

# Skylink Travel & Tours Ltd.

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## KAILASH GENERAL INFORMATION

**Clothing :** Clothing's for both extremes of climate and temperature. While driving to Kailash, it will be warm inside the vehicle and light clothing will be required, but as soon as you step out of the vehicle, warm clothing will be required to keep off the cold winds of the Tibetan Plateau. Evening will be generally cold and warm clothing will be required. We recommend that you bring along the following clothings and accessories with you:

1. Down Jacket – one ( Provided by us on returnable basis)
2. Warm thick pullover – One
3. Warm thin pullover – One
4. Light loose cotton pants or waterproof trousers - Two
5. Warm windproof jacket – One
6. Cotton full sleeve T-Shirts – Three
7. Thermal under pants/long – Two
8. Thermal vest / warm full T-Shirts – Two
9. Rain Gear-Your raincoat or **Poncho** should be roomy and have a water proof hood. – One
10. Hiking or trekking shoes with rubber sole for better grip.
11. Light tennis shoes or light rubber sandal ( FOR KATHMANDU, POKHARA & JANAKPUR)
12. Warm woolen socks-Six
13. Large cotton or silk scarf or muffler -One
14. Leather Warm gloves.
15. Soft paper tissue and handkerchiefs - Plenty
16. Monkey cap or Balaclava cap and Sun lotion - one each
17. Towels (one big, one small)
18. Washing kit.
19. Knee Caps
20. Dust Masks

### Accessories

1. Personal First Aid Kit
2. Nail Clipper, Small Scissors
3. Torch with extra batteries (3 Set)
4. Sun Glasses, Sun Hat,
5. Water bottle- unbreakable ( Min 2 ltrs capacity) Can be purchased in Kathmandu
6. Note book , Pen ,
7. Camera and film and extra batteries for electronic camera
8. Binoculars recommended
9. Pocket knife , Sewing kit, Cigarette lighter, chap stick, Moisturizers, Money pouch/belt etc.
10. Walking stick- **Can be purchased in Kathmandu**

## PREPARATION AND PRECAUTIONS FOR KAILASH- MANSAROVAR YATRA

- 1) All yattris should start walking a minimum of 5km ( 3 miles) a day, at least 2 months before of their yatra begins. Start with norlam, increase to brisk walk and walking practice to uphill would be better.
- 2) Prior to your yatra (preferably a month before), have 1 glass of warm water every day in the morning after brush & 1 glass warm water before going to sleep in the night. This will help you to digest warm water 24 hours during kailash yatra and even it will help you to clear working system of your body and help to reduce old cough and cold which can create problem for breathing in high altitude
- 3) Once you reach Nyalam, every yatri should start taking Diomox tablet half in the morning and half in the night after food, this will help to reduce altitude sickness. If ever you get loose motion, please do not stop taking Diamox and you may take diahorea tablets with Diamox to reduce the effect of loose motion- This problem will be there for couple of days. All yattris will have the altitude sickness to a lesser degree or more depending on their health. All yattris must drink 3 to 4 liter of water every day to avoid dehydration.
- 4) On your yatra, during night sleep, please do not cover your mouth with blanket as you may end up with hi-breathing or
- 5) Wherever you stay at night in Tibet make sure that there is ample air circulation in the room. Due to the lack of Oxygen, you might feel heavy breathing.
- 6) Have as much liquid as possible (3 – 4 litre), which will help you to reduce the effect of dehydration.
- 7) Please avoid glucose powder in water as it may cause cough in the chest which can again create hi-breathing. Instead of glucose please have enargel powder or any energy drinks.
- 8) During yatra always please cover your body properly especially your forehead/chest/ears to protect from chill wind. This can help you to keep stamina at the high altitude.
- 9) In Tibet because of high altitude every yatri may get a little bit of headache. To reduce this problem you can have Red Bull energy drink which gives you quick energy and reduce headache (Not for Diabetic). Red Bull drink is available in cans from the local shops in Tibet.
- 10) On your way to Kailash/Mansarovar you won't find bathrooms in your rooms. In Nyalam and Dongba public baths (shower) facility are available (at a cost) but the advise will be NOT to use these for the simple reason that as soon as you are out of these places you may catch cold and you may end up with more problems before reaching Mansarovar (which is at a very high altitude). Local people do not have bath for long period (as we have heard they have a quick shower/bath once a year), but they are still fit and fine. **This is our experience that whoever takes bath or shower, gets ill easily, well before they reach Mansarovar.** While coming back from Kailash you can take hot shower (if time permits), at these places, as coming down to low altitude you won't have any problem.
- 11) Pranayam: long breath in and long breath out everyday for 10 minutes and 3 times in a day will help you to acclimatize and will help those persons who suffer breathing problems i.e. asthma.
- 12) At high altitude you may feel not to take lunch or dinner. If that is the case then you should take plenty of liquid food to keep your energy high and body fit to make the Parikrama.
- 13) In Tibet don't run, don't walk fast, don't carry heavy luggage for longer period and don't talk-loudly.
- 14) While on parikrama please don't carry so much luggage and while walking avoid talk. If you feel restless or breathing heavy while walking, please rest for at least ten minutes and do pranayam. You will feel better after 15 minutes and then start walking again. Please do not force yourself unnecessarily.

