

NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Program Description

KAILASH MANASAROVAR YATRA PROGRAM (KMYP)

An opportunity to visit the holiest pilgrimage site of Hindus – the ultimate pilgrimage

Key Information

- Duration : 15 days / 14 nights
- Location : Nepal / Tibet
- Age Group : 14 ~ 70 years
- Intensity : * * * *(High)
- Batch Size : 5 ~ 50

Program Highlights

- Part of the tour will be by plane / helicopter as roads are not open after Earthquake of Apr 2015
- 11 days / 10 nights in Nepal, Tibet (China)
- 4 days / 3 nights in Manali, HP as part of pre-Kailash training
- Parikrama of Lake Manasarovar by vehicles
- Parikrama of Mount Kailash by foot
- Total trek distance will be about 42 kms during 3 days Parikrama of Mount Kailash
- Altitude varies between 1700 m ~ 5794 m (5600 ~ 18,600 feet)
- Road journey by 30 ~ 35 seater coaches
- 4 day pre-Kailash training at NALS campus Manali, Himachal Pradesh, to improve acclimatisation - NALS is the only organisation that provides pre-Kailash training to improve your mental and physical preparedness for this tough and challenging program.

Program Description

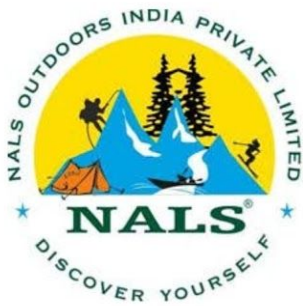
The Kailash Manasarovar Yatra is considered the holiest amongst Hindus and can be said to be the ultimate pilgrimage. Mt Kailash (6714m / 22156 feet) is situated in the south western part of Tibet. On the lap of Mount Kailash is Lake Manasarovar. A pilgrimage to this place has remained a sacred dream for over 2000 years and only the fittest amongst the fit could come here. Now, the availability of motorable roads and modern camping equipments have turned the dreams to reality.

The program is split into three sections: Travel by Helicopter, Road Journey by coaches and trek by foot (about 42 kms) during parikrama of Mount Kailash,

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Note:

NALS organizes this program through our alliance partner in Nepal and does not have any direct role in the actual conduct of the program. NALS limits its role to preparation planning, advising participants on mental / physical fitness requirements and guiding them to train hard before the program. It is our firm belief that you will enjoy the journey with adequate physical and mental conditioning.

Program Alteration

It must be borne in mind that the program route and campsite locations can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, Himalayan weather is unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program.

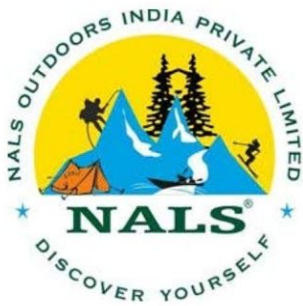
Day by day activity in brief (Pre-Kailash Training in Manali)

- 06 July Arrive in Delhi (own flight / transfers) / report to AC Volvo bus 1700 hrs / departure to Manali / own dinner enroute
- 07 July - Day 1 Arrive in Manali / safety briefing / acclimatisation / lecture on trekking and packing / Sightseeing, leisurely interaction with other participants and staff, tent stay
- 08 July - Day 2 Taxi to Solang / Trek at Shaga Doobi (12,000 feet, 3 kms)/ acclimatise / tent stay
- 09 July - Day 3 Rise early and trek towards Patalsu peak - gain height to about 14,000 feet / tent stay
- 10 July - Day 4 Trek to Solang / taxi to Kalath / de-brief / departure to Delhi by AC Volvo at 1700 hrs
- 11 July Arrive about 0630 hrs in Delhi by AC Volvo bus, Departure from Delhi to Kathmandu (own flight / transfers)

Day by day activity in brief (Main Program > Nepal / Tibet)

