Kailash
Manasarovar Yatra 2011

Guide book for Yatris

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GENERAL

Known for its religious value, cultural significance, physical beauty & thrilling nature, Kailash Manasarovar Yatra is undertaken by thousands of people every year. Holding significance for the Hindus as the abode of Lord Shiva, it holds religious importance also for the Jains and the Buddhists.

Lake Manasarovar lies at 4556mt above sea level and is the highest freshwater lake in the world. As per Hindu theology, drinking water from the lake 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, rough weather and beautiful expanses, KMY is a much sought-after extraordinary experience.

Ministry of External Affairs organizes Kailash Manasarovar Yatra every year from last week of May up to end of September. A maximum of 960 yatris (including Liaison Officers) can participate in the Yatra. The Yatra is undertaken in 16 batches, each led by a Liaison Officer, who is appointed by the Ministry of External Affairs. The Kailash Manasarovar Yatra advertisement is published in major national and regional newspapers in the first fortnight of January every year. The advertisements are also placed in Doordarshan and All India Radio. Advertisement in newspapers gives very detailed information about the eligibility criteria, arduous nature of the Yatra, risk to person's life, selection process, comprehensive medical tests which are mandatory, amount of fees charged by various organizations involved in the Yatra, and the non-refundable component of payments. Both the advertisement and 'Kailash Manasarovar Yatra' booklet are posted on official website of the Ministry of External Affairs.

The duration of the 'Yatra proper' is 27 days. However, before beginning the 'Yatra proper', the yatris need to spend 3-4 days in Delhi to complete various formalities, such as obtaining a visa, undergoing a medical examination, etc. The yatris need to finalise their travel plans accordingly. The schedule for this year's Yatra is given at the end of this booklet. The travel dates indicated for the batch allotted to each yatri may please be noted.
As soon as a yatri is informed about his/her selection for the KM Yatra, a **non-refundable bank draft for Rs.5,000/- drawn in favour of "Kumaon Mandal Vikas Nigam"**, payable at Delhi, should be sent as soon as possible (and definitely before the specific date given in the telegram) to confirm participation in the Yatra. If this draft is not received in time, it will be presumed that the yatri is not interested in participating in this year's Yatra, and his/her slot will be given to another applicant from the reserve list.

The bank draft should be sent to:

Attache (china)
China Registry (KMY)
Ministry of External Affairs (MEA)
Room No. 255-A, South Block
New Delhi-110011

PHONE: 011 2301 4900 / 2301 6559
E-MAIL:
kmyatra@mea.gov.in, sochina@mea.gov.in

A self-addressed post card should be attached for acknowledgement.

Yatris must ensure that they bring the following documents with them when they arrive in Delhi for the Yatra:

- **Ordinary Indian Passport** (valid for more than 6 months as on September 1, 2011)
- **Indemnity Bond,** as given at **Annexure-A.** All the yatris are required to sign this Indemnity Bond stating that they undertake the yatra at their own risk. The bond must be 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.
- **Two recent passport size photographs** required during medical examination.
- Undertaking, in case of evacuation by helicopter in emergency, as given at **Annexure-I**
- **Consent form** for cremation of mortal remains on Chinese side
in case of death there, as given at **Annexure-J**

Yatris must ensure that they are carrying sufficient funds
to cover the following items of expenditure:

1. **visa fee** in cash (as applicable)

2. Cash or draft (payable to "Kumaon Mandal Vikas Nigam") for **Rs. 22,000/-**(inclusive of Service Tax). (This is the balance amount to be paid to Kumaon Mandal Vikas Nigam (KMVN), after adjusting Rs. 5000/- already paid as confirmation of the yatri's participation)

3. **Rs. 3,100/-**, in cash, for payment for general medical examination to be done at: Delhi Heart and Lung Institute Panchkuian Road, New Delhi PHONE: 2353 8351/8, 4299 9999, 4299 9900 TELEFAX: 2351 4489. **In case an individual is required by the medical authority to undergo a Stress Echo Test, an additional Rs. 2,500/- would be charged for that particular test from the yatri concerned. These charges are non refundable**. (A list of the tests which will be conducted during the medical examination is given at **Annexure-B** for reference)

4. **Adequate cash to purchase necessary foreign exchange,**
if not already done. It must be remembered that **US$ 750/-** has to be paid to the Chinese authorities.
Presently, the charge of US$750 for every yatri entails the following: lodging for 12 nights, complete meal charges for four days at Pulan (Taklakot), transportation charges for the entire duration, yak hire charges (transporting baggage), horse/pony charges at Lipulekh, entry tickets for Kailash and Manasarovar and entry tickets for Kejia temple. Self paid items include: horses, yaks, porters, pony handlers, etc. used for the Parikrama. The standard charges are: horse/pony RMB 150 per day, yak RMB 100 per day, porter RMB 120 per day or pony/yak handler RMB 100 per day (rates are indicative, subject to change, present exchange rate being 1 RMB=Rs. 6.9). For the Parikrama, the charges are calculated as three-day ride charges. Also, **some additional foreign exchange would be required to cover other expenditure on the Chinese side, such as food, guide fees, etc.**

5. **Adequate cash to cover other expenditures on the Indian side, such as charges for hiring cook(s), porters, guide, etc.**

The yatris must also ensure that they have made adequate preparations for the Yatra. A detailed list of minimum requirements is at **Annexure C. Annexures D, E and F** may also be seen for advice on food items and medicines that one may like to take along.
Accommodation for stay in Delhi before the Yatra and on the night of return is arranged by the Delhi Government at:
Gujarati Samaj Sadan
2, Raj Niwas Marg
New Delhi- 54
PHONE: 2398 1796, 2398 1797/8
TELEFAX: 2398 3066

A bus will be provided by KMVN to ferry the yatris to various places in Delhi. However, they are free to make their own arrangements for accommodation and transport in Delhi.

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

Note II: Yatra schedule and other information provided in the guide book 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.]

STAY AT DELHI

DAY 1

Medical check up

The yatris will be required to report at **Delhi Heart and Lung Institute, Panchkuian Road, New Delhi (Tel: 42999999, 42999900, 23538351-8 Fax: 23514489)** for medical tests on an **empty stomach**. Samples for various tests will be taken on this day. **An amount of Rs. 3,100/- (for general medical check up) to the hospital (in cash or by credit card) would have to be paid by each yatri. In case a yatri is required by the medical authorities to undergo a further Stress Echo Test, an additional Rs. 2,500/- would be charged for that particular test from the yatri concerned. These charges are non-refundable.**

Note: A recent passport size photograph will have to be affixed to the medical forms of all the yatris.

