

## KAILASH MANSAROVAR YATRA BY HELICOPTER – 2025 DETAILS DURATION: 10 NIGHTS / 11 DAYS

**COST PER PERSON ON TWIN SHARING BASIS: INR 305,000 + 5% GST + TCS AS APPLICABLE**

The twin destinations –Mount Kailash and the calm waters of The Lake Mansarovar, considered the most sacred and revered pilgrimage for Hindus, Jains and Buddhists – lie in the southwestern part of Tibet. According to legend, you have to be called by the divine to perform The Holy Kailash Mansarovar Yatra.

### IMPORTANT:

- VISA Process hasn't YET started for Indian guest & we are awaiting final update by early next month.
- Below rates are only valid for Indian Nationals.

### Journey's advantages during Kailash Yatra:

- The only Mount Kailash Mansarovar Yatra Tour Operator to have its associated guest houses / hotels in Prayang / Mansarovar, Dirapuk and Zuthulpuk hence guaranteed comfort.
- Services of an accompanying experienced Nepalese escort throughout Kailash Mansarovar Yatra by Helicopter.
- Pure vegetarian meals prepared by our expert cooks well experienced in cooking Gujarati, North and South Indian cuisine - ample variety during meals (except during Kailash parikarma).
- Gemow bag / medical oxygen cylinders / first aid kit during Mount Kailash Mansarovar Yatra by Helicopter.
- Down jacket on returnable basis to all pilgrims.
- Yatra completion certificate to all successful pilgrims who undertake the Holy Mount Kailash Mansarovar Yatra by Helicopter.

### Participants over 70 years can also apply for permit completing the following formalities/ conditions:

- Medical certificate from an Indian Government Hospital certifying that participant is fit to travel above 4000 meters.
- Application letter by participant signed by 2 direct relatives.
- There must be 2 direct relatives travelling with the participants.
- Participants suffering from high blood pressure, heart disease and asthma are prohibited from applying the permits.
- Penalty: In the event of death of participant over 70 years, there shall be a penalty of USD1000 to be paid to FEC by the relatives of the participant travelling together.
- The decision to allow permit for 70 years and above shall be of FEC after studying all the relevant documents.

**Kailash Mansarovar Yatra by Helicopter**  
**(Based on minimum 21 pax each group)**  
**FIXED DEPARTURE DATES OF KAILASH SOJOURN VIA HELI ROUTE 2025**

S.No	Batch	Trip Starts Arrival in Kathmandu	Trip ends Departure from Kathmandu
1	June	June 05, 2025 *	June 15, 2025
2	June	June 11, 2025	June 21, 2025
3	July	July 05, 2025 *	July 15, 2025
4	July	July 11, 2025	July 21, 2025
5	August	August 03, 2025 *	August 13, 2025
6	August	August 09, 2025	August 19, 2025
7	August	September 02, 2025 *	September 12, 2025
8	September	September 08, 2025	September 18, 2025
9	June	June 05, 2025 *	June 15, 2025

**Trip Highlights:**

- A spiritual journey to Mt. Kailash and awe-inspiring Lake Manasarovar.
- Amazing view of Gauri Kund and panoramic mountains.
- The entire trip is led by trained team leaders of an experience of 15 years and supported by professional Sherpa's.
- A qualified high altitude medical doctor will accompany each Group.
- Excellent Vegetarian meals served by our cooks.
- \* Denotes full moon departure.

