

# Important Travel Information

## 1. General Information

### A. Itinerary

The itinerary and information herein should be viewed as a guideline. Weather conditions, road blocks, local political conditions, flight cancellations, mechanical breakdown or other such unforeseeable circumstances can lead to the change in itinerary or means of transport. Where such a delay or change does occur, we will take every effort to minimize the effects, but we will not be held responsible for such delays or changes which are out of our control. The information provided in the itinerary is to the best of our knowledge, marginal variances in the actual distances and altitudes is possible.

### B. Accommodation & Food (Except Kathmandu & Nagarkot)

We will be using the Tourist Standard Teahouse Lodges on Twin/Double Room sharing basis with neat and clean rooms with attached bathrooms (wherever possible and subject to availability). In the places where dormitory available, we request you to adjust for few days as we will be in the adventure trip.

Dinners and Breakfast are provided from the same lodges. Lunch will be provided along the route either on the lodges of the same property (if available) or at other good restaurants. Timing for breakfast, lunches, and dinner can be more or less changed due to the availability of lodges or guest preferences.

**(Guests having any specific meal dietary requirements should inform us in advance.)**

### C. Physical Fitness

The trip is slightly