JOURNEY TO KAILASH

You Are Invited…

MOUNT KAILASH – LAKE MANSAROVAR YATRA

Om Namah Shivaya… Please join us in celebrating life at the “roof of the world” where the solitude, clean air, and spirituality is at its peak. We will truly appreciate the life of peace and meditation in the Himalayas!

According to Hinduism, Lord Shiva Resides on top of Mount Kailash, where he sits in a state of meditation along with his wife Parvati, the Daughter of Himalaya. The Kailash Parvat is believed to be the ultimate destination of souls and the spiritual center of the world. Like Mount Kailash, Lake Mansarovar is the abode of purity. It is a place of pilgrimage, attracting Hindus from all over the world. Taking a bath in Mansarovar and drinking its water is believed to cleanse all sins committed over a hundred lifetimes. Those who have visited the holy spots of Lake Mansarovar and Kailash Parvat carry with them a memory of a lifetime which remind them of the presence of Lord Shiva in their lives and gives them a feeling of peace and tranquility. The pristine beauty and serenity of these religious sites is truly awe inspiring and instills in people the feeling of being one with Shiva.

Hindus who walk around the 32 mile circumference of Mount Kailash use the term Parikrama. Tibetans refer to the clockwise circumambulation as a Kora. Both words mean the same thing: pilgrimage. The parikrama of Kailash Parvat is an essential part of your overall journey to Mount Kailash. Trekking through this long path is difficult and physically taxing. However, with proper preparation devout pilgrims are able to complete this Parikrama.

Important Facts: Mt. Kailash / Lake Mansarovar Yatra
Location: Western Tibet (China)
Altitude: Kailash Peak 22,022 feet
Climate: (0 to 70 Degrees Fahrenheit)
Best Time to Visit: May – September
Parikrama of Kailash: 32 miles (three days)
High point of Parikrama: 19,500 feet
Lake Mansarovar: 14,954 feet
Circumference of Mansarovar: 63 miles

Contact: Lina Patel | Email: linapatel@fuse.net | Ph: 513-257-6700 | Website: www.kailash.himalayanglacier.com
About Himalayan Glacier Trekking LTD and Lina Patel

Lina Patel was born and raised in Gujarat, India. She currently resides in Cincinnati, Ohio. Growing up, Lina always had a passion for the mountains, particularly the Himalayas. Her experience in mountaineering comes from past 21 years of hiking through out USA. Since 2008, Lina has traveled throughout Nepal, trekking to the base camp of Mt. Everest and climbing throughout the Khumbu valley. Lina has also successfully lead many groups of travelers to Mt. Kailash – Lake Mansarovar Yatra in which All Yatris successfully completed the 32 mile Parikrama of Mt. Kailash! Recently, she scaled Mt. Kilimanjaro in Africa at over 19,000 foot Elevation. With Blessing of Shiva, Lina got married at the banks of Mansarovar in the year 2014! These tremendous experiences have been thanks to Himalayan Glacier Trekking, LTD. This Nepal-based, family-owned company has been helping travelers from around the world to discover the natural beauties and cultural treasures of Nepal and Tibet since 1992. Their team of local guides, combined with the knowledge of Mt. Kailash and the religious Hindu background has made Himalayan Glacier Trekking, LTD, one of the top companies in Nepal today. Visit www.Kailash.himalayanglacier.com

Why Travel with Himalayan Glacier?

We Care for Your Safety Your safety is of the utmost importance to us. Therefore, when it comes to keeping the overhead of our trips low, safety is one area in which we simply do not compromise. Our guides are selected based on their technical proficiency, proven safety records, impeccable judgment, their friendly demeanor and their ability to provide helpful and knowledgeable instructions. They are also highly professional and well trained in first aid and personal protection equipment. We also make sure that first aid kits are available on all trips and happily provide oxygen cylinders and PAC Bags upon request (payable). Furthermore, the itineraries are ideally designed to give you enough time for acclimatization.

We Provide Service from USA Your journey preparation starts as soon as you register. All payments are made in the USA. Detailed Packing list will be provided. A conference call or A meeting will be conducted for mental and physical training discussions. Lots of details will be provided. While in USA, Lina Patel can be reached at anytime for preparation. Service includes Assistance with flight bookings and Medical Evacuation insurance

We Provide Financial Protection Going on any adventure trip will require a substantial sum of money to be paid in advance. Yet, trusting a company you have no prior experience with involves risk. However, we are a fully-bonded trek operator authorized by the Nepal Government, Tourism and Civil Aviation Department, Nepal Tourism Board, Industry Department, Company Registration Office, Nepal National Bank and the Taxation Office. We are also affiliated with several prestigious regulating bodies such as Nepal Association for Tour and Travel Agents (NATTA), Nepal Mountaineering Association (NMA), Trekking Agencies’ Association of Nepal (TAAN), Adventure Travel Trade Association (ATTA), American Society of Travel Agents (ASTA) and Kathmandu Environmental Education Project (KEEP).

