

## **ADVISORY FOR KAILASH MANSAROVAR YATRA 2019 (VIA NEPAL)**

15 APRIL 2019

Indian citizens travelling for Kailash Mansarovar Yatra through Nepal may note the following dos and don'ts:

### **DOs**

- Pilgrims may ensure that they have appropriate **Chinese visa** and **Travel Permit** for Tibetan Autonomous Region (TAR), prior to commencing journey from India.
- Pilgrims should take note that Chinese Visa needs to be obtained from the Embassy of China in New Delhi (and **not** from the Embassy of China in Kathmandu).
- Pilgrims may ensure that the travel agent has obtained **Restricted Area Permit for Nepal** (Simikot/Hilsa or Rasuwagidhi as per itinerary/route).
- Pilgrims should ensure that they have adequate/necessary **insurance coverage** to meet all exigencies (including high altitude sickness, emergency medical relief, evacuation, extended stay, etc.).
- All pilgrims should conduct a thorough **medical examination** before embarking on the Yatra. They should bring adequate medicines (including High Altitude Sickness and other lifesaving drugs) along with them.
- Pilgrims should ensure that they **halt at all designated acclimatization points** along the journey to reduce health risks arising from change in altitude / oxygen levels.
- Pilgrims should carry adequate cash to meet any emergency. ATM facilities are **not** available in Simikot/Hilsa.

- Pilgrims should carry SIM Card with international roaming facility. It is advisable to install messenger applications (whatsapp/ viber/ wechat, etc) as some locations along the route offer Wi-Fi facilities though there is no mobile connectivity.
- Pilgrims may carry contact numbers of their tour operators and their agents.

### **DON'Ts**

- Avoid travel during/near full moon days. Kailash Mansarovar Yatra experiences a high density of travelers and overbooking during full moon days leading to constraints on resources and incidents of pilgrims being stranded in Simikot and Hilsa.
- Pilgrims may take note of the weather forecast and avoid travelling during heavy rain/inclement weather.
- Pilgrims should avoid undertaking Mt. Kailash *parikrama* if health does not permit. Mt. Kailash *parikrama* involves extensive trekking through high altitudes and passes. Pilgrims with medical conditions and those not completely fit should avoid the same in their own interest and in the interest of the group they are travelling with.

### **PILGRIMS MAY TAKE NOTE THAT:**

- There are minimal/no medical facilities in Simikot/Hilsa. Pilgrims should carry adequate medicines for duration of tour and reserve supply for at least another 10 days.
- These areas have basic/minimal tourist infrastructure for a modest number of travelers/pilgrims. Be prepared to stay in hotels/lodges with basic food/lodging (including dormitories).
- Simikot/Hilsa route is connected only through air requiring fair weather/visibility to remain open. Pilgrims should be prepared to face delays (may be for days) at all points due to inclement weather.

**IN CASE OF EMERGENCY, PLEASE CONTACT EMBASSY OF INDIA, KATHMANDU**

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