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## KAILASH MANASAROVAR YATRA - 2014 INFORMATION GUIDE FOR YATRIS

### INTRODUCTION

Known for its religious value, cultural significance, physical beauty and exciting natural environment, Kailash Manasarovar Yatra is undertaken by thousands of people every year. It holds religious importance for Hindus, Jains and Buddhists.

Lake Manasarovar lies at 4,590 metres (15,060 feet) above sea level and is one of the highest freshwater lakes in the world. As per Hindu theology, drinking water from Lake Manasarovar cleanses all the sins of the past hundred lives! However, whether it is the pristine beauty of the region or its religious significance or the thrilling nature of the trek through snow covered hilly terrains, the Yatra is a much sought-after out of the world experience.

Ministry of External Affairs organizes the Yatra every year from June to September. A maximum of 1080 Yatris can participate in the Yatra, which is undertaken in 18 batches. Each batch comprises 60 Yatris, including a Liaison Officer who is appointed by the Ministry. [CONTENTS]

#### • Eligibility

An Indian citizen, holding a valid Indian passport and aged between 18 and 70 years as on 01 January of the Yatra year, is eligible to apply for the Yatra. Those who hold foreign nationalities are not eligible. PIO/OCI card holders are, thus, ineligible. [CONTENTS]

#### • Applying for the Yatra and Selection Process

Eligible applicants may apply online at < <http://passport.gov.in/kmy/> > by 5 March of the Yatra year. A signed printout of the online application or completed printable form, along with requisite enclosures - (1) two photographs; and (2) Indian passport copy of photo, family details and address pages - is required to be received on or before 10 March of the Yatra year by 'Attaché (China), Room No.255-A, Ministry of External Affairs, South Block, New Delhi-110011'. Fees are to be paid after selection.

Selection and allocation of different batches are decided through a computer-generated random gender-balanced process. Allocated batches are normally not changed. An eligible spouse, on application, will be automatically selected for the same batch. Selected yatris are required to qualify prescribed medical tests in Delhi. Yatris are put to another medical test at Gunji to assess body reaction to high altitude. Only fit Yatris proceed beyond Gunji. For details, visit: < <http://www.mea.gov.in/kmy> >. [CONTENTS]

#### • Confirmation of Participation by Yatris

On selection for the Yatra, each yatri must submit to 'Attaché (China), Room No.255-A, Ministry of External Affairs, South Block, New Delhi-110011, by specified deadline –

1. Selection letter, duly signed by yatri, to confirm participation in the Yatra; along with
2. A bank Demand Draft for non-refundable sum of Rs.5,000/-, favouring 'Kumaon Mandal Vikas Nigam Limited', payable in Delhi.

A yatri, who fails to complete the above steps, will lose his/her slot. [CONTENTS]

- **Important Documents**

A selected applicant must bring following documents when reporting in Delhi for the Yatra:

- Ordinary Indian passport, valid for at least six months as on 1 September of the Yatra year.
- Indemnity Bond**, executed on a non-judicial stamp paper of Rs.10/-, or as applicable locally, and authenticated by a First Class Magistrate or a Notary Public. Yatris are required to sign this Indemnity Bond stating that they undertake the Yatra at their own risk. ([FORM-1](#))
- Two recent passport size photographs.
- Undertaking** for evacuation by helicopter in case of emergency. ([FORM-2](#))
- Consent Form** for cremation of mortal remains on Chinese side in case of death there. ([FORM-3](#))

- **Fees and Expenditure**

Each Yatri must carry sufficient funds to cover the following items of expenditure:

SL.NO.	AMOUNT	DETAILS OF EXPENDITURE
1.	Rs.32,000	KMVN FEES: a. Out of this, a non-refundable sum of Rs.5,000/- by bank Demand Draft payable in Delhi in favour of 'Kumaon Mandal Vikas Nigam Limited' is to be submitted to confirm participation in the Yatra. b. Balance of Rs.27,000/- is payable on arrival in Delhi to begin the Yatra.
2.	Rs.2,400	Chinese Visa fee.
3.	Rs.3,100	Payable to Delhi Heart & Lung Institute for medical tests. ( <a href="#">ANNEXURE-A</a> )
4.	Rs.2,500	Payable for Stress Echo Test, if required by the medical authorities.
5.	US \$901 (Equivalent to approximately Rs.56,000 @ 62.5)	Payable to Chinese authorities in Tibet for lodging and meals at Taklakot; transportation, including charges for transporting baggage and hiring of horse/pony at Lipulekh; entry tickets for Kailash, Manasarovar and Kejia Temple. It includes US \$1 towards immigration fee.
6.	Rs.8,576	Porter charges for both ways on Indian side (subject to revision by Uttarakhand Government).
7.	Rs.10,248	Pony with Pony Handler for both ways on Indian side (subject to revision by Uttarakhand Government).
8.	RMB 360 (Rs.3,600 approximately)	Porter for both ways on Chinese side (subject to revision by Tibetan authorities).
9.	RMB 1,050 (Rs.10,500 approximately)	Pony with Pony Handler for both ways on Chinese side (subject to revision by Tibetan authorities). For the Kailash Parikrama in Tibet, hiring of porters and ponies will need to be decided at Taklakot itself.
10.	Rs.2,000	Contribution to Pool Money for group activities.
11.	Other expenses (Roughly estimated at Rs.20,000)	Expenditure on cooks in Tibet, clothing, food stores and other items required for the Yatra. For details, yatris may refer to the Information Guide for Yatris. Yatris should carry adequate funds for the Yatra and for unforeseen circumstances.

- For the stretch from Narayan Ashram to Lipulekh Pass and back, yatris need to decide on hiring ponies and porters at Dharchula itself.
- For the Kailash Parikrama in Tibet, porters and ponies will need to be decided at Taklakot.
- Yatris should carry adequate funds for Yatra and emergency expenses.

- **Preparations for the Yatra**

Yatris must make adequate preparations for the Yatra.

1. A list of useful medicines that yatris may carry with them is at [ANNEXURE-B](#).
2. A detailed list of minimum recommended items is at [ANNEXURE-C](#).
3. Yatris may also see advice on food items to be carried along at [ANNEXURE-D](#) and [ANNEXURE-E](#).

## LEGAL

Without prejudice to the foregoing, all claims, disputes, differences shall be subject to the jurisdiction of Courts in Delhi only.

Yatra schedule and other information provided in this Guide are subject to change without prior notice in the event of urgency or under unforeseen circumstances. The Ministry of External Affairs or any other agency associated with Kailash Manasarovar Yatra cannot be held responsible in any manner for such changes and no claim whatsoever can be made against these agencies. [\[CONTENTS\]](#)

## STAY IN DELHI

- **Day-1: Arrival of Yatris in Delhi and Accommodation**

Duration of the Yatra is 22 days. Before beginning the Yatra, selected LO and yatris will need to spend 3-4 days in Delhi to complete various formalities.

Accommodation for the stay in Delhi for (i) up to 4 days before the Yatra, and (ii) up to 2 days on return from the Yatra, is arranged by the Government of Delhi at the Gujarati Samaj Sadan. Yatris are, however, free to make their own arrangements for accommodation and transport in Delhi. [\[CONTENTS\]](#)

### How to reach Gujarati Samaj Sadan:



Gujarati Samaj Sadan, 2, Raj Niwas Marg, New Delhi – 110054.  
(Tel: 011-2398-1796, 2398-1797-8, Fax: 011-2398-3066).

**Distance:**

- 1 km from Inter-State Bus Terminus, Kashmiri Gate .
- 3.5 km from Old Delhi Railway Station.
- 8 km from New Delhi Railway Station.
- 12 km from Hazrat Nizamuddin Railway Station & Sarai Kale Khan ISBT.
- 22 km from Indira Gandhi International Airport.

Nearest Metro Station is Civil Lines on Yellow Line (Jehangirpuri to HUDA City Centre) and is connected with New Delhi Railway Station and Old Delhi Railway Station (Chandni Chowk Metro Station). Yatris arriving by air may also use Metro Airport Line to reach New Delhi Railway Station and then take Yellow Line for Civil Lines Metro Station.

### INSTRUCTIONS:

1. While in Delhi, LOs and yatris will obtain Chinese visa and foreign exchange and undergo prescribed medical tests. They are required to finalize their travel plans accordingly.
2. Yatris should arrive in Delhi one day earlier than the day of medical tests at DHLI.
3. A bus will be provided by KMVN to ferry yatris to specific places of need in Delhi.

