



COSMIC HIMALAYA
Safest • Meaningful • Experiential Journeys

14 Days Holy Kailash Mansarovar Yatra-2026

Overland package by Bus (via Nepal)



In **Hinduism**, Mount Kailash is revered as the divine abode of **Lord Shiva and Goddess Parvati**, the cosmic axis of the universe, and the supreme path to liberation (*moksha*).

In **Buddhism**, it is known as **Kang Rinpoche**, venerated as a vast mandala of the Buddha chakra and the center of universal consciousness. In **Jainism**, this sacred region is identified as **Ashtapada Mountain**, where the first Tirthankara, **Rishabhadeva**, attained liberation. In the **Bon religion**, Mount Kailash and Mansarovar are described as the primordial source of cosmic creation and spiritual power. The sacred **Lake Mansarovar**, believed to have been created by **Lord Brahma**, is also revered as the original source of the holy **River Ganges**, which descended to Earth through the matted locks of Lord Shiva. It is believed that bathing in its sacred waters washes away all sins and purifies the soul.

For these reasons, **Kailash–Manasarovar** is considered a supreme pilgrimage that every Hindu aspires to undertake at least once in a lifetime.

For the past **23 years**, **Namaste Holidays** has been organizing safe, well-managed, and successful Kailash–Manasarovar pilgrimages every year, serving approximately **1,000 Nepali pilgrims** and **1,000 Indian and international pilgrims** annually.

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Outline: Kathmandu- Kyirong –Mansarovar-Kailash Round- Kyirong -kathmandu

**GROUPS PRICE FOR
Indian citizen**

**Nationalist
– India**

**Hotel Name at
Kathmandu**

**Fix departure
price @person**

Signal supplementar Occupancy

**Travel date
June-July Sept-**

3-Star Hotel

-(USD \$ 1740+ INR 70,500)
Or Inr 2,35,000

INR 4500 at Kathmandu

**Lord prime or hotel
Mahadev**

"Note: Kindly book flight tickets only after once group visa is approved.

Program

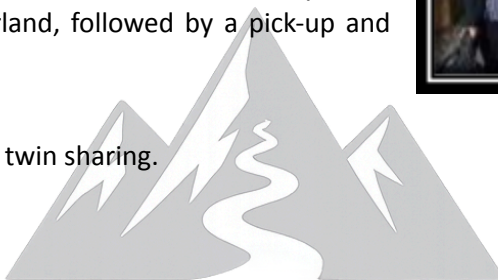
† Day 1: - Arrival at Kathmandu

Upon arrival at Kathmandu airport, all Yatries will receive a hearty warm welcome with a Rudraksha Maala garland, followed by a pick-up and transfer to the hotel.

Accommodation - At Kathmandu -3 Star on twin sharing.

Meal– Veg. buffet Dinner.

O/N (Overnight) Elevation- 1400 Mtr.



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† Day 2: - Kathmandu sightseeing.

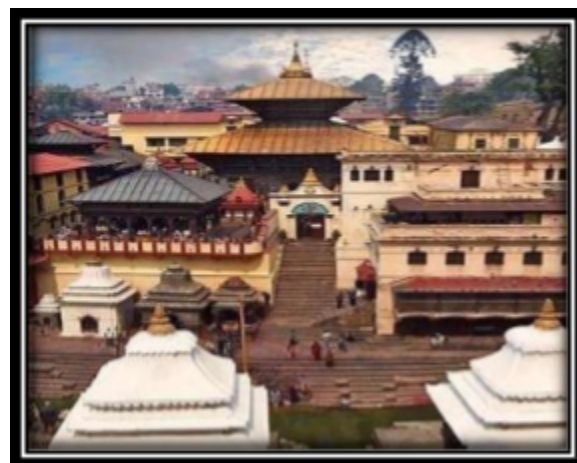
Kathmandu, a city nestled in a bowl-shaped mountain valley, boasts a rich history as one of the world's oldest cities, with seven UNESCO World Heritage Sites and thousands of Hindu temples, including the sacred Pashupatinath Temple. Sightseeing Points: Time-7 AM

- Visit at Pashupatinath Temple
- Visit Jal Narayan Temple-Budhanilkanth (sleeping Vishnu)
- Visit Gujeshwori Temple (Shakti Pitha, Mata Satidevi)

A post-dinner briefing for the Kailash Manasarovar Yatra is a crucial session, especially on the final preparation day. This session to ensure everyone is mentally and physically ready for the challenges ahead, especially the high-altitude trip

Accommodation - At Kathmandu -3 Star on twin sharings **Meal** – Veg. Buffet Breakfast /lunch/Dinner...

