



SereneTrails
ADVENTURES PVT. LTD.

ॐ SACRED HIMALAYAN EXPEDITION · 2026 SEASON

Kailash Mansarovar *Yatra 2026*

Curated Journeys. Elevated Experiences.

A complete pilgrim's handbook for the most sacred circuit in the Himalayas — covering every detail of your journey from Kathmandu to the throne of Lord Shiva and back. Two routes. One destination. One transformation.

 By Road (Overland) — 12–15 Days

 By Helicopter — 9–12 Days

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ABOUT THE YATRA

Mount Kailash (6,638 m / 21,778 ft) rises in solitary grandeur in the western corner of the Tibetan Plateau. Revered as the physical embodiment of Mount Meru — the axis of the universe — it is considered the most sacred peak on earth by Hindus, Tibetan Buddhists, Jains, and Bön adherents alike. Unlike any other Himalayan summit, Kailash has never been climbed; it is walked around in reverence, not conquered.

Lake Mansarovar (4,590 m), the world's highest freshwater lake, sits at the foot of Kailash. Its still azure waters are considered among the holiest in the Hindu and Buddhist traditions. A ritual dip (snan) and havan (sacred fire ceremony) at its shores is the spiritual centrepiece of the Yatra. Completing the 52 km Kailash Parikrama (circumambulation) — crossing Dolma La Pass at 5,600 m — is believed to wash away the sins of a lifetime and break the cycle of rebirth.

SereneTrails orchestrates two carefully designed journey modes to this sacred destination. Both routes share the same sacred core — Mansarovar rituals, the full Parikrama, and the Dolma La crossing — but differ in how you enter Tibet and the total journey duration.

AT A GLANCE



KAILASH HEIGHT

6,638 m

21,778 ft — Never summited



MANSAROVAR HEIGHT

4,590 m

15,060 ft — World's highest freshwater lake



DOLMA LA PASS

5,600 m

18,373 ft — Highest point on Parikrama



KAILASH PARIKRAMA

52 km

3-day clockwise circuit trek



Sacred Yatra Highlights — Both Routes

- ◆ Pashupatinath Temple visit in Kathmandu
- ◆ Full 52 km Kailash Parikrama (3 days)
- ◆ Golden North Face of Kailash at Derapuk
- ◆ Ritual holy dip & havan at Lake Mansarovar
- ◆ Dolma La Pass crossing (5,600m)
- ◆ Gauri Kunda sacred lake on Parikrama

Both sacred routes lead to the same divine destination. Your choice depends on your available time, comfort preference, and the kind of journey experience you seek. Compare below and choose the path that calls to you.

 **By Road — Overland**

Duration	12–15 Days
Entry Border	Kyirong (Nepal–Tibet)
Starting Point	Kathmandu, Nepal
Altitude Range	1,400m → 5,600m (Dolma La)
Primary Transport	Luxury A/C Coach + 4×4 SUV
Acclimatisation	Natural — gradual road ascent
Tibetan Plateau Drive	~1,200 km total
Difficulty	Demanding / Extreme
Group Batch Size	12–24 Pilgrims
Best For	Immersive Tibetan landscape
Unique Experience	Kyirong valley, plateau drives

The overland route offers deep immersion in the Tibetan plateau landscape — Buddhist monasteries, nomadic camps, dramatic passes, and the vast open sky of Tibet. This is the pilgrim's path that has been walked for centuries.

 **By Helicopter — Premium**

Duration	9–12 Days
Entry Route	Simikot → Hilsa (Aerial)
Starting Point	Kathmandu → Nepalgunj
Altitude Range	1,400m → 5,600m (Dolma La)
Primary Transport	Helicopter + Domestic Flights
Acclimatisation	Structured rest days at Taklakot
Nepal Domestic Flight	Kathmandu → Nepalgunj → Simikot
Difficulty	Demanding / Extreme
Group Batch Size	8–16 Pilgrims
Best For	Time-efficient premium passage
Unique Experience	Aerial views of Karnali gorges

The helicopter route offers dramatic aerial views of the Himalayas and a faster passage into Tibet. Ideal for those with limited time who still want the complete Parikrama experience with full spiritual engagement.