- **Day-2: Medical Check-up at DHLI and Chinese Visa**

#### A) Medical Check-up at Delhi Heart and Lung Institute (DHLI):

### INSTRUCTIONS:

1. Yatris must report at **08:00 A.M.** on the specified day to DHLI, Panchkuian Road, New Delhi (Tel: 011-4299-9999,4299-9900,2353-8351-8, Fax: 011-2351-4489) for their medical tests on **EMPTY STOMACH**. Samples for the tests will be taken on this day.
2. Each yatri will be required to pay an amount of Rs.3,100/-, in cash or by credit card, to the hospital for general medical check-up. In case any yatri is required by the medical authorities to undergo a further Stress Echo Test, an additional amount of Rs.2,500/- per yatri would be charged for that particular test. Both these charges are non-refundable.
3. A recent passport size photograph each will need to be affixed to the medical forms of yatris.
4. Strict medical tests will be conducted at DHLI. Medical reports from any other hospital and/or other sources will not be accepted. Once a Yatri is declared unfit, he/she will not normally be permitted to participate in any other batch during that year.

### How to reach Delhi Heart and Lung Institute:



Delhi Heart and Lung Institute, 3 - mm II, Panchkuian Road, New Delhi - 110055.  
Telephone Nos.4299-9999, 2353-8351-8, 2351-4489.

#### Distance:

- 15 km from Indira Gandhi International Airport.
- 2 km from New Delhi Railway Station.
- 10 km from Old Delhi Railway Station.

Yatris desirous of reaching Delhi Heart and Lung Institute on their own may also avail taxis, auto-rickshaws and DTC Buses. The nearest Metro Station to reach DHLI is Jhandewalan Metro Station on the Blue Line (Dwarka Sector 21 - NOIDA City Centre/Vaishali).

### B) Chinese Visa:

In the morning, during the process of medical tests at DHLI, KMVN personnel will collect (a) Indian passports, valid for at least six months as on 1 September of the Yatra year, and (b) visa fees in cash to obtain group visa of China.

### INSTRUCTIONS:

1. Passports and the group visa will be handed over to LO concerned on Day-3.
2. LO is required to keep the original group visa, with four sets of photocopies, in his personal custody and carry them along throughout the Yatra. [\[CONTENTS\]](#)

### • Day-3: Medical Tests at ITBP Hospital

#### A) Medical Tests at ITBP Hospital

Yatris will be required to report for the final medical check-up at:

ITBP Base Hospital, Tigri Camp  
P.O. Madangir, Opposite Batra Hospital, New Delhi.  
Tel: 2604-4941/2604-2291, Fax: 2604-6337.

### How to reach ITBP Base Hospital:



Yatris willing to reach ITBP Base Hospital on their own may seek directions to reach Batra Hospital, the nearest landmark on the Mehrauli-Badarapur Road.

### INSTRUCTIONS:

1. Once Liaison Officer and yatri of a particular batch qualify the medical tests on Day-3, they will receive their Medical Reports from the ITBP Base Hospital on the same day. They must keep their Medical Reports in their personal custody to carry along throughout the Yatra, as these are required en route to be allowed to proceed further. [CONTENTS]

### • Day-4: Briefing Session at MEA and Submission of Indemnity Bond

Yatris are required to report at 1000 hours in Media Briefing Hall No.0103, Ground Floor, C-Block, Jawaharlal Nehru Bhawan, Ministry of External Affairs, 23-D Janpath, New Delhi-110011.

### INSTRUCTIONS:

1. Each yatri must bring along –
  - a. cash or a draft worth Rs.27,000/- payable to "Kumaon Mandal Vikas Nigam Limited";
  - b. Indemnity Bond. (FORM-1)
  - c. Undertaking for evacuation by helicopter in emergency. (FORM-2)
  - d. Consent Form. (FORM-3)

Formats of these forms are given in this Guide. The money and these duly completed documents will be collected from yatris before the briefing begins. The Liaison Officer concerned will return the passports to the yatris during the briefing.
2. Yatris may arrange required foreign exchange and Indemnity Bond from their home town subject to the guidelines of the Reserve Bank of India (RBI) and as per FORM-1 of this Information Guide, respectively.
3. Yatris are strongly advised to take life insurance policy before undertaking the Yatra.
4. The Ministry of External Affairs will also issue instructions to the Central Bank of India branch at Hotel Ashoka, 50-B, Chanakyapuri, New Delhi-110021, Tel: 011-2410-1848, to enable yatris to collect their due foreign exchange, if they so desire. This branch is open 24 hours. Yatris must carry cash, as personal cheques are not accepted. [CONTENTS]



## ROUTE OF THE YATRA

### (a) Delhi to Lipulekh Pass

DAY	FROM	TO	KM	HEIGHT-MTR   FT		MODE OF TRANSPORT
1.	Delhi	Almora	340	1600	5250	Bus
2.	Almora	Dharchula	220	910	2985	Bus
3.	Dharchula	Sirkha	60	2560	8400	LV 54 km; Trek 6 km
4.	Sirkha	Gala	14	2340	7680	Trek
5.	Gala	Budhi	18	2710	8890	Trek
6.	Budhi	Gunji	17	3160	10370	Trek
7.	Halt at Gunji					
8.	Gunji	Navidhang	17	4260	13980	Trek
9.	Navidhang	Lipulekh ( <i>bus point</i> )	10	5100	16730	Trek
	Lipulekh	Taklakot	15	3940	12930	Bus
10.	Halt at Taklakot					

## (b) Route on Chinese Side

DAY	FROM	TO	KM	HEIGHT-MTR   FT	MODE OF TRANSPORT	
<b>KAILASH PARIKRAMA:</b>						
11.	Taklakot	Darchen	102	4670	15320	Bus
12.	Darchen	Deraphuk (via Yamdwar)	19	5060	16600	Bus 7 km; Trek 12 km
13.	Deraphuk	Zunzhui Pu (via Dolma Pass)	19	4780 (5670)	15680 (18600)	Trek
14.	Zunzhui Pu	Qugu (via Darchen, Hore)	100	4620	15160	Trek 5 km; Bus 95 km
<b>MANASAROVAR PARIKRAMA:</b>						
15.	Halt at Qugu					
16.	Qugu	Taklakot	65	3940	12930	Bus

## (c) Return Journey

Having completed both Parikramas, the batch of yatris will return to Taklakot. [\[CONTENTS\]](#)

DAY	FROM	TO	KM	MODE OF TRANSPORT
17.	Taklakot	Gunji	46	Bus 19 km; Trek 27 km
18.	Gunji	Budhi	17	Trek
19.	Budhi	Gala	18	Trek
20.	Gala	Dharchula	74	Trek 20 km; LV 54 km
21.	Dharchula	Jageshwar (via Mirthi, Pithoragarh)	185	Bus
22.	Jageshwar	New Delhi	380	Bus

## YATRA SCHEDULE

### • Day-1: Delhi to Almora

From New Delhi, yatris travel to Almora, a small town in the foothills of the Himalayas in the Kumaon hills of Uttarakhand, for an overnight halt there.

#### INSTRUCTIONS:

1. As the departure from New Delhi is planned early morning by 0600 hours, yatris need to ensure that their baggage is packed and ready by 0500 hours.
2. For smooth and successful completion of the Yatra, it is essential to develop good understanding among yatris. [\[CONTENTS\]](#)

### • Day-2: Almora to Dharchula

The day begins early as the drive from Almora to Dharchula takes almost 11 hours. The journey to Dharchula is through steep mountain roads. It is advisable to reach Dharchula by late afternoon. The town of Dharchula, located on the bank of river Kali with Nepal just across the river, is the last big town en route Kailash Manasarovar. On way to Dharchula, yatris stop at the ITBP Camp Headquarters in Merthi for a briefing on various aspects of the Yatra. [\[CONTENTS\]](#)



#### INSTRUCTIONS:

1. Yatris will have early breakfast at Almora. Lunch will be served at Didihat.
2. Yatris prone to motion sickness are advised to take proper medication in advance.
3. Yatris must pay serious attention to the briefing by ITBP at Merthi and follow their guidelines.
4. At Dharchula, yatris are advised to make last-minute purchases, as it provides a comparatively large selection of goods at reasonable prices.
5. At Dharchula, baggage restrictions come into operation. Read 'Other Logistics' ahead.
6. At Dharchula, yatris would need to indicate to Liaison Officer in advance their requirement of hiring ponies and/or personal porters for the entire trip on the Indian side. No ponies or porters are normally available at the intermediate camps. [\[CONTENTS\]](#)

#### • Day-3: Dharchula to Sirkha

It will be a 54 km journey by bus from Dharchula to Narayan Swami Ashram, via Tawaghat and Pangu, and then 6 km trek to KMVN camp in Sirkha. Tawaghat is the place where Dhauliganga and Kaliganga meet. Situated on the Kailash Manasarovar route, Narayan Swami Ashram was established by Shri Narayan Swami Ji in 1936. The Ashram, which took 10 years to construct, is known for its picturesque, scenic and the mesmerizing beauty. [\[CONTENTS\]](#)

#### INSTRUCTIONS:

1. Trekking would start from Narayan Swami Ashram where pony and porter arrangements would become effective up to the Lipulekh Pass. If the road after Pangu is not found motorable, the trekking would start from Pangu itself with pony and porter arrangements.