Elevation 1400 Mtr/ sightseeing Time- 4Hrs-



† Day 3: - Drive to Timure by Bus (Nepal –China Border).

Following breakfast, our sacred pilgrimage Yatra commences with Swastivachan for a blessed journey, after which we drive to Syabrubesi/Timure, located at the Nepal-China border.

Transportations-By Bus (24 Seated)

Accommodation – At Timure/Shyabrubesi- Mountain Tourist Hotel 2-4 sharing. (No hot water for shower)

Meal – Veg. Buffet Breakfast /Lunch/Dinner.

O/N. Elevation 2000 Mtr

Distance –165 km/Drive -7hours



† Day 4: -Immigration and Drive to Kyirong / Acclimatization

Day.

After breakfast, take a short walk to Rasuwa Gadhi, the Nepal–China border. Upon completing immigration and customs formalities on both the Nepal and Tibet sides, proceed to Kyirong, a charming town nestled amid the majestic Himalayas. Kyirong offers a serene atmosphere with beautiful mountain views, local temples, small shops, and authentic Chinese cuisine to explore. The day is dedicated to high-altitude acclimatization—an essential step for the journey ahead. Take gentle walks, stay hydrated, and if necessary, consult your guide about taking Diamox (Acetazolamide 250 mg) to help your body adjust to the altitude.

Transportations—BY Higher Bus. (26 Seated)

Accommodation – At Kyirong 2-3*Hotel on twin sharing.

Meal – Veg. buffet Breakfast /Lunch/Dinner {Own Kitchen} O/N. Elevation -2700Mtr **Distance** –24 km/Drive -1- hours



† Day 5: -Acclimatization Day at Kyirong

The Kyirong is a charming town nestled amid the majestic Himalayas. Kyirong offers a serene atmosphere with beautiful mountain views, local temples, small shops, and authentic Chinese cuisine to explore. The day is dedicated to high-altitude acclimatization—an essential step for the journey ahead. Take gentle walks, stay hydrated, and if necessary, consult your guide about taking Diamox (Acetazolamide 250 mg) to help your body adjust to the altitude.

Accommodation – At Kyirong 2-3*Hotel on twin sharing.

Meal – Veg. buffet Breakfast /Lunch/Dinner {Own Kitchen} O/N. Elevation -2700 Mtr



† Day 6: -Drive to Saga.

After breakfast, we begin our journey toward Saga, covering approximately 169 km in about 5 hours. The drive passes through the Ghungtang-La mountain pass at an altitude of 5,236 meters via a tunnel route. Along the way, we can admire the beauty of Nepal's high Himalayan ranges and scenic waterfalls, with a magnificent view of the holy Brahmaputra River and Tibetan Plateaus. Upon arrival, we will embrace the warm hospitality of Saga town, where we will stay overnight.

Accommodation – At Saga 3 Star Hotel on twin sharing.

Meal – Veg. buffet Breakfast /Lunch/Dinner.

Max.Elevation-5236 Mtr

O/N. Elevation 4500 Mtr/

Distance –160 KM/Drive -3-4 hours



† Day 7: - Drive to Lake Mansarovar:

After breakfast, drive towards the sacred Holy Lake Mansarovar. It is a truly auspicious day for everyone, as you will have your first glimpse of the divine Lake Mansarovar and the majestic view of Mt. Kailash from Horchu. After completing the local immigration formalities, continue your drive to complete the Mansarovar Lake Parikrama by vehicle.

Along the way, stop at a beautiful viewpoint to capture memorable group photos with Mt. Kailash, Lake Mansarovar, and Rakshas lake

in the background. As night falls, the shimmering reflection of the stars and the galaxy over the tranquil waters of Mansarovar will create memories to cherish for a lifetime.

Accommodation – At Mansarovar mud house/Guest House on dormitory sharing.

Meal – Veg. buffet Breakfast /Lunch/Dinner.

O/N. Elevation 4500 Mtr/

Distance –460 KM/Drive -8 hours

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† Day 8: -Puja,hawan and Drive to Darchen.