**TOUR ITINERARY**

Days	Sketch Programme / Plan	Accommodation
1	Fly to Kathmandu (1300m). Group shall be met at the airport and transfer provided to Hotel.	Hotel Hyatt Place / Similar
2	Darshan of Pashupatinath Temple & Sleeping Vishnu at Budhanilkantha. Later in the afternoon fly to Nepalgunj	Hotel Soaltee Westend / Similar
3	Early morning flight to Simikot (2950m / 55mins). Spend a beautiful day at Simikot acclimatizing.	Humla Resort / Similar
4	Fly down to Hilsa by Helicopter (3700m). Cross over the Karnali river to Sher and proceed to Purang. Stay at Purang for acclimatization (3900m).	Purang Himalaya Hotel / Similar
5	Drive to Lake Manasarovar (4560m) with the Parikarma of the Lake (72km/3hrs).	Parmath Ashram / Similar
6	Early morning Pooja at Lake Manasarovar. Drive to Darchen (4620m/40km, 1 ½ hrs.)	Kailash Himalaya Hotel / Similar
7	Drive to Trek starting point. Trek to Dirapuk (4860m). (15 Kms / 6-7 hrs.)	Hotel Dirapuk
8	Trek to Zhuthulpuk. (4760m/18 Kms, 10-12 hrs.)	Hotel Zhuthulpuk
9	End Kailas Kora. Drive to Darchen and back to Purang.	Purang Himalaya Hotel / Similar
10	Fly to Nepalgunj and to Kathmandu.	Hotel Hyatt Place / Similar
11	The day is free until your transfer to the airport for your onward journey.	

### Service Include:

- Arrival / Departure transfers.
- Accommodation for 2 nights Kathmandu.
- Accommodation for 1 night Nepalgunj.
- Accommodation for 1 night Simikot.
- Accommodation for remaining 6 nights in Tibet border – Manasarovar, Darchen & 2 nights during Parikrama.
- Meal Plan: Full board basis.
- Half day sightseeing tour to Pashupatinath & Jal Narayan.
- Kathmandu – Nepalgunj - Kathmandu flight (45 Minutes one way).
- Nepalgunj – Simikot - Nepalgunj flight (25minutes one way).
- Charter Heli flight from Simikot – Hilsa – Simikot (30 minutes one way – 5 Seater Charters / helicopter).
- Special Simikot permit fee.
- Luxury bus on Tibet side as per package.
- English speaking Tibetan guide.
- Staff comprising of experienced Nepali Sirdar, Cook and a strong Sherpa team.
- Freshly cooked vegetarian meals.
- 2 bottles of complimentary mineral water.
- All permits.
- First aid-kit, medical oxygen and pulse oximeter.
- 1 complimentary duffel bag.
- 1 complimentary shoulder bag.
- 1 dawn jacket on returnable basis.
- Medical doctor stationed at Lake Manasarovar.

### Service excludes:

- Airfare to and fro Kathmandu
- GST on total billing
- TCS extra as applicable.
- Travel insurance.
- Extra nights in Tibetan Lodges and Kathmandu hotels (except mentioned in itinerary).
- Evacuation cost in the event of emergency.
- Cost of hiring horse / pony / porter during the 3 days Kailash Parikarma.
- Expenses of personal nature such as phone call, laundry, etc.
- Any additional cost due to natural calamities and unforeseen circumstances such as landslides, road blockage, etc.

## Special instructions for Mount Kailash Mansarovar Yatra by Helicopter for 2025:

- We strongly advise to allot 1-2 extra days to overcome any delays. In case of any extension of the stay / package due to weather conditions, the extra / additional expense will have to be borne by the guest.
- Due to the nature of travel, there is always the possibility of change in the schedule. The Tour Operator or its partners shall not be liable for any such delays.
- The company has the right to change the Itinerary in the event of adverse weather condition or any unforeseen reason and any additional expense occurring because of this will have to be paid extra by the guest.
- In case of adverse weather conditions or technical snags with the helicopter, there could be a possibility of helicopter being un-operation for a couple of days, under such circumstances, every effort shall be made to provide them lodging / boarding etc. and the best available efforts shall be made to make alternate arrangements if possible however under such circumstances, all additional charges (if any) shall be borne by the guests.
- The group will be required to follow the itinerary strictly. The entire Group will enter & exit together as per schedule. No amendment / modifications can be done in the itinerary.