#### • Day-4: Sirkha to Gala

Gala is at a distance of 14 km from Sirkha. There are a few shops and a PCO phone available in Sirkha. After about 2 km, the road descends to Samuri (2316 metres) from where a steep stony ascent begins through thick forest to Rungling or Samuriya-Dhar (3048 metres). This is followed by a steep descent to stream Simkhola-gad from where a gentle uphill slope will lead yatris to KMVN camp in village Gala.

**CAUTION:** This journey consists of steep stony ascent followed by a steep descent. [\[CONTENTS\]](#)

#### • Day-5: Gala to Budhi

The day begins with a strenuous 18 km downhill trek to Budhi. On an average, the trek takes about 7 to 12 hours depending on the fitness levels of yatris. The most arduous part of the trek starts a few kilometre after Gala and is 3 km steep downhill until Lakhanpur. The route downhill is rocky and narrow and must be traversed on foot. Steps have been carved out of the rock here to make the track somewhat comfortable. After Lakhanpur, the track takes a more or less level course, along the River Kali, which is a beautiful stretch. This stretch, possibly, is also the riskiest portion of the entire yatra, as yatris have to negotiate extremely narrow path alongside the fast flowing River Kali. The village of Lamari is on this route which is a good place to rest and enjoy a hot cup of tea. On way to Lamari, a curving trail will earlier take yatris to Malpa, the site of the tragic landslide of 1998 where the rubble still covers a part of the camp. The last stretch of the trail is across a quaint bridge which leads into the camp at Budhi. Budhi has a shop for essentials.

#### INSTRUCTIONS:

1. Along the River Kali, yatris must exercise extreme caution on the narrow path and totally focus on personal safety and even desist from photography.
2. As yatris have to cross through some waterfalls, raincoats may be kept handy.
3. Lunch will be served at Malpa. [\[CONTENTS\]](#)

- **Day-6: Budhi to Gunji**

After an overnight stay at Budhi, yatris will begin one of the most scenic treks on the Indian side of the journey with a steep climb of 5 km. Just as yatris feel the strain, the path levels out and winds its way through the spectacular valley of *Chialekh*.

The sights of special importance in the valley include its profusion of rare mountain flowers – cobra flowers, irises, may apple flower, kasturi, kamal, etc. Yatris will walk through a beautiful green meadow on way to Garbyang, also known as the sinking village, with quaint houses having carved doors and newel posts. Yatris will have the pleasure of seeing the confluence of the Kali and the Tinker rivers with the Tinker hurtling away into Nepal.

**INSTRUCTIONS:**

1. Being wet and slippery, this is a dangerous stretch of the Yatra. Yatris need to exercise extreme caution and focus on personal safety. [\[CONTENTS\]](#)

- **Days-6 and 7: Gunji**

Yatris will have a halt of two nights at Gunji. The ITBP medical team will test yatris there to gauge their fitness to be able to move forward. [\[CONTENTS\]](#)

**INSTRUCTIONS:**

1. Only the yatris found fit at this stage will be allowed to continue the pilgrimage. Others will return to Delhi with the next returning batch, forfeiting all charges levied earlier by KMVN.
2. At Gunji, SBI has a branch with limited services. It does not handle large cash withdrawals.

- **Day-8: Gunji to Navidhang**

Gunji-Kalapani is now a 9 km long motorable but unpaved road. Kalapani Temple is considered the origin of River Kali. From here, yatris can see a mountain which has Sage 'Vyasa's cave'. According to Hindu legend, this is the cave where Sage Vyasa performed penance for years. A flag posted by the ITBP is indicative of the entrance to the cave. The ITBP has built a micro hydel project over the river Kali, which supplies power for the Kalapani camp. The stretch from Kalapani to Navidhang is a gradual uphill climb. As yatris move to the upper reaches of the Himalayas, the Kali will be left far below. The 8 km stretch takes yatris above the tree line revealing the face of the mountains.

It is from the camp at Navidhang that yatris can view the unique phenomenon of 'Om'. The mountain on the eastern side, *Om Parvat*, has patterns on the snow, which resemble a naturally formed 'Om', a rare sight since the mountain is usually wreathed in clouds. [\[CONTENTS\]](#)

**INSTRUCTIONS:**

1. ITBP team and its doctors will escort yatris from Gunji up to the Tibetan border.
2. At Kalapani emigration checkpoint, passports of yatris are checked and stamped before moving forward.
3. The stretch from Kalapani to Navidhang is an uphill climb and is subject to brisk winds and, thus, yatris are strictly advised to wear proper clothes and keep their heads covered.

- **Day-9: Navidhang to Lipulekh**

This is the last stretch in India before yatris cross over to the Tibetan side. This is a treacherous walk at the best of times and more so if the weather conditions are not propitious at the narrow pass, which is at

about 16,730 feet. The crossing of the pass is a finely timed affair with the new batch of yatris crossing into Tibet meeting the batch of yatris returning to India after completing the Parikramas.

The guides provided by the Chinese Government will meet yatris at the Lipulekh Pass.

#### INSTRUCTIONS:

1. Yatris have to leave the camp as early as 0300 hours so as to meet the returning batch around 0700 hours at the pass. Torches or headlamps would be required in dark.
2. Yatris should carry only light baggage (even when equipped with porters) since on Chinese side, from the top of Pass to bus point (about 3 km), yatris will have to carry this weight themselves.
3. The crossing must be completed between 0700 hours and 0900 hours, the time when the weather conditions are generally favourable.
4. Yatris must take care to avoid succumbing to high altitude tiredness, as the winds are bitter and the atmosphere is rare with low level of oxygen. Even half an hour halt can be difficult to withstand.
5. The entire batch has to show a high spirit of cooperation to ensure that each member is able to cross this difficult stretch across ice and snow successfully.
6. It is advisable that yatris may keep small bits of camphor or smelling salts to relieve spells of discomfort. [\[CONTENTS\]](#)

#### • Day-9: Lipulekh to Taklakot

The terrain here is very barren, with hardly any vegetation in sight. Pony/porter will take leave at the top of the pass. After yatris have successfully crossed the Lipulekh Pass (around 7 km uphill), the Chinese authorities take over and the descent into Tibet begins. The time difference between India and Tibet is plus 2 ½ hours. Yatris will have to walk downhill for about 3 km to the point where bus would be available for journey to Taklakot on unmetalled road. In this stretch, porter/pony will not be available.

#### • Days-9 and 10 Taklakot

Taklakot (Purang) is an old trading town. It has a main street with shops. Yatris will be put up in a guest house with basic facilities. Hot water for bathing will be available. Food is also served at set times and normally includes rice, soup and boiled vegetables provided by the guest house.

#### INSTRUCTIONS:

1. Chinese officials will check documents of yatris here and collect US \$801 as the Yatra fees.
2. Yatris will stay at Taklakot for two days to complete Immigration and Customs formalities.
3. Yatris may exchange money for Chinese Yuan/Renminbi (US \$1 = RMB 7 approximately) to purchase items of need and for hiring ponies and porters for the Kailash Parikrama.
4. Food Committee of the batch must reassess their rations and buy fresh vegetables and rations, etc. Utensils will be available at the guest house for carrying on the Parikramas. Cooks are to be hired for the batch here.
5. Yatris need to indicate their requirement of ponies and porters for the Kailash Parikrama to their LO here. Porters and ponies cannot be hired after Taklakot. The standard per day charges are: porter RMB 120, horse/pony RMB 150 and horse/pony handler RMB 100 per day; rates are indicative and subject to change. For the Parikrama, charges are calculated as three-day ride charges. [\[CONTENTS\]](#)

#### • Days-11 to 16: Kailash-Manasarovar Parikramas

On **DAY-11**, yatris will be taken by bus from Taklakot to Darchen where yatris spend the day. It is the base camp for Kailash Parikrama. On the way to Darchen, yatris will briefly stop by the Rakshas Tal, a

beautiful lake separated by a thin stretch of land from the Lake Manasarovar. This lake, unlike Manasarovar, is not so revered by yatri but is remarkably beautiful in its own way. While Manasarovar is likened to the Sun and Light, Rakshas Tal is compared to the Moon and the Darkness of night. It is believed that Ravana meditated on the shores of Rakshas Tal to seek Shiva's favour. The lake is, therefore, referred to as Ravana Tal. It is from Rakshas Tal that yatri get the first view of the Mount Kailash. The bus also stops by the Manasarovar Lake for a short while.