-  **What Both Routes Share (No Compromise)**
- ✦ Complete Kailash Parikrama (52 km / 3 days)

✦ Dolma La Pass crossing (5,600m)

✦ Tibet Tourism Bureau permits handled

✦ Dedicated Sattvic vegetarian chef

✦ Lake Mansarovar ritual holy dip & havan

✦ Rider-led expert guides & coordinators

✦ High-altitude medical kit & oxygen support

✦ All border logistics & group coordination

INVESTMENT — PER PERSON (TWIN SHARING)

 **By Road (Overland)**
12–15 DAY SACRED JOURNEY

₹3,00,000
NRI / International Rate: USD \$4,500

BEST VALUE

 **By Helicopter**
9–12 DAY PREMIUM PASSAGE

₹3,50,000
NRI / International Rate: USD \$5,000

PREMIUM CHOICE

All prices per person on twin-sharing basis. Single supplement applicable. GST as per government norms. Prices valid for 2026 season batches only.

2026 FIXED DEPARTURE DATES

The following departure dates are fixed for the 2026 Yatra season. Both journey modes (By Road & By Helicopter) follow the same batch schedule departing from Kathmandu. The Full Moon (Purnima) batch on 01 Sept is especially auspicious for the sacred lake rituals.

-  03 August 2026
-  13 August 2026
-  20 August 2026
-  **01 September 2026 — Full Moon (Purnima)**
-  10 September 2026

WHAT'S INCLUDED IN THE PACKAGE

- ✦ Airport pickup & hotel stays in Kathmandu (2 nights)
 - ✦ Tibet Tourism Bureau visa permits & all inner line fees
 - ✦ Private luxury A/C coach transport throughout Tibet (Road) / Helicopter + domestic flights (Heli)
 - ✦ Dedicated experienced rider-led guides & border coordinators
- ✦ Sattvic vegetarian meals prepared by dedicated chef throughout
 - ✦ Medical oxygen support kits & high-altitude safety gear
 - ✦ Accommodation in Tibet (homestays / guesthouses)
 - ✦ All Parikrama route support, yak loading coordination

 **Booking Advisory**

Batches fill up fast — especially the Full Moon batch. We recommend securing your spot at least 3 months before your preferred departure. A non-refundable advance of ₹50,000 (Road) or ₹75,000 (Helicopter) is required at the time of booking to hold your seat.

ROUTE MODE	DURATION	ENTRY	PEAK ALTITUDE	PARIKRAMA
 By Road	12–15 Days	Kyirong Border	5,600m	52 km / 3 Days

● PHASE 1 — NEPAL GATEWAY	Days 01–02 · Kathmandu
DAY 01 Arrival in Kathmandu (1,400m) 1,400m Arrive at Tribhuvan International Airport, Kathmandu. Transfer to hotel for check-in, rest, and welcome dinner. Evening group orientation briefing covering permits, altitude awareness, packing checklist, and itinerary walkthrough.	
DAY 02 Kathmandu Sightseeing & Document Processing 1,400m Visit Pashupatinath Temple (one of the 12 Jyotirlingas), Boudhanath Stupa, and Chandeshwori Shakti Peetha. Simultaneously, passport copies, photos, and group visa applications are submitted to Nepal tourism authorities by our coordinators.	
● PHASE 2 — TIBET ENTRY & PLATEAU DRIVE	Days 03–06 · Kyirong → Mansarovar
DAY 03 Kathmandu → Kyirong Border (2,700m) 2,700m Drive ~180 km to the Nepal–Tibet border at Kyirong (Rasuwagadhi). Cross the border formalities, board Chinese luxury coach, and proceed 20 km to Kyirong town. Arrive and settle in at guesthouses. First contact with high altitude.	
DAY 04 Acclimatisation at Kyirong (2,700m) 2,700m Mandatory rest and acclimatisation day. Gentle walks around Kyirong town, Buddhist temples, and river valleys. Drink 3–4 litres of water. No strenuous activity. Medical check by our altitude doctor. Oxygen available if required.	
DAY 05 Kyirong → Saga / Dongba (4,450m) 4,450m Long drive (~350 km) across the Tibetan plateau through stunning landscapes. Pass Gyatso La Pass (5,248m). Views of the Langtang Himalayas. Arrive Saga or Dongba for overnight at guesthouse. Altitude gain is significant — rest well.	
DAY 06 Drive to Lake Mansarovar (4,650m) 4,650m Stunning 485 km drive through the open plateau. First sightings of Rakshas Taal and the brilliant blue Lake Mansarovar. Arrive lakeside, settle in. Emotional first sight of Mount Kailash on the horizon for many pilgrims.	
● PHASE 3 — SACRED LAKE RITUALS	Day 07 · Mansarovar → Darchen
DAY 07 Mansarovar Puja, Havan & Holy Dip → Darchen (4,600m) 4,650m Early morning sacred rituals at the lake — group puja, havan fire ceremony, and holy dip in the crystal waters of Mansarovar. Afternoon: drive 40 km to Darchen, the base village for the Kailash Parikrama. Rest and prepare for the sacred circuit.	