A strict medical test will be conducted at Delhi Heart & Lung Institute. Medical reports from any other hospital/other sources will not be accepted. Once a yatri is declared unfit, he/she will not be permitted to participate in any other batch during that year. Yatri should ensure that they are in good health and in fit condition before they apply for the yatra.
On the morning of Day 1, Kumaon Mandal Vikas Nigam (KMVN) personnel will collect valid Indian passport and visa fee in cash from the yatris so that while the medical examination is being conducted, the Chinese visas are processed.

As Chinese Embassy gives a group visa for the whole batch, there will be no endorsement on any individual passport.
The passports and group visa will be returned to the concerned Liaison Officer on Day 3. If a yatri has not obtained the necessary foreign exchange till then, he/she may ensure that the passport is taken back from the LO on Day 3 so that the transaction can be completed.

DAY 2

Tests at ITBP Hospital

On the 2nd day for the final medical examination, the yatris will be required to report at:
ITBP Base Hospital, Tigri Camp,
P.O. Madangir, Opposite Batra Hospital
Phone: 26044941/26042291
Fax: 26046337

DAY 3

Briefing on the Yatra in MEA and Submission of Indemnity Bond

Yatris are required to report at **1000 hrs at the Ministry of External Affairs, Akbar Bhawan (Anarkali Hall) for briefing on the Yatra**. They

must also bring with them the following for submission before the briefing:

- **Cash/draft** for Rs.22,000/- (payable to “Kumaon Mandal Vikas Nigam”)
- **The Indemnity Bond**
- **An undertaking for evacuation by helicopter in emergency**
- **A duly filled in Consent Form**

These forms are at Annexure A, I & J respectively. The Liaison Officer (LO) would have returned the passports to the yatris by then.

Note: The yatris may arrange the required foreign exchange and Indemnity Bond from their home town subject to the guidelines of the Reserve Bank of India (RBI) and as per Annexure-A of this guide book respectively. **Yatris are also strongly advised to take life insurance policy before undertaking the yatra.**

MEA will also issue instructions to the Central Bank of India branch at Hotel Ashoka, 50-B, Chanakyapuri, New Delhi-110021(Ph. 24101848) to enable the yatris to collect foreign exchange, if they so desire. This branch is open 24 hours. As this branch does not accept personal cheques, yatris must ensure that they are carrying sufficient cash.

ROUTE OF THE YATRA

DELHI TO LIPULEKH PASS

ROUTE ON CHINESE SIDE

At Taklakot, if required, the batch will be divided into two groups, with one group undertaking the Kailash Parikrama (on foot) followed by the Manasarovar Parikrama (by bus) and the other doing first the Manasarovar Parikrama followed by the Kailash Parikrama. This is primarily because the camps along the Parikrama can accommodate only about 30 people comfortably. Both the groups will be taken to Qihu by bus. While the group which will do first the Manasarovar Parikrama will remain at Qihu, the group doing the Kailash Parikrama first will be taken to Darchen in a different bus.

The Qihu group will move to Darchen after completing the
Manasarovar Parikrama while the other group, after completing the Kailash Parikrama, will return to Qihu.

Kallash Parikrama Group A					Manasarovar Parikrama Group B (by bus)			
Day No.	From	To	Km.	Height (mts)	Mode of transport	From	To	Km	Height (mts)
11.	Taklakot	Darchen	140	5182	Bus	Taklakot	Qihu	98	4750
12.	Darchen	Deraphuk (via Yamdwar)	14	4890	Bus & Trekking	Qihu	Qugu (via Hore)	85	4500
13.	Deraphuk	Zongzerbu (via Dolma Pass)	19	4790	Trekking	Qugu	Qihu	10	4750
14.	Zongzerbu	Darchen	12	5182	Trekking	(Halt at Qihu)			

Manasarovar Parikrama (By Bus) Group A					Kallash Parikrama Group B				
Day No.	From	To	Kms	Height (mts)	From	To	Kms	Height (mtrs)	Mode of Transport
15.	Darchen	Qihu	42	-	Qihu	Darchen	42	4750	Bus
16.	Qihu	Qugu (via Hore)	85	4500	Darchen	Deraphuk	14	4890	Bus & Trekking
17.	Qugu	Qihu	10	10	Deraphuk	Zongzerbu	19	4750	Trekking
18.	Halt at Qihu				Zongzerbu	Darchen	12	5182	Trekking

RETURN JOURNEY

The two Parikrama groups, having completed both the Parikramas, will reunite at Qihu and return to Taklakot.

Day No.	From	To	Kms	Mode of Transport
19-20.	Halt at Taklakot			
21.	Taklakot/ Nabhidhang/	Nabhidhang/ Kalapani	26/17	Bus and Trek
22.	Kalapani	Budhi	27	Trek
23.	Budhi	Gala	19	Trek
24.	Gala	Sirkha	15	Trek
25.	Sirkha	Pangu	13	Trek
	Pangu	Dharchula	44	Bus
26.	Dharchula	Jageshwar	275	Bus
27.	Jageshwar	New Delhi	413	Bus

YATRA SCHEDULE

DAY 1

Delhi to Almora

From New Delhi, the yatris will be taken in an air-conditioned coach to Almora, a small town in the foothills of the Himalayas in the Kumaon hills of Uttarakhand. As the yatris have to leave Delhi in the morning by 0600 hours, they must ensure that their baggage is packed and ready by 0500 hours. The journey from Kathgodam to Dharchula is performed by non-A.C. buses. The KMVN will make arrangements for night halt on reaching Almora. This is an ideal day for the yatris to get to know each other. For the successful completion of the Yatra it is essential to develop better understanding of each other particularly the strengths and weaknesses of each yatri.

DAY 2

Almora to Dharchula

The day begins early as the drive from Almora to Dharchula takes almost 11 hours. The non-AC Coach will traverse through the small town of Pithoragarh and the Indo-Tibet Border Police (ITBP) Camp Headquarters at Mirthi. Pithoragarh, where the yatris stop for lunch, offers spectacular view of mountain peaks and green hillsides. The view from the watchtower at the guest house is splendid. However, yatris are advised not to spend too much time here as the journey to Dharchula is through steep mountain roads. It is advisable to have a quick meal and aim to reach Dharchula by late afternoon. Yatris who are prone to motion sickness are advised to take proper medication at Pithoragarh itself. The town of Dharchula, located on the bank of river Kali, with Nepal just across the river, is the last big town enroute to Kailash Manasarovar. The yatris are advised to make necessary last–minute purchases here as this place provides a comparatively large selection of goods at reasonable prices as compared to any other place further on during the course of the journey. It must be noted that at Dharchula, baggage restrictions will come into operation. Each yatri will be required to carry 5 kgs of common foodstuff for the group to be consumed on the Chinese side. As the total baggage weight is limited to 25 kgs, each yatri is requested to ensure that his/her personal luggage does not exceed 20 kgs. each.