- 15) Before going for a bath/dip in the holy Lake Mansarovar please have some dry food (nuts or dried fruits) or some dry stuff and then take 1 paracetamol tablet. Then go for bath/dip in Mansarovar. As the water in the lake will be very cold, please do NOT stay in the water unnecessarily for longer period (max will be 2-3 minutes).
- 16) Please carry enough and necessary items in your shoulder bag so that you can easily find the items you require. Most of the time you will only carry some dried foods, sweets and your essential medication for parikrama.
- 17) Please feel free to talk with Nepali staff for health precaution or if you are in doubt to do Parikrama. Our staff and Sherpas' are well trained and very experienced staff for Tibet area and Parikrama.
- 18) Don't get angry necessarily or unnecessarily with any one, as high anger may cause headache in high altitude.
- 19) As the water contains oxygen, please drink as much water as possible as mentioned above to avoid dehydration and to a greater extent to avoid headache and any sickness. I would recommend to practice drinking lots of water from NOW.

#### **You will be provided**

1. 2 or 4 Men Tent, Foam Mattresses
2. Sleeping Bag
3. Dining Tents & Table and Stools
4. Toilet Tents, Kitchen Tents, Equipment, Food
5. Guide, Cook, Helpers
6. Porters/Yaks to carry luggage/camping equipments during the Parikrama
7. 4WD Vehicles with Drivers
8. Equipment Truck with driver
9. Oxygen cylinder
10. Shoulder bag & Kit Bag for your cloth and Equipment ( These are semi waterproof)

#### **Transportation during Kailash Yatra**

Kathmandu to Kodari Private non a/c minibus will be provided for the group. Border crossing from Kodari to Zhangmu (Tibet) will be on foot, in case of landslide, approximately 30 minutes ride. During the drive we will be providing a 4 wheel drive (Land cruiser or similar), truck for luggage and all camping equipments and food supplies as well as with all camping gear and crew. Maximum 4 person will be accommodated in a land cruiser. While on trek, during the Parikrama, we provide Yaks to carry the camping & your personal heavy gears. Landcruisers are not very comfortable like back home. These are meant for rough high altitude drives.

#### **Communication**

The last place to make any international calls is in Darchan, Tibet. However, please be informed that it may be difficult at times to get the connection. If any urgent messages has to be sent to any of the participants, then please contact us at the hotel address in Kathmandu.

#### **Travel Tips for Kailash Mansarovar Yatra**

##### **Accommodation:**

Accommodation is good in Kathmandu and Pokhara and twin/triple rooms are available in Kathmandu, Pokhara and Jankapur only and rest will be very simple with a room on quad or more occupancy with common bathrooms and toilets, wherever available. However, hot water will be provided in every room for refreshing and for drinking. Triple room can be one double bed and extra bed or mattress.