 By Road — Kailash Parikrama & Return

DAYS 8–15 · SACRED CIRCUIT & HOMEWARD JOURNEY



KAILASH PARIKRAMA

52 km · 3 Days · Highest Point: Dolma La 5,600m

Route continues from

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● PHASE 4 — KAILASH PARIKRAMA (52 KM)

Days 08–10 · Darchen Circuit

DAY 08 First Parikrama Leg — Darchen → Derapuk (4,700m)

4,700m

Early morning drive to Yama Dwar (gate of Yama, god of death). Trek begins — 12 km alongside the Lha-Chu river through the valley. Arrive at Derapuk, iconic guesthouse facing the magnificent Golden North Face of Mount Kailash.

DAY 09 Dolma La Pass (5,600m) → Zuthulpuk Monastery (4,800m)

▲ 5,600m

The most challenging day — 22 km trek (8–10 hours). Ascend steeply to Dolma La Pass (5,600m), the highest point on the entire Yatra. Perform puja at Dolma Devi stone. Pass the sacred Gauri Kunda frozen lake. Long descent to Zuthulpuk monastery camp. Oxygen available throughout.

DAY 10 Parikrama Complete — Return to Darchen (4,600m)

4,600m

Trek final 8 km to complete the Parikrama circuit. Arrive at Yama Dwar — Parikrama complete. Board coach to return to Darchen. Celebrate completion with group dinner. Rest well — the body has accomplished something extraordinary.

● PHASE 5 — HOMEWARD JOURNEY

Days 11–15 · Darchen → Kyirong → Home

DAY 11 Darchen → Saga / Dongba (Return Drive)

—

Full day drive back across the plateau. Pass the same dramatic landscapes on the return route. Overnight at Saga or Dongba guesthouse. Rest and reflect on the journey completed. Celebration evening with the team.

DAY 12 Saga → Kyirong Town (Overnight)

2,700m

Drive back toward the Nepal border. Arrive at Kyirong town for final overnight in Tibet. Border documents and permits checked. Return celebration dinner with the group. Final puja and thanksgiving.

DAY 13 Kyirong Border → Kathmandu (Nepal)

1,400m

Early morning cross the Kyirong border back into Nepal. Drive ~180 km to Kathmandu. Check in at hotel, rest and freshen up. Group farewell dinner in the evening at a traditional Nepali restaurant.

DAY 14–15 Kathmandu Departure — Flights Home

—

Departure transfers to Kathmandu Tribhuvan International Airport as per individual flight schedules. Our team will assist with luggage and airport coordination. Return home transformed — having completed one of the holiest journeys on earth.

ROUTE MODE	DURATION	ENTRY	PEAK ALTITUDE	PARIKRAMA
 By Heli	9–12 Days	Simikot → Hilsa	5,600m	52 km / 3 Days

● PHASE 1 — NEPAL GATEWAY

Days 01–02 · Kathmandu → Nepalgunj

DAY 01

Arrival in Kathmandu (1,400m)

1,400m

Arrive at Tribhuvan International Airport. Hotel check-in, welcome dinner, and evening group briefing. Coordinator reviews helicopter schedule, domestic flight timings, permit documentation, and acclimatisation protocol.