Our Commitment to Social Causes Tourism is an important sector to the Nepalese economy, and as an organization that has been involved in this sector for over two decades, we believe it is our duty to contribute to the Nepalese society in some way. We contribute 1% of our annual profit each year to Child Environment Nepal (CEN), a non-government, nonprofit organization committed to educating and caring for Nepali children orphaned by the Nepali civil war. For more information on this inspiring organization or to find out how you can help, please visit at www.cennepal.org.np
# MOUNT KAILASH – LAKE MANSAROVAR

## 2017 FIXED DEPARTURE DATES

**Full Moon and Non Full Moon Dates**

**OPTIONAL:** Journey to Muktinath by Helicopter and Janakpur by Flight – Cost TBD

<table>
<thead>
<tr>
<th>Days</th>
<th>Description</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Rest day in Kathmandu. Overnight at Hotel</td>
<td>17th</td>
<td>16th</td>
<td>16th</td>
<td>14th</td>
<td>20th</td>
</tr>
<tr>
<td>13</td>
<td>Early Morning Helicopter to Muktinath, Puja, and Heli back to Kathmandu. Overnight at Hotel.</td>
<td>18th</td>
<td>17th</td>
<td>17th</td>
<td>15th</td>
<td>21st</td>
</tr>
<tr>
<td>14</td>
<td>Early Morning flight to Janakpur, Siteseeing, Evening flight back to Kathmandu. Overnight at Hotel</td>
<td>19th</td>
<td>18th</td>
<td>18th</td>
<td>16th</td>
<td>22nd</td>
</tr>
<tr>
<td>15</td>
<td>Fly Home Sweet Home</td>
<td>20th</td>
<td>19th</td>
<td>19th</td>
<td>17th</td>
<td>23rd</td>
</tr>
</tbody>
</table>

**Muktinath Package cost:** TBD (Includes round trip Helicopter Charter based on 5 people increments, all fees and permits, One night hotel in Kathmandu, vehicle from heli pad to Muktinath (approx. 45 minutes drive), guide, Airport fees, transfer to and from airport)

**Janakpur Package cost:** TBD (Includes round trip air fare, all fees and permits, One night hotel in Kathmandu, vehicle from heli pad to Muktinath (approx. 45 minutes drive), guide, Airport fees, transfer to and from airport)

**Additional Siteseeing while in Kathmandu:** Bhaktapur, Syamboonath, and Sleeping Vishnu ($60)

**Everest View Flight:** $200

**Additional Night Stay at Yatri Inn and suites or Hotel Shanker:** $80 Based on two people per room ($75 for single occupancy)
For More Details visit our website at [www.kailash.himalayanglacier.com](http://www.kailash.himalayanglacier.com) or Contact:

