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!! Aum namah Shivaya !!

'Journey to Heaven'

We sincerely believe that if there is a 'Heaven' it is right here in the Himalayas, where many holy people have experienced enlightenment.

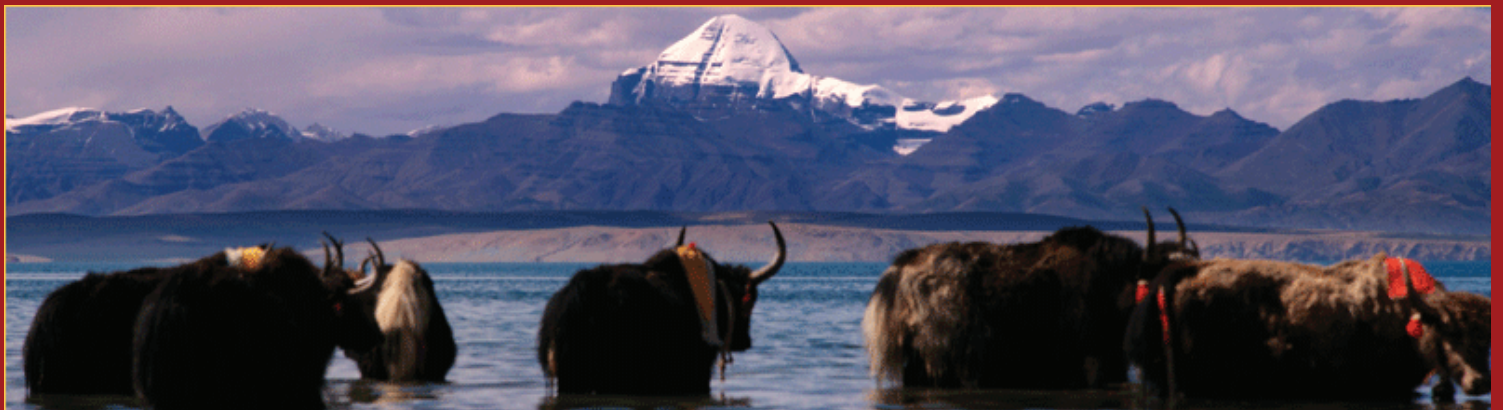
Karnali Excursions makes a collective effort to bring pilgrims from all parts of the world to visit holy Mt. Kailas, Lake Mansrovar and other exciting places such as Everest Base Camp, Holy City of Lhasa, Muk-tinath, Janakpuri and Valmiki Ashram. Our experienced and well-trained staffs have successfully yatrists of all ages since many years.

Our mission is to provide you with best possible services as we consider you as our friend/family And it is our responsibility to satisfy your needs in the yatra.

Our Special services:

- We teach you pranayam and Yoga which will help you to acclimatize in Mountain
- Organizers join you for the Yatra
- Physical training and guidance
- Personal escort for senior citizens
- Orientation on ways to cope up with acute mountain sickness
- Orientation about walking, trekking and food habits during your journey
- Prayers in the morning and in the evening
- Bhajan- Kirtan

Please find brief details of the yatra dates and itinerary. Please log on to our website or email or call us for more details.





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Detailed itinerary: Kailas Mansarovar Yatra 2012

A: Kailas Yatra only (13nights 14 days)

Day 1: Arrival in Kathmandu(1,300m,4,264 ft)

Upon your arrival to Kathmandu, our representative will meet you at the Tribhuvan International Airport. You will be taken to the hotel. In the evening we will have a group meeting and two hours of briefing for the Yatra. Overnight in the hotel.

Note:We suggest you to take flight which arrives early in the morning to Kathmandu for enough rest.

Day 2: Rudrabhishek at Pashupatinath Temple & Sight-seeing.

Early in the morning, we will perform Rudrabhishek in Pashupatinath Temple. After lunch, proceed for sight-seeing tour to Budhanilkantha and Darbar Square. In the evening pilgrims are free for shopping & preparation.