DAY 02

Pashupatinath Temple & Flight to Nepalgunj

1,400m

Morning visit to Pashupatinath Temple and Boudhanath Stupa. Afternoon transfer to airport. 1-hour domestic flight to Nepalgunj in the Terai lowlands. Check-in at hotel for overnight rest before the aerial crossing into Tibet.

● PHASE 2 — AERIAL TIBET ENTRY

Days 03–04 · Simikot → Hilsa → Taklakot

DAY 03

Nepalgunj → Simikot → Helicopter to Hilsa (3,640m)

3,640m

Early morning flight from Nepalgunj to Simikot airstrip (2,971m). Helicopter departure over dramatic Karnali river gorges — Nepal's most spectacular aerial route. Land at Hilsa (3,640m), Nepal–Tibet border. Cross on foot and complete entry formalities.

DAY 04

Hilsa → Taklakot / Purang (3,880m)

3,880m

Cross the Tibet border on foot. Board luxury A/C coach and drive ~30 km to Taklakot (Purang). Visit local Tibetan monastery and rest. Taklakot is the last major resupply point before Mansarovar. Settle in guesthouses for the night.

● PHASE 3 — ACCLIMATISATION & SACRED LAKE

Days 05–06 · Taklakot → Mansarovar

DAY 05

Rest & Acclimatisation at Taklakot (3,880m)

3,880m

Full mandatory acclimatisation day. Drink 3–4 litres of water, take short gentle walks, and avoid strenuous effort. Medical check conducted. Spend time in prayer and reflection. Our altitude doctor is on hand throughout the day.

DAY 06

Drive to Lake Mansarovar (4,650m)

4,650m

Drive ~90 km to the turquoise shores of Lake Mansarovar. Arrive at the sacred lake — first views of Mount Kailash rising behind. Check in at lakeside accommodation. Evening meditation and prayers as the sun sets over Kailash and Mansarovar.



By Helicopter — Mansarovar, Parikrama & Return

DAYS 7–12 · SACRED CIRCUIT & HOMEWARD AERIAL JOURNEY



KAILASH PARIKRAMA — HELICOPTER ROUTE
52 km · 3 Days · Highest Point: Dolma La 5,600m

Route continues from
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● PHASE 4 — SACRED LAKE RITUALS

Day 07 · Mansarovar → Darchen

DAY 07 Mansarovar Puja, Havan & Holy Dip → Darchen (4,600m) 4,650m
Sunrise sacred rituals at the lake shore — group puja, agni havan (fire ceremony), and holy dip in Mansarovar's sacred waters. This is the spiritual heart of the Yatra. Afternoon drive 40 km to Darchen base camp. Rest and prepare for the Parikrama.

● PHASE 5 — KAILASH PARIKRAMA (52 KM)

Days 08–10 · Darchen Circuit

DAY 08 First Parikrama Leg — Darchen → Derapuk (4,700m) 4,700m
Drive to Yama Dwar. Trek 12 km alongside the Lha-Chu river through the sacred valley. Views of the western face of Kailash throughout. Arrive at Derapuk — magnificent North Face of Kailash looms directly overhead. Rest at guesthouse.

DAY 09 Dolma La Pass (5,600m) → Zuthulpuk Monastery (4,800m) ▲ 5,600m
Most demanding day — 22 km trek over Dolma La Pass (5,600m). Steep ascent, thin air, extraordinary views of Kailash's north face. Puja at Dolma Devi stone. Cross Gauri Kunda sacred lake. Long descent to Zuthulpuk monastery. Oxygen and medical support available throughout.

DAY 10 Parikrama Complete — Darchen → Taklakot 4,600m
Final 8 km trek to complete the full Parikrama circuit. Board coach, return to Taklakot. Group celebration dinner. Rest and recover from 3 days of high-altitude trekking. All logistics for next-day departure are managed by our team.

● PHASE 6 — HOMEWARD AERIAL JOURNEY

Days 11–12 · Hilsa → Simikot → Kathmandu

DAY 11 Taklakot → Hilsa Border → Simikot → Nepalgunj —
Drive to Hilsa border. Cross on foot into Nepal. Helicopter from Hilsa back to Simikot — final aerial views of the Karnali gorge. Domestic flight from Simikot to Nepalgunj. Overnight at hotel for rest before final leg home.