Lína Patel
Cell: 513-257-6700
Email: lina@himalayanglacier.com or linapatel@fuse.net
<table>
<thead>
<tr>
<th>Day</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td><strong>Arrive to Kathmandu (We recommend an early morning flight to allow rest and time to prepare)</strong> - A warm welcome as we receive you at the airport and drive you to a 4 Star City Hotel – Yatri Suites and Spa. We will collect your passport to obtain VISA for Tibet. Late afternoon we will have a group meeting to prepare for the Yatra and collect Down jacket, and Duffle Bags. Welcome Dinner at a Traditional Nepalese Restaurant. Overnight in the Hotel Shankar, Kathmandu.</td>
</tr>
<tr>
<td>Day 2</td>
<td><strong>Pashupatinath Darshan, Boudhnath Stupa and Patan Visit</strong> - After Breakfast, we will depart at approx 9am to Pashupatinath temple. Proceed for sightseeing tour to Boudhnath and Patan Darbar square. Lunch on your own. Final Preparation for Yatra, shopping, etc Dinner on your own. Overnight stay at Hotel Shankar, Kathmandu</td>
</tr>
<tr>
<td>Day 3</td>
<td><strong>Kathmandu to Kerung (11,482 Feet Elevation) Travel Time 8 – 9 hours</strong> We begin our drive to Kerung very early in the morning. We need to drive 154km to reach Rasuwagadi. From here we drive for an additional 23 km to reach Kerung. Since we pass through Langtang National Park, we are required to deal with a number of check-posts. Overnight stay in Kerung.</td>
</tr>
<tr>
<td>Day 4</td>
<td><strong>Rest day in Kerung to acclimatize</strong> After breakfast we will take a small walk around Kerung village. Spending an extra day in Kerung will help us acclimatize to the high altitude, thus preparing us for the journey ahead. Overnight at the same guesthouse.</td>
</tr>
<tr>
<td>Day 5</td>
<td><strong>Drive from Kerung to Saga (14,409 Feet Elevation) Travel Time 5 -6 hours (with Lunch break)</strong> - Enjoy the view of snow capped mountains; we will cross the high pass of Lalung La Pass (5000m) where a magnificent view of high Himalayas can be seen such as Gaurishanker, Shishapangma, and Langtang Himal. We will be crossing the holy river Bbrahmaputra. Overnight at hotel in Saga. Hot Shower Houses available here</td>
</tr>
<tr>
<td>Day 6</td>
<td><strong>Drive from Saga to Mansarovar (14,954 Feet Elevation) Travel Time 6 - 7Hours (370km)</strong> - Today is the most auspicious day for all of us as we will see the first glimpse of holy Kailash and sacred Lake Mansarovar. A lifetime achievement, here we will perform a holy dip, Relax and explore around the Mansarovar area. Overnight in a tent/camp or Guesthouse</td>
</tr>
</tbody>
</table>
| Day 7 | **Parikrama of Mansarovar by Bus/Jeep. Drive to Raksas Lake (14,975 Feet Elevation) Early Morning Havan Puja on the Lake.** After Lunch, you may choose one of the options below:  
  - Visit Astapad and Nandi Parvat – Additional Approx Cost of $100/4 people/ Jeep (Prices may change)  
  - Visit to Tirthpuri - Additional Approximate Cost of $200/4 people/JEEP (Prices may change)  
  - Day Trip to Saptrishi Case and Nandi Parikrama - Additional Approx Cost of $200/4 people/JEEP  
  Overnight at Mansarovar Guest House. We will pack our back pack and repack our luggage for Parikrama Days. One Duffle bag per two people is allowed.  
| Day 8 | **Parikrama to Dehara Puk (16,404 Feet Elevation) (6-8 Hours walk on fairly flat trail)** - Today, it feels as if the heavens had opened up for us and allowed us to peek inside the world of gods and goddesses. We will walk 18 kilometers through the valley guided by Holy Ganges River on our left and shadowed by Mount Kailash on our right. The feeling of today can only be experienced by one and not described…Have your camera handy to capture amazing views of Mt. Kailash. Overnight in a guesthouse or tent |
| Day 9 | **Parikrama continues to Dolma-La Pass (19,500 Feet Elevation) (10-12 hour hike up and down and through the valley)** - Hardest but Holiest day of our pilgrimage Yatra with Dolma-La (pass) of 19,500 ft between two valleys: Yamasthal should be crossed to reach the Shiva-sthal while your steps go closer to the pass. Once you reach the top, just do the holiest offering and sit down for meditation. Parvati-stal and Gauri Kund are on the way. By the late afternoon you will arrive to Zuthal Puk (the cave of Miracles. Overnight in tents |
| D 10 | **Parikrama ends and drive to Saga (After walking 3 hours, all the driving crew will be waiting your arrival. We will continue our drive to Saga and arrive by Evening.)** |
| Day 11 | **Day 11: Saga to Kerung** We retrace our journey back to Kerung from Saga. Kerung is a border town where we will spend the night. Overnight at a hotel in Kerung. |
| Day 12 | **Kerung to Kathmandu** We clear our customs in Kerung before driving back to Kathmandu. Overnight at Yatri Suites and Spa Hotel in Kathmandu. |
| Day 13 | Transfer to airport for your Flight home sweet home… :) |
MOUNT KAILASH – LAKE MANSAROVAR YATRA

Cost: $2700 per person (min 24 per group)

Cost includes:
- Welcome and Farewell Dinner
- 3 night’s accommodation at a 4 star hotel in Kathmandu on twin share basis with breakfast
- accommodation in Tibetan lodges or tents (Based on 6-8 people per room)
- All Vegetarian Meals while on Yatra
- English Speaking Nepali Tour Leader and Tibetan Guide
- Tibet Visa & All Permit Fees
- Yaks & Yak men for luggage during Parikrama
- Ground transfers in Tibet using Luxury Bus
- Sherpa staff (trekking guides, porters, cook, etc)
- Portable altitude chamber bags
- Oxygen cylinders
- Specially designed Kailash Yatra T-Shirt
- Soft Blanket for your journey
- Down Jacket (returned upon completion of journey)
- Duffle Bag (returned upon completion of journey)

Cost does not include:
- Airfares from Home – Kathmandu – Home
- All beverages, photography charges, web usage, and Telephone Calls
- Extra nights in Tibetan lodges (except mentioned in itinerary)
- Travel Insurance of Client
- Extra cost in the event of landslide for hiring additional transportation and porters
- All Lunches while in Kathmandu
- Horse rental while on Parikrama (approx Cost US $350) or personal porter (Approx Cost US $200)
- Emergency evacuation costs (cost for rental of Land Cruiser) (medical and rescue insurance is recommended). We advise you to purchase insurance with zero deductible.
- Any additional meals in Kathmandu except mentioned in the itinerary
- Staff and Driver Tips (10% of the Yatra cost is customary)
MOUNT KAILASH – LAKE MANSAROVAR YATRA

