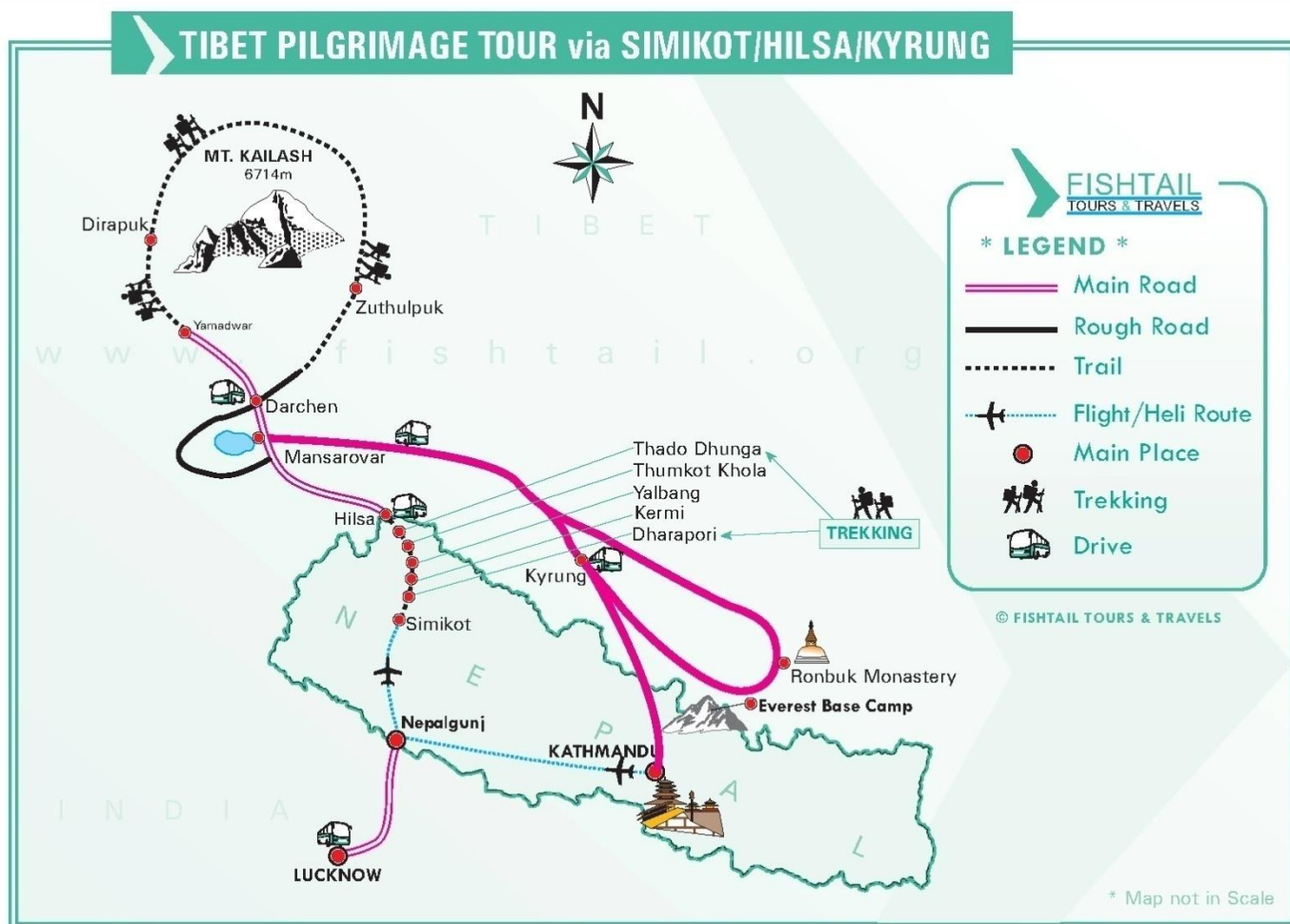


SIMIKOT TREK WITH MT KAILASH & EBC – EXIT FROM KYRUNG



PRODUCT INTRODUCTION:

This tour is the combination of nature, culture, adventure and pilgrimage in nature. The tour consist soft adventure & cultural trek to most scenic Humla region from Simikot to Hilsa, Pilgrimage to the Holiest Mt Kailash and Mansarovar Lake, visit to Ronbuk Monastery – the only monastery situated at the altitude of 4,980 meter possess an unique architect and Everest Base Camp from where you can witness Magnificent view of Mount Everest – the highest point of the world 8,848 meter. During the trip you will witness many scenic and cultural sites of Tibet- beautiful Shishapangma Himalayas, Pikuchu lakes, and many other cultural and historical sites.