## Booking conditions for Mount Kailash Mansarovar Yatra by Helicopter for 2025:

- Booking shall be accepted with a non-refundable deposit of INR 80,000 per person.
- Passport copy with minimum 6 months validity.
- Letter from a doctor certifying that the participant is fit to undertake this pilgrimage.
- Booking MUST be made minimum 2 months prior to each departure date.

## Travel Tips for Heli Mount Kailash Mansarovar Yatra Pilgrimage

### Visa & Documentation:

- All Indian nationals willing to undertake Kailash Mansarovar Yatra require a VISA to enter Tibet.
- One must be in possession of a valid passport for another six months to obtain Chinese VISA.
- We will require a scanned copy of your passport at the time of booking the trip which should be at least 45 days in advance).
- We shall require original passport in New Delhi approx. 15 days prior to group's arrival date in Kathmandu so as to apply for the group VISA in India
- Please note that Chinese Embassy in New Delhi accepts VISA applications between 1030 - 1130 hrs. from Monday to Friday (excluding holidays).
- The VISA is not stamped on your passport rather it will be on a separate piece of paper issued by Chinese Embassy because it shall be a Group VISA.

## Accommodation:

- **Kailash Mansarovar Yatra falls probably in the world's most remote part.**
- **Most of the times, you would be away from modern civilization.**
- **Please note that you will only find basic toilets at all locations and hygiene will be a major concern at these areas.**
- **One must be well equipped and self-contained.**
- ***The group shall be staying in best available guest houses. Guest house accommodation wherever available will be very simple with a cozy room (dormitory at most of the places) with common bathrooms and Indian toilets - hygiene will be a major concern at these areas.***
- Hot water will be provided in every room for refreshing and for drinking by our Sherpa team.
- Sun Valley Resort in Simikot Hotel has common toilet facility.
- Hilsa Lodge has no toilet/bathroom facility.
- Hotel in Darchen has attached toilet/bath facility.
- Chui Gompa Guest house at Mansarovar is without toilet / shower facility – one will have to use either our toilet tent or shall use the open space to answer the call of nature.
- Guest House at Mansarovar is without toilet / shower facility – one will have to use common toilet tent.
- Guest House at Dirapuk is without toilet / shower facility – one will have to use common toilet tent.
- Zuthulpuk Guest House is without toilet / shower facility – one will have to use common toilet tent or shall use the open space to answer the call of nature.

## Food:

- The food will be supplied from our side while in Tibet including breakfast, lunch & dinner with occasional tea break. While in guest houses, meals would be served to you in our dining tent.
- This tent also serves as our meeting place & living hall.
- **Toilet tents will be put up near the guesthouse, wherever feasible- hygiene will be a major concern.**
- Bed tea will be served in your guest house with a wake-up call. Hot breakfast will be set at dinning tent.
- Once Sherpa team pack-up their equipment, please get one thermos flask filled with hot water for en-route journey and then you'll move to your next destination.
- A light packed lunch will be served on the way. The food will be very simple and pure vegetarian.

## Transportation:

- Transportation in Nepal and Tibet shall be by A/c buses however from Hor Qu Information center onwards, the guests shall travel by Eco Friendly battery operated buses.
- During the Kailash Parikrama, we will provide Yaks to carry the camping & your personal heavy gears (one bag per person only). A Yak or Poly can be hired for you to ride on direct payment basis. (Yaks are not well domesticated and trained to ride on it).

## Guide/ Escort:

- A Tibetan/ English speaking guide will escort the group throughout the trip including few Nepali staffs for the camping.