DAY 12 Nepalgunj → Kathmandu / Lucknow — Departure —
Domestic connecting flight from Nepalgunj to Kathmandu or Lucknow as per batch plan. Arrive home having completed one of the world's most sacred pilgrimage journeys — the Kailash Mansarovar Yatra 2026.

✓ What's Included

- ✓ Airport pickup & hotel stays in Kathmandu (2 nights, standard category)
- ✓ Hotel & accommodation in Nepalgunj (Helicopter route, 1 night)
- ✓ Tibet Tourism Bureau (TTB) group visa & all inner line permit fees
- ✓ Chinese visa processing coordination & group visa assistance
- ✓ Nepal group visa facilitation for Indian passport holders
- ✓ Luxury A/C coach transport throughout Tibet (Overland route)
- ✓ Domestic Nepal flights: Kathmandu ⇌ Nepalgunj (Helicopter route)
- ✓ Domestic Nepal flights: Nepalgunj ⇌ Simikot (Helicopter route)
- ✓ Helicopter transfer: Simikot → Hilsa → Simikot (Helicopter route)
- ✓ All accommodation in Tibet: guesthouses / homestays throughout journey
- ✓ All meals throughout the journey — breakfast, lunch, dinner (Sattvic vegetarian)
- ✓ Dedicated vegetarian chef preparing hygienic, nutritious food for the group
- ✓ Medical oxygen cylinders & pulse oximeters at all camps
- ✓ High-altitude first aid kit and on-call altitude doctor
- ✓ Experienced rider-led expedition guides (entire journey)
- ✓ Border crossing coordination and permit checking at all checkpoints
- ✓ Yak loading support at Yama Dwar for Parikrama luggage transfer
- ✓ Group trekking support during 3-day Kailash Parikrama
- ✓ Parikrama route guesthouse stays (Derapuk & Zuthulpuk)
- ✓ Puja, havan, and ritual flower materials at Lake Mansarovar

✗ What's Excluded

- ✗ International / domestic flight tickets to Kathmandu from your hometown
- ✗ India to Nepal border visa fees (if applicable for non-Indian nationals)
- ✗ Personal travel insurance — mandatory; altitude rescue & evacuation policy required
- ✗ Medical fitness certificate (required before departure — at participant's cost)
- ✗ Personal porter hire during Kailash Parikrama (available at approx. ₹3,000–4,000/day)
- ✗ Pony / horse hire during Parikrama (available at approx. ₹6,000–8,000 for full circuit)
- ✗ Personal expenses — laundry, phone calls, shopping, souvenirs
- ✗ Tips and gratuities for guides, drivers, and support staff (voluntary)
- ✗ Extra room charges for early check-in or late check-out
- ✗ Costs arising from weather delays, road closures, or flight cancellations
- ✗ Government tax policy changes after booking (if applicable)
- ✗ Costs due to political situation changes, border closures, or permit delays
- ✗ Any medical evacuation charges beyond basic first aid (insurance must cover)
- ✗ Exit fees or early departure charges if participant leaves group schedule
- ✗ Alcoholic beverages (strictly prohibited on the Yatra)

Our booking process is designed to be straightforward and transparent. Our dedicated Yatra coordinator will guide you through every step from initial enquiry to departure day, ensuring all permits and logistics are handled with precision.

1

Enquiry & Journey Planning

Contact us via phone, email, or WhatsApp. Our coordinator will call you back within 24 hours to understand your preferred batch date, journey mode (Road or Helicopter), group size, and any health or special requirements. We will answer all your questions and provide a personalised journey overview.

2

Document Submission

Submit the following documents: Valid Indian Passport (minimum 6 months validity beyond travel date), 4 passport-size photographs (white background), completed health declaration form, and medical fitness certificate from a registered physician. NRI / foreign nationals must also submit their OCI/PIO card and country-of-residence ID.

3

Advance Payment & Seat Confirmation

Pay the non-refundable advance booking deposit — ₹50,000 (By Road) or ₹75,000 (By Helicopter) — via bank transfer or UPI to confirm your seat on the chosen batch. Remaining balance is due 45 days before departure. NRI / international participants may pay in USD equivalent via wire transfer.