RESERVATION FORM INSTRUCTIONS

1. EMAIL A COLOR COPY OF YOUR PASSPORT. (Or snap a photo and text at 513-257-6700)
2. EMAIL OR FAX 3 PAGES OF RESERVATION FORMS (Write clearly - your signature is required on all pages. (Fax: 877-519-7468; linapatel@fuse.net)
3. MAKE A DEPOSIT IN THE AMOUNT OF USD 600.00. A CHECK, MONEY ORDER, OR CASHIER CHECK PAYABLE TO: Lina Patel C/O RH Adventure, LLC. MAIL TO: Lina Patel 4056 Mt. Carmel Tobasco Road. Cincinnati, OH 45255
4. REVIEW AND COMPLETE ALL ITEMS LISTED BELOW. CALL or TEXT Lina at 513-257-6700 FOR ANY QUESTIONS

The following items to be completed prior to departure date:

— Medical Clearance certificate from Physician (Due 60 days before Departure)
— 2 passport size photos (Keep with you and bring to Kathmandu)
— 1 color copy of your valid passport with expiration date of at least 6 months from date of travel. (Email Immediately)
— Medical and Evacuation Coverage is a requirement for this program. Email a copy of your insurance information. You will need to carry proof of coverage with you at all times while on yatra. The following link contains information about insurance provided through a company that has supported many of our clients – IMPORTANT NOTE: You will need their “Sports Rider” for treks and climbs going over 4500 meters (14850 ft.)
http://www.onlineglobalhealthinsurance.com/himalayan-glacier-trekking.asp or call 1.866.636.9100. If you call them mention Himalayan Glacier Trekking as they know about the coverage options that match up to the programs we operate. Click HERE to see all the providers listed on our website. Please feel free to give me a call if you have any questions prior to purchasing.
— Flight Booking: You may chose to book your own flight or contact Lina for assistance. You will obtain your VISA for Kathmandu upon arrival in Kathmandu at a cost of $40. VISA for Tibet will be obtained prior to your departure and will be provided by Himalayan Glacier and will be ready upon your arrival in Kathmandu.
— If you are NOT a USA Citizen and/or traveling to Kathmandu, Nepal from India, please contact Lina Patel at 513-257-6700 for Reservation details. NOTE: For all Indian passport holders, Tibet VISA will be issued by Indian Government in Delhi with a minimum of 5 passports.

“Mountains are where I sense my religion, where I find Peace. In the Mountains, I think about the past and dream of the future. In the Mountains, I celebrate Life...” Lina ☺
**MOUNT KAILASH – LAKE MANSAROVAR YATRA**

**RESERVATION FORM – please print clearly**

<table>
<thead>
<tr>
<th>(Legal) First and Middle Name:</th>
<th>(Legal) Last Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone (Home)</td>
<td>Mailing Address:</td>
</tr>
<tr>
<td>Phone (Cell)</td>
<td></td>
</tr>
<tr>
<td>Phone (Work)</td>
<td></td>
</tr>
<tr>
<td>Your Email:</td>
<td>List All Family email addresses with you wish to be included in the “Communication Emails” prior to our departure</td>
</tr>
<tr>
<td>Spouse Email:</td>
<td></td>
</tr>
<tr>
<td>Country of Citizenship:</td>
<td></td>
</tr>
<tr>
<td>Date of Birth:</td>
<td>Occupation:</td>
</tr>
<tr>
<td>Passport No:</td>
<td></td>
</tr>
<tr>
<td>Phone (Home)</td>
<td></td>
</tr>
<tr>
<td>Phone (Cell)</td>
<td></td>
</tr>
<tr>
<td>Phone (Work)</td>
<td></td>
</tr>
<tr>
<td>Mailing Address:</td>
<td></td>
</tr>
</tbody>
</table>

**Legal**

<table>
<thead>
<tr>
<th>(Legal) First and Middle Name:</th>
<th>(Legal) Last Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone (Home)</td>
<td>Mailing Address:</td>
</tr>
<tr>
<td>Phone (Cell)</td>
<td></td>
</tr>
<tr>
<td>Phone (Work)</td>
<td></td>
</tr>
<tr>
<td>Your Email:</td>
<td>List All Family email addresses with you wish to be included in the “Communication Emails” prior to our departure</td>
</tr>
<tr>
<td>Spouse Email:</td>
<td></td>
</tr>
<tr>
<td>Country of Citizenship:</td>
<td></td>
</tr>
<tr>
<td>Date of Birth:</td>
<td>Occupation:</td>
</tr>
<tr>
<td>Passport No:</td>
<td></td>
</tr>
<tr>
<td>Phone (Home)</td>
<td></td>
</tr>
<tr>
<td>Phone (Cell)</td>
<td></td>
</tr>
<tr>
<td>Phone (Work)</td>
<td></td>
</tr>
<tr>
<td>Mailing Address:</td>
<td></td>
</tr>
</tbody>
</table>

**Deposit Amount:** $600.00 in a form of a check or Cashier’s Check payable to Lina Patel c/o RH Adventure, LLC Remaining Balance due in full 3 months prior to departure date.