- 11 July - Day 1 Participants arrive in Kathmandu, transfer to hotel, reporting / registration, Sightseeing, leisurely interaction with other participants and staff, hotel stay
- 12 July - Day 2 Visit Pashupatinath and Guheswari temples, Detailed briefing on the yatra, preparation time, Transfer to airport for Kathmandu – Nepalgunj flight - Hotel stay.
- 13 July - Day 3 Morning fly to Simikot (3000m), afternoon visit Shiva Temple, guest houses
- 14 July - Day 4 After breakfast fly to Hilsa (3700m) and drive to Purang (also called Taklakot) (3800m). Rest for acclimatization. Walk from Hilsa to Tibet will be about 15 minutes. Chinese immigration formalities may take time. Guest Houses or hotel.
- 15 July - Day 5 Drive to Manasarovar Lake (4500m). Start "Parikrama" of Mansarovar by coach – 105 km, Guest houses / tents
- 16 July - Day 6 Early morning Puja at the lake and holy dip and drive to Darchen. Guest houses or hotel
- 17 July - Day 7 Drive to Yamadwar and start parikarama (Kora) of Mount Kailash on foot, 12 km. Reach Diraphuk (5040m) about 1600 hrs. guest houses / tent stay

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- 18 July - Day 8 Cross Dolma La (**5794 m – highest point during the program**) and arrive Zutulphuk, 22 km / 4924m, guest houses / tent stay
- 19 July - Day 9 Approx 3 hrs walk, end parikrama and drive to Purang or Hilsa, about 6 hrs, guest houses / tent stay
- 20 July -Day 10 Fly to Simikot – Nepalgunj – Kathmandu, hotel stay
- 21 July -Day 11 Transfer to airport for departure flight to hometown

Food and Beverages

The participant is assured of a simple Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is predominantly North Indian.

Fitness and Skill requirements > Program rating - High

The participant is required to have high fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 15 ~ 20 kms, ascend moderate to steep gradients, whilst carrying a backpack of about 5 kilos. It is opined that any average person who exercises 30 minutes every day will have only basic fitness. Therefore, it is advised that participants exercise themselves rigorously for 4~5 months prior to arriving at the campsite.

Mandatory pre-Kailash training program for 4 days @ Manali, HP

Hundreds of Indian pilgrims suffer at the hands of Nature after arriving in Manasarovar due to poor preparation. Thus they rob themselves of enjoying the beauty of Lake Manasarovar and confine themselves to bed. In order to counter the effects of altitude sickness, NALS offers a 4 day training program to each participant prior to the Kailash yatra so that you are physically and mentally prepared for the Yatra, subject to 100% payment of program costs. You **MUST** participate in this training program if you want to have a better experience at Kailash. This offer is complimentary:

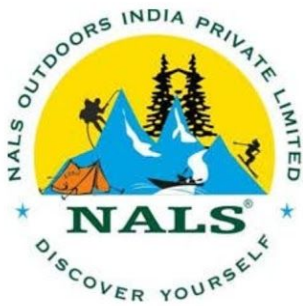
1. NALS Manali campus, Himachal Pradesh

- Four day camping / trekking module
- Long treks of 12+ kms included (with 5 kg backpack)
- Target altitude is 14,000 feet
- Travel to Delhi from home town + transfers and hotel in Delhi + meals during AC Volvo journey are in your scopet
- NALS will book AC Volvo bus Delhi - Manali - Delhi

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Visa and Documentation

Most countries do not require visa for entering Nepal. However, visa and yatra permit is required for entering Tibet and this is obtained from the Chinese embassy. This is included in the program cost (excludes postage / courier). Documents required – Photocopy of passport with full details should reach us at least 4 weeks before the commencement of the program. Passport must be valid for at least 6 months from the date of entry into Tibet. Chinese embassy permit rates are different for foreign Nationals. These rates may change without prior notice and participant must agree to pay the difference, if any.

Package Cost (ex-Kathmandu / inclusive of GST)

Nationality	Cost per head	Remarks
Indians	Rs. 223,000	Includes visa cost for Tibet
Other Nationals	Rs. 272,000	Includes visa cost for Tibet

Note: The difference in price based on Nationality is due to costing / rates from Chinese embassy for entry into Tibet. Neither NALS nor our Nepalese counterpart have any role to play in this cost difference.