## Clothing & Accessories:

- Tibet is a dry cold country as such weather may change unexpectedly at any time.
- Plan your clothing in a way that you can wear layers of clothes. Depending upon the season, during June, July, August till September, day time will be pleasant and quite warm with about 15-20 degree Celsius, during afternoon time 1-4 pm can be windy.
- The morning and evening will be chilly between minus 2 to 0 degree Celsius.
- We recommend to carry **one warm thick pull-over, one thin pull-over, two warm pants, two light loose cotton pants, one warm windproof cotton jacket, four cotton sleeve T-shirts, two thermal under pants, two thermal vests, one rain coat, one pair each of light tennis shoes & light rubber sandal, six pairs of warm woolen socks, one light cotton or silk scarf, one large cotton or silk scarf, one pair of warm gloves, soft paper tissues, monkey cap & sun hat, two towels, Wind - Rain Jacket and a sun hat.**
- Proper clothing will be required for both extremes of climate, for hot sun when trekking through the lower foothills to freezing temperatures at night while camping in the high valleys. Well fitting, comfortable shoes are preferred over normal shoes.

## Toilet Items:

- **Guest need to carry their own Soap, towel, toothbrush, toothpaste, shampoo, comb, sanitary protection & toilet paper roll etc**

## Accessories:

- Sun glass (UV protected), sun cream (20 spf or more), chip-stick, water bottle (1 lt.), empty plastic bags, camera & film, Repair kit (needle, thread, tape, cloth pin, safety pins etc.), Flashlight / Torch with extra batteries, pocket knife, lighter, note book & pen, head torch, small lock, 4 passport size photographs, a copy of your insurance policy (if any), reading material, walkman with tapes and spare batteries, personal medical kit.



## Photography:

- As Tibet gets very bright sunlight due to thin air so taking photographs can be quite glare. We recommend you to take the advice from the photographic shop while purchasing the film rolls for Tibet. **Taking photographs inside monastery will be charged as per monastery rule. Please ask your guide before taking photographs inside the monastery. Taking photographs at Army Camps/Check-points is strictly prohibited.**

A 35 mm system with interchangeable lens will allow you to get the best shots in most situations. A wide angle [28-35mm] and a telephoto [80-200mm] are very useful. Skylight filters protect your lens [skylight IB] and a polarizing filter is useful for snow scenes. A brush for cleaning your lens is important and your camera and lens need to be in protective cases. Kodak chrome 64 is excellent for slides and for prints, 100 ASA film is suitable. Faster films may be needed. 12 rolls of film are not too many for the enthusiast.

## Optional:

- Ski stick or a normal stick (one can also purchase it at Darchen), neck pillow, face mask (10), games like Cards, chess etc. for the evenings and an umbrella.

## Equipment on Trip:

- We also provide Dining Tent, Kitchen Tent, Toilet Tents, Dining Tables, Folding Chairs and full kitchen utensils. We will provide Sleeping Bag and Foam Mattress for bed. Duffel bag and down jackets are also provided however if you wish you may carry your own too.

## Medicine:

- We suggest you to bring your own first aid kit with adequate medication regarding altitude sickness, nausea, dehydration and some painkillers.
- Be careful not to catch a cold. It is better to be over-clothed than under protected. En route avoid taking bath or drinking water from lakes, streams or rivers as your body is not conditioned for this. Since the dry cold winds tend to make the nose dry, keep your nose smooth by applying Vaseline. Keep your feet dry, never let it get wet. Keep your boots inside tents to keep them dry. Wearing cotton and wool socks in combination would be the best. Face, feet and hands must be well protected. Request your doctor to prescribe effective medicines to cover the following: **Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes.**
- In addition to the medicines for above, your first aid kit should include following: Vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshner, Nose inhaler, Toilet paper, Rubber bands, Dust cover (face mask), Cough drops, Lip balm, Amritanjan/Vicks/ Shi-chu /Tiger- balm, Elastoplast, Adhesive tape, 4" crepe bandage & OAS powder - useful for adding to your water bottle and for fluid replacing purposes.

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- Make a separate pouch for the first aid kit with a list of medicines and their appropriate usage. It is advised to carry glucose and glucose based items (mints, toffees, mini chocolates bars for periodical consumption at high altitude for energy. Multi-vitamin and vitamin C tablets are required for daily consumption as a routine.