Day 3: Kodari to Zhangmu to Nyalam (3,700m, 12,136 ft)

Travel time: 7 to 8 hours

After breakfast, depart for Kodari border. Lunch at Kodari border. Clear Nepali customs/immigration.15 minutes walk across Friendship Bridge to Tibet where the Chinese border police will check your passport & visa. Walk to your allocated land cruiser (4 yatrīs plus a driver and possibly one staff per vehicle). Land Cruiser will have a room for personal carried backpack and small purse only.

All the other bags (duffle bag will be provided by us) will be carried by trucks. From Zhangmu to Nyalam it is 3 to 4 hours up hill scenic drive. Overnight at Guesthouse in Nyalam.

Day 4: Acclimatization day in Nyalam

After breakfast, small walk through Nyalam village to visit monastery, and 2 hours trek for acclimatization. Overnight stay at the same guesthouse.

Day 5: Drive Nyalam to Saga (4,600m, 15,088 ft) 240 kms

Travel time: 6 - 7 hours

In few places, the road condition is poor and bumpy. Enjoy the view of snow capped mountains; we will be passing through the first highest pass of Lalung La Pass (5000m) where a magnificent view of high Himalayas can be seen such as Gaurishanker, Shishapangma to Langtang Himal if weather favors us. We will be crossing the holy river Brahmaputra. Overnight at hotel in Saga.

Day 6: Drive Saga to Paryang, then Mansarovar (4,750m, 15,580 ft)

Travel time: 8- 9 hours

The drive is very long. This is the most auspicious day for all of us, as some of you might have waited for





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so long, maybe since many life times to get the first glimpse of holy Mt.Kailash and sacred Lake Mansarovar.

The road condition is fair. Enjoy vast Tibetan Plateau, landscape changes from sandy dunes to rocky vistas to savannah type. Overnight at guesthouse.

Day 7: Havan/rest/acclimatization at Lake Mansarovar

The experience of being in the abode of God. A lifetime achievement: Puja, Havana-worship, Meditation, Holy dip, Tarpan etc. Here, relax and explore around the Mansarovar area. Overnight at same guesthouse.

Day 8: Drive Mansarovar to Nandy darshan to Darchen

Continue Mansarovar Parikrama by jeep. On the way, visit Chue Monastery and drive to Darchen. After lunch, drive for Nandi & south face of Kailash darshan. If you desire, please book horse or yak, and porter with your organizer/s. Telephone services are available in Darchen. There are few jewelry and some souvenir shops.

Day 9: Drive Darchen to Tarboche (13 km) and trek to Derapuk (12 km) - First day of Parikarma

Trekking time: 6 to 7 hours

Drive about 13 km. to Tarboche. For those yatriis who are not joining for Parikrama, they can do a small parikrama of Tarboche flag, which is also considered as Parikrama of holy Mt. Kailash. Then, additional two kilometers by jeep and begin yatra on foot or horse/yak back. The trail leads to few ups and downs till Derapuk. Be blessed by seeing the magnificent view of north face, of holy Mt. Kailash. Overnight in guesthouse/camp.

Day 10: Trek from Derapuk to Dolmala pass (5,650m) to Zhutulbuk Valley (4,760m) 15 km – Second day of Parikarma

Trekking time: 9 to 10 hours

This is the toughest day of the yatra. To Dolmala, it is 6 kilometers uphill trekking. In Dolmala pray and perform puja for 10 to 15 minutes if you would like. Soon after Dolmala pass is Gaurikunda. From here, you will start descending for another 6 kilometers. Trail is very slippery and you have to walk through rocks. Please use your walking stick. A final steep descending staircase brings you to the valley floor. Additional 3 kilometers of gradual walk to campsite. Overnight at camp on beautiful site.

Day 11: Trek from Zhutulbuk to end of Parikrama. Drive to Paryang– Third day of Parikrama

Trekking time: 5 to 6 hours





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Very pleasant walk. Trail is very beautiful. Many caves, Mani Stones and birds can be seen. This is valley of enlightenment.

Land cruiser will be waiting near to Darchen where our Parikrama ends. Half an hour here and then we will drive to Lake Mansarovar for final holy bath and puja then continue drive back to Paryang

Overnight at guest house.

Day 12: Paryang to Nyalam (255 km)

Over night at Guesthouse in Nyalam.