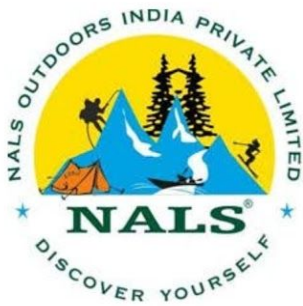
Scope & Inclusions

- Four day pre-Kailash training is offered COMPLIMENTARY with this program with
- AC volvo bus DEL - Manali - DEL
- Arrival / departure transfers at Kathmandu, sightseeing tour at Kathmandu, by private van/car/coach
- Accommodation (twin sharing) in 4 star hotel in Kathmandu with full boarding (vegetarian meals)
- Accommodation in guest houses - dormitory style while in Tibet. Breakfast and dinner are served hot while lunch is packed lunch.
- Travel by plane / helicopter on 4 days where roads are inaccessible
- All road journey by coaches, baggage + equipments by truck
- Equipment for camping (as a backup in case guest houses are not available) – tents, dining tent, kitchen tent, utensils, toilet tent, sleeping bag
- Experienced tour leader with each group, cook + kitchen boys + camping helpers
- Oxygen cylinder, Gemmow bag, basic first aid box, oximeter
- Tibet Visa Fee and permit fee for Yatra
- Yak + Yak men for carrying kitchen, logistics, fuel, our baggage during parikrama on foot
- GST, 5% included in cost

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Other Items included in cost:

- All equipments for camping (tent, mattress, dining tent, kitchen tent, toilet tent etc is carried to use under unavoidable circumstances only)
- Duffel bag (big bag for keeping personal clothes and equipments)
- Small Backpack for keeping personal usable items required during day time
- Jerry can for taking Manasarovar holy water home / steel hot cases for packed lunch.
- Warm jacket (returnable to host)

Exclusions

- Travel costs into and out of Nepal (from home town or Delhi)
- Travel costs into and out of Delhi + transfers
- Unforeseen handling costs due to weather disturbance, landslides, political unrest, and any unforeseen factors beyond our control
- Additional hotel cost in Kathmandu due to early arrival or late departure. The above schedule is subject to change due to weather disturbances that may lead to flight disruptions. One must be mentally prepared to stay longer in Nepal / Tibet and bear the additional costs as below:
 - INR. 3500 for Indian Nationals on twin / triple sharing basis, with all meals
 - INR. 5000 for Indian Nationals on single supplement, with all meals
- Personal expenses towards tips, telephone calls, laundry, beverage, insurance etc.
- Pony + pony man charges, if one chooses to do Mount Kailash Parikrama on pony. Assume a budget of INR. 30,000 per pony + ponyman
- Postage / Courier charges for sending and receiving passport to Chinese embassy
- Deviation costs due to poor health, sickness, hospitalisation and / or emergencies leading to withdrawal from the program will be borne by the participant

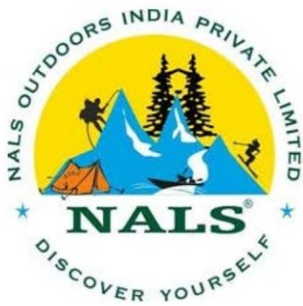
Key Program Objectives

1. Traits and Behaviours: The nature of the journey, vast outdoors at elevated altitudes, harsh terrain, language and cultural barriers make this program very challenging and exacting to manage and participate. This should not be considered a regular tourist destination and one should be able to adapt to changes at short notice. Some of the improvements that this program can deliver are higher adaptability, improved courage, confidence, tolerance, resilience and physical health.
2. Emotional Health: As humans get money, status and power, our ego, arrogance, greed, etc will rise. Most of us are looking outwards for gratification whereas all that we need is available within us. Human vices cause harm to our peace of mind, relationships and health. The Kailash Manasarovar yatra is a tough experience that can help us improve our self awareness, align ourselves to the larger purpose of life, put us on the path to finding inner peace. Such realisations can drastically improve our emotional health
3. Spiritual health: Based on one's beliefs and values, this program can align towards spiritual goals - the ultimate anchor for human beings.