From Darchen, yatri may, if time permits, pay an optional visit to *Ashtapad* (south face of Mount Kailash), which is 5 km away. The route is scenic and the view of Mount Kailash from *Ashtapad* is breath-taking.

#### INSTRUCTIONS:

1. An English-speaking Tibetan guide accompanies each batch of yatri during the Parikramas of Mount Kailash and Lake Manasarovar.
2. The camps along the Parikramas route offer only limited basic facilities.
3. At Darchen, yatri spend the day in the town. They have to make their own arrangements for food and this is where the rations carried in common luggage @ 5 kg per yatri comes in handy. Cooks are to be hired at Taklakot. A stove and a room for cooking will be provided by the Chinese authorities. ISD calls can be made here since at other camps both on the Kailash and the Manasarovar routes are not equipped with such facilities. Cell phones do work everywhere. Local SIM cards may have outgoing ISD barred. Indian ISD enabled SIM cards or cheaper solutions like Matrix card work fine.
4. Full advance payment for pony/porters is collected at Darchen against a combined receipt.
5. Do not neglect signs of Acute Mountain Sickness. Headache, swelling in face, etc., should be taken seriously. Since Dolma Pass is still higher and tough to cross, doubtful yatri are advised to assess their fitness and not to compromise on their safety. Liaison officer's decision will be final. They may stay back at Darchen to reunite with their batch for the Manasarovar Parikrama three days later.
6. Travel to Ashtapad is by Land Cruiser at a cost of an additional amount of RMB 100 per yatri, which is subject to change. At times, vehicles may have been banned on the route, in which case the entire 5 km trek each way has to be done on foot. Chinese guide is known to collect RMB 50 for journey on foot. This amount is not included in the usual package of US \$801 paid to the Chinese authorities at Taklakot. [\[CONTENTS\]](#)

#### • Parikrama of Mount Kailash

On **DAY-12**, the 48 km Parikrama of Kailash starts. The first leg will take yatri to Deraphuk, 19 km from Darchen. The first 7 km distance is covered by bus/truck. Upon reaching the '*Yam Dwa*', pony and porters are allotted and trek begins. Deraphuk is 12 km away, on mostly level track. Along the way, magnificent rock cliffs tower around, with streams and waterfalls flowing from some of them. Some of the rocks have inscriptions of Buddhist mantras on them.

The literal meaning of Deraphuk is 'Cave of the Female Yak's Horns'. It provides a magnificent view of Mount Kailash. This is the closest and clearest view that yatri will get of Mount Kailash – a spectacular sight especially when illuminated by the rays of the setting sun. Yatri will spend a night in this camp. After reaching Deraphuk, trip to Charansparsh – 1.8 km steep uphill – can be made if weather and time permits. Liaison officer would take decision for this on the spot, considering the weather and on advice of the guide. This will take yatri to snout of glacier at foot of Mount Kailash. Under no circumstances must yatri disobey LO or guides as this area is very remote, at high altitude and weather changes very fast.

On **DAY-13**, yatri set off very early, in dark (torches required), from Deraphuk on a trail which ascends to an 18,600 feet pass, supposed to be guarded by a Tibetan goddess called Dolma. This is the toughest part of the journey with a long trek. Yatri need to stay close in one group, especially when it is dark, and help each other. Along the way, a flat stretch strewn with discarded clothing can be seen. This is *Shiv Sthal*, where Yama, the King of Death is supposed to judge those who cross it. Crossing the Dolma pass

remains a test of faith and determination, as blizzards are known to strike without warning. A rock here is said to represent the goddess Tara Devi. Yatris can pray to the Goddess by placing prayer flags, pots of butter and light incense sticks, if so desired.

As yatris descend from the Dolma Pass, they will pass the emerald green Gauri Kund, the lake where goddess Parvati is believed to have bathed. Yatris can ask their porters to bring up water for carrying home, if they so desire. The next 2 km distance is a steep descent where one has to be careful.

Thereafter, more or less flat path continues till Zunzhui Pu where yatris stay overnight. On **DAY-14**, yatris head to Qugu for Manasarovar parikrama, taking a route, which is mostly on flat terrain.

This completes the Parikrama of Mount Kailash.

#### INSTRUCTIONS:

1. At Dolma Pass, it is not advisable to stay for too long as the rarefied atmosphere may cause breathing problems.
2. Those wishing to carry water from Gauri Kund may ask their porters/pony handlers to go down and fill their cans. Yatris should not attempt to climb down themselves as the slope is fairly slippery and such an attempt can cause serious injuries. [\[CONTENTS\]](#)

#### • Parikrama of Manasarovar

Part of Manasarovar parikrama is done by bus on **DAY-11** on way to Darchen from Taklakot. This parikrama resumes on **DAY-14** with a drive through the vast plains of Barkha from Darchen to Qugu, a distance of about 90 km, via Hore. After a brief halt at Hore to replenish the stock of vegetables, etc., yatris reach the camp at Qugu around lunch time. Qugu is located on the banks of Lake Manasarovar. Yatris continue to enjoy staying close to Lake Manasarover on **DAY-15**.

On the foothills of Mount Kailash, lies the magnificent Lake of Manasarovar. The Lake changes colour and mood with the passing hours and seasons: placid now, tempestuous the next. The reflection of the Sun, the clouds, the stars and even Mount Kailash, keeps the beholder spellbound. The Lake is large, being 88 km in circumference with a maximum depth of 300 feet. Its fascinating variety and beauty capture the heart and imagination of the viewers. The water of the Lake can be freezing at certain times of the day and during certain seasons and pleasantly warm at others. Regardless of the temperature, most devout yatris do not miss an opportunity to take a holy dip in the Lake.

On **DAY-16**, yatris return to Taklakot, thus completing the Parikrama of Lake Manasarovar.

#### INSTRUCTIONS:

1. At Qugu, yatris may wish to take a holy dip in the Lake Manasarovar and offer puja there, without causing damage to the pristine surroundings in any manner. Use of soap in the Lake is prohibited. Yatris need not venture deep inside the Lake for their safety.
2. Yatris may wish to purchase fresh fruits and vegetables during a brief halt at Hore, which has a basic market. There is a well-equipped shop at Qugu, inside the camp premises. [\[CONTENTS\]](#)

#### RETURN JOURNEY

After a day's stay at Taklakot to complete Immigration and Customs formalities, on **DAY-17** yatris have to cross back into India via the Lipulekh pass. The return journey from Lipulekh to Dharchula is via the same route as taken on the onward journey except that from Dharchula, the yatris have to travel to Jageshwar, instead of Kathgodam, and then on to Delhi. [\[CONTENTS\]](#)

## LIAISON OFFICER

The Ministry of External Affairs appoints a Liaison Officer (LO), who is an officer of the rank of Under Secretary to Government of India or above, for each batch of yatri. LO is the executive head and leader of the batch. He/she is responsible for maintaining discipline and orderly conduct and has authority to decide whether any individual yatri should continue in the Yatra. His/her decision in all aspects is final and cannot be challenged. LO is responsible for the general welfare of the batch and for liaising with the Indian and the Chinese authorities. He/she shall be the sole spokesman for the batch. It is essential for the well-being and safety of the batch that yatri follow his/her instructions carefully. Yatri must support LO in the discharge of his/her functions.

### INSTRUCTIONS:

1. Liaison Officer must ensure to keep the original group **CHINESE VISA**, along with four sets of photocopies, in his personal custody and carry them along throughout the Yatra, as the visa is screened en route at several points. [\[CONTENTS\]](#)

## FACILITIES ON THE INDIAN SIDE

The Kumaon Mandal Vikas Nigam Limited (KMVN) provides accommodation at all the night halt points from New Delhi to Lipulekh Pass. At the camps along the route, accommodation in 'pucca' barracks and prefabricated fiberglass huts is provided. There are regular toilet facilities at all camps. Portable generators provide electricity at all camps for limited hours in the mornings and evenings. Mattresses and quilts are provided at all camps. Therefore, yatri need not carry any sleeping bags with them. However, they may wish to carry a bed sheet and pillow cover each, if required for personal hygiene. Utensils for cooking will also be provided to each batch for use in the camps on the Chinese side. These utensils are made available at Taklakot and have to be left behind for following batch. It is advisable to make an inventory of these utensils and hand it over to the following batch during crossing at Lipulekh Pass to check against pilferage.

Digital satellite public telephone (DSPT) facilities have been installed by BSNL at KMVN and ITBP camps on the Indian side of the Yatra route. Yatri can avail of this effective telephone service at subsidized rates to communicate with their families and friends. [\[CONTENTS\]](#)

## FACILITIES ON THE CHINESE SIDE

Taklakot is an important town in the area. Accommodation is provided at Pulan Guest House for yatri, where regular rooms are available with cots, mattresses, comforters (rajai), etc. Electricity and hot water for bathing are available. At Taklakot, the Chinese authorities provide vegetarian food of Chinese flavour, such as fried bread, fried groundnuts, vegetable soup, noodles, boiled rice, etc.