##### **Food:**

The food will be supplied from our side while camping breakfast, lunch & dinner with occasional tea break. The food will be very simple as per the clients taste. All meals provided will be vegetarian.

##### **Clothing & Accessories:**

Depending upon the season, during June, July, August till September, day time will be pleasant and quite warm with about 15-20 degrees Celsius. Afternoon time 1-4 pm can be windy. The morning and evening will be chilly between minus 2 to 0 degree Celsius. We recommend the clothings suggested above.

**Guide/ Escort:**

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

**Photography:**

As Tibet get very bright sunlight due to thin air, so taking photographs can be quite glare. We recommend you to take the advise 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 or Army Camps.

**Medicine:**

We suggest you to bring your own first aid kit with adequate medication regarding altitude sickness, nausea, dehydration and some pain killers.

**Insurance:**

We highly recommend all clients to be insured against Medical, accidents & necessary emergency evacuation, if needed. We suggest that clients insure themselves against a comprehensive claim policy. Which should also include **Helicopter Evacuation upto 6000 metres**, if necessary. **SOME OF ANNUAL MULTI TRIP INSURANCES DOES NOT COVER UPTO 6000 METRES**. Please note that our Kailash Mansarovar Yatra Tour Package does not include any rescue or evacuation expenses in emergencies. Any Emergency arrangement other than regular straight forward tour itinerary service should be borne by the client themselves.

**Physical Fitness:**

Before booking for this trip with us, clients should be in sound good health preparation for this trip. We advise 3-4 miles of morning or evening walk or jogging & also Pranayam ( Breathing in & Breathing out exercise regularly 10-15 minutes at least 3 months in advance)

**Visa & Documentation:**

Clients must be in possession of atleast nine months valid passport to obtain visa. We will require the following details of your passport at the time of booking the trip - Full Name as in Passport, Nationality, Date of issue & expiry of Passport, Passport No, Date of Birth & Occupation, Coloured copy of the passport & One recent coloured passport size photograph. Tibet permit would be arranged by us and is included in the package price and Nepal visa can be obtained either from Nepal Embassy or on arrival in Kathmandu ( Visa fee approximately £30 or \$40 per person). When you land at Kathmandu airport, one has to fill entry form and visa form which can be obtained at the airport. One must fill 30 days or one month multi entry visa required in the form. One does not need Indian visa if not staying in India.

**Passport copy and photos:** One should carry two coloured passport copies and 4 passport size photographs for emergency.

**Luggage:** Luggage should be kept at minimum and only essential luggage should be carried. We will provide holdall for Kailash yatra to carry the luggage and you can bring along your own shoulder bag if want to. Holdall provided are not water proof, so one should pack it with some sort of polythene cover inside. Your main luggage would be left in Kathmandu hotel. One medium size suitcase ( 26-28 inches) and one hand luggage is allowed to take to the Yatra. ( Avoid trolley bag)

**Personal belongings:** One must take care of personal belongings and should leave any unattended luggage always locked even inside the hotel room. Please don't leave any valuables inside the luggage. Please don't carry any expensive gold or diamond items from home.

**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. Headache, Nausea, Dysentery and Dehydration is common.

**Oxygen:** We provide oxygen in emergency only. Try to avoid oxygen intake.

**Medical Help:** Medical help is available in Nyalam, Saga, Dongba and Darchen. If one has been advised not to go higher when fallen sick then must follow medical advice.

**Emergency Evacuation:** When one falls ill then emergency evacuation depends upon the place of fallen ill either by road or in extreme case by helicopter from nearest Nepal/Tibet border.

**Exchange of Currency:** Nepal accepts Indian rupees, but not in 500 and 1000 Rs. Denomination. Its illegal to carry 500 or 1000 Rs. Notes in Nepal. Chinese currency is Yuan. Its advisable to carry about Rs. 5000 and Yuan 4000.

**Extra Expenses:** For personal spending and for Pony/Porter.

**Eligible for Yatra:** Anyone from the age of 18-70 is eligible for this yatra as long as they are physically fit and can travel without providing medical certificate. Everyone must fill our health form and if we see anything negative then could ask for GP certificate. Minimum age for this yatra is 18. Above 70 must produce medical certificate from the doctor. One who has history of heart ailment, asthma, Angina should avoid this yatra.