**Personal Data:** (this will allow us to train you prior to departure)

- What is your height and weight?
- How often do you exercise?
- What are your medical issues?

**Your T-Shirt Size:** (circle one)

<table>
<thead>
<tr>
<th>Woman: Small</th>
<th>Medium</th>
<th>Large</th>
<th>X-Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man: Small</td>
<td>Medium</td>
<td>Large</td>
<td>X-Large</td>
</tr>
</tbody>
</table>

**Your Jacket Size:** (Circle One ) (Waterproof Down Jacket provided for use by Himalayan Glacier Trekking)

<table>
<thead>
<tr>
<th>Woman: Small</th>
<th>Medium</th>
<th>Large</th>
<th>X-Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man: Small</td>
<td>Medium</td>
<td>Large</td>
<td>X-Large</td>
</tr>
</tbody>
</table>

**Horse Rental (Circle one) (for usage during Parikrama)**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>MAYBE</th>
</tr>
</thead>
</table>

**Please Initial below:**

__________ I have read the trip cost inclusion and exclusion and I am aware of all additional charges that are not part of the tour.

**Signature:**

**Date:**

Contact: Lina Patel | Email: linapatel@fuse.net | Ph: 513-257-6700 | Website: www.kailash.himalayanglacier.com
**TERMS AND CONDITIONS**  (Page 1 of 2)

(Please read, print, sign and return with booking form)

Your agreement is with Himalayan Glacier Trekking, LTD., located at P.O. Box 20062, Thamel, Kathmandu, Nepal. RH Adventures, LLC has sole control and discretion over the manners and methods by which it performs its services and/or sells Himalayan Glacier Trekking, LTD Services. RH Adventure, LLC will have no authority to act, to make any representation, to enter into any contract or commitment, to bind, to incur any liability or to assume or to create any obligation or responsibility, express or implied, on behalf of Himalayan Glacier Trekking, LTD. (Do not mail payments to Nepal) Please read the details of the terms and conditions of the agreement. Upon signing all pages of the reservation form, a legally binding contract is therefore made. Each participant must read these terms and conditions and return a signed copy of this contract to Lina Patel C/O RH Adventure, LLC, 4056 Mt. Carmel Tobasco Road, Cincinnati, OH 45255

- **To activate your reservation**, a deposit of USD 600 for each person (unless stated otherwise prior to accepting your deposit) must be sent with the booking form to address specified in Reservation Instruction Page. The balance of Yatra will be paid 3 months prior to your departure date.

- **Form of Payments**: Deposit must be in a form of a personal check or a Cashier’s check payable to RH Adventure, LLC. Deposit must be made within 10 days of your reservation form to guarantee your spot in Yatra.

- **Cancellation**: If cancelled before 90 days of departure date, 50% of deposit is refunded. Within 90 days of departure date, deposit is not refundable. Within 60 days of departure date, 50% of the full payment will be refunded. Within 30 days of departure date, no refunds will be allowed and you will have an option to switch to a different departure date. Within 15 days of departure date, no refunds will be allowed.

- **China Border Closure/VISA Denial**: If for any reason, Chinese officials do not allow us to enter China, stop giving VISA, or close the border, no refund is allowed. You will have an option to switch to a later date but will lose $600 due to cost already incurred. We are at the mercy of Chinese rules and regulations.

- **Balance Due** must be paid 3 months prior to departure in a form of a personal check or a Cashier’s check payable to RH Adventure, LLC.

- Unless stated otherwise, the cost of Yatra is based on a MINIMUM GROUP SIZE of 24 people.

- For any changes in reservation/itinerary after a confirmation is issued, you must notify us in writing at least 60 days prior to departure date. Any expenses or additional cost incurred due to change will be paid at the time of change. All expenses due to flight cancellations or any administration charges which may arise because of any unforeseen changes in your arrival time or ability to begin the Yatra will be paid by you.

- **RH Adventure, LLC and Himalayan Glacier Trekking, LTD**, reserve the right to cancel the Yatra or change itinerary due to the nature of trekking, weather, and touring in the remote part and high places of the world. If this occurs an alternative excursion of a similar standard will be offered to you. However, no refund will be allotted.

- **RH Adventure, LLC and Himalayan Glacier Trekking, LTD** do not accept liability for any loss or damage arising out of any cancellation on any account whatsoever.

- Although we will always handle your baggage and personal effects with great care while in our possession (such as when carried by porters, yaks and horses), we do not, however, accept responsible for any loss, damage or accident to any luggage and property.

