Cook experienced in preparing Indian cuisine and Support Staff
- Freshly Cooked Vegetarian Meals (North / Gujarati & South Indian food)
- English / Hindi Speaking Tibetan Guide
- Best accommodation during the Kailas Yatra
- 1 Complimentary Duffel Bag
- 1 Dawn Jacket on returnable basis
- Yaks & Yak-men for Porterage during Kailash Yatra
- All Permits
- Tibet / China Visa fee
- First aid-kit with Medical Oxygen & Gamow Bag
- Pulse Oxymetre
- 1 Roaming Phone with the Team Leader for communication

Service Excluded:

- Airfare to Kathmandu
- Travel Insurance
- Evacuation Cost
- Expenses Of personal nature
- Extra cost in the event of landslide for hiring additional Transportation Or Porterage (approx Inrs.500 – 750 per person)

Simikot Kailash Kathmandu

- Day 01:** Kathmandu Arrival / pick Up and Transfer to Hotel / Familiarization walk with Guide
Day 02: Kathmandu Sightseeing and preparation for the trip.
Day 03: Fly Kathmandu to Nepalgunj
Day 04: Fly to Simikot, trek to Majhgaon [2,270m]
Day 05: Trek from Majhgaon to Khermi [2,690m]
Day 06: Trek from Kherm to Yanger [2850m]
Day 07: Trek from Yanger to Palbang [3380m]
Day 08: Trek from Palbang to Nara La [4330m]
Day 09: Trek from Nara La to Sher [3860m]
Day 10: Drive to Purang (Taklakot)
Day 11: Drive from Taklakot to Lake Mansarovar [4,550 m]
Day 12: Rest Day in Mansarovar
Day 13: Drive from Mansarovar to Darchen
Day 14: Start trek around Kailash to Driraphuk [4,909 m]
Day 15: Continue trek to Zutul Phuk [4,790 m]
Day 16: Trek back to Darchen
Day 17: Drive from Darchen to Tsaprang [3,700 m]
Day 18: Explore Toling – Gauge Kingdom
Day 19: Drive from Tsaprang to Hore [4,520 m]
Day 20: Drive from Hore to Paryang [4,450 m]
Day 21: Drive from Paryang to Saga [4,400 m]
Day 22: Drive from Saga to Nyalam
Day 23: Drive from Nyalam to Kathmandu via Zhangmu
Day 24: Free day (Sightseeing on request) last hour shopping
Day 25: Drive to airport and fly back Home

Cost Group Join Basis:

02	04	06	08	10	15+01 Free
USD4400.00	3500.00	3300.00	3100.00	3000.00	2850.00

Itinerary from EncountersNepal.com

Service Included:

1. Over nights Hotel in Nepalside on BB plan as mention on Itinerary
2. All necessary permits for Nepal.
3. Trekking leader and supported crew in Nepal and Tibet side
4. Tibet Group Visa Fees, Tibet Permit & Entrance Fees.
5. English Speaking Tibetan Guide
6. Twin sharing accommodation in hotel/tent as per Program
7. Private 4WD vehicles in Tibet as per itinerary
8. All meals prepared by Nepali cook (breakfast, lunch, and dinner) during trekking in Nepal and Tibet.
9. All camping gears and also experienced cook.
10. Yaks/supporters for trekking equipment/luggage on trek.

Service Exclude:

1. Personal expenses and insurance (We do the evacuation but bill comes to you.)
2. Bottled Beverages
3. Things not mentioned in service included.

Inquiry about this Trip

Full Name: _____

Address: _____

Email: _____

Request Date: _____

No. of Passenger: _____

Additional Information: _____

Itinerary from EncountersNepal.com

Booking Conditions

1. At least 2 months advanced booking
2. Nonrefundable deposit
3. Copy of Passports with minimum validity of 6 months and recent photographs.
4. Physically fit to trip on high altitude (doctor's recommendation is suggested)
5. Fixed date of Kathmandu arrival
6. Indian passport holders: Original passport to be sent to Delhi 2 weeks earlier (based on Kathmandu arrival date) and we will hand over it either in Kathmandu or send back to your address once visa is issued. For Indian passport holders travelling to Kathmandu is easier. Just carry your election card or valid ID issued from Government of India
7. No cancelation! Once, visa approvals are issued to travel to Tibet, full payment will be collected on any type of cancelations
8. Please buy/book refundable-transferable air tickets to be sure with High Himalayan trips and its sensitiveness
9. Travelers will be travelling on a single group, any additional cost that comes because of separation from main group/ outlines will be collected individually

Note:

IMPORTANT NOTE: For the French nationals, visa processing in the local Chinese Embassy requires at least a week (3 working visa days). In other words, the French nationals shall not be granted express visa despite of the express visa fees. Visa fees are subject to change as per airlines and the Chinese Embassy.

Tibet tour could close without any prior notice due to Chinese Government policy.