Dharchula is where all the yatris would need to decide on hiring ponies and/or personal porters for the entire trip on the Indian side up to the Tibetan border. The requirements may be conveyed to the Liaison Officer in advance, so that necessary arrangements can be made for the entire group, in coordination with the KMVN officials.

DAY 3

Dharchula to Sirkha (via Tawa Ghat / Pangu)

On third day, Yatris will undertake 44kms journey from Dharchula to Pangu via Tawaghat by bus and then 13ksm trek from Pangu to Sirkha (KMVN Camp) via Narayan Swami Ashram. Trekking would start from Pangu. At Pangu, Yatris can hire porters and ponies for carrying luggage and for personal use for the further journey (upto Lipu Pass). Pangu lies in Chaudas Valley of Dharchula tehsil and is the first village enroute to the Yatra. A fine view of Khela and surroundings is seen from this place. One can also view the Himalayan peaks in Nepal region.

Situated on the Kailash Mansarovar Route, Narayan Swami Ashram has been built by Shri Narayan Swami Ji. The construction of Ashram started in the year 1936. It took 10 years to construct the Ashram. All the material for the temple and housing were transported from Almora. 300 to 500 people were engaged in the construction of the temple and the buildings. Narayan Asharam is known for its picturesque, scenic and mesmerizing beauty.

DAY 4

Sirkha to Gala

Sirkha to Gala is at a distance of 14 kms from Gala. A few shops are available in Sirkha. From Sirkha, Yatris will proceed towards Samuri (2316 mts) which is at a distance of 2 kms. There is steep ascent through thick forest from Samuri to Rungling or Samuria-Dhar (3048 mts). This is followed by a steep descent from Samuria-Dhar to the stream Simkhola-gad. From Simkhola-gad, a gentle slope will lead Yatris to the village Gala (KMVN Camp).

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 the yatris. The most arduous part of the trek is the first 7 to 8 kms until Lakhanpur. The route down hill is rocky & narrow and must be traversed on foot. Steps have been carved out of the rock here to make the trek somewhat comfortable. After Lakhanpur, the track takes more or less a level course, along the river Kali, which is a very beautiful stretch. Along the way, as the yatris may have to cross through some waterfalls, raincoats may be kept handy. The village of Lamari is on this route which is a good place to rest and enjoy a hot cup of tea.
From Lamari, the curving trail will take the yatris through Malpa, the site of the tragic landslide of 1998. Here, the rubble still covers a part of the camp. KMVN will provide lunch for the yatris at Malpa.

The last stretch of the trail is across a quaint bridge which leads to the camp at Budhi. Once the yatris have recouped sufficiently, they may visit the old flourmill (Gharat) run on hydel power, which supplies the local village with fine atta.

DAY 6

Budhi to Gunji

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

The sights of special importance in the valley include its profusion of rare mountain flowers (like cobra flowers, irises, May Apple flower, Kasturi Kamal etc.) and the glacier. The yatris will walk through a beautiful green meadow on their way to Garbyang, also known as the sinking village, with quaint houses having carved doors and newel posts. The approach to Gunji is through a thicket of aromatic trees, which exudes the local incense. The yatris will also have the pleasure of seeing the confluence of the Kali and the Tinker rivers with the Tinker hurtling away into Nepal.

DAY 6 & 7

Gunji

At Gunji, there is a two night halt where the ITBP medical team will test the yatris again to gauge their fitness. They will be allowed to continue the pilgrimage only if they clear this test.

DAY 8

Gunji to Nabhidhang (via Kalapani)

From this point, the ITBP team, and its doctors, will guide the yatris up to the Tibetan border from where the Chinese authorities will take over. This trek along the Kali is done in stages with ITBP jawans guiding the yatris every step of the way. The route from Gunji

climbs higher and elevates in a gradual manner with vegetation changes. As the yatris get closer to Kalapani, they will pass 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 hydel project over the river Kali, which supplies power for the Kalapani camp. At Kalapani, the yatris find an emigration checkpoint, where all the documents including passport are verified before they move towards the border.

The stretch from Kalapani to Nabhidhang is an uphill climb. As the yatris move to the upper reaches of the Himalayas, the Kali will be left far below.

The 9-km stretch takes the yatris above the tree line revealing the face of the mountains. During the flowering season, the route itself is like a carpet of flowers in shades of yellow, purple, pink and white. This stretch is subject to brisk winds and it is advisable that one wears proper clothes and keeps head covered.

It is from the camp at Nabhidhang that one 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.

DAY 9

Nabhidhang to Lipulekh

This is the last stretch in India before the 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 16,500 ft. The crossing of the pass is a finely timed affair with the group crossing into Tibet meeting the group that has completed its Parikrama and is returning to India. Yatris have to leave the camp as early as 0300 hours so as to meet the returning group around 0700 hours at the pass. The crossing must be completed between 0700 hours and 0900 hours, the time when the weather conditions are generally favourable.

Yatris must take care to avoid succumbing to high altitude tiredness, as the winds are bitter and the atmosphere is rare with little oxygen. Even a half-hour halt can be difficult to withstand. It is here that the group 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. ITBP personnel will of course be present to render required assistance to the yatris. **It is, however, advisable that the yatris keep small bits of camphor or smelling salts to relieve spells of discomfort.** At the Lipulekh Pass, they will leave India behind and begin their journey into Tibet.

The guides provided by the Chinese Govt will meet them at the pass.

Lipulekh to Taklakot

The terrain here is very barren, with hardly any vegetation in sight. After the yatris have successfully crossed the Lipulekh Pass, the Chinese authorities take over and the descent into Tibet begins. (Note: The time difference between India and Tibet is plus 2 ½ hours.) Yatris will have to walk for an hour and a half after which ponies will be made available. After a journey of about 5 kms on the ponies, they will travel in buses to Taklakot. As there are no metalled roads here, the bus ride is a bone-rattling one through streams and rocky paths.

DAY 9 & 10

Taklakot

Taklakot (Purang) is an old trading town. It has several market places, Gompas and Buddhist temples. Yatris will be put up in a guest house with basic facilities. Hot water for bathing will be available for about 2 hours, at a time that will be communicated to them. Food is also served at set times, which will be indicated, and normally includes rice, soup and boiled vegetables provided by the guest house.
The Chinese authorities will check all the papers here and collect US$750 as Yatra fee. The yatris will stay at Taklakot for two days to complete all the Immigration and Customs formalities. They may exchange some of their Dollars for Chinese Yuan (I US$ = 6.84 Yuan approx.) if they wish to buy eatables or other things from the local market.