- It is in the nature of these types of excursions that arrangements and the participants must remain flexible. The day to day itinerary/agenda and ultimate goal of the excursion are taken as aims and not as contractual obligations. It is the condition of your joining any of our excursions that you accept this flexibility, and that you also accept that we cannot be held responsible for delays or alterations in the program, or for expenses incurred, due to international or internal flight cancellations, automobiles and other means of conveyance, strikes, sickness, weather and other forces of nature, war, quarantine, force major, political closures and disputes. You will be responsible for any such expenses incurred which, depending on the circumstances, may be recoverable by your own insurance. You must make sure to mention all of these items and terms including traveling up to 19600 feet to your insurance provider to ensure you get the appropriate coverage.

________________ Your Signature Here

continued on page 2

Contact: Lina Patel | Email: linapatel@fuse.net | Ph: 513-257-6700 | Website: www.kailash.himalayanglacier.com
On an excursion of this nature, it is necessary for you to abide by the authority of the leader, who represents Himalayan Glacier Trekking, LTD. The decision of the leader as to the conduct, itinerary and objectives of the tour is final. Signing our booking/reservation form signifies your agreement to this. If in the opinion of the leader your behavior or physical condition is detrimental to the safety, welfare and well-being of the group as a whole (which are the paramount considerations), or if (in consultation with the trek medical person, if there is one) the leader considers your general well-being will be put at risk by continuing with the holiday, you may be asked to leave the tour without the right to any refund.

Medical vaccinations and other preliminary arrangements including all visa procurements (Except TIBET/CHINA VISA) are entirely your responsibility and we accept no responsibility in the event that these are not completed in time for departure.

To take part in one of our excursions you must be covered by insurance, which must include the cost of repatriation and helicopter rescue if you become too ill or injured to continue. We recommend an insurance scheme which is designed to cover types of holidays, and we strongly recommend you to use it. (Please review Yatra Description pages for more information on insurance, immunizations, gear and essentials.)

No refund or compensation will be made or given for any unused hotel accommodation, air tickets or any other unused service or feature of the tour.

Any flights forming part of your holiday will be subject to the General Conditions of Carriage and Conditions of Contract of the airline concerned, to which attention will be drawn on the airline ticket. Such flights will also be subject to international law which often limits the airlines liability to passengers in respect of death or bodily injury, delay and loss or damage to baggage. We reserve the right to substitute alternative vehicles, carriers and/or aircraft types if necessary. This information is the responsibility of Himalayan Glacier Trekking, LTD. It is not issued on behalf of and does not commit the airline(s) mentioned therein, or any airline whose services are used in conjunction with the tours.

Neither Himalayan Glacier Trekking, LTD., nor the owners of the services provided will entertain any complaint unless written notice is given to Himalayan Glacier Trekking, LTD. within 15 days of the end of the excursion.

The booking conditions may only be waived by a director of the company and in writing.

When you sign this booking/reservation form you (and any other person on whose behalf you book/reserve) agree to accept all the conditions, you acknowledge that you have read the conditions of this agreement and you warrant that the information given by you on the booking/reservation form is complete and accurate.

Your booking is accepted on the understanding that you realize and accept the potential risks and hazards that can be involved in holidays of this kind, up to and including death. Therefore you must carefully read the Entire AGREEMENT before signing below.

All participants must read these terms and conditions, and return a signed copy of this contract to Lina Patel who will provide a copy to Himalayan Glacier Trekking, LTD prior to the excursion. Participant is aware that the trip excursion is under the arrangements of Himalayan Glacier Trekking, LTD., and that their participation involves certain risks and dangers. These include but are not limited to: a. Trekking expedition in mountain terrain. b. Travel by aircraft, car, coaches, jeep, boat, canoe, rafts, automobile, elephant, bicycle, or any other means of conveyance. c. Accidental illness in remote regions with little or no medical facilities and without means of paid evacuation. d. Accidents caused by the forces of nature. e. Subject to change in itinerary due to reasons beyond our control. In consideration of the above, and as part of the payments for the right to participate in such an excursion, activities and the services arranged for the participant by Himalayan Glacier Trekking, LTD. and their agents, associates and employees, participant thereby assume all the above risks and will hold Himalayan Glacier Trekking, LTD. exempt from and defend them against any and all liability actions, causes of actions, suits, debts, demands and claims of every kind and nature whatsoever which participant may now have hereafter arise out of or in connection with the trip of participation in activities arranged for participant by the aforementioned company and their agents, associates. This agreement shall serve as a release and assumption of risks and guarantee for the participant and their heirs, administrators, executors and all members of their family including any minors accompanying them. The participant hereby agrees to accept all the above risks, dangers and conditions as well as agrees to pay any and all additional costs that may arise as a result.

Participant Full Name: __________________________________________________________

(Please Print Clearly)

Signature of Participant: _________________________________________________________

Date of Signature: ___________________________________________________________________

Contact: Lina Patel | Email: linapatel@fuse.net | Ph: 513-257-6700 | Website: www.kailash.himalayanglacier.com
**Medical Test details:** All participants will need to provide a medical clearance form completed by their doctor confirming that they are fit to undertake this Yatra. Please note you will be traveling in remote areas in altitude up to 19,500 feet. Some of the recommended tests include: blood pressure, hemoglobin, blood sugar, stress test, E.C.G. and any other tests according to your particular health status. A high Altitude medicine DIAMOX is necessary for everyone to take while on journey to Kailash.