The camps at Dharchen, Deraphuk, Zunzhui Pu and Qugu are basic structures and have several rooms, which are to be shared. Each room can accommodate 4 to 6 pilgrims. Mattresses, pillows and comforters (rajai) are provided. There is electricity at Darchen camp only. Yatri have to prepare their own food in all these camps. The Chinese side will provide water and stove for cooking. Utensils are provided by KMVN at Taklakot, carried in by first batch. Yatri are advised to carry some food items of their choice from India.

Mobile phone facilities are available on the Chinese side at almost all places. Yatri can buy pre-paid SIM cards at Taklakot to avail of mobile phone facilities locally there, but do check if outgoing ISD is working as it may be barred initially. ISD enabled Indian SIM cards work and services, like Matrix card, can be bought in India. [\[CONTENTS\]](#)



## OTHER LOGISTICS

- **Luggage**

Only 25 kg of luggage is allowed per yatri. However, yatri are required to limit their personal belongings to 20 kg only. The remaining 5 kg will be utilised to carry the collective food stuff purchased by the batch for consumption on the Chinese side. Any luggage cumulatively found to be in excess of total calculated at the rate of 25 kg per yatri will be subjected to extra charges, and, in case there is a shortage of ponies/porters, the excess luggage will not be transported. Yatri need to keep this in mind while bringing holy water and making purchases in China and strictly adhere to this limit on their return journey.

Yatri's baggage is carried by ponies/mules on both Indian and Chinese sides. It is desirable to wrap individual items in polythene bags, place them in a canvas bag, and then again cover the bag with another polythene bag. All bags are put in polypropylene woven fertilizer bags to protect against rain. Similar material bags with zips are ideal as they are lightweight and tough. Yatri are not allowed to carry hard top suitcases during the Yatra. [\[CONTENTS\]](#)

- **Hiring porters and animal transport**

For the Indian side, each yatri has an option to hire a mule/pony for round trip, to be available at Narayan Ashram on the upward journey and at Lipulekh Pass on the return journey. Individual requirement need to be communicated to Liaison Officer in advance and booked at Dharchula itself, as ponies and porters are not normally available for hiring at the intermediate camps. Under no circumstances should the yatri make an attempt to book porters or ponies directly as this interferes with the rotation system set in by KMVN with the local porter union and may lead to chaos or infighting inconveniencing the yatri.

For the Kailash Parikrama in Tibet, number of porters and ponies need to be communicated in advance at Taklakot, to be available at Yam Dwar. Full advance is to be paid at Darchen. [\[CONTENTS\]](#)

- **Food**

Vegetarian meals will be made available at each halt point. Yatri must appreciate the difficulty in arranging a variety of vegetables, especially in high altitude areas, where fresh supplies are scarce.

- **Medical Facilities**

One medical doctor provided by the State Government of Uttarakhand will accompany each batch of yatri up to Gunji. Beyond Gunji, Indo-Tibetan Border Police will take over the medical arrangements up to Lipulekh Pass. Yatri are nevertheless advised to carry some basic medicines ([ANNEXURE-B](#)). Yatri may also ensure that they carry sufficient stock of any special prescribed medicines for them. During the Yatra, should the accompanying doctor and the Liaison Officer feel that a yatri is not fit to continue, their decision will be final. No refund is permissible in such cases under any circumstances.

On the Chinese side, there is no doctor to accompany yatri during the parikramas of Mount Kailash and Lake Manasarovar and Liaison Officer's decision on fitness of a yatri shall be final. [\[CONTENTS\]](#)

## HIGH ALTITUDE DISEASES

Due to decrease in the atmospheric pressure with increasing altitude, the atmospheric pressure at 18,000 feet is half that of sea level. Although, percentage of oxygen in air is the same, amount of oxygen inhaled reduces. Further, effects such as swelling, etc., due to blood pressure can increase with the reduced atmospheric pressure. Individuals who have suffered earlier are at a greater risk of mountain sickness, and ladies at premenstrual stage are more susceptible. [\[CONTENTS\]](#)

- **High Altitude Diseases: Signs, Symptoms & Diagnosis:**

Acute mountain sickness is benign and is more common and may appear upwards of 6,500 feet. The major symptoms are nausea, headache, vomiting, breathlessness, disturbed sleep, etc, and symptoms are aggravated by lack of rest. Dehydration and hyperventilation prolong the illness which otherwise subsides in a few days. [\[CONTENTS\]](#)

- **High Altitude Illness (HAI)**

High altitude is a height more than 2,500 metres (8,000 feet) above the sea level. The main problem at high altitude is decreased availability of oxygen. HAI usually appears 6-12 hours after an ascent. It is a disease caused by low atmospheric pressure at high altitude. HAI is of 3 types:

- Acute Mountain Sickness (AMS).
- High Altitude Cerebral Edema (HACE).
- High Altitude Pulmonary Edema (HAPE). [\[CONTENTS\]](#)

- **Acute Mountain Sickness (AMS):**

AMS is most frequent type of altitude sickness encountered. It may occur after a recent gain in altitude of 2,500 metres or above. It is characterized by *headache* and one or more of following symptoms:

- Loss of appetite, nausea, vomiting.
- Fatigue, weakness, dizziness, light-headedness.
- Difficulty in sleeping.

**TREATMENT:**

If AMS is mild to moderate, discontinue ascent, take rest at the same altitude and if no improvement is noticed, descend to lower altitude. Acetazolamide (Diamox®) can be advised. Severe form of AMS must be treated like HACE. [\[CONTENTS\]](#)

- **High Altitude Cerebral Edema (HACE):**

This life threatening condition occurs due to severe swelling of brain tissue from fluid leakage leading to deterioration of brain functions. It is the most severe form of AMS. HACE often manifests at night, can progress rapidly and may be lethal (coma/death) within few hours to two days. Symptoms include headache that does not respond to analgesics, fatigue, visual impairment, bladder dysfunction, bowel dysfunction, ataxia (loss of coordination of movements), paralysis on one side of the body, gradual loss of consciousness and mental status changes (quantitative or qualitative). Descent to lower altitudes may save those afflicted with HACE.

**TREATMENT:**

Immediate descent to the lower altitude where the person last slept well (500–1,000 metres, if in doubt), giving oxygen and using hyperbaric bag are advised. Acetazolamide and dexamethasone should be advised. [\[CONTENTS\]](#)

- **High Altitude Pulmonary Edema (HAPE):**

HAPE is caused due to leak and accumulation of fluid in the lungs leading to respiratory failure. This may occur with or without signs of AMS. HAPE often manifests at night (typically the second night of ascent),



progresses rapidly, lethal within hours, and may lead to development of HACE. HAPE is characterized by the following symptoms:

- Shortness of breath even when resting.
- Persistent dry cough and bright red stained sputum.
- Weakness, fatigue and drowsiness.
- Chest tightness, fullness and congestion.
- Fast breathing and increased heart rate.

#### TREATMENT:

The patient is advised not to exert and must be immediately transported to the lower altitude where the person last slept well (descent of 500–1,000 metres, if in doubt). Give oxygen, use hyperbaric bag and CPAP. If treated promptly, HAPE patients recover in 1-2 days. [\[CONTENTS\]](#)

- **Retinal Haemorrhages:**

The retinal haemorrhage commonly occurs at 16,000 feet and above and resolves without treatment. Transient dimmed vision and even total blindness is also reported with or without retinal haemorrhages.

- **Oedema of Face and Peripheral Oedema:**

This may also be noticed at high altitude. [\[CONTENTS\]](#)

- **Prevention of HAI**

- a. Frequent small meals rich in calories and carbohydrates like jams, fruits, and starches help. Gradual ascent within the tolerance zone, drinking of sufficient water and good acclimatization to decreased oxygen levels at higher elevations is advisable, in order to avoid altitude sickness.
- b. Drugs: acetazolamide (Diamox) 2 x 125 - 250 mg per day, indicated if forced rapid ascents and medical history of AMS. Aspirin reduces platelet aggregation and decreases the risk of HAPE.
- c. Avoid alcohol, medications that cause depression of breathing such as sleeping pills, sedatives and strong pain-killers. [\[CONTENTS\]](#)

**CAUTION: Use of any medicines without proper medical advice can be harmful or even fatal in high altitude conditions. Yatris, therefore, are strongly advised to ensure that medicines carried by them are duly approved by a qualified physician or doctor.**

## COMMUNICATION FACILITIES

Each Liaison Officer is provided with a Satellite Phone to keep in regular contact with ITBP/KMVN/MEA to timely deal with any emergency situation. STD/ISD facility is available on self-paid basis at Dharchula, Gala, Budhi, Gunji, Navidhang, Taklakot and Darchen.