## Altitude Sickness:

- Acute mountain sickness is a frequent problem in the Himalayan region. The altitude of the peaks and trails between them are among highest on earth.
- Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate.
- Others appear more slowly over a period of weeks like the change in acid base balance and production of extra red blood cells.
- These changes plus the effect of intense sunlight, walking hard & dehydration may cause a number of mild vague symptoms such as Loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise.
- The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days or diamox tablets. If symptoms are severe and the patient is ill DESCEND IMMEDIATELY, 300 meters of descent or more should be sought. This usually gives rapid improvement.
- To minimize altitude sickness, never rush into things, walk slowly and firmly. The uneven ground, steep slopes and slushy banks are full of potholes. Do not combine walking and sightseeing together. Inspect your track in front and trek slowly.

## Physical Fitness:

- Before booking for this Kailash Mansarovar Yatra trip with us, clients should be in sound good health preparation for this trip. We advise bit of exercise like morning or evening walk or jogging. Each pilgrim should ensure that he/she is medically fit and is not suffering from high-blood pressure, diabetes, asthma, heart disease or epilepsy since such conditions might prove fatal at high altitudes.
- **Medical fitness is of utmost importance.** Pilgrims should complete the medical tests and seek expert medical opinion regarding their fitness to undertake the pilgrimage at high altitude from their respective doctor.  
**We would require a medical certificate from every individual stating that the person traveling is not suffering from any such disease as mentioned above and is fit to travel at high altitudes.**



## Insurance & Emergency Expenses:

- We highly recommend all clients to be insured against medical, accidents & necessary emergency evacuation. Please ensure that your insurance covers evacuation at high altitudes. Also be informed that air evacuation (evacuation by helicopter) is not possible in Tibet as such guest requiring emergency evacuation will be transferred by surface to nearest evacuation point in Nepal side after giving the necessary first aid. Any Emergency arrangement other than regular straight forward tour itinerary service should be borne by the clients themselves.
- Please note that our Mount Kailash Mansarovar Yatra Tour Package does not include any rescue or evacuation expenses in emergencies hence it is advised to be properly insured.

## General Considerations while packing for Heli Mount Kailash Mansarovar Yatra Pilgrimage Tour 2025:

- Keep the weight and bulk down to a minimum. Baggage allowance on most international flights is 20 Kg's/44 lbs. You will only need two changes of clothes for Kathmandu. In Tibet, it is important to dress in layers. When it is hot you will only be wearing a base layer, when it gets colder you can add to this until you are wearing most of your clothes! During Kailash Parikarma, one bag per person would be carried on Yak. It is advisable to carry your stuff in a duffel bag rather than suitcase or other normal bags. Following points must be kept in mind while preparing for & during the Holy Mount Kailash Mansarovar Yatra.

## Before starting Mount Kailash Mansarovar Yatra:

- 1) If you are asthmatic or have any kind of breathing problem, you should not travel.
- 2) Take advise of your doctor before undertaking this high altitude pilgrimage & always keep your usual/prescribed medicines (if any) along with beside basic medicines for fever, nausea, dehydration, vomiting body ache and headache
- 3) Use very strong and rough bags to pack your belongings & don't keep the fragile items in your bag which has to be carried on the Yak. A duffel bag is advisable.
- 4) Don't forget to carry some eatables like sweets, chocolates, glucose, candies, mints, khakra, laddu / pinni etc.
- 5) If possible, engage yourself in some fitness exercise like aerobics every morning.
- 6) Don't expect luxury on this tour however as far as possible, our Sherpa team will ensure you the best journey/stay with us in this tough terrain.
- 7) It is always advisable to insure yourself against personal loss, injury/accident, death and emergency evacuation. Make sure that your policy covers Emergency Evacuation by Helicopter at high altitude treks.
- 8) As there is no Hindu Temple at Holy Lake and Mt. Kailash as such no priest is available. If you want some spiritual activity to be performed, please make sure that your personal priest accompanys you from your own country or from Nepal. Do carry essential Havan Samagri, Havan Kunds etc. if you are willing to engage yourself in some spiritual ceremony like Havan (Yagna).