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Key Program notes

1. In order to guide participants through this tough program, NALS will provide an experienced & qualified mountaineer through this program who will support, guide and motivate.
2. A program of this size conducted across two countries in harsh environments can throw lot of surprises and even difficult experiences due to factors way beyond our imagination and control. It will be our endeavour to handle such situations in the best possible manner to minimise hardship. The participant must be mentally and physically prepared to handle these challenges.
3. The program prices are based on USD rate and hence may vary at short notice. Hence we seek 100% payment during registration
4. The earlier you register the more time you will have to prepare for the program - physical and mental preparation are a MUST for smooth accomplishment of this program.
5. The participant is expected to carry 4 ~ 5 kg in a daysack - water, camera, woolens, immediate medicines, packed lunch, etc - these are items that one may need during the day. Please avoid carrying excessive baggage in the day sack due to point no. 6 below. (Note: Main baggage will be carried by vehicles or porters)
6. During the border crossing between Nepal and Tibet, one can expect to walk 1 ~ 2 kms (carrying the day sack) to the immigration counters which may have long queues.
7. Guest houses in Tibet are dormitory type to accommodate 4 ~ 8 persons in a room. Toilets are provided in common shelters.
8. Toilets in Tibet may not be our conventional type. Instead, they provide a hole in the ground (also known as Nepali toilet pits). The foul smell can be very very difficult to handle.....!
9. Photography is prohibited in border crossing areas / Tibet immigration points - your cameras can be seized by Chinese authorities. Please beware
10. While NALS allows persons upto 70 yrs of age, the Tibetan authorities restrict frail or weak people to participate in the Parikrama. Therefore, aged people should prepare themselves not be disappointed if they are excluded from the Parikrama group. Neither NALS nor our agent in Tibet have any say in this selection. The surprising fact is that 90% of the participants in various other groups are above 60 yrs and unfortunately, most of them are poorly informed and trained for this journey. Somehow, by God's grace they complete the program, but only after experiencing severe hardships. **This can be minimized or even avoided with some hard work before the program.**
11. Bathing in Manasarovar lake is a ritual that can be accomplished only when the weather is ideal. The water is very cold and can affect a weak heart. The Team Leader decision is final and kindly do not ignore personal safety.

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General Terms and Conditions

PAYMENT TERMS

1. 100% payment while booking.
2. Payment Mode:
 - a. Direct Deposit / Wire transfer
 - b. Cash is not acceptable
 - c. Draft or Multi city cheque payable at Coimbatore
 - d. For Bank account details refer Registration Form
3. Currency for payment is Indian Rupee / refund, if any, in Indian currency - for Indian Nationals
4. Currency for payment is USD / refund, if any, in USD - for foreign Nationals

CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

1. More than 30 days prior to commencement of program 10%
2. 15-30 days prior to commencement of program 20%
3. 8-14 days prior to commencement of program 50%
4. Less than 8 days to commencement of program 100%

Very rarely, NALS may be forced to cancel a program due to *force majeure* (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots, change in visa policy by China, etc) may lead to sudden disruption of program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In case, your booking includes flight, cancellation charges will also depend on the air carrier and this may vary from time to time. Please check your tickets. If you have availed the complimentary pre-kailash training program, cancellation charges will be 15% or one of the the rates mentioned above, whichever is higher.

PARTICIPANT BEHAVIOUR AND DISCIPLINE

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

RISK AWARENESS

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors such as natural calamities - floods, landslides, avalanches, weather disturbances etc. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

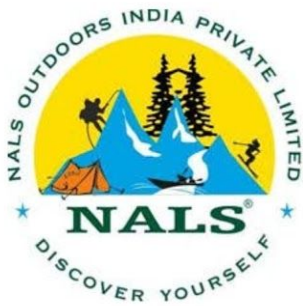
Some of the wild animals in this area are Himalayan Bear, Marmots, Deer, snakes and foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and quietly retreat. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parental consent and signature are mandatory for participation in our programs.