DIAMOX: It is necessary for everyone traveling to through the high plateau of Tibet on the way to Kailash to take 250miligram pill twice daily. Please consult with your doctor for any side effects if taken with your current prescribed medicine that you plan to bring along with you. Along with this Medicine, you must drink 3-4 liters of water per day while traveling with high elevation.

---

**Medical Clearance Form (must be faxed from your doctor’s office)**

**Patient Full Legal Name:**

**Date of Birth:**

**Dates of Travel:**

Mr./Ms. ______________________ is under my care and is capable of undertaking the journey to Kailash and other Himalayan Locations. The patient is physically and mentally prepared for the extreme adventure at remote location with minimal medical care availability.

**List Current Prescription Medicines:**

---

The above medicine taken in combination with Diamox will not have life threatening side effects. The patient is aware of minor side effects (if any) and is advised to take medicines as per instruction. **Note:** All travelers must take the Diamox (250ml in morning and 250ml in evening) to prevent altitude sickness. The medicine allows their body to better acclimatize at high elevation.

**Signature of Dr.____________________________ Date: __________________________**

**Signature of Patient:________________________ Date:____________________________**

**Name of Doctors office:________________________________________________________**

**Street Address:_______________________________________________________________**

**City:____________________ State:___________ Zip:**

**Telephone:________________________ Email:_____________________________________**

Fax form to 1-877-519-7468 or email to lina@himalayanglacier.com or linapatel@fuse.net
**Useful Information**

**Temperature and Weather** From May through September in Tibet are generally dry and sunny, with more precipitation in August. Daytime temperatures can be as high as 72 °F with the average daily temperature of 50 °F. However, the sun is much more intense at higher altitudes making it feel much hotter. At this time of year there is also an incredible drop in temperature from early afternoon to evening. The temperature at night will drop as low as 14 °F to 32°F at altitudes of 16,404 feet, which is our highest camp during the Parikrama.

**Health Considerations** All participants must provide a medical clearance form completed by their doctor confirming that they are fit to undertake this Yatra. Please note you will be traveling in remote areas at high altitude up to 19,500 feet. More details on Medical Form Page.

**Fitness** Please start to get in shape now! A good 45 minute walk every day, combined with light jogging, stretching and/or regular exercise will get you into the right shape. Concentrate on your heart and legs. Yoga breathing exercises also help to promote lung expansion which will allow your body to acclimatize faster. Porters will be carrying the bulk of your equipment. However, it is recommended that you are fit enough to carry some of your own snacks, water, camera, light weight rain gear, etc.

**Clothing** Pack clothing for both extremes of climate and temperature. While driving to Mt. Kailash, it will be warm inside the vehicle and light clothing will be required. However, as soon as you step out of the vehicle warm clothing will be required to keep off the cold wind of the Tibetan Plateau. Evening will be generally cold and warm clothing will be required. List of items to bring is provided.

**VISA and Documentation** All Participants must be in possession of their passport that is valid for at least 6 months. Himalayan Glacier Trekking, LTD will obtain each participant’s VISA for Tibet. Nepal Visa is obtained upon arrival in Kathmandu Airport. If Participant wished to continue his/her journey to India, they must also have VISA for India. While flying into Delhi, all participants will be a transient passenger.

**Staff** Our highly experienced Sherpa staff will be responsibility for all camping & cooking arrangements. A local English speaking guide will escort the group throughout the tour in Tibet.

**Oxygen** Oxygen cylinder will be provided throughout the journey and PARIKRAMA. Please note that Oxygen is to be used only in case of emergency.

**Photography** Still cameras and video cameras are allowed in China. Taking photos or videos at any Chinese Government area (Army camp, Chinese Govt. home etc) is prohibited.

**Insurance** We recommend that you insure yourself against sickness, emergency rescue, accident hospitalization, trip cancellation etc as we accept no responsibility for damages or expenses which may arise from mishaps to persons or their belongings during these pilgrimages.

**Accommodations** While on Yatra, all accommodations are basic lodges. If lodges are not vacant, our porters will pitch tents. Overnight at Lake Mansarovar and while on Parikrama will be in tents. All the lodges are basic accommodation with no shower facilities and common bathrooms. Shower houses are available in Saga and Darchen for a cost of Yen 15-20.

**Communication** Most of the lodges/guesthouses will have communication connections with the exception of power outage. Urgent messages from families should be communicated by contacting Himalayan Glacier Trekking, LTD Office in Thamel, Kathmandu, Nepal, P.O. Box 20062.