- 9) If possible, arrange your Chinese Yuans (which you might require to buy some souvenir or to pay for pony etc.) in your own country or in Nepal as on the borders, exchange rate might differ. Alternately, you can carry US\$ with you which can be easily converted but Indian Currency notes are not acceptable in Tibet. Do not carry Indian Currency Notes of 500 & 2000 denominations as these are not acceptable in Nepal and can't be exchanged.
- 10) Upon arrival at immigration desk at Tribhuvan International Airport, please request the immigration officer to put an entry stamp in your passport otherwise you'll have to unnecessarily pay INR 500-1000 at Tibet immigration.
- 11) Don't take too much of clothes along with.

### **Prior to Mount Kailash Parikarma:**

- 1) Start taking DIAMOX at least 2 days before starting your journey - once every morning after the breakfast. It should be taken for 3-6 days. This is to minimize altitude sickness.
- 2) Drink at least 3 liters of mineral water everyday till you complete the Holy Yatra.
- 3) Avoid riding Yak during Kailash Parikarma. A pony is preferred over Yak.
- 4) Advise your requirements for Pony Hiring (available at an additional cost) to your tour guide a day before the beginning of Parikarma.

### **During Mount Kailash Parikarma:**

- 1) Walk gradually, don't compete with any one and never lose your temper as this is going to be the toughest journey you could have ever made so far.
- 2) In case you feel any kind of breathlessness during parikarma, immediately inform our tour guide or sherpa staff & follow their advise.
- 3) On the second day of parikarma, you come across the maximum height at Dolmala Pass where Oxygen level is very low as such don't stop/wait there for more than 5 minutes.
- 4) During parikarma, you'll come across rivers and streams, you must wash your face occasionally with cold water. Avoid drinking water from streams or rivers en-route.
- 5) As far as possible, try to walk. But, if you are riding a pony during parikarma, make sure that you hold it properly.
- 6) On the second day of parikarma, you will see several clothes lying on the rocks, please don't touch the same.
- 7) Guard yourself from slipping or falling to prevent fractures, sprains and muscle pulls.
- 8) Do not combine walking and sightseeing together. Inspect your track in front and trek slowly.
- 9) Travel in the group and do not leave any one behind unless escorted.

### **While on the Holy Mansarovar Lake:**

- 1) Don't take a Holy dip in Holy Mansarovar Lake while it is windy.
- 2) Never take a dip in Rakshas Tal (Lake) as its not auspicious.
- 3) If you face altitude sickness, do not proceed for parikarma because once you leave Mansarovar or Darchen and wish to come back from Parikarma due to any reason, there are no facilities available like stretcher etc. Even for Helicopter evacuation, it may take minimum 10 hrs. to a couple of days depending upon weather conditions.
- 4) Don't forget to collect some stones from The Holy Lake as each stone is treated as "Shivlinga".

### **General during Kailash Yatra:**

- 1) If you smoke or consume alcohol, avoid it throughout the journey.
- 2) Eat as much as you could but avoid overeating.
- 3) Satellite phone being provided by us on use and pay basis is primarily to facilitate you during any emergency as such avoid making calls to your well-wishers because charging facilities for satellite batteries are very limited and in case of excess usage, the satellite phone might be useless at the time of any emergency.
- 4) While in tents, make sure that it is properly zipped and your luggage (which is kept inside the tent) is not touching the tent's outer surface otherwise in case of rain you might find water inside your tent.
- 5) Try to be in your own tents while it is too windy or sunny.
- 6) While staying in the guest house, avoid using public toilets (if available) as these are very dirty. It is advisable to use open area or our own toilet tents for toilet purpose.
- 7) Travel during Kailash Yatra with the TEAM SPIRIT and help your group members in case of any need or emergency.