It is a very auspicious day for all Yatris.

To be in the abode of the Divine itself is a lifetime blessing and a moment of deep spiritual fulfilment. Here, at the sacred banks of the Holy Lake Mansarovar, devotees may take a purifying bath and participate in spiritual rituals such as Puja, Havan, meditation, and other sacred activities.

After lunch, proceed to Darchen for your next stage of the pilgrimage.



Accommodation – At Darchen standard Hotel on twin sharing.

Meal – Veg. Buffet Breakfast /Lunch/Dinner.

O/N Elevation 4700 Mtr/

Distance –40 KM/Drive -1 hours

† Day 9: -Drive to Yamdwar and trek to Diraphuk.(1st day Parikrama)

After breakfast, have a short drive to Yamadwar (7 km), the starting point of the sacred Kailash Parikrama. After offering prayers and having Darshan at Yamadwar, all pilgrims begin their first day's trek towards Diraphuk (a 12 km trek). The journey can be completed on foot, or pilgrims may hire a horse and a porter to carry their backpacks during the trek.

As you walk along the trail, immerse yourself in the serenity of nature— the gentle sound of the flowing river accompanying you and the awe- inspiring sight of Nandi Kailash along the way. Upon reaching Diraphuk, you will be blessed with a divine view of the North Face of Mt. Kailash, one of the most revered and magnificent sights in the entire journey. Do not miss the rare and mesmerizing moment when the first rays of the sun touch the peak of Mt. Kailash early in the morning, turning it into the Golden Kailash—a truly spectacular and once-in- a-lifetime visual blessing.

Pilgrims who are not undertaking the Parikrama will have Darshan at Yamadwar and then return to Darchen, where they will stay until the Parikrama Yatris return.

Accommodation –At Deraphuk, Guest house on dormitory sharing.

Meal – Veg. Buffet Breakfast /Lunch/Dinner.

O/N. Elevation- 5000 Mtr/

Distance- 12 KM/Walk -4-6 hours



† Day 10: -Trek to Zuthulphuk.(2nd day Parikrama)

Wake up early and have a light breakfast before continuing your second day of the Parikrama, from Diraphuk to Dolma La Pass (5,620 m) and onward to Zuthulphuk (4,790 m).

This is considered the most challenging and significant day of the entire Kailash Yatra. The trek covers approximately 22 km in total, with a steep ascent of about 3-4 km leading up to the Dolma La High Pass (5,620

m)—the highest point of the journey. After crossing the pass, the trail descends steeply down towards the sacred Gauri Kund, followed by a gradual walk of about 3–4 hours through the flat valley to reach Zuthulphuk. Even those who have hired horses will need to climb and descend the steep sections near Dolma La Pass on foot, as the terrain becomes too difficult for riding. On the way to Zuthulphuk, you will be blessed with the serene and awe-inspiring East Face of Mt. Kailash, a sight that fills every pilgrim’s heart with peace, devotion, and a deep sense of accomplishment.

Accommodation – At Zuthulphuk Guest house on dormitory sharing.

Meal – Veg. Breakfast /Lunch/Dinner.

Max. Elevation -5620 Mtr O/N. Elevation -4790 Mtr/

Distance –22 KM/Walk -10 hours



† Day 11: -Trek to ending point and drive to Saga:(3rd day Parikrama)

Today marks the final day of the sacred Kailash Parikrama. Wake up early in the morning and enjoy a warm cup of tea, coffee, or some light cookies before beginning your last stretch of the trek. This day’s walk is approximately 7 km and usually takes around 2 hours to complete. As you reach the end point of the trail, your bus will be waiting to take you back to Darchen, marking the completion of the holy Parikrama around Mount Kailash. At Darchen, you will reunite with the other group members who stayed behind. After breakfast, begin your return journey to Saga.

Accommodation – At Saga standard Hotel on twin sharing.

Meal-Veg. Buffet, Breakfast/Lunch/Dinner. O/N. Elevation-4500Mtr/.

Walking, Distance—7KM/-2hrs walking
Drive distance- 500 Km -8 hours' drive

† Day 12: -Drive back to Kyirong.

After breakfast drive back to Kyirong .

Accommodation – at kyirong 2/3* star Hotel Twin sharing.