4

Tibet Permit & Visa Processing

Once the advance is received and documents are verified, our team initiates the Tibet Tourism Bureau (TTB) group visa application. This process typically takes 4–6 weeks. We also handle the Alien Travel Permit (ATP) and Military Area Permit (MAP) required for the Kailash region. You will be informed as soon as permits are confirmed.

5

Pre-Departure Briefing

Approximately 2 weeks before departure, our team conducts a comprehensive briefing (via video call or in-person if in Delhi/Haridwar) covering: packing list, altitude medicine protocol, altitude sickness prevention, flight details, emergency contacts, and group logistics. All final payments must be cleared by this stage.

6

Departure Day — We Handle Everything

Our team meets the group at Kathmandu airport or the designated hotel. From this point, every aspect of the journey — meals, accommodation, transport, permits, border crossings, Parikrama logistics — is fully managed by the SereneTrails rider-led expedition team. Your only job is to be present, stay hydrated, and receive the blessings of Kailash.

🇨🇳 Tibet Visa Requirements

Tibet does not issue individual tourist visas. Entry is strictly through a **Chinese Group Visa** and a **Tibet Tourism Bureau (TTB) Permit**, both arranged collectively for the group. Indian passport holders cannot travel to Tibet independently — a licensed operator like SereneTrails must handle all permits.

- 📄 Chinese Group Visa — arranged by SereneTrails (included)
- 📄 Tibet Tourism Bureau (TTB) Group Permit (included)
- 📄 Alien Travel Permit (ATP) for Kailash region (included)
- 📄 Military Area Permit (MAP) for restricted zone (included)
- ⚠️ Valid Indian Passport — minimum 6 months validity beyond travel date
- ⚠️ 4 passport-size photographs (white background) — submit in advance

🏥 Medical Certificate

A medical fitness certificate from a registered physician or cardiologist is mandatory. The certificate must confirm that the participant is physically fit to undertake high-altitude trekking up to 5,600m and has no contraindicated medical conditions.

Contraindicated conditions: Severe cardiac disease, uncontrolled hypertension, severe COPD, active psychiatric conditions, pregnancy, or any condition preventing physical exertion at altitude.

- 📄 Certificate from physician / cardiologist (on letterhead)
- 📄 ECG report recommended for participants above 55 years
- 📄 Blood pressure and oxygen saturation baseline check
- 📄 Submit minimum 30 days before departure date

🛡️ Travel Insurance (Mandatory)

⚠️ Non-Negotiable Requirement

Travel insurance with coverage for high-altitude medical emergencies and aerial evacuation is **MANDATORY** for all Yatra participants. No participant will be permitted to join the group without proof of adequate insurance coverage.

- ✓ Altitude rescue & helicopter evacuation coverage (min. USD \$50,000)
- ✓ Emergency medical hospitalisation coverage
- ✓ Trip cancellation and interruption coverage
- ✓ Coverage must be valid up to 6,000m altitude
- ✓ Policy document to be submitted before departure

💊 Health Advisory

Begin altitude preparation at least 4 weeks before departure:

- 💊 Consult your doctor about Acetazolamide (Diamox) for altitude sickness prevention — start 1–2 days before ascent
- 💊 Carry personal medications: Diamox, Dexamethasone, Ibuprofen, antihistamines, antidiarrheals
- 💊 Iron supplements recommended for those with lower haemoglobin
- 🏃 Begin cardiovascular fitness training at least 6 weeks prior (jogging, cycling, stair climbing)
- 🚭 No smoking or alcohol during the entire Yatra — strictly enforced
- 💧 Hydration is critical — commit to 3–4 litres of water daily from Day 3 onwards
- 🍽️ Avoid heavy meals at altitude; eat light, warm, and easily digestible food

Packing right is critical at 5,600m. Too little and you suffer from cold and altitude; too much and the extra weight slows you down on the Parikrama. Use this curated list to prepare your expedition pack. Total recommended bag weight for Parikrama: under 8 kg in day pack (remaining goes on yak).