Day 13: Nyalam to Zhangmu to Kodari to Kathmandu

Start early in the morning. Leave our Tibetan vehicle, Land Cruiser here and walk through Friendship Bridge. After having immigration done at Kodari, we will drive back to Kathmandu on coach.

Day 14: Trip concludes for those only for Kailash yatris

B :Extension to Janakpuri (14 nights and 15 days)

Day 14: Fly to Janakpur and back to Kathmandu

You will take early morning flight to Janakpur, do Puja and return to Kathmandu same day by late afternoon flight.

Day 15: Trip concludes

C: Extensions to Everest Base Camp (14 nights 15 days)

Day 1- 11 Same as above

Day 12: Paryang to Rungbuk or Tingri (255 km)

Over night at Guesthouse

Day 13: Excursions to Everest Base Camp then back to Nyalam

Day 14: Kathmandu





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Day 15: Trip concludes

D: Extensions to Lhasa (16 nights 17 days) .

This itinerary will be incorporated as per flight availability to Lhasa. Hence it could be either before or after the Kailash yatra. This is just the brief plan

- Day 01** Arrival Kathmandu
- Day 02** Sightseeing and preparation
- Day 03** Fly to Lhasa
- Day 04** Sightseeing in Lhasa
- Day 05** Sightseeing in Lhasa
- Day 06** Drive to Sigatse
- Day 07** Drive to Saga
- Day 08** Drive to holy Lake Manasarovar
- Day 09** Puja Havan in Lake
- Day 10** Drive to Darchen
- Day 11** Drive/Trek to Diraphuk
- Day 12** Trek to Zuthulphuk
- Day 13** Trek/drive to Paryang via lake
- Day 14** Drive to Tingri or Rungbuk
- Day 15** Excursions to Everest Base Camp, drive back
- Day 16** Drive to Kathmandu
- Day 17** Departure (Janakpur extension is also available)



E: Extensions to Muktinath Yatra (5 nights and 6 days)

This yatra could be performed either before or after Kailash yatra. We will suggest you the suitable time while booking yatra.

Day 1: Arrival in Kathmandu

Day 2: Drive to Pokhara

Today you will visit Pokhara. Overnite in Hotel.





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Day 3: Fly to Jomsom for Muktinath

You will take an early flight to Jomsom. Drive to Muktinath and return back to Jomsom. Overnight in a Hotel.

Day 4: Fly back to Pokhara and explore the Best of Pokhara.

You will fly to Pokhara in the morning and then will visit to main attraction of Pokhara.

Day 5 : Fly back to Kathmandu.

Fly to Kathmandu. Overnight in hotel.

Day 6: Trip Concludes

Trip Concludes. Departure for on ward journey.

F: Extensions to Chitwan and Valmiki Ashram (4 nights 5 days)

This yatra could be performed either before or after Kailash yatra We will suggest you the suitable time while booking yatra.

Day 01:

Arrival in Kathmandu

Day 02:

Drive to Chitwan National park overnight in resorts

Day 03:

Visit Valmiki Ashram

Day 04:

Early morning Elephant Safari, then return to Kathmandu after visiting Devghat.

Day 05:

Trip concludes

Brief fix departure dates:





1. Kailash Manasarovar Yatra only (13 nights / 14 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	24-May-12	26-May-12	5-Jun-12	6-Jun-12
2	June	10-Jun-12	12-Jun-12	22-Jun-12	23-Jun-12
3	June/July	3-Jul-12	5-Jul-12	15-Jul-12	16-Jul-12
4	July/Aug.	21-Jul-12	23-Jul-12	2-Aug-12	3-Aug-12
5	August	9-Aug-12	11-Aug-12	21-Aug-12	22-Aug-12
6	Aug./Sept	28-Aug-12	30-Aug-12	9-Sep-12	10-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