Meal– Veg. Buffet Breakfast /Lunch/Dinner.

O/N. Elevation 2700 Mtr/

Distance –160 KM/Drive -4 hours



† Day 13: Drive back to Kathmandu (Nepal).

After breakfast, begin your drive back towards the China–Nepal border. Upon reaching Rasuwa Gadhi, complete all immigration and customs formalities, and then take a short walk across to Timure, where our hotel is located. After lunch at Timure, continue your drive to Kathmandu, enjoying the scenic landscapes and reflecting on the divine journey you have just completed.

Accommodation – At Kathmandu -3 Star on twin sharing.

Transportation- By Bus

Meal– Veg. Buffet Breakfast /lunch /Dinner O/N. Elevation 1400 Mtr

Distance –165 KM/Drive -6-7 hours



† Day 14: -Departure:

A certificate of completion for the Mt. Kailash Parikrama will be awarded to all pilgrims by the tour organizer, honouring your successful completion of this sacred and once-in-a-lifetime journey. Transfer to airport/onward your journey.

Meal – Veg. Breakfast only

Above price Include;

● **Accommodation:**

- 3 Night -3 star Hotel at Kathmandu on twin sharing.
- 1 Night -Mountain Standards Hotel at Timure/Shyabrubesi on 2-4 sharing.
- 3 night -2-/3 Star Hotels at Kyirong on twin sharing.
- 2 Night -3 Star Hotel at Saga on twin sharing.
- 1 night -3-star Hotel at Darchen on twin sharing.
- 1 night -Guest House at Mansarovar, Derapuk and Zutulpuk on dormitory sharing.

● **Meal/FOOD–**

- Pure Veg. Indian meal (Tea coffee/breakfast/lunch /dinner) in Nepal Hotel.
- Pure Indian veg. meal by own kitchen in Tibet. (Tea, coffee, Breakfast, lunch & dinner)
- Everyday Morning and evening we provide hot (boiled) Drinking Water/2 bottle of mineral water.



- **Transportations**-Airport pick up and drop and Kathmandu sightseeing by Ac Bus.
 - Kathmandu – Timure (Nepal-China Border) both way – By Bus
 - China Border – Mansarovar –Yamdwar- round trip by Chinese Bus (Tibet part)
 - Pilgrimage’s bags border transportation cost.
- **Visa /Permit/Tickets**
 - China visa, Tibet Entry permit, & all local Taxes,
 - Mt.Kailash & Mansarovar lake parikarma tickets and entry fees.
- **Supporting crew-**
 - Experience Indian cook,
 - English and Hindi speaking Nepalese guide & requires Nepalese Sherpa’s
 - English speaking Chinese guide. Toilet Tent, Toilet chair and shower tent for ladies in Mansarovar
- **Travel Accessories (Complimentary)**
 - Jacket (Return), luggage bag, Day bag pack, warm cap, Money bag and Rudrkshya Mala.

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CAP



TREKKING BAG



DOWN JACKET



MONEY BAG



Luggage Bag.



Rudrkshya Mala



- **Emergency, Medical kid.**

- Medical first aid kid, routine health check-up by trip leader,
- Oxygen Cylinder every Bus. portable oxygen cylinder with Guide,
- Rescue vehicle along with the Groups (above 20 pax groups but chargeable)
- Essential items for first aid include necessary medicines, oxygen cylinder, blood pressure machine, oximeter, and other related equipment.

Pulse Oximeter



Blood Pressure Machine



First Aid



Oxygen Cylinder



Above price not include: -

- **China /Tibet:**
- **Transport and vehicle**
 - Additional sightseeing or extra usage of vehicle other than mentioned in the itinerary.
 - Personal Horse-riding expenses, Personal use porter,
 - Rescue Ambulance in Kailash Parikrama(round).
 - Additional Holy place transportation fees. Astapath and Tirthapuri.
 - If returning earlier from Kailash Yatra, extra transportation cost, groups visa splitting charges and China border to Kathmandu private vehicle charges.
- **Rescue and Emergency,**