Clothing & Layering

- Thermal inner layer (top + bottom) — 2 sets
- Fleece mid-layer jacket
- Waterproof windproof outer jacket
- Down jacket / puffer (min -10°C rated)
- Waterproof trekking trousers
- Warm woollen / fleece trousers
- Quick-dry trekking shirts — 3 pieces
- Woollen socks — 4 pairs (merino preferred)
- Waterproof trekking boots (broken in)
- Camp shoes / sandals for rest periods
- Woollen gloves (inner + outer waterproof)
- Balaclava / neck gaiter / face mask
- Warm woollen cap / beanie
- UV-protection sunhat for daytime
- Religious dhoti / kurta for puja and rituals

Essentials & Medical

- Passport + visa documents (originals + 3 copies)
- Medical fitness certificate + insurance policy
- Diamox (Acetazolamide) — as prescribed
- Dexamethasone (emergency AMS — doctor prescribed)
- Ibuprofen / Paracetamol (pain & fever)
- Antacids / digestive aids
- Loperamide (antidiarrheal)
- Antihistamine tablets
- Personal pulse oximeter
- Lip balm with SPF 50+
- Sunscreen SPF 50+ (face & hands)
- Moisturiser (skin cracks in dry Tibetan air)
- Eye drops (lubricating, for dry-eye at altitude)
- Glucose / energy bars & dried fruits
- Rehydration salts / electrolyte sachets

Gear & Accessories

- Trekking poles — adjustable, collapsible (2)
- Daypack — 25–30 L waterproof
- Main duffel bag — 60–80 L (for yak transfer)
- Rain cover / waterproof bag liners
- Headlamp + spare batteries (critical)
- Sleeping bag liner (for guesthouses)
- UV-protection sunglasses (glacier rated)
- Portable phone charger / power bank
- Multi-port USB charging hub
- Camera (charged batteries, extra SD card)
- Universal travel adapter
- Hand sanitiser & wet wipes (packs of 3)
- Toilet paper & small trowel
- Prayer beads / personal puja items
- Small Shiva photo or idol for personal puja

Parikrama Day-Pack vs. Yak Bag

Day Pack (carry yourself, max 8 kg):

Water bottles, snacks, medications, headlamp, rain jacket, camera, pulse oximeter, sunscreen, warm gloves, trekking poles

Main Duffel (goes on yak):

Sleeping bag liner, spare clothes, toiletries, chargers, non-essential items. Yak loading at Yama Dwar — label clearly with your name.

AMS — Quick Reference

Mild

Headache, nausea, fatigue. Rest, hydrate, Diamox.

Moderate

Persistent headache, vomiting, extreme fatigue.

HACE

Confusion, loss of coordination. Descend immediately.

HAPE

Crackling breath, blue lips. Life-threatening emergency.

Additional Journey Costs

Personal Porter (Parikrama)	₹3,000–4,000/day
Pony / Horse (full circuit)	₹6,000–8,000
Extra oxygen cylinder	~CNY 150–200
Laundry services	₹200–400/load
Helicopter evacuation	Covered by insurance

SereneTrails Adventures — Kailash Mansarovar Yatra 2026 Complete Guide

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Every sacred journey begins with a single step — and for the Kailash Yatra, that step is reaching out to our team. Our rider-led coordinators are available 7 days a week to answer your questions, clarify documentation, and secure your place on the next batch.



Phone & WhatsApp

PRIMARY YATRA COORDINATOR

+91 90689 08481

Available 9 AM – 8 PM IST, 7 days a week.
WhatsApp preferred for document sharing.



Email

ENQUIRIES & DOCUMENTATION

contact@serenetrailsadv.com

We respond within 24 hours on business days.
Attach passport copy & queries in first email.

OUR OFFICES



New Delhi SereneTrails
Adventures Pvt. Ltd.
Vasant Kunj,
New Delhi – 110070



Haridwar SereneTrails
Adventure Base
Ranipur More,
Haridwar, Uttarakhand



Online

www.serenetrailsadv.com
Instagram: @serene_trails
Available globally 24/7



ॐ नमः शिवाय

May Lord Shiva bless your journey and grant you the strength, health, and devotion to complete the sacred Parikrama. We at SereneTrails are honoured to be your guides on this once-in-a-lifetime spiritual expedition.

— The SereneTrails Rider-Led Team