The yatris will have to indicate their requirement of porters & yaks for the Kailash Parikrama to their Liaison Officer here, so that appropriate arrangements can be made. Porters and yaks/ponies cannot be hired after Taklakot. The standard charges are: horse/pony RMB 150 per day, yak RMB 100 per day, porter RMB 120 per day or pony/yak handler RMB 100 per day (rates are indicative, subject to change). For the Parikramas, charges are calculated as three day-ride charges.

DAY 11 TO 18

The Parikramas

An English-speaking Tibetan guide accompanies each group during the Parikramas of Kailash and Manasarovar. The camps along the route offer basic facilities and each camp can comfortably accommodate only 30 persons at a time. Therefore, if required, the batch may split into two groups- one goes to Kailash first followed by Manasarovar while the other goes to Manasarovar first and then to Kailash. The Liaison Officer constitutes the groups keeping in view their functional effectiveness.
The decision of the Liaison Officer in this regard would be final and should be respected by all yatris.

The yatris will be taken by bus from Taklakot to Qihu, the first camp on the Manasarovar route. From here, the group first undertaking the Kailash Parikrama leaves for Darchen in a separate vehicle while the Manasarovar group remains in Qihu.

On the way to Qihu, the yatris will pass by the Rakshas Tal, a beautiful lake separated by a thin stretch of land from the Manasarovar. This lake, unlike Manasarovar, is not so revered by yatris but is remarkably beautiful in its own way. While Manasarovar is likened to the sun and light, Rakshash 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 Rakshash Tal that one gets the first view of the Mount Kailash.

The Parikrama of Mount Kailash

The route goes through a barren landscape, with snow-capped mountains on the horizon. Once the bus crosses the Gurla Pass, at 16,200 ft, the Holy Land spreads out. To the right would be the beautiful Manasarovar Lake, while Rakshash Tal will be to their left.

The Parikrama of Mt. Kailash begins from Darchen. Yatris spend the day in the town, which provides only basic facilities. The group has to make its own arrangements for food and this is where the 5 kilos of common foodstuff carried by each yatri comes in handy. A stove and a room for cooking will be provided by the Chinese authorities. This is the last place for making ISD calls on this Parikrama since the other camps, both on the Kailash and the Manasarovar routes are not equipped with such facilities.

This 48 Km Parikrama of Kailash starts from the Barkha Plains, a flat, barren stretch of land. The first leg will take the yatris to Deraphuk, 14 kms from Darchen. The first 10 kms are covered by bus/truck. Upon reaching the 'Yamdwar' the proper trek begins. After about 10 kms, the yatris enter the La Chu Valley or the Valley of the River of the Gods. 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. Yatris who have chosen to ride on yaks have to wait here for about two hours for the yaks to arrive, since yaks move faster than people on foot, and the yak handlers take this into account when they fix their time of departure.

The literal meaning of Deraphuk is 'Cave of the Female Yak's Horns'. It provides a magnificent view of Mt. Kailash. This is the closest and clearest view one can get of Kailash, a spectacular sight especially when illuminated by the rays of the setting sun. The yatris will spend a night in this camp.

The next day, they will set off from Deraphuk on a trail which ascends to an 18,600-feet pass, supposed to be guarded by a Tibetan goddess called Dolma. 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 Goddess with the prayer flags, place pots of butter and light incense sticks. It is not advisable to stay here for too long as the rarefied atmosphere may cause breathing problems.

As the yatris descend from the Dolma Pass, they will pass the emerald green Gauri Kund, the lake where goddess Parvati is supposed to have bathed. Yatris carry back cans full of water from here. Those wishing to carry water from this lake may ask their yak-handlers to go down and fill the cans. **Yatris should not attempt to climb down themselves as the slope is slippery and such an attempt can cause serious injuries.**

The steep descent continues through glaciers and paths filled with boulders till one reaches Zongzerbu. After a night's halt, yatris head back for Darchen, taking a different route, which is mostly on flat terrain. From Darchen, the yatris may, if time permits, visit Ashtapad (the south face of Mt Kailash) which is 5 Kms away. The route is scenic and the view of Mount Kailash from Ashtapad is breathtaking.

This completes the Parikrama of Mt. Kailash.

Parikrama of Manasarovar

On the foothills of Mount Kailash, lies the magnificent lake of Manasarovar. The lake changes colour with the passing hours and seasons. It may be placid now and tempestuous soon after. The reflection of the sun, the clouds, the stars and even, Kailash, keeps the beholder spellbound. The lake is large, being 88-km in circumference and with a maximum depth of 300 ft, 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, devout yatris don't miss an opportunity to take a dip in the lake.

The first camp at Qihu, where the yatris spend 2 days is well - equipped and offers a stunning view of the lake. There the yatris can bathe in the lake and offer puja. It is requested that damage to the pristine surroundings in any manner should be avoided and use of soap or detergent while bathing is prohibited. Those wishing to have a proper bath may visit the baths at the hot water springs. Their charges are Yuan 20 per head (subject to change).

The parikarama begins with a drive through the vast plains of Barkha to Qugu, a distance of about 85 kms. There is a brief halt at Hore, which has a basic market where one can purchase fresh fruits and vegetables. The camp at Qugu is located on the banks of the Manasarovar Lake. Yatris can, if they wish, perform their puja here.

The next day, the yatris return to Qihu, thus completing the Parikrama of Lake Manasarovar. They will stay one more day at Qihu to meet the other half of their original group, and return
to Taklakot together.

Moving Forward….

After a two-day stay at Taklakot to complete Emigration and Customs formalities, the 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 to Delhi.

The 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. **Liaison Officer is the executive head and leader of the group. He/she is responsible for maintaining discipline and orderly conduct. The L.O. has authority to decide whether any individual yatri should continue in the yatra in the interest of all other yatris. His/her decision in all aspects is final and cannot be challenged.** He/she is responsible for the general welfare of the group and for liaising with the Indian and the Chinese authorities. He/she shall be the sole spokesman for the group. It is essential for the well being and safety of the group that the yatris follow his/her instructions carefully. Yatris must support LO in the discharge of his/her functions.

Facilities on the Indian Side

The Kumaon Mandal Vikas Nigam (KMVN) provides accommodation at all the halts from New Delhi to Lipulekh Pass. At the camps along the route, accommodation in 'pucca' barracks and prefabricated fibreglass 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/ sleeping bags are provided at all camps, so that the yatris don't need to carry any quilts/sleeping bags with them. However, if they so wish, they may carry a bed sheet and pillow-cover for personal hygiene. Utensils for cooking will also be provided to each group for use in the camps on the Chinese side. These utensils do not have to be returned.

Facilities on the Chinese side

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

The camps at Dharchen, Deraphuk, Zongzerbu, Qugu and Qihu
are basic structures and have several rooms, which are to be shared. Each room can accommodate 4 to 6 yatris. Mattresses, pillows and comforters (Razai) are provided. There is electricity only at Darchen camp. Yatris have to prepare their own food in all these camps. The Chinese side will provide hot water and a stove for cooking. Utensils are provided by KMVN. Yatris are also advised to carry some food items of their choice from India.