Digital satellite public telephone facilities have been installed by BSNL at KMVN and ITBP camps on the Indian side of the Yatra route. Yatris can avail of this effective telephone service at subsidized rates to communicate with their families and friends.

Mobile phone facilities are available on Chinese side at almost all places. Yatris can buy pre-paid SIM cards there or carry their own ISD enabled SIM cards or matrix cards, etc. [\[CONTENTS\]](#)

## PHOTOGRAPHY

Yatris are advised to carry extra batteries as the discharge rate is higher at high altitudes. Power supply is available for a limited period each day till Dharchula on the Indian side, and in Taklakot (Tibet) for recharging batteries. Yatris may also carry an extra memory card.

**CAUTION:** Between Gala and Budhi, the stretch along the River Kali is, possibly, the riskiest portion of the entire Yatra. Yatris may need to exercise extreme caution and even desist from photography to totally focus on personal safety. [\[CONTENTS\]](#)

## WEATHER

Pilgrimage shall be undertaken during the monsoon season. The first few days of the trek in the lower reaches may often involve walking in the rain. The monsoon is less intense in the higher reaches. For the latter, colder part of the trek, it is necessary to avoid getting wet. A good raincoat is essential, and so are woollens and windcheaters for protection against windy and rainy weather. In the higher altitudes, it tends to be hot during day time and cold after sunset. Cold winds, and the combination of changing weather and exposure to ultra-violet radiation, skin might sustain damage, unless adequate precautions are taken by applying liberal amount of sunscreen lotion. Each yatri must use a broad P cap or straw hat to protect one's face against the harsh sunlight. Extra pairs of socks are useful during wet weather. [\[CONTENTS\]](#)

## DO'S AND DON'TS FOR THE YATRIS

### • Do's

1. Treat the mountains with respect. Do not attempt to 'conquer' them or show off physical fitness.
2. Walk at a steady, rhythmic pace. Walk with a companion as a safety measure against sudden sickness and accidents.
3. Keep away from high conical rocks.
4. If at lower altitude, take shelter under a lone tree or on top of a hill.
5. Avoid wearing one or two very thick woollen layers. Instead, wear loose clothes in several layers with an outer wind covering.
6. Get at least two pairs of good trekking shoes and practise walking with these before the Yatra.
7. Wear thin polyester socks. When wearing two pairs of socks, wear polyester inside to avoid blisters.
8. Ensure to keep feet dry. Use dusting powder before wearing socks and change into dry socks soon after reaching the camp. Use of wet socks or wet shoes causes extreme discomfort, blisters and skin ailments. It is therefore advisable to carry extra pairs of socks.
9. Wear well-fitting gloves to protect hands and fingers. Hands, feet, ears and nose must be protected against extreme cold. Continuous exposure of hands and feet can bring down the body temperature drastically and cause high altitude pulmonary oedema.
10. Drink lot of water and fluids during trekking. Take liberal amounts of hot, sweet fluids and enough nourishment to provide energy for body.
11. Use good quality tinted snow-glasses or dark sun-glasses to protect eyes against snow blindness. Avoid use of cheap, poor quality sun-glasses.
12. Apply sun cream or calamine lotion to exposed parts of the body to avoid sun burn, particularly during the Parikramas.
13. Take bath in the Lake Manasarovar only if body can sustain low temperature in the area.
14. Take prompt treatment for minor cuts, blisters and ulcers.
15. Move fingers, toes and facial muscles, and exercise limbs during periods of immobility by wiggling the toes and fingers and wrinkling the face muscles at intervals. Keep in motion to remain warm.
16. Trek in small groups.

17. If there is heavy snowfall or snow storms, stay close to each other and avoid being separated.
18. Ensure that the batch commences the day's trekking early in the morning and sticks to the departure time.
19. Follow instructions of the Liaison Officer properly. [\[CONTENTS\]](#)

- **Don'ts**

1. Do not get separated from fellow yatris. If there is heavy snowfall or snow storms, stay close to each other and avoid being separated.
2. Do not trek in one's or two's. Don't get separated from the main group of trekking and ensure that the person in the front remains in sight.
3. Do not attract lightening during electric storms by putting up pointed objects like ice-axes or wireless aerals.
4. Do not neglect to consume sufficient food and fluids. Do remember that pilgrims suffer from loss of appetite at high altitudes. So, per force consume enough nourishment.
5. Do not wear climbing boots that leak or are tight.
6. Do not wear wet socks or permit socks to wrinkle inside the boots, as this will cause blisters.
7. Do not neglect minor injuries like cuts, blisters and ulcers as these may become frost-bitten.
8. Do not sleep with boots on.
9. Do not carry too heavy a load.
10. Do not over-exert. Fatigue can lead to cold and more serious problems, especially at high altitudes.
11. Do not consume alcohol during the Yatra and especially at high altitudes, as this is dangerous and has serious consequences. [\[CONTENTS\]](#)

**KAILASH MANASAROVAR YATRA**  
**MEDICAL TESTS CONDUCTED IN NEW DELHI**

1. H.B.
2. TLC
3. DLC
4. Blood Group with Rh-type
5. Blood Sugar Fasting / Post Prandial
6. Blood Urea
7. Serum Creatinine
8. Serum. Bil., S.G.O.T. , S.G.P.T
9. Lipid Profile
10. Urine RE
11. Chest X-Ray
12. T.M.T.
13. E.C.G.
14. Pulmonary Function Test(PFT)
15. HbA1c
16. Stress-Echo-Test (if recommended by doctor).

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Source: ITBP

[CONTENTS]

KAILASH MANASAROVAR YATRA  
USEFUL MEDICINES THAT MAY BE CARRIED BY YATRIS

The Medical Officer, accompanying yatris on the Indian side, has a stock of general medicines. On the Chinese side, there is no doctor to accompany yatris during the Parikramas of Kailash and Manasarovar. Yatris are advised to carry their personal stock of medicines.

SL. NO.	NAME OF MEDICINE	UNIT	QUANTITY	
1.	Crocin (for fever)	Strip	01	
2.	Pantaprazole	Strip	02	
3.	Digene (for acidity)	Strip	01	
4.	Vitamin C 500mg (for building up immunity to cold)	Strip	01	
5.	Pulv Electrol (for dehydration)	Packets	02	
6.	Diamox	Strip	01	
7.	<b>ANTIDIARRHOEAL</b>	(a) Norflox	Strip	01
		(b) Norflox TZ	Strip	01
		(c) Neutrolin-B	Strip	01
8.	<b>ANTIBIOTIC:</b> Levofloxacin(once a day)	Tablets	05 tablets	
9.	Cough Syrup	Bottle	01	
10.	<b>ANALGESICS:</b> Brufen – 400 mg or Combiflam	Strip	01	
11.	Lipsol (lip balm)	Nos.	01	
12.	Bandage cloth	Roll	01 (15cm)	
13.	Bandage cloth	Roll	01 (7.5 cm)	
14.	Cotton	Grams	100	
15.	Tincture Benzoin	ML	50	
16.	Adhesive Plaster (small spool)	Nos.	01	
17.	Band Aid	Pcs.	04	
18.	Betadine lotion, Betadine ointment		01 each	

Diarrhoea is a common complaint in mountain areas. Yatris are advised to take ORS packs to replenish loss of salts.

Yatris, who prefer Homeopathy, may carry Homoeopathic medicines. Tr. Coca is understood to be useful in High Altitude Pulmonary Edema (HAPE).

If a Medical Doctor is a yatri or LO, he/she may carry along emergency medicines, like Lasix / Sorbtrate / Diamox / Amlodipine 5 mg / Splint / Decadron, etc.

It may be useful to carry unit of Oxy Care (oxygen) with each batch. [\[CONTENTS\]](#)

Sources: DHLI and ITBP

**CAUTION:** Use of any medicines without proper medical advice can be harmful or even fatal in high altitude conditions. Yatris, therefore, are strongly advised to ensure that medicines carried by them are duly approved by a qualified physician or doctor.

