

## **2012 – Sai AtiRudra Parayanam – Mt. Kailash Yatra**

### **Frequently Asked Questions (FAQ)**

- 1. When does Mt. Kailash Yatra/Pilgrimage start and end?**
- 2. Who is eligible to join the Mt. Kailash Pilgrimage?**
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- 8. Do I have to travel with the group?**
- 9. What is the complete itinerary of the trip?**

#### **1. When does Mt.Kailash Yatra/Pilgrimage start and end?**

All pilgrims are required to be in Kathmandu on June 21<sup>nd</sup>. The AtiRudram Parayana starts on Saturday June 23<sup>rd</sup> along with the Mt.Kailash/Mansarover yatra. The pilgrimage ends back in Kathmandu on July 5<sup>th</sup>. The return flights from Kathmandu will be on July 6<sup>th</sup>.

Please allow yourself 2 days before and after the trip. Based on your country passport, extra days are needed for visa purpose. See Visa requirements section and full itinerary section.

#### **2. Who is eligible to join the Mt.Kailash Pilgrimage?**

Any Sai Devotee who

- a. Can chant Rudram (Namakam, Chamakam)
- b. Commits to 5 months (February to June) of spiritual discipline leading upto the pilgrimage

#### **3. What are the weather conditions during the pilgrimage?**

Weather conditions from May to September in Tibet, can be expected to be dry and sunny, with precipitation in July and August, day time temperatures can be as high as 22 degrees centigrade in Tibet. The average daily temperature will be 10 degrees centigrade, however, the intense sun at high altitude can, make it feel even hotter. At this time of year there is an incredible drop in temperature from early afternoon to evening time, temperature at night-time will drop as low as 0 to -10 degrees centigrade at altitudes of 5000 meters, our highest camp during the PARIKRAMA.

#### 4. What is the cost of the pilgrimage?

Cost Type	Cost	Notes
Kailash Yatra (Kathmandu to Kathmandu)	\$2000 per person	Includes Food/Lodging/Travel/Travel Guide etc.
Air Tickets	Depends on travel locations and dates.	Air ticket price is not included in the \$2000 Yatra cost.

#### 5. What are the Visa requirements?

Passport Country	Required Visas	Cost	Notes
US Passport holders	Nepal, Tibet, China	\$40	Visa granted in Kathmandu for Tibet on June 22, 2nd day of the trip. Please bring \$40 cash to Kathmandu for Nepal visa granted at the airport.
India Passport holders	Tibet, China	N/A	All India Passport holders are <b>required</b> to get visa from Chinese embassy in Delhi. India passport holders are <b>required</b> to arrive in Delhi on June 19, get visa on June 20 and fly to Kathmandu on June 21 <sup>st</sup> . While you stay/travel in New Delhi, travel agent will procure the visa.

- Please note that all dates of travel are binding due to strict & limited visa rules. Travel dates cannot be changed during the pilgrimage as they are bound by the Visa dates.

#### 6. What are the medical requirements for the pilgrimage?

Oxygen is less at higher altitudes. The inclement weather and high altitude induces certain illness generally not encountered over the plains. Headache, nausea, lassitude, lethargy, breathlessness, general uneasiness [malaise], high irritability, light loss of balance, disorientation, incoherence and insomnia are a few. It is common to all irrespective of the age, sex and physical fitness. Gradual acclimatization is the best answer. Tranquilizers, sleeping dose and strong antibiotic must be avoided. Some of symptoms indicate that the body mechanism is readjusting to new environments.

All pilgrims are required to consult their doctor and provide proof that they don't have any medical condition(s) which prevent them from going to altitudes above 5000m.

#### 7. Do I have to book my air ticket(s)?

All air tickets are booked by the travel agency. Please provide complete details of your travel cities, dates, airports in the registration website. Travel agency is going to arrange group discount based on the number of travellers.

Individual air ticket booking is OK, but discouraged, as long as the exact pilgrimage dates are met.

#### 8. Do I have to travel with the group to Kathmandu and during the pilgrimage?

Yes. This is a group pilgrimage. A collective spiritual sadhana of 121 people, chanting Ati Rudram for World Peace. Please sign up for pilgrimage **only if** you want to be part of the 121 people group.