2. Kailash Manasarovar Yatra with Everest Base Camp - EBC (14 nights / 15 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	24-May-12	26-May-12	6-Jun-12	7-Jun-12
2	June	10-Jun-12	12-Jun-12	23-Jun-12	24-Jun-12
3	June/July	3-Jul-12	5-Jul-12	16-Jul-12	17-Jul-12
4	July/Aug.	21-Jul-12	23-Jul-12	3-Aug-12	4-Aug-12
5	August	9-Aug-12	11-Aug-12	22-Aug-12	23-Aug-12
6	Aug./Sept	28-Aug-12	30-Aug-12	10-Sep-12	11-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

3. Kailash Manasarovar Yatra with Muktinath (17 nights / 18 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	20-May-12	26-May-12	5-Jun-12	6-Jun-12
2	June	6-Jun-12	12-Jun-12	22-Jun-12	23-Jun-12
3	Aug./Sept.	28-Aug-12	30-Aug-12	9-Sep-12	14-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

4. Kailash Manasarovar Yatra with Muktinath and Everest Base Camp (18 nights / 19 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	20-May-12	26-May-12	6-Jun-12	7-Jun-12
2	June	6-Jun-12	12-Jun-12	23-Jun-12	24-Jun-12
3	Aug./Sept.	28-Aug-12	30-Aug-12	10-Sep-12	15-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

5. Kailash Manasarovar Yatra with Chitwan/Valmiki Ashram (16 nights / 17 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	21-May-12	26-May-12	5-Jun-12	6-Jun-12
2	June	7-Jun-12	12-Jun-12	22-Jun-12	23-Jun-12
3	Aug./Sept.	28-Aug-12	30-Aug-12	9-Sep-12	13-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)





6. Kailash Manasarovar Yatra with Chitwan/Valmiki Ashram and Everest Base Camp (17 nights / 18 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	21-May-12	26-May-12	6-Jun-12	7-Jun-12
2	June	7-Jun-12	12-Jun-12	23-Jun-12	24-Jun-12
3	Aug./Sept.	28-Aug-12	30-Aug-12	10-Sep-12	14-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

7. Kailash Manasarovar Yatra with Chitwan/Valmiki Ashram and Muktinath (19 nights / 20 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	18-May-12	26-May-12	5-Jun-12	6-Jun-11
2	June	4-Jun-12	12-Jun-12	22-Jun-12	23-Jun-12
3	Aug./Sept.	28-Aug-12	30-Aug-12	9-Sep-12	16-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

8. Kailash Manasarovar Yatra with Chitwan/Valmiki Ashran, Everest Base Camp and Muktinath (20 nights / 21 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	18-May-12	26-May-12	6-Jun-12	7-Jun-12
2	June	4-Jun-12	12-Jun-12	23-Jun-12	24-Jun-12
3	Aug./Sept.	28-Aug-12	30-Aug-12	10-Sep-12	17-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

9. Kailash Manasarovar with Lhasa (15nights / 16 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	22-May-12	24-May-12	5-Jun-12	6-Jun-12
2	June	8-Jun-12	10-Jun-12	22-Jun-12	23-Jun-12
3	June/July	1-Jul-12	3-Jul-12	15-Jul-12	16-Jul-12
4	July/Aug.	19-Jul-12	21-Jul-12	2-Aug-12	3-Aug-12
5	August	7-Aug-12	9-Aug-12	21-Aug-12	22-Aug-12
6	Aug./Sept	26-Aug-12	28-Aug-12	9-Sep-12	10-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

10. Kailash Manasarovar with Lhasa and Everest Base Camp (16 nights / 17 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	22-May-12	24-May-12	6-Jun-12	7-Jun-12
2	June	8-Jun-12	10-Jun-12	23-Jun-12	24-Jun-12
3	June/July	1-Jul-12	3-Jul-12	16-Jul-12	17-Jul-12
4	July/Aug.	20-Jul-12	22-Jul-12	4-Aug-12	5-Aug-12
5	August	7-Aug-12	9-Aug-12	22-Aug-12	23-Aug-12
6	Aug./Sept	26-Aug-12	28-Aug-12	10-Sep-12	11-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

11. Kailash Manasarovar with Lhasa, EBC ,Muktinath and Valmiki Ashram (All) (22 nights / 23 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	22-May-12	24-May-12	6-Jun-12	13-Jun-12
2	June	8-Jun-12	10-Jun-12	23-Jun-12	30-Jun-12
3	Aug./Sept	26-Aug-12	28-Aug-12	10-Sep-12	17-Sep-12