KAILASH MANASAROVAR YATRA  
MINIMUM RECOMMENDED ITEMS FOR THE YATRA

SL.NO.	ITEM	QUANTITY
1.	Wind-proof jacket with parka	1 no.
2.	Sweaters	2 full sleeve
3.	Sweaters	1 half sleeve
4.	Balaclava (Monkey cap)	1 no.
5.	Woollen and leather gloves	1 pair each.
6.	Woollen/cotton long johns	2 pairs
7.	Thin Polyester (pp) socks	4 pairs
8.	Woollen/Cotton socks	4 pairs
9.	Jeans/Pants	3 nos.
10.	Shorts	2 nos.
11.	Full sleeve Shirts/T-shirt	6 nos.
12.	Sun glasses (good quality), with chain for hanging around neck	1 no.
13.	Hunter/Marching/Trekking shoes (carry extra shoe laces; normal shoes will be useless for trekking)	2 pairs
14.	P-cap or broad brimmed straw hat (for protection against the sun)	1 no.
15.	Water bottle (large)	1 no.
16.	Head/Torch light (carry one set of extra cells)	1 no.
17.	Raincoat (large size)	1 no.
18.	Belt pouch for camera/money/medicines/documents	1 no.
19.	Large Plastic sheet for water proofing your luggage	1 no.
20.	Plate/Mug/Spoon	1 set
21.	Toilet paper	
22.	Sun screen lotion (for protection from sunburn) 30 SPF	1 no.
23.	Match box/lighter	
24.	Multipurpose knife	1 no.
25.	Rubber slippers	1 no.
26.	Snow Glasses (UV protected)	
27.	Extra memory card/ cassette for camera (optional)	
28.	Walking stick is very useful and generally donated in Delhi.	

Source: KMVN

[\[CONTENTS\]](#)

**KAILASH MANASAROVAR YATRA**  
**SUGGESTED RATION SCALE FOR BOTH PARIKRAMAS**

Since yatris have to carry food for the duration of both the Kailash and the Manasarovar Parikramas, they should plan and purchase the food in India itself. As a basic guideline, the food items should be either pre-cooked/partly pre-cooked or easy to cook, as food takes much longer to cook at high altitudes. As far as possible, food should be consumed in liquid form. It should provide sufficient nourishment.

As part of normal practice, a Food Committee in each batch may be nominated which can decide on the amount and type of food items they wish to carry with them and make purchases accordingly. Yatris could make a combined purchase of food items in New Delhi for the sake of logistical convenience during the Yatra. Potatoes and ginger should be bought in Delhi, as they are costly in Tibet. Some quantity of food items is generally donated to each batch of yatris in Delhi by volunteers.

A suggested ration scale is as follows:

SL.NO.	FOOD ITEM	AVERAGE DAILY REQUIREMENT PER YATRI	TOTAL PER YATRI FOR 9 DAYS
1	Atta	40 Grams	3.600 Kg
2	Rice	250 Grams	2.250 Kg
3	Dal	100 Grams	900 Grams
4	Noodle/Maggi Packets	100 Grams	900 Grams
5	Fresh Vegetables	250 Grams	2.250 Kg
6	Pre-cooked/Tinned Veg	200 Grams	1.800 Kg
7	Instant Soup Packets	25 Grams	250 Grams
8	Tea leaves/Coffee	08 Grams	72 Grams
9	Milk powder for tea	50 Grams	450 Grams
10	Suji/Corn flakes/ Dalia	30 Grams	270 Grams
11	Refined Oil	100 Grams	900 Grams
12	Sugar	80 Grams	720 Grams
13	Potato	50 Grams	450 Grams
14	Garam Masala	20 Grams	180 Grams
15	Besan	20 Grams	180 Grams
16	Pickle	05 Grams	45 Grams
17	Tomato Puree	25 Grams	225 Grams
18	Pooja Samagri for Havan	1 Packet per yatri	

It is useful to supplement these supplies with items such as cans of fruit, soft drinks and juices, sweets/toffees, etc., (see [ANNEXURE-E](#)). The last point where these items can be bought is Taklakot, but prices there will be higher than in Dharchula. Prices in Dharchula itself will be higher than in Delhi. Taklakot is also the best place to stock up on fresh vegetables such as cabbage, green peppers, brinjal, etc, for consumption on the Chinese side where yatris will have to prepare their own food. [\[CONTENTS\]](#)

Source: KMVN

**KAILASH MANASAROVAR YATRA**  
**FOOD ITEMS FOR PERSONAL CONSUMPTION – EMERGENCY RATIONS**

On the Indian side, the KMVN authorities provide breakfast, lunch and tea twice daily to the yatri. On the Chinese side, food is provided only during the stay at Taklakot. It is advisable for each yatri to carry some nourishing foodstuffs for personal consumption, apart from the common foodstuff for the batch.

The following items are recommended to be carried by the yatri.  
The list is not exhaustive.

1. Biscuits-sweet/salty
2. Mixed dry fruits
3. Lemon drops
4. Chocolates/toffees
5. Soup powder packets
6. Cheese cubes
7. Chewing gum
8. Instant drinks
9. Glucose.

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Source: KMVN

[\[CONTENTS\]](#)



(On a non-judicial stamp-paper of Rs.10/- if executed within the Union Territory of Delhi or on a stamp-paper of the value prescribed by the concerned State Government)

## INDEMNITY BOND

WHEREAS the Government of India in consultation with the Government of People's Republic of China has arranged pilgrimage of Indian citizens to Kailash/Manasarovar.

WHEREAS the executant Shri/Smt./Km.....  
son/daughter/wife of Shri ..... resident of  
.....  
..... a citizen  
of India (hereinafter called heirs, legal representative and assignees) has made an application for joining the pilgrimage to Kailash-Manasarovar.

WHEREAS the applicant has agreed to abide by the terms and conditions prescribed by the Government of India of his own free will, voluntarily and without any coercion or pressure of any kind.

WHEREAS the rules prescribed by the Government of India require an Indemnity Bond to be executed by the applicant.

### THIS BOND WITNESSETH AS FOLLOWS

In consideration of the President of India (hereinafter called the Government) having agreed to assist in the arrangement for the pilgrimage of the applicant to Kailash-Manasarovar the above-mentioned applicant agrees to abide by the following conditions:

- (1) That the Indian Mountaineering Foundation (IMF) has recognised the Kailash Manasarovar Yatra as a trekking expedition and it may involve high risk to the person or property of the applicant caused by any natural calamity or due to any other reason.
- (2) That the applicant is joining the aforesaid pilgrimage of his/her own free will and on his/her own personal risk and consequences and undertakes to bear all expenses for the pilgrimage.
- (3) That the applicant shall abide by the rules, regulations/terms and conditions prescribed by the Government of India and undertake to hold himself/herself responsible for any breach or violation thereof.
- (4) That the applicant or his/her legal representative will not hold the Government of India liable in any manner whatsoever in the event of any accident or any untoward happening that may result in injury to the applicant or damage or loss of property to the applicant of any nature due to any natural calamity or due to any other reason whatsoever.
- (5) That the applicant or his/her legal representative will not claim from the Government of India any damages in the event of any loss or damage to his/her person or property including death.
- (6) The above-named applicant hereby further agrees that this Indemnity Bond shall remain in full force and effect during the period of the aforesaid pilgrimage and for a period of one year thereafter and that shall continue to be enforceable till all the dues of the Government and all claims raised by the Government under/or by virtue of the aforesaid undertaking have been fully paid and its claims satisfied or discharged or till the Government certifies that the rules and regulations have been fully and properly carried out by the applicant and accordingly discharges the Indemnity Bond.

(7) That the above named applicant hereby further agrees with the Government that he/she shall not be allowed to proceed further and shall have to return from the pilgrimage if the Government is satisfied that he/she is unfit to proceed further at any time or stage of the pilgrimage. The above named applicant further agrees that in the event of his/her not being allowed to proceed and having to return from the pilgrimage, no money deposited by the aforesaid applicant for the purpose of pilgrimage will be refunded to him/her.

(8) The above named applicant hereby agree that he / she will abide by the scheduled route or scheduled halts as issued by the Government of India, and that he /she or his/her legal representative will not hold the Government of India liable in any manner whatsoever in the event, if he /she do not conform to the scheduled route or scheduled halts as provided by the Government.

(9) That the above named applicant further agrees to refund the entire sum in foreign exchange which was sanctioned for the pilgrimage to the Government of India's Reserve Bank, if he/she does not proceed or return from the pilgrimage at any stage of the pilgrimage.

(10) That the above named applicant further agrees with the Government that the Government shall have the fullest authority without his/her consent and without affecting in any manner his/her obligations hereunder to vary any of the rules and regulations according to the circumstances from time to time and to forebear or enforce any of the terms and conditions of the said agreement and he/she shall not be relieved from his/her liability by reason of any such variation.

(11) The applicant undertakes that he/she will bear full responsibility for expenses on emergency medical as well as emergency air evacuation, if the need arises during the Yatra.

(12) This Indemnity Bond will not be revoked by any change of circumstances.

(13) The above named applicant lastly undertakes not to revoke this Indemnity Bond during its currency except with the previous consent of the Government in writing.

In witness whereof the above named applicant has executed this Indemnity Bond at ..... (Place) on this ..... (date) day of ..... (month) of 2012.

WITNESSES

EXECUTANT

1.

2.