**Responsibility** All arrangements within Tibet are solely at the discretion of the China Tibet Tourism Bureau (CTTB), a Government Organization,. We have no control over the quality of the vehicles or the facilities. Himalayan Glacier Trekking Pvt. Ltd reserves the right to change itineraries without advance notice depending on the weather and road conditions. The China Tibet Tourism Bureau (CTTB) reserves the right to change itineraries without advance notice depending upon various diseases characterized by a high fever or any other strike in China and Nepal.

**Currency** All major foreign currencies are accepted in Zhangmu Bank in return for yen. At the time of this writing the official exchange rate between U.S. dollar and yen is about 1:6.8 (US $1 = 6.2 yen). NOTE: Credit cards are not accepted while on Yatra. They are however, very useful while in Kathmandu...© While in Kathmandu, Nepal Rupee can be exchanged at the hotel front desk. The exchange rate is approx US $1 = Rs72. NOTE: Money conversion opportunity will be available during our Day 1 Meeting.

**Customs** Valuable goods taken for personal use (i.e. Electronics) should be declared at the Customs office by completing a customs declaration form and brought back on your return journey. Antiques must be properly certified, otherwise they may be confiscated. Do not take any photography of Chinese Officials.

**Transportation** From Kathmandu to Kodari, a private minibus will be provided for the group. Border crossing from Kodari to Zhangmu (Tibet) will be on trucks, approximately a 30 minute ride. Throughout the journey in Tibet you will be traveling in Luxury Bus. Trucks will be provided for all luggage, camping equipment, and food supplies.

**Briefing and orientation** on the program will be scheduled upon arrival in Kathmandu. It is very important that all participants attend. Bring your passport, photos, and Money to exchange into Rupees and Yuen.
Recommended Packing List

- 4 pairs of pants (1 Cargo, 1 jogging or Yoga, 1 windproof-waterproof-breathable, 1 Ski Pants)
- 1 or 2 long sleeves Shirts (Fleece or Hoodies)
- 2 short sleeves (tees or polos)
- One Towel (light weight), one warm Scarf, a Shawl, and a Pillow Case
- 2 pairs of cotton and 3 pairs of woolen Extra Thick socks
- 2 pairs of warm hand gloves (one warm and soft – one water resistant/Ski Gloves)
- One pair of Gore-Tex, Ankle support Hiking Boots (should be 1 ½ size bigger than your foot measure)
- One pair of Sneakers or Tennis Shoes and/or One Pair of sandal with back strap
- 8 Under garments, 4 small and large ziplock bags, and 4 X-large garbage bags, 10 plastic grocery bags
- Two winter hats with ear covers
- One Wind breaker jacket with a hood (water resistant/proof)
- One oversized heavy duty Poncho
- Two Thermals (two legging and two top) (microfiber thermals are great and comes in black)
- One set of warm Pajamas for night sleep
- 2 Combination Locks for your luggage’s
- Down jacket (provided - May choose to bring your own)
- Small Back Pack (Day Pack) (Water proof or with rain cover)
- Digital Camera with video capability, I-pod or Mp3 player, I-pod Speakers (Charging available up to Saga)
- (bring Asia plug adaptor for plug ins)
- Headlamp or small Flash light with extra batteries AND UV protective Sunglasses with retainer (Thread/chain)
- Slim Thermos for hot water AND a plastic durable water bottle (small)
- Camel-Bak (small one or 2 liter) for drinking water during Parikrama (optional)
- 2 Trekking Poles to be used during Parikrama (optional, but highly recommended)
- 4 copies of Passport Photos (keep photos and passport in small zipbag to protect from rain)
- Note book journal and a pen, Your Favorite book to read, Swiss army Knife, Travel Sewing kit

TOILETRY Travel size Sun block, Tooth paste and brush, Travel Size Soap, Travel Size Lotion, Travel size tissue packs (10 per person), Wide tooth comb, Lip balm, Travel Size Shampoo, Hair Moisturizer or oil, hand sanitizer, and Deodorant

FIRST AID MEDICAL KITS/medicines Consulting with your physician is highly recommended and bring the medications as per his/her advice. Only bring enough to last for travel days: your prescribed medicines, cough medicine, cough drops, pain medicine (Tylenol/Advil) Imodium, Ciprofloxacin (Rx – Traveler’s diarrhea), Emergen-C, Visine Eye Drops, multivitamins, band aid, Neosporin, Vicks Vapor Rub, Muscle Relaxer Cream, Motion sickness and high altitude sickness medicine (Diamox is Highly Recommended and provided by Himalayan Glacier Trekking. You may choose to bring your own.

SNACKS: Bring your favorite snacks like biscuits, Hard Candy, Chocolates, dry sweets, dry fruits, and Nasto

PACKING INSTRUCTIONS: Pack all items in extra large clear easy zip bags in one suitcase as per airline size. We will provide a Large Duffle bag for your Journey and leave behind your Suitcase at the hotel in Kathmandu.