12. Kailash Manasarovar with Lhasa, EBC and Muktinath (20 nights / 21 days)

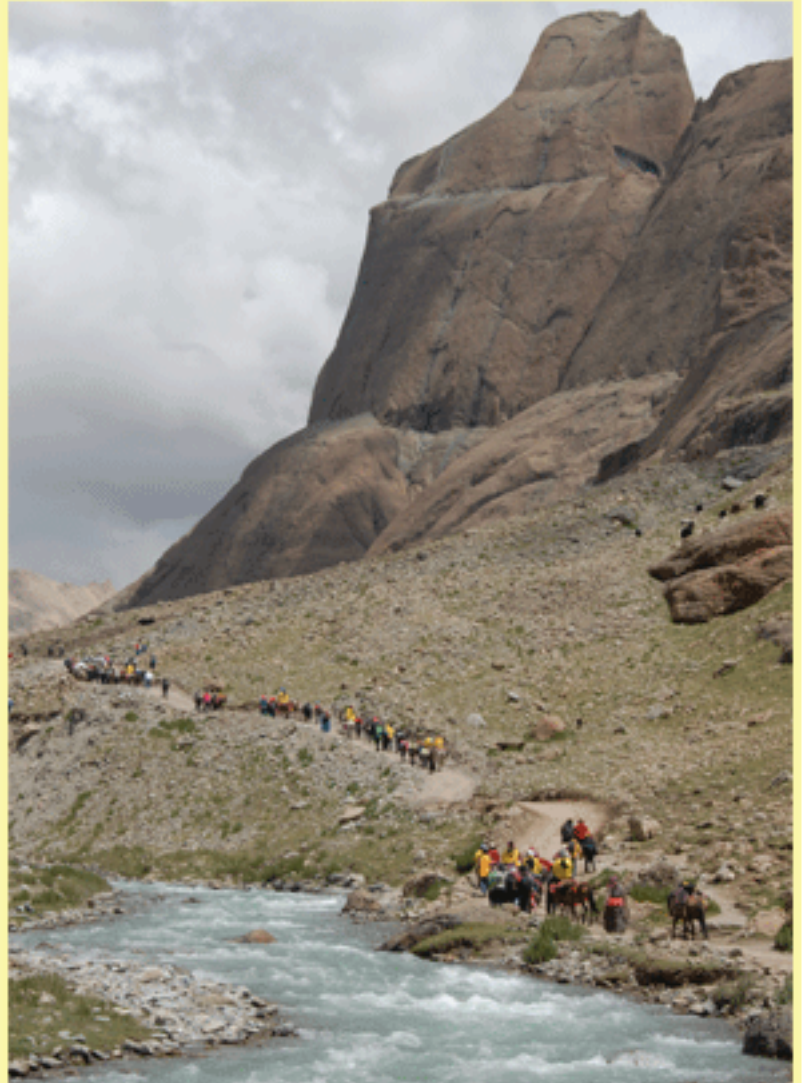
S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	22-May-12	24-May-12	6-Jun-12	11-Jun-12
2	June	8-Jun-12	10-Jun-12	23-Jun-12	28-Jun-12
3	Aug./Sept	26-Aug-12	28-Aug-12	10-Sep-12	15-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)

13. Kailash Manasarovar with Lhasa, EBC and Chitwan / Valmiki Ashram (19 nights / 20 days)

S.No.	Batch	Arrival in Kathmandu	Depart to Tibet	Back to Kathmandu	Departure home
1	May	22-May-12	24-May-12	6-Jun-12	10-Jun-12
2	June	8-Jun-12	10-Jun-12	23-Jun-12	27-Jun-12
3	Aug./Sept	26-Aug-12	28-Aug-12	10-Sep-12	14-Sep-12

Note: Please allow one extra day if you wish to join for Janakpur (birth place of Sita Mata)





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|| Aum Namah Shivaya ||

Jai Kailashpati !

Thank you & See you in holy Himalayas