**Pony/Porter hire:** We recommend to hire both pony and porter. Pony and porter can't be shared. Pony will be available to go on the top of Dolmala pass, but will not bring one down. Approximate hire rate of pony is Yuan 1500-1800 and porter Yuan 700-900. They can be booked only after Prayang.

**Parikrama:** Parikrama of Mansarovar is 96 kms. And is covered by jeep. Kailash's outer Parikrama is 52 Kms. And takes about 3 days. You cross highest point on second day of Parikrama which is Dolmala pass.

#### **Equipment on Trip:**

We provide roomy tents to sleep in. 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.

#### **Personal Equipment Check-List:**

You need at least 3 pair of change of your clothing for this trip. Shorts, skirt or lightweight trousers are ideal in the heat of the day along with T-shirt, long sleeved cotton shirts and sun hat. During the evening and the higher altitudes warmers clothing will be needed, breeches, track. Well fitting, comfortable boots are to be preferred over training shoes for the actual trekking and clothing will be required for both extremes of climate, for hot sun when trekking through the lower foothills to freezing temperatures at night when camping in the high valleys.

#### **General Considerations when Packing:**

*Keep the weight and bulk down to a minimum. Baggage allowance on most international flights is 20 Kg's/44 lbs. Most people tend to bring more clothes than they do actually need. You will only need one change of clothes for Kathmandu . On trek 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! YATRA IS NOT RECOMMENDED WEARING SARI. Punjabi Suits and track suits are recommended.*

#### **Personal Medical Kit:**

*We suggest that you bring the following:-*

*Elastoplast*

*Adhesive tape*

*4" crepe bandage*

*Elasticated knee and /or ankle support if you experience strain these joints*

*Blister dressings, e.g. moleskin, compead, spenco dressings*

*Nasal Decongestant*

*Throat lozenges/ glucose sweets*

*\* Wide spectrum antibiotic [Ciproxin recommended]*

*Anti -diarrhoea - Immodium or Lomotil*

*\* Codeine Phosphate - constipator, cough suppressant and pain killer*

*Cold and flu suppressant*

*Aspirin / paracetamol.*

*Rehydrate powder - useful for adding to your water bottle and for fluid replacing purposes.*

*Small pair of scissors, Thermometer, Muscle relaxant*

*Any special medicines you require*

**Liability:**

*Skylink acts as an intermediary between the concerned airlines, hotels, transport/tour operators and local tourist offices providing the services. Skylink or its PSA or its sub agent, is therefore not responsible for any loss, injury sustained by the tourists, including those occurring outside the touring programs. Additional expenses incurred due to delay, accidents, natural disaster, political actions and unrest must be borne by the tourists. Program, prices, services and conditions are based on those valid at the time of printing and are therefore subject to change without advance notice before or during the tour.*

**Any part of unutilized services is non refundable.**

**Terms and Conditions**

01: Application should be submitted at least 30 days before the provisional date of departure. Skylink will confirm your booking within 15 days of your application.

02: When the booking is made the following details must be enclosed. Full name as in passport, Date of birth, Nationality, Sex, Occupation and consultation with GP to travel to high altitude area.

03: The Itinerary can change without notice due to unavoidable circumstances beyond our control such as political unrest, natural calamities, changes in the Itinerary by the Chinese authorities etc.

04: Upon the confirmation 100% deposit is required before 30 days of the commencement of the tour alongwith passport.

05. This is the passenger's responsibility to have proper travel insurance including evacuation at high altitude upto **6000 metres** in case of any emergency.

06. This is religious pilgrimage at high altitude and some of the services would be very basic.

07. During the tour, the tour manager's decision would be final

08. We have been told about pros & cons of this journey.

09. Recommended medicines are for advise purpose only and must consult your GP about it, if you are allergic to any medicine.

Participation in our tour implies the tourist's agreement to the above conditions.

**Skylink wishes you Happy and Pleasant Journey.**