(To be attested by First Class Magistrate or Notary Public)

**KAILASH MANASAROVAR YATRA  
UNDERTAKING BY THE YATRI IN CASE OF EMERGENCY HELICOPTER EVACUATION**

1. NAME OF YATRI :
2. FATHER'S NAME :
3. DATE OF BIRTH :
4. ADDRESS :  
(WITH STATE AND PIN CODE)
5. TELEPHONE (WITH CODE) :  
MOBILE NO. :
6. OCCUPATION
7. PASSPORT NO :  
DATE OF ISSUE :  
PLACE OF ISSUE :  
VAILD UPTO :
8. NEXT OF KIN TO BE INFORMED :  
IN CASE OF EMERGENCY :

I, ... understand that Kailash Manasarovar Yatra is a high altitude trekking expedition under inhospitable conditions which may involve serious risk to person/property of the yatri. I am undertaking the Kailash Manasarovar Yatra at my own volition, cost, risk and consequences.

I undertake that I will bear full responsibility for expenses on emergency medical treatment, if the need arises during the Yatra.

I undertake to bear full responsibility for expenses on emergency medical air evacuation which could run into lakhs of rupees, if the need so arises during the Yatra.

DATE:

(SIGNATURE OF YATRI)

PLACE:

(Full name in Block Letter) .....

Batch No. ....

Registration No. ....

**KAILASH MANASAROVAR YATRA  
CONSENT FORM TO BE FILED BY YATRI**

1. NAME OF YATRI :
2. FATHER'S NAME :
3. DATE OF BIRTH :
4. ADDRESS (WITH STATE AND PIN CODE NO.) :
5. TELEPHONE (WITH CODE) :  
MOBILE NO. :
6. OCCUPATION :
7. PASSPORT NO :  
DATE OF ISSUE :  
PLACE OF ISSUE :  
VAILD UPTO :
8. NEXT OF KIN TO BE INFORMED IN CASE OF EMERGENCY :

I, \_\_\_\_\_ understand that Kailash Manasarovar Yatra involves high altitude trekking under inhospitable conditions which may pose serious risk to person of the Yatri. I am undertaking the Kailash Manasarovar Yatra at my own volition, cost, risk and consequences. I hereby undertake that in case of loss of my life on Chinese territory during Yatra, the decision regarding cremation of mortal remains at site (i.e. Chinese territory) shall be left to Liaison officer of the batch who will not be bound to seek prior consent of my family members or relatives. I further undertake that without prejudice to the foregoing, all claims, disputes, differences shall be subject to the Jurisdiction of Courts in New Delhi only.

DATE :

\_\_\_\_\_  
(SIGNATURE OF YATRI)

PLACE:

Full name in BLOCK LETTERS: .....

Registration No. ....

Batch No. ....

\_\_\_\_\_  
(SIGNATURE OF SPOUSE/NEXT OF KIN)

Full name in BLOCK LETTERS: .....

**KAILASH MANASAROVAR YATRA  
BIO DATA FORM OF YATRI**

Batch No: .....

Date of starting from Delhi: .....

Name: .....

Age: .....

Father's name: Shri .....

Name and address of next of kin: .....

.....

.....

.....

**DETAILS OF RELATIVES IN DELHI:**

Name: .....

Relationship with Yatri: .....

Blood Group: .....

Identification Marks: .....

Address: .....

.....

Telephone Nos. ....

Mobile: .....

Job | Profession: Government | Private | Corporation | Other .....

\_\_\_\_\_  
SIGNATURE OF YATRI

**KAILASH MANASAROVAR YATRA  
LIST OF USEFUL CONTACTS**

SL NO.	NAME AND ADDRESS	TELEPHONE/MOBILE/EMAIL	FAX
1.	Shri Vijai Kumar, DS (East Asia) Ministry of External Affairs, Room: 270A South Block, New Delhi – 110011.	011-2301-2847 <a href="mailto:DSJK@MEA.GOV.IN">DSJK@MEA.GOV.IN</a>	011-23012847
2.	Shri A.K. Bhowmik, Attaché (China) MEA, Room SB-255A, New Delhi–110011.	011-2301-4900 <a href="mailto:SOCHINA@MEA.GOV.IN">SOCHINA@MEA.GOV.IN</a>   <a href="mailto:KMYATRA@MEA.GOV.IN">KMYATRA@MEA.GOV.IN</a>	011-23016559
3.	Shri Ramesh Kumar Jha, Yatra Assistant MEA, Room SB-255A, New Delhi–110011.	011-2301-4900 <a href="mailto:SOCHINA@MEA.GOV.IN">SOCHINA@MEA.GOV.IN</a>   <a href="mailto:KMYATRA@MEA.GOV.IN">KMYATRA@MEA.GOV.IN</a>	011-23016559
4.	Shri Rajiv Kumar, SDM Delhi Government	011-23913166, 23962825, M-9810197785 <a href="mailto:RKDADA56@GMAIL.COM">RKDADA56@GMAIL.COM</a>	011-23931269
5.	Shri C.M. Bisht, District Magistrate Pithoragarh, Uttarakhand.	05964-225441, 225301, M-09410392121 <a href="mailto:DM-PIT-UA@NIC.IN">DM-PIT-UA@NIC.IN</a>	05964-225393
6.	Shri Pramod Kumar, SDM Dharchula, Uttarakhand.	05967-222207, 222817, M-09411194530 <a href="mailto:ABHITR1977@YAHOO.COM">ABHITR1977@YAHOO.COM</a>	05967-222207
7.	MD, KMVN, Oak Park House Mallital, Nainital, Uttarakhand.	0594- 2235700, 2236209 <a href="mailto:MDKMVN@GMAIL.COM">MDKMVN@GMAIL.COM</a>	0594- 2236897
8.	GM, KMVN, Oak Park House Mallital, Nainital, Uttarakhand.	0594-2236356, M-09411107621 M-08650002504, <a href="mailto:KMVN@YAHOO.COM">KMVN@YAHOO.COM</a>	0594-2231504
9.	Shri Rakesh Arya, Senior Manager KMVN, New Delhi.	011-41519366, 23319835 M-9818871227, <a href="mailto:KMVNNEWDELHI@YAHOO.COM">KMVNNEWDELHI@YAHOO.COM</a>	011-41519366
10.	Yatra Adhikari KMVN, Dharchula, Uttarakhand.	05967-222557	05967-222557
11.	Shri Austin Eapen DIG (Operations), ITBP, New Delhi.	011-24364266 <a href="mailto:DIGOPS@ITBP.GOV.IN">DIGOPS@ITBP.GOV.IN</a>	011-24360268
12.	Commandant 7 <sup>th</sup> Battalion, ITBP, Post Merthi District Pithoragarh, Uttarakhand.	05964-232143 (Exchange), 05964-232127 (KMY Temporary Control Room), M-09412092567, <a href="mailto:COMDT7THBN@ITBP.GOV.IN">COMDT7THBN@ITBP.GOV.IN</a>	05964-232838
13.	Chief Medical Officer ITBP Base Hospital, New Delhi.	011-26044387, 26047568, 26045015 M-09718096661, <a href="mailto:COMDTBH@ITBP.GOV.IN">COMDTBH@ITBP.GOV.IN</a>	011-26043764
14.	Dr. Neelam Sethi, Director Delhi Heart and Lung Institute, New Delhi.	011-42999999 <a href="mailto:INFO@DHLI.IN">INFO@DHLI.IN</a>   <a href="mailto:SETHINEELKAMAL@REDIFFMAIL.COM">SETHINEELKAMAL@REDIFFMAIL.COM</a>	011-23514489
15.	Shri Uday Kaushik, Chairman Delhi Sarkar Teerath Yatra Vikas Samiti.	011-23983055, M-9818820111	011-22802799
16.	Shri Mohitbhai Parekh, President Gujrati Samaj Sadan 2, Rajniwas Marg, Delhi-110054	011-23981796-8, 011-23983066 <a href="mailto:PRESIDENT@GUJARATISAMAJDELHI.COM">PRESIDENT@GUJARATISAMAJDELHI.COM</a>	011-23983066
17.	Chief Manager Central Bank of India, Ashoka Hotel Branch 50B, Chanakya Puri, New Delhi.	011-24104125, 24101848 011-26110101/Extn.3958, M-9999917112 <a href="mailto:CMDELA0298@CENTRALBANK.COM">CMDELA0298@CENTRALBANK.COM</a>	011-24679639, 011-24675469
18.	Head of Chancery Embassy of India, Beijing, China.	00-8610-8531 2546 (Office), M-13701105721 00-8610-65323124 (H), <a href="mailto:HOC.BEIJING@MEA.GOV.IN">HOC.BEIJING@MEA.GOV.IN</a>	00-8610-85312514, 00-8610-85312574

INFORMATION GUIDE FOR YATRIS as on 10 January 2014  
Note: Contents of this Guide are subject to change.

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