Holy Mt Kailash is considered as the most important pilgrimage center for Hindu .Similarly, Buddhist worship Mt Kailash as **DEMCHOK** (Buddha in forceful form) seated on the summit of Kailash. It is also called Dharmapala, one version quotes the deity as a form of Shiva's manifestation. The description of the deity is more or less like Shiva. Devi is also given a similar form like Parvati. Buddhists adore Kailash as **KANG RINGPOCHE** and Mansarovar as **TSO MAPHAM**. Guru Rinpoche (The great Indian Master **PADMASAMBHAVA** who introduced Buddhism) and Saint Milerapa are greatly revered here by the pilgrims.

Since **TANTRISM** runs through the main core of Buddhism here, their customs and practices would be found running close and parallel to Hindu traditions. Like Hindus, they also consider (**DOLMA (DEVI)** and **GAURI KUND** (Thuki Zingbu) as holiest spots. Buddhists strongly believe that pilgrimage to this place liberates them to **NIRVANA**.

YATRA INFORMATION

Tour code	Tour Title	Tour Duration	Destination Covered
FFPL1000	Mt. Kailash - Simikot Trek & EBC - Kyrung Exit	19 Nights/20 Days	Kathmandu, Nepalgunj, Simikot, Hilsa, Mt Kailash, Mansarovar & Kyrung.

TRIP FACTS

Best Season	Highest Altitude to Trek	Average Trek Duration	Lowest Temperature	Tour Grade
May to September	5,560 Meter	7 to 8 hours	(-10)° C	3

OUTLINE ITINERARY:

- Day 01: Arrive Kathmandu and submission for Tibet visa.
- Day 02: Pilgrimage Sightseeing
- Day 03: UNESCO Heritage sites sightseeing
- Day 04: Fly to Nepalgunj and transfer to hotel
- Day 05: Fly to Simikot and trek to Dharapari
- Day 06: Trek from Dharapani to Kermi
- Day 07: Trek to Yalbang
- Day 08: Trek to TumkotKhola
- Day 09: Trek to Thado Dhunga
- Day 10: Trek from Dhado Dhungato Hilsa& drive to Taklakot
- Day 11: Drive to Gurla Mandhata Base camp & drive to Mansarovar
- Day 12: Full day acclimatization at Mansarovar
- Day 13: Drive to Darchen
- Day 14: Witness Saga Dawa Festival and trek to Dirapuk
- Day 15: Holy Trek to Zuthulpuk
- Day 16: Holy Trek to Darchen& drive to New Dong Pa
- Day 17: Drive to Ronbuk Monastery/ EBC
- Day 18: Drive to Kyrung
- Day 19: Drive to Kathmandu.
- Day 20: Departure transfer to airport for onward flight.

FIXED DEPARTURE DATES 2019

Month	Group Code	Arrive in Kathmandu	Fly to Simikot & Start Trek	End Trek & Arrive Taklakot	Entry to Nepal via Kyrung	Departure From Kathmandu	Full Moon Dates
May	FFPL 1002	26 th Apr	30 th Apr	05 th May	14 th May	15 th May	07 th May
June	FFPL 1003	25 th May	29 th May	03 rd June	12 th June	13 th June	05 th June
July	FFPL 1004	24 th June	28 th June	3 rd July	12 th July	13 th July	05 th July
Aug	FFPL 1005	23 rd July	27 th July	01 st Aug	10 th Aug	11 th Aug	03 rd Aug
Sep	FFPL 1006	22 nd Aug	26 th Aug	31 st Aug	09 th Sep	10 th Sep	02 nd Sep
Oct	FFPL 1007	20 th Sep	24 th Sep	29 th Sep	08 th Oct	09 th Oct	01 st Oct

Note: Please be noted that minimum **4 FULL WORKING DAYS** (Mon to Fri) required for the Chinese visa process and can be submitted before 11.00 only. Hence requested to book the flight ticket with comfortable time to obtain Chinese visa.

Apart of the provided Tour duration, program & cost, supplement cost will be applied for the accommodation and additional tour or extension tours as per client request.

DETAILED ITINERARY:

DAY 01: ARRIVE KATHMANDU & SUBMISSION FOR TIBET VISA

-/D

Arrival at Tribhuvan International airport, meet & welcome by our office representative & transfer to hotel. Collect original passport for the Tibet visa document submission. *Overnight stay at hotel.*

DAY 02: KATHMANDU VALLEY PILGRIMAGE & HISTORICAL SIGHTSEEING

B/L/D

Breakfast and proceed for local sightseeing covering Pashupatinath temple- holiest hindu temple dedicated to Lord Shiva, Boudhanath Stupa- one of the biggest stupa of the world dedicated to Budha and Budhanilakanth temple also known as Jal Narayan temple- temple of Lord Narayana. Return to hotel and rest. Evening briefing about the trip. *Dinner and overnight stay at hotel.*

DAY 03: KATHMANDU VALLEY UNESCO HERITAGE SIGHTSEEING

B/L/D

Breakfast and proceed for the half day UNESCO world heritage site tour covering Soyambhunath stupa- One of the oldest stupa of the valley, situated on a hillock overlooking Kathmandu valley and rims and Patan Durbar Square –one of the oldest Durbar square where you can visit many historical sites-stone temple- dedicated to lord Krishna, old Durbar, Museum, Hiranya Varna Mahavihar etc. Return to hotel, rest and evening briefing about the Yatra. *Dinner and overnight stay at hotel.*

DAY 04: FLY TO NEPALGUNJ AND TRANSFER TO HOTEL**B/L/D**

Breakfast and morning hour free for personal activities. Afternoon, transfer to airport for flight to Nepalgunj. Arrive Nepalgunj and transfer to hotel. *Dinner and overnight at hotel.*

DAY 05: FLY TO SIMIKOT (2,950M) AND TREK TO DHARAPARI**B/L/D**

Early morning with packed breakfast, transfer to airport for flight to Simikot. This flight will offer a thrill of flight between tall hills and mountains, which you might not find easily in any other part of the world. The landing will be done at the tiny mountain airstrip at Simikot is an unforgettable experience. Arrive Simikot, do the necessary preparation and trek to Dharapani. The trek start with little climbing for few hours through the villages of Tuling, following trail that passes through walnut and apricot trees to the village of Dharapari. *Dinner and overnight stay at tented camp.*

DAY 06: TREK FROM DHARAPARI TO KERMI (2,800M)**B/L/D**

Today, we will trek through the rice and wheat fields to a point where the valley narrows and the river is choked with the huge mountain rocks. As per the legends these rocks represents the silver fishes that swam up from the Ganges and couldn't make it any further. Rice is not grown above this point and we will be passing through small fields of buckwheat and open pine woodland. Right in front of us will be towering snowcapped mountains and beautiful waterfalls. Today's trek will be last for 6 to 7 hours. Lunch will be served on the way. *Dinner and overnight stay on tented camp.*

DAY 07: TREK FROM KERMITO YALBANG**B/L/D**

We will follow the trail that at many occasions comes close to the river. We will go through the path built up with rocks and timber. Then we will cross the Humla Karnali River and climb steadily to Munchu which lies at the altitude of 2,920m above the sea level. Here we will come across a police check post. Then we will follow the trail that passes below Gompa and the stone houses of the village. We will then gently descent to the river bank and reach to camp site. Lunch will be served on the way. The trek will be last for 6/7hrs. *Dinner and overnight stay at tented camp.*

DAY 08: TREK FROM YALBANG TO TUMKOT KHOLA**B/L/D**

Today you will follow the trail through the villages. You will find villages and forest area. We will then gently descent to the river bank and reach to camp site. Lunch will be served on the way. The trek will be last for 6/7 hrs. *Dinner and overnight stay at tented camp.*

DAY 09: TREK FROM TUMKOT KHOLA TO THADO DHUNGA**B/L/D**

Today, after the breakfast we start our journey again and leave the Humla Karnali River to meet after two days' time, crossing the Tumkot River. A two hour climb brings us to a ridge crest at 3310m marked by a large cairn. We will continue our trek through the open juniper trees past Palbang and to the village of Yari where with a small shop and a school. We can rest there for a while and move

on to a meadow half an hour away from Yari to camp for the night. This meadow is locally known as Dzungen. We need to get acclimatized for the next day so we can climb up the ridges for an aid to acclimatization. From the top of the ridges we can view fantastic scenery of Sipal Himal. Today's trek last for 7/8hrs trek. *Dinner and overnight stay on tent.*

DAY 10: TREK FROM THADO DHUNGA TO HILSA & DRIVE TO TAKLAKOT B/L/D

Today, we will climb from our campsite to Nara Lagna- 4850m, which takes about 3 and half to 4 hours of time. The summit is marked by two huge cairns draped with prayer flags. Below, we can look into Tibet where the arid hillsides are a stark contrast to the greenery of the Humla region we have recently trekked through. It's a steep downward climb to Sher where our Vehicle wait for us. En route we might come across the traders with lots of sheeps and goats carrying rice for the Tibetan side or salt for the Nepalese side. On the way we can visit Khojarnath where a large red Gompa is situated *Overnight stay at hotel at Taklakot.*

DAY 11: DRIVE TO MANSAROVAR VIA GURLA MANDHATA BASE CAMP B/L/D

Drive to Mansarovar (120km/3hrs). After lunch visit Chui Gumpa and enjoy at Lake Mansarovar. *Overnight stay at guesthouse/ camp.*

DAY 12: FULL DAY ACCLAMATISATION AT MANSAROVAR B/L/D

Today is free day to acclimatize yourself at Mansarovar Lake. *Overnight stay at guesthouse/ camp.*

DAY 13: DRIVE TO DARCHEN B/L/D

Today we will drive for mere 1 hours to Darchen. Darchen is a cluster of buildings within walled compound that's makes the pilgrim's gateway to Mt. Kailash. *Overnight stay at guesthouse.*

DAY 14: WITNESS SAGA DAWA FESTIVAL-TREK TO DIRAPUK B/L/D

Breakfast and drive to Tarboch Flag Pole and sky Burial ground, visit the flag pole site and drive to Sersong. Meet with porters, guide, horse men etc as per your pre -booking & head north up the Lha Chu Valley and enter the Valley of the God through the two legged chorten known as Chorten Kangnyi. It's a gentle hike on a well-defined path at the right side of the river. On the way you can find many nomadic herders herding yak and sheep to the grazing areas west of mountains. Then we will cross the Lha Chu to camp below Dri Ra Phukgompa at the height of 5010m. The view of Kailash's north face is very impressive from the Gompa. *Overnight stay at guesthouse.*

DAY 15: HOLY TREK TO ZUTHULPUK GUMPA B/L/D

Today, we will begin our trekking with steep climb on a winding path over a moraine ridge to a level meadow area. Our route will take us to ShiwaTsal cemetery where we can see that the Tibetans have left part of their clothing of drop of blood to respect the dead ones. From here is a steady climb to the Dolma La at the height of 5630m. Dolma La is marked by streamers of prayer flags and a huge Dolma

stone that represents the goddess Dolma. Then the trail descends by the series of rocky switchbacks above the frozen lake of GouriKunda to reach the Valley of Zhong Chu. We will follow the river and call it a day to camp in the area of ZutulPhunlGompa at the height of 4820m. This hike will take around 7 to 9hrs of your time. What you will pass through and things you will come across in this tour will make it a truly memorable day. *Overnight stay at camp/ guesthouse.*

DAY 16: TREK TO DACHEN & DRIVE TO NEW DONG PA/SAGA

B/L/D

This is our final day on the Kora. Today we will take an easy three hours trek as we exit Zhong Chu valley through a narrow George reaching Darchen. From Darchen we will drive for 6 hours to reach New Dong Pa and 7hrs to Saga. En-route you can enjoy border Himalayas and many sand dunes. *Overnight stay at hotel.*

DAY 17: DRIVE TO RONBUK MONASTRY/ EBC

B/L/D

Breakfast and drive to Rongbuk Monastery (4,980m, 375km, 7hrs drive). En-route you can witness Pikutso Lake and Mount Shishapangma. Finally arrive Rongbuk Monastery and check into guesthouse. After get refreshed drive to Everest Base Camp (5,180 meter) and witness the stunning view of the Mount Everest (8,848 meter). Return to Ronbuk monastery, *dinner and overnight stay.*

DAY 18: DRIVE TO KYIRUNG

B/L/D

Breakfast and drive to Kyrung (2,700m, 350km, 6/7hrs drive). Arrive Kyrung check into hotel. *Overnight stay at hotel.*

DAY 19: DRIVE TO SYABRUBESI/KATHMANDU

B/L/D

Breakfast and drive to Nepal / china border (20Kms, 30Mins drive). Complete the China side immigration formalities and cross the bridge and complete Nepal side Immigration formalities. After completion of immigration formalities, you will be picked up and drive to Kathmandu (140kms, 8hrs drive). *Overnight stay at hotel*

DAY 20: FINAL DEPARTURE.

B/-/-

Breakfast and if interested proceed to Pashupatinath Temple for Holy water offering. Return to hotel and free time until your departure transfer to the International airport for your onward flight.

DELUXE SIC YATRA COST (BASED ON MINIMUM 25 PAX)

Yatra Type	Currency	SIC Tour Cost	Single room Supplement in Kathmandu and Nepalgunj only
Deluxe Tour: 4 star hotel in Kathmandu, 3 star hotel at Saga and Darchen and Best available guest house /hotel in other part of Tibet.	USD (\$)	3,550.00	350.00

DELUXE PRIVATE YATRA COST AS PER THE GROUP SIZE:

Currency	Yatra cost as per the group size				Single room supplement- Kathmandu & Nepalgunj only
	8 to 10 Pax	11 to 13 Pax	14 to 16 Pax	17 & Above	
USD (\$)	3,925.00	3,775.00	3,575.00	3,550.00	350.00

PRICE INCLUDES:

- ☒ Special welcome on arrival in Kathmandu
- ☒ One briefing session in Kathmandu
- ☒ Welcome at International airport in Kathmandu
- ☒ 1 briefing session in Kathmandu
- ☒ 5 nights stay at 4 star equivalent hotel in Kathmandu.
- ☒ 1 night stay at 4 star equivalent hotel at Nepalgunj
- ☒ 5 Nights/6 Days full organized trek with camping accommodation, kitchen team, Sherpa team and porters from Simikot to Hilsa
- ☒ 8 nights' accommodation at hotel/ guesthouse at Mt Kailash area and Ronbuk area.
- ☒ Fully trained Sherpa team with Professional government license holder English speaking tour guide in Tibet,
- ☒ Three meals (Breakfast, Lunch & Dinner) every day while on the yatra,
- ☒ Required trekking & kitchen equipment & First aid kit,
- ☒ Mineral & boiled water,
- ☒ Oxygen cylinder and oxygen pillow as per the requirements,
- ☒ Simikot Area Entry Permit, Tibet Visa & Permit Fee and necessary Border charges,
- ☒ Ground transfers in Tibet on Deluxe Coach,
- ☒ Free use of Down Jacket, Backpack, Rain coat (Pancho) , Monkey cap & duffel bag for free,
- ☒ Yatra Completion Certificate,
- ☒ Wages, meals, accommodation, transportations, equipment, insurance and other facilities to the tour staffs during the trip,
- ☒ All kind of local and government TAX etc.

PRICE EXCLUDES:-

- ☒ Nepal visa fees US\$ 30 or 50 (Single Entry Visa valid for 15 or 30 days respectively payable in cash at immigration and requires a recent photograph), no visa applicable for the Indian passport holder.
- ☒ Meals other than mentioned in the itinerary.
- ☒ Any items and services not mentioned in **PRICE INCLUDE** section
- ☒ Items of personal nature such as trekking equipment, bar bills, alcoholic beverages, laundry, telephone, calls internet, SIM Card, extra mileage, personal gratuities as tips to the staffs at hotel, guide, driver, porter, Horse / Pony ride etc.
- ☒ Extra costs that may arise due to delay to receive Tibet Travel Permit and Visa, prolonged delays or postponement of flight due to technical reasons.
- ☒ Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances.
- ☒ Personal insurance policy - suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization
- ☒ Insurance that covers Trekking/ Travel/ Accident /Medical/Emergency evacuations,
- ☒ Photography charges in the monasteries and monument.