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Physical fitness requirements for Major Outdoor activity / high altitude treks

Introduction:

One must carefully assess his/her fitness levels before embarking on any form of outdoor activity. Trekking, especially in higher altitudes requires good physical fitness and endurance. It is pointed out that physical fitness and strength cannot be achieved overnight but only through sustained efforts. It is generally advised to consult a physician, especially if one has led a sedentary (poor physical activity) lifestyle.

Exercise regimen:

Having decided to participate in an outdoor program, one must exercise for several weeks or months before the commencement and focus on improving muscular strength in key areas of the body that are subjected to intense strain during the program. For this program, we suggest at least 3~4 months of exercise although anything more is beneficial and will allow the participant to enjoy the program rather than come down due to fatigue or stress related injury. It is suggested that the following exercises help in building strength and stamina. The reader should be aware that all bodies are not the same and intensity /duration of workouts differ vastly. Further, rushing into an exercise regimen and improper use of weights can cause injury to the body. Therefore, it is advised to consult a trainer and / or start with your minimum possible distance or repetition.

Some minimum benchmarks for KMYP

As a minimum, a participant for expeditions and long treks can benchmark against the following parameters:

1. Endurance > 3-4 hours / 18-20 kms walk AND jogging
2. Strength > Carry backpack (day sack) with about 4~5 kilos in weight while walking
3. Cardio > Maintain breath continuously for 45 ~ 60 min.

Key areas of focus and basic routines

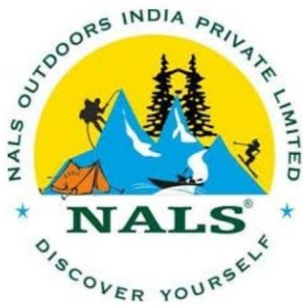
The following exercises are meant to improve the cardiovascular strength and specific muscle groups that are subjected to maximum strain during mountain treks/expeditions

1. Cardiovascular workout – Improves the heart-lung power.
 - a. Jogging, stair climbing, stepping machines, swimming, cycling
2. Low-back and abdomen muscle – help reduce shock to the spine
 - a. Sit-ups, hyper-extension

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- b. Some yoga postures
3. Shoulder muscle – Helps in carrying backpack for long duration
 - a. Back-pull, front and side raise, chin-up etc
4. Thigh, hamstring, calf and knee joint – Strengthening these areas will increase endurance, avoid injury and reduce fatigue > Squats, hamstring curl & stretch, toe raise, knee curl.

A seven day workout schedule is provided below as a guideline for the beginner: One shall plan and gradually increase intensity over the planned period and reach some of these goals

Day 1 - Breathing Exercises

- Brisk walk or jog for 2 kms > 20 minutes
- Breathing Exercises > 20 ~ 30 minutes
- Meditate > 10 ~ 25 minutes

Day 2 - Strengthening Day

- Brisk Walk or jog for 2 kms – 15 minutes
- Surya Namaskar (Sun worship yoga) > 10 ~ 50 repetitions – 30 minutes
- Abdomen crunches > 10 ~ 50 repetitions – 10 minutes
- Squats > 10 ~ 40 repetitions - 5 minutes

Day 3 - Cardio Day

- Stair climbing or step climbing or speed walk on inclined treadmill > 45 ~ 60 min
- Elevate and maintain heart rate between 120 ~ 140 beats per minute
- Warm Down Slowly

Days 4,5 - repeat of Day 1,2

Day 6 - Rest day

Day 7 - Endurance Day

- Brisk Walking or jogging 12 ~ 18 kms – About 100 ~ 180 minutes
- During some days carry 5 ~ 8 kilos backpack for shorter distances

Note: Follow proper stretching, warm up and warm down procedures

Mental fitness

Outdoor programs may also test the limits of endurance even if one has trained well and has achieved reasonable level of physical fitness. During such situations, the participant can pull through with mental strength and courage. Inner strength is a net result of so many factors – self confidence, courage, previous experience etc. It is well documented that yoga, meditation, faith will greatly help one improve inner strength.

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