#### 9. What is the complete itinerary of the trip?

Day	Date	ARP Day	Notes
	Tuesday, June 19, 2012		Indian Passport holders arrive in Delhi
	Wednesday, June 20, 2012		Indian Passport holders take Tibet + China Visa in Delhi
1	Thursday, June 21, 2012		All Pilgrims arrive in Kathmandu. Everyone must arrive this day to get next day Tibet Visa. <b>Even if one traveller misses the visa we won't have 121 count. So please arrive on this day.</b>
2	Friday, June 22, 2012		Kathmandu Acclimatization, Get Tibet Visa
3	Saturday, June 23, 2012	1	Kathmandu, ARP Starts @ Pashupatinath Temple, Tibet Visa. Morning after breakfast sightseeing tour to Pashupatinath, Jal Narayan and Swayambhunath after lunch preparing for kailash Yatra. Meal plan (B/L/D)
4	Sunday, June 24, 2012	2	Drive Kathmandu - Kodari - Nyalam (137 Km) At Kodari (border) After immigration and customs formalities on both sides (Nepal & China). We drive to the small town - Nyalam O/N Hotel with attached bathroom (3700m). Meal plan (B/L/D)
5	Monday, June 25, 2012	3	Rest day for altitude acclimatization at Nyalam. Meal plan (B/L/D)
6	Tuesday, June 26, 2012	4	After breakfast Drive to Saga 250kms (-4500m) Enjoy grand view of Mt. Shishapangma (8021mt High) Gauri Shankar and other high mountains from Lablung - LaPass (5050mt. high) another attraction will be a sacred lake Pikusto, Overnight New Sanga Hotel at Saga. Meal plan (B/L/D)

7	Wednesday, June 27, 2012	5	Drive to - Lake Manasarovar 385km (4500m).Very auspicious day for all people who will have first glimpse of Holy Manasarovar and view of Mt. Kailash from Horchu Pass. Overnight stay Lodge at Chhu Gampa at the shore of lake Manasarovar. Meal plan (B/L/D)
8	Thursday, June 28, 2012	6	The abode of god will be a lifetime - achievement. Puja, Havana worship, meditation, holly bath etc. Afternoon drive to Darchen (30km) 4560m.O/t New hotel. Meal plan (B/L/D)
9	Friday, June 29, 2012	7	Parikrama Day1. Darchen to Diraphuk 18km.Kora (circuit) begins drive 10 km. cover to Tarboche and trek up to walk approximately about 04 / 05 hour Diraphuk (4890m). Overnight stay at Camping. Meal plan (B/L/D)
10	Saturday, June 30, 2012	8	Parikrama Day 2. Trek to Zuthulphuk (4790m) 22km. walk approximately 08 / 10 hours - Parikarma continues, this is the day every pilgrims talks about, the most difficult journey through out the trip, Trek up to Dolma La pass (5600m). We will offer very short prayers at Dolmala and move towards Gaurikunda. They programmed in the same as usual, Zuthulphuk overnight stay at camping. Meal plan (B/L/D)
11	Sunday, July 1, 2012	9	Parikrama Day 3. Zuthulphuk to Paryang via Manasarovar Horchu. After Breakfast, we will trek around 8 km. We will be reaching at the point, where our jeeps will be waiting to drive us to Darchen, <b>parikarma (Circuit) ends</b> . After Lunch we will drive to Paryang via Manasarovar Horchu O /N Guest Gueat House . Meal plan (B/L/D)
12	Monday, July 2, 2012	10	Stay in ManasSaroover
13	Tuesday, July 3, 2012	11	ManasSaroover, Gurupoornima, End of ARP
14	Wednesday, July 4, 2012		Return Journey. Drive back to Nylam / Zhangmu. Meal plan (B/L/D)
15	Thursday, July 5, 2012		Return Journey. Nyalam to Katmandu transfer to Hotel. Meal plan (B/L/D)
16	Friday, July 6, 2012		Fly out of Kathmandu