OTHER LOGISTICS

Luggage

Only 25 kgs of luggage is allowed per yatri. However, the yatris are advised to limit their personal belongings to 20 kg only. The remaining 5 kgs will be utilised to carry the collective food stuffs purchased by the group for consumption on the Chinese side. Any luggage in excess of 25 kgs will not only be subjected to extra charges but, in case there is a shortage of ponies/porters, the excess luggage will not be transported. Yatris are also requested to strictly adhere to this limit on the return journey from Tibet and keep shopping in Taklakot to the minimum.

Baggage is carried by ponies/mules/yaks on both Indian and Chinese side. It is desirable to wrap individual items in polythene bags, place them in a canvas bag and cover the bag also with polythene. Canvas bags with zips are ideal as they are lightweight and tough. **The yatris are not allowed to carry hard top suitcases during the Yatra.**

Hiring porters and animal transport

Hiring a mule/pony on the Indian side will cost Rs. 7500/- (both ways). Personal porters can be hired for Rs. 6500/- (both ways). These rates have been fixed by the Uttarakhand Government and are subject to change. These porters and ponies should be hired at Mangti

on the upward journey and from Lipulekh Pass on the return journey. Ponies and porters (for the stretch from Mangti to Lipulekh) will have to be hired at Darchula itself since no ponies or porters are available at the intermediate camps and arrangements have to be made in advance.

For the Kailash Parikrama in Tibet, porters and ponies need to be hired at Taklakot.

Food

Vegetarian meals are made available at each halt point. Yatris must note that it is difficult to arrange a variety of vegetables, particularly in high altitude & remote areas, where fresh supplies are scarce.

Medical Facilities

Two medical personnel provided by the State Government of Uttarakhand will accompany each batch of yatris up to Gunji. Beyond Gunji, Indo-Tibetan Border Police will take over the medical arrangements upto Lipulekh Pass. Yatris are nevertheless advised to carry some basic medicines (see **Annexure F**). The yatris may also ensure that they carry sufficient stock of any special medicines that has been prescribed. **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 at all is permissible in such cases under any circumstances.** On the Chinese side, there is no doctor to accompany the yatris during the Parikrama of Kailash and Manasarovar.

High Altitude Illnesses (HAI)

High altitude is a height more than 2,500 meters (8,000 ft) above the sea level. The main problem at high altitude is decreased availability of oxygen. HAI usually appears 6–12 hours after an ascent specially when ascending to 10,000 ft in less than a day. Individuals who have suffered earlier and pre-menstrual women are more susceptible. HAI are of 3 types:

I. Acute Mountain Sickness (AMS)

AMS is the most frequent type of altitude sickness encountered. It may occur after a gain in altitude of 2500 meters or more. It is characterized by headache plus any of the following symptoms:

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

Symptoms are aggravated by lack of rest. Dehydration and hyperventilation prolong the illness which otherwise subsides in a few days.

Treatment:

If AMS is mild to moderate, ascent must be discontinued & rest must be taken at the same altitude. If no improvement is noticed, descent to lower altitude must be undertaken. Acetazolamide (Diamox®) can be advised. Severe form of AMS must be treated like HACE.

II. 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 a few hours to 2 days. Symptoms include headache that does not respond to medicines, 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 (500-1000mt if in doubts). Portable hyperbaric bag may be used or oxygen may be given in any manner arificially. Acetozolamide and dexamethasone may be advised.

III. 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, is 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, bright red stained sputum
- weakness, fatigue, drowsiness
- chest tightness, fullness, congestion
- fast breathing, 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 500-1000mt if in doubt). Give oxygen, use hyperbaric bag and CPAP. If treated promptly, HAPE patients recover in 1-2 days.

Some other High Altitude Illnesses are:

Retinal haemorrhages:
The retinal haemorrhage commonly occurs at 16,000 ft. 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:
Oedema/swelling may also be noticed at high altitude. Thrombo-phlebitis, meaning inflammation due to blood clotting, may occur.

Prevention of HAI
1.
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.
2.
Drugs: acetazolamide (Diamox) 2 x 125 - 250 mg per day can be taken if forced rapid ascents are undertaken or medical history of AMS exists. Aspirin reduces platelet aggregation and decreases the risk of HAPE.

3.
Alcohol or medications that cause depression of breathing such as Sleeping Pills, Sedatives and Strong pain-killers should be avoided.
4.
Vulnerable Groups like older people, children, pregnant women or people with pre-existing disease should exercise caution.

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

Frequently Asked Questions (FAQs) on medical examination

Q.
Why do you go to great lengths to do a detailed medical examination for the Yatris?
A.
The yatris are required to trek through high altitude areas. In such places, the atmospheric air is under low pressure and people suffer due to less oxygen. In these conditions, a yatri may develop diseases like pulmonary edema/cerebral edema and acute mountain sickness, etc. Individuals who are suffering from coronary artery diseases, various lung diseases like bronchial asthma, hypertension and diabetes may collapse and die. As such, Yatris are screened thoroughly before they are inducted into high altitudes to prevent any such incidence.

Q.
Will the medical exam guarantee that the yatri will not suffer from pulmonary oedema, etc?
A.
No medical examination can guarantee that. In spite of thorough medical examination, a yatri may still become a victim of high altitude illnesses.

Q. Is there any age factor for yatris?
A. It is recommended that no one should be inducted into high altitudes after the age of 70 years as one cannot acclimatise properly and cope up with the stress at such advanced age. But it is also observed that some young people of age group of 19-30 years are more prone to high altitude diseases than older age groups.

Q. Why are younger people more prone to HAPE?
A. Exact cause is not known. However, it is observed that, at times, younger people are less inclined to respect the rules of acclimatization due to a false sense of bravado.

Q. If a yatri has been to high altitude previously and his/her stay was uneventful, will he still need a medical examination?

A. That is all the more reason for a detailed medical examination as it is seen that people who are inducted second or third time are more prone to high altitude diseases than the first timers.

Q. How can a yatri become fit?
A. The yatri should be free from all major ailments like heart diseases, asthma, epilepsy, diabetes, hypertension, menstrual disorders, cancers, etc. Yatris are advised to bring their weight to average standards, exercise regularly, do breathing exercises, quit tobacco, alcohol, etc. A doctor may be consulted who can help in detecting any major ailments, so that unnecessary expenditure for coming to Delhi and returning are avoided.

Q. Is the medical examination done in DHLI & ITBP's Base Hospital, New Delhi the only medical examination that the yatris have to undergo?
A. No. The yatris are put to another medical examination at Gunji which is located at an altitude of 3,220 mts. to assess body's reaction to high altitude. If the yatris are found fit there, they are allowed to proceed further.

Q. What happens if a yatri falls sick en-route?
A. If a yatri suffers from minor ailments, there are medical and paramedical staffs on the Indian side to provide relief. ITBP is well-equipped and has HAPO bags where inside pressure can be equal or more than sea level. But should a yatri suffer from any major health problem, he/she may need evacuation to a hospital by helicopter at his/her own cost. Yatris may note that due to administrative procedure involving the Chinese side and due to difficult climatic and geographical condition, such evacuation from the Chinese side may take time (at least 48 hours). Therefore, yatris should ensure that they are confident of their health before they undertake this yatra.

Q. Should the yatris carry the medicines prescribed by their doctor, which they have been taking regularly?
A. Yes, they are advised to take sufficient stock of medicines to last the entire duration of the Yatra. They are requested to discuss this matter with the ITBP doctors also.

Q. Do the yatris pay for the medical examination at ITB Police Hospital also?
A. No, the yatris do not have to pay in ITB Police Hospital. The medical examination at ITBP Base Hospital, Delhi and at Gujni is entirely free, through the courtesy of ITB Police.

Q. For what purposes does KMVN charge non-refundable amount of Rs. 5000/- from yatris? What are the reasons for not refunding it in case one doesn't complete the Yatra?
A. KMVN provides logistical support to the yatris while on Indian side. They make arrangements for food, shelter, security, medical attendance, transportation, guide, porters etc. These arrangements are required to be made in advance. As a result, even if one does not perform the Yatra eventually, the expenditure cannot be reimbursed.

Q. Why are the medical reports provided by recognized Government and Private hospitals not accepted?
A. The Kailash Manasarovar Yatra is a very arduous and physically challenging Yatra. Yatris have to pass through areas which are as high as 19,500 feet in altitude under inhospitable conditions. There is a danger to person's life. Keeping in view the special requirements of Kailash Manasarovar Yatra, the yatris undergo special tests in DHLI and ITBP hospitals in Delhi. The reports of other hospital are not accepted to ensure that the yatris undergo uniform medical examinations of the best quality tailored for the requirements of Kailash Manasarovar Yatra so as to ensure safety and well-being of the yatris.

Q. If any yatri is rejected on medical ground, can he/she be considered for a subsequent batch on recovery from the medical conditions?
A. The Kailash Manasarovar region hardly has any medical facilities and it is very difficult to airlift a person, who needs immediate medical help, to India. As a measure of caution and prudence, therefore, if a yatri is declared medically unfit, he/she is not allowed to participate in the Yatra during that year in his/her own interest.

Q. Do NGOs and voluntary organizations have any role to play in Kailash Manasarovar Yatra organized by Ministry of External Affairs?
A. NGOs and voluntary organizations play important role in any society with regard to dissemination of information and aid-related work. It is up to the individual yatri to accept their help or not. Ministry of External Affairs does not appoint or authorize any NGO or voluntary organizations for the work relating to Kailash Manasarovar Yatra.

Q. What are the parameters for selection of yatris?
A. All Indian nationals who have attained the age of 18 years and are below the age of 70 years are eligible for the Kailash Manasarovar Yatra. The yatris are selected through a computer-generated random gender-balanced selection process. After the yatris

report for Yatra at New Delhi, they undergo a thorough medical examination at Delhi Heart & Lung Institute and ITBP Base Hospital, New Delhi. The parameters of medical examination are decided by the ITBP Base Hospital keeping the requirements of Kailash Manasarovar Yatra in mind.

Communication Facilities

The Government of India establishes a wireless link between the ITBP Force and the Chinese side to keep track of various batches performing Yatra and share information on their movement and whereabouts. It is also useful during any emergency that may arise.

Each LO is provided with a Satellite Phone, enabling them to stay in touch with ITBP/KMVN, and to ask for assistance in case of any emergency. **Under no circumstances is this facility to be used to meet any personal requirement.** STD/ISD facility is available at Dharchula, Gala, Budhi, Gunji, Nabhidhang, Taklakot and Darchen, to be used on self-paid basis.

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. For digital and video camera, the yatris may carry an extra set of memory card and cassettes respectively.

Weather

Yatris undertaking the pilgrimage during mid-June to August shall be doing so during the monsoons. The rains are unpredictable. 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 also are woollens and windcheaters for protection against windy, rainy weather. In the higher altitudes, it tends to be hot during day-time and cold after sunset. There are also cold winds and the combination of changing weather and exposure to ultra-violet radiation can damage the skin, unless adequate precautions are taken by applying liberal amount of suntan lotion. Each yatri must use a broad pea cap or straw hat to protect one's face against the harsh sunlight. Extra pairs of warm socks are useful during wet weather.

Do's and Don'ts for the Yatris

The mountains must be treated with respect and attempts to 'conquer' mountains or showing off physical fitness should not be made. One must walk at a steady, rhythmic pace. Walking with a companion is a good safety measure against sudden sickness and accidents.

During electric storms one should not attract lightning by putting up pointed objects like ice-axes or wireless aerials. Similarly, one should keep away from high conical rocks. If at a lower altitude, shelter must not be taken under a lone tree or on top of a hill. It is safer to sit out in the open.
The yatris should avoid wearing one or two very thick woolen layers. Instead, loose clothes in several layers with an outer wind covering should be worn.

At least two pairs of good trekking shoes should be bought before the Yatra. The yatris must practise walking with these shoes before they come for the Yatra.

The yatris must ensure that they wear two pairs of socks (cotton and woolen) inside the climbing boots.

The yatris must ensure that their feet remain dry. They must use dusting powder before wearing socks and change into dry socks as soon as they reach 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.

Well fitting gloves must definitely be worn to protect the hands. Extremities (hands and feet), ears and nose must be protected against extreme cold. Continuous exposure of extremities can bring down the body temperature drastically and cause high altitude pulmonary oedema.
It is very important to drink a lot of water and fluids during trekking. Liberal amounts of hot, sweet fluids and enough nourishment must be taken to provide energy for the body.

It is imperative to use good quality tinted snow-glasses or dark sun-glasses to protect eyes against snow blindness. Use of cheap, poor quality sun-glasses should be avoided.

Sun cream or calamine lotion should be applied to the exposed parts of the body to avoid sun burn, particularly during the Parikramas.

It is advisable to take bath in Manasarovar Lake only if the yatri feels that his/her body can sustain the low temperature in the area.

Prompt treatment for minor cuts, blisters and ulcers must be taken.

The yatris must move their fingers, toes and facial muscles, and exercise their limbs during periods of immobility by wiggling the toes and fingers and wrinkling the face muscles at intervals. It is important to keep in motion to remain warm.
Every yatri should ensure that he/she does not get separated from his/her fellow yatris. If there is heavy snowfall or snow storms, yatris must stay close to each other and avoid being separated. They must trek in small groups.

The yatris must ensure that the group commences the day's trekking early in the morning and sticks to the departure time.

The instructions of the Liaison Officer must be followed properly.

Don'ts

Do not neglect to consume sufficient food and fluids. Do remember that yatris suffer from loss of appetite at high altitudes, so they should force themselves, if necessary, to consume enough nourishment.

Don't trek in one's or two's. Don't get separated from the main group of trekking and ensure that the person in front remains in sight.

Do not wear climbing boots that leak or are tight.

Do not wear wet socks or permit your socks to wrinkle inside the boots, as this will cause blisters.

Do not neglect minor injuries like cuts, blisters and ulcers as these may become frost-bitten.
Do not sleep with boots on.

Do not carry too heavy a load.

Do not over-exert. Fatigue can lead to cold and more serious problems, especially at high altitudes.

Avoid alcohol during the Yatra and especially at high altitudes,
as this is dangerous and has serious consequences.

MEDICAL CHECK-UP FORM

Medical Check-up Form

Kailash Manasarovar Yatra (KMY)

(To be filled by Yatri)

PART-I

A photograph
to be affixed

(The medical check-up form that the yatri would need to fill up in the hospital would require the following details.)

1.
Name of the Yatri_____(in block letters)

2. Age_____

3. Sex_____

4. Address_____

5. Delhi contact telephone No./

   Mobile No._____

6. Occupation_____

7.
Have you ever suffered from any major injury? _____

8.
Have you ever been operated upon and if so, state nature and
date?_____

9. Whether you have participated earlier or not? If so,

a)
Whether you have been medically examined and if so, what was the result? _____

b) Reason of unfitness, if so declared previously _____

c)
Whether you have been disqualified at Gunji or not? If so, for what reasons? _____

10. Have you ever suffered from any of the following?

a) Nervous break down

b) Discharge from ears or any and other ear trouble

c) Fits of any kind

d) Enlarged glands or swelling in the neck

e)
Fever of prolonged duration accompanied by cough or
vomiting of blood or loss of weight.

f) Typhoid fever

g) Rheumatic fever with joint pain and swelling.

h) Any kind of heart disease

i) Malaria

j) Fainting attack

k) Diphtheria

l) Kidney disease

m) Bronchial asthma/other lung disease

n) Any other serious illness

11. Have you ever taken medicine in the last 6 months for:

a) Hypertension

b) Heart attack

c) Asthma

d)

Any other cardiac, renal, nervous system, abdominal and lungs disorder etc. If so, give details please.

12.

Have you suffered any physical/mental disease not mentioned above?

Signature of Yatri

PART-II

(To be filled by the Medical Officer)

1.

Hemogram: HB _____ ESR_____TLC_____ DLC_____ P_____L_____ M_____ _____E_____

2. Blood group
3. Urine RE

A. i) Albumin

ii) Sugar

B. Microscopic

4. **Biochemistry of Blood**

i) Sugar (Fasting)_____ (PP)_____

ii) HbA1c

iii) Urea

iv) Creatinine

v) Serum Bilirubin SGOT

SGPT

5. Chest X Ray
6. Stress ECG (TMT) BP
7. Pulmonary Function Test

In my opinion Shri/Smt/Kumari_____

Age _____ years is FIT / UNFIT to perform the
Kailash Manasarovar Yatra.

Date:
Name and Signature
Medical Officer
Base Hospital, ITB Police

ANNEXURE A

(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 Witnessed 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 undertakes 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. That 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 does 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)_____.

WITNESSES EXECUTANT

1.

2.

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

ANNEXURE B

Medical Tests At Delhi

Tests conducted during medical examination in Delhi are as follows:

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

(Source ITBP)

ANNEXURE C

Minimum recommended equipment for the Yatra.

1. Wind-proof jacket with parka	1 no.
2. Sweaters	2 full sleeve 1 half sleeve
3. Balaclava (Monkey cap)	1 no.
4. Woollen and leather gloves	1 pair each
5. Woollen/cotton long johns	2 pairs
6. Woollen socks	4 pairs
7. Cotton socks	4 pairs
8. Jeans/Pants	3 nos.
9. Shorts	2 nos.
10. Full sleeve Shirts/T-shirt	6 nos.
11. Sun glasses (good quality), with chain for hanging around neck	1 no.
12. Hunter/Marching/Trekking shoes (extra shoe laces can be carried; normal shoes will be useless for trekking)	2 pairs
13. Pea cap or broad brimmed straw hat (for protection from the sun)	1 no.
14. Water bottle (large)	1 no.
15. Torch light (carry two sets of extra cells and one bulb)	1 no.
16. Raincoat (large size)	1 no.
17. Belt pouch for camera/money/ medicines/documents	1 no.
18. Large Plastic sheet for water proofing the luggage	1 no.

19. Plate/Mug/Spoon 1 set
20. Toilet paper
21. Sun screen lotion (for protection from sunburn) 30 SPF 1 no.
22. Candles
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 sticks would also be useful and may be bought at Dharchula.

(Source KMVN)

ANNEXURE D

Suggested ration scale for both the parikramas

Since yatris have to carry food for the duration of both the Parikramas, i.e. 9 days, they should plan and purchase the food items in India itself. As a basic guideline, the food items should be either pre-cooked/partly-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.

The normal practice is for each batch to decide on the amount and type of food items they wish to carry with them and make purchases accordingly. Yatris of each group could make combined purchase of food items in New Delhi for the sake of logistical convenience during the Yatra.

It is useful to supplement these supplies with items such as fruits, soft drinks, juices, sweets/toffees, etc. (see Annexure E). The last point where these items can be bought is Taklakot, but prices there are higher than in Dharchula, which itself are higher than in Delhi. Taklakot is also the best place to stock up on fresh vegetables, such as potatoes, cabbage, green peppers, brinjal, etc., for consumption on the Chinese side where yatris will have to prepare their own food.

Sl No.	Food Item	Average Daily Requirement per Yatri	Total per Yatri for 9 days
1	Atta	40 gmsX9	3.6 Kgs.
2	Rice	250 gmsX9	2.250 Kgs
3	Dal	100 gmsX9	900 Gms
4	Noodle/Maggi Packets	100 gmsX9	900 Gms
5	Fresh Vegetables	250 gmsX9	2.250 Kgs
6	Pre-cooked/Tinned Veg	200 gmsX9	1.800 Kgs
7	Instant Soup Packets	25 gmsX9	250 gms
8	Tea leaves/Coffee	08 gmsX9	72 gms
9	Milk powder for tea	50 gmsX9	450 gms
10	Suji/Corn flakes/ Dalia	30 gmsX9	270 gms
11	Refined Oil	100 gmsX9	900 gms
12	Sugar	80 gmsX9	720 gms
13	Potato	50 gmsX9	450 gms
14	Garam Masala	20 gmsX9	180 gms
15	Besan	20 gmsX9	180 gms
16	Pickle	05 gmsX9	45 gms
17	Tomato Puree	25 gmsX9	225 gms
18	Pooja Samagri for Havan	(1 Pkt per Yatri)	

ANNEXURE E

Food Items For Personal Consumption-Emergency Rations

On the Indian side, the KMVN authorities provide breakfast, lunch and tea twice daily to the yatris. 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 foodstuffs for the group. The following items are recommended to be carried by the yatris. The list is not exhaustive.

a. Biscuits-sweet/salty
b. Mixed dry fruits
c. Lemon drops
d. Chocolates/toffees
e. Soup powder packets
f. Cheese cubes
g. Chewing gum
h. Instant drinks

i. Glucose

ANNEXURE F

Useful Medicines That May Be Carried By The Yatris

The medical officer accompanying the yatris on the Indian side has a stock of general medicines. On the Chinese side, there are no doctors to accompany the yatris during the Parikrama of Kailash and Manasarovar. The yatris must carry their personal stock of medicines. A few recommended items are:

Since diarrhoea is a common complaint in mountain areas, the yatris must remember to take ORS packs to replenish the loss of salts.

Yatris who prefer homeopathy may carry required medicines.
Tr. Coca is supposed to be useful for High Altitude Pulmonary Edema (HAPE).

If a yatri happens to be a doctor or LO, he may carry emergency medicines like Lasix/Sorbtrate/Diamox/Amlodipine 5 mg/ Decadron, etc.

It may be useful to carry a unit of oxy care (oxygen) with each batch.

(Source DHLI/ITBP)

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

SL. No.	Name of Medicine	Unit	Qty.
1.	Crocin (for fever)	Strip	01
2.	Pantaprazole	Strip	02
3.	Digene (for acidity)	"	01
4.	Vitamin C 500mg (for building up immunity to cold)	"	01
5.	Pulv Electrol (for dehydration)	Pkt	02
6.	Diamox	Strip	01
7.	**Antidiarrhoeal**		
(i)	Norflox	Strip	01
(ii)	Norflox TZ	Strip	01
(iii)	Neutrolin-B	Strip	01
8.	**Antibiotic**		
	Levofloxacin(once a day)		05 tablets
9.	Cough Syrup	Bottle	01
10.	**Analgesics**		
	Brufen – 400 mg or Combiflam	Strip	01
11.	Lipsol (lip balm)	No.	01
12.	Bandage cloth	Roll	01 (15cm)
13.	Bandage cloth	"	01 (7.5 cm)
14.	Cotton	gms	100
15.	Tincture Benzoin	ml.	50
16.	Adhesive Plaster (small spool)	No.	01
17.	Band Aid	Pcs	04
18.	Betadine lotion, Betadine ointment		01 each

ANNEXURE -G

Some useful contacts

Some useful contacts

Sl No.	Name and address	Telephone/ Mobile No.	Fax No.
1.	Shri Vinod K. Passy, Attaché (China), Ministry of External Affairs, R. No: 255A, South Block, New Delhi-110011	011-2301-4900	011-23016559 /23792124 sochina@mea.gov.in kmyatra@mea.gov.in
2.	Shri Santosh Kumar, Yatra Assistant, MEA 255A, South Block, New Delhi	011-23014900	011-23016559 sochina@mea.gov.in
3.	Shri M.K. Ghildiyal, Under Secretary (EA) Ministry of External Affairs, R. No: 270A, South Block, New Delhi-110011	011-2301-2847	011-23012847 dsjk@mea.gov.in
4	District Magistrate, Pithoragarh, Uttarakhand	05964-225441,225301 09412909588	05964-225393 dm-pit-ua@nic.in
5	SDM, Dharchula, Uttarakhand	05967-222207 05967-222817	05967-222207 abhitri77@yahoo.com
6	Managing Director KMVN, Oak Park House Mallital, Nainital	0594-2235700 2236209,	0594-2236897 kmvn@yahoo.com
7	General Manager, KMVN Oak Park House Mallital, Nainital	0594-2236356 09411107621	0594-2236897 kmvn@yahoo.com

8	Shri Rakesh Arya, PRO, KMVN, New Delhi	011-41519366 011-23319835 9818871227	011-41519366 kmvnnewdelhi@ yahoo.com
9	Shri S.S. Harta, DIG(Ops), ITBP, New Delhi	011-24364266	011-24360268 digops@itbp.gov.in
10	7th Battalion, ITBP, Post Mirthi, Dist- Pithoragarh, Uttarakhand	05964-232143 (Exchange), 05964-232127 (KMY Temporary Control Room) 09412092567	05964-232838 Comdt7thbn@itbp.gov.in
11	Dr. D. K.Verma, Dy. Commandant, Base Hospital, ITBP, New Delhi.	011-26044387 26047568 09891177582	011-26043764 comdtbh@itbp.gov.in
12	Dr. Neelam Sethi, Director Medical Services,Delhi Heart & Lung Institute(DHLI)	011-42999999	011- 23514489 info@dhli.in
13	Gujrati Samaj Sadan 2, Rajniwas Marg, Delhi-10054	011-23981796-8, 23983066	011-23983066
14	Manager, Central Bank of India, Ashoka Hotel Branch, 50B, Chanakya Puri, New Delhi	011-24104125 26110101/ Extn.3958 24101848	011-24679639
15	Embassy of India, Beijing. HOC	008610-65320481(O) 65324765(H)	008610-65324684 fsp@indianembassy.org.cn

ANNEXURE H

Personal particulars of yatris undetaking
Kailash Manasarovar yatra

Batch No._____
Date of Starting from Delhi_____

Name _____

Age_____

Father's name_____

Name and address of next of kin_____

Details of relative & contact telephone Nos.
In Delhi
Blood Group
Identification Marks
Job/profession
(eg. Govt./Pvt.
Corporation etc.)

(SIGNATURE OF YATRI)

ANNEXURE I

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 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 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:
PLACE:

(SIGNATURE OF YATRI)

(Full name in Block Letter)
Batch No _____
Registration No. _____

ANNEXURE J

Consent form to be filled by the Kailash Manasarovar Yatri

1. NAME OF YATRI :

2. FATHER'S NAME :

3. DATE OF BIRTH :

4. ADDRESS :
   (WITH STATE AND PIN 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:
PLACE:

(SIGNATURE OF YATRI)

(Full name in Block Letter
Registration No_____
Batch No. _____
Signature of Spouse/next to kin
(Full name in block letters)

KAILASH MANSAROVAR YATRA ROUTE