- Travel insurance, Rescue and emergency evacuations service,
 - medical and hospital expense (in case you become sick on the way),
 - If Any costs incurred due to natural calamities (such as landslides, road blockages), political disturbances, strikes, shall be borne by the client and are payable on the spot
- **Accommodation and meals:**
 - **Arrival Days- breakfast and lunch not include in package.**
 - **Departure day- lunch and dinner not included in package.**
 - Extra Night accommodation in Kathmandu /Timure/Kyirong/saga other places due to bad weather or any other Chinese reason is charged
 - Beverage/drinks/Staff tips/all personal expenses
 - If you don't do the full Mt. Kailash Parikrama, the cost will differ based on hotel categories in Darchen, Derapuk, and Zutulpuk.
 - If any costs incurred due to visa and permit delays, technical issues in China immigration, natural calamities (such as landslides, road blockages), political disturbances, strikes, flight cancellations. shall be borne by the client and are payable on the spot for extra accommodation and food.
- **Required Document for Travel booking, Process, Term & condition**
 - A color scan copy of the passport along with the name list must be sent at least 40 days before departure for permit processing.
 - Passports must be ordinary with a minimum validity of 6 months
 - Diplomatic passports are not accepted.
 - A color scan copy of the passport along with the name list and visa application form and Photos must be filled and send at least 30 days before departure for permit processing.
 - Indian pilgrims must send their original passport to our Delhi office by courier (Blue Dart) at least 10 days before departure for the China visa process
 - PAN card scan copy is required for Indian citizens only. Voter ID is mandatory for those traveling by flight to Kathmandu.
 - A deposit of INR 30,000 or USD 400 per person must be made as an advance before processing (USD 300 is non-refundable).
 - These rules apply to private groups organized with a minimum of 32 participants. If you are ready to join our mixed groups, no minimum number of participants is required.
- **Mode of Payment and cancellation policy.**
 - For booking confirmation, a non-refundable deposit of INR 25000 per person is required in advance.
 - After processing the Kailash Permit INR 25000 will be charged as cancellation.
 - After processing visa INR 40000 will be charged as cancellation.
 - 5 days before of departure date, INR 50000 will be charged as cancellation.
 - Rest of payment transfer to Bank Account or Cash USD carries to Nepal.
 - Before Departure to Kailash, all payment should be cleared.
 - Same days before departure date, 100 % will be charge.
 - 5 % GST + 3% TCS Tax if Deposit in Bank Account.
- **China Government Notice!!!-**

Don't take any picture, tape record, newspapers, political things or anything related to Dalai Lama , If Found in Tibet, on the spot China Army will control and take legal action.
- **General Information regarding Kailash Mansarovar Tour.**
 - **Insurance:** Medical Insurance not compulsory for visa processing but will usefully you do insurance in case any health problem arises during travel.

- **Oxygen cylinder:** Our Company will provide oxygen cylinder in emergency. Usually, oxygen cylinder is not required. However, some pilgrims prefer to carry their own handy oxygen cylinders. You may buy small portable cylinder in Tibet. It may cost approx. Yuan 20-30 per cylinder.
- **Food during Tour:** Our cooks will be traveling with you during the entire trip. Our Staff will carry all necessary cooking items and will provide Indian vegetarian food during Yatra.
- **Rudraksha:** In Nepal, authentic shops offer genuine original Rudraksha that is highly recommended which you can dip in holy lake Manasarovar.

We recommend that you bring the following items to make your journey more comfortable:

- Wind Proof Jackets -1/ Towel-1 / Washing Kit - 1, Warm Thick Pullover-1, Rain Coat-1
- Pants-4/ Sun Heat-1 , Cotton Full Sleeve-shirt - 4 ,Thermal Underpants-2
- Long/Vest /Warm Full T-Shirt - 2, Trekking Shoes -1, Rubber Sandal 1. dust mask-1,
- Warm Woolen Shocks - 5, Warm Gloves-1 – Water Bottle (1Ltr. Capacity)-1
- Sun Glass-1 Flash Light with Extra Batteries-1, Sunscreen Lotion UV30+, lip guard /Moisturizer Cream-1
- Should carry dry food items to make your journey more comfortable
- Carry your own regular medicine and **bring** Diamox 250 mg. 20 tablets each person.
- **Money exchange:** Other's currency (except UDS \$) are not accepted in China but is acceptable in Nepal. Pilgrimage should exchange your Currency to Chinese Currency in Kathmandu/Nepal.
- **Temperature -Average (May to September):** 4 - 20 °C Day Time / -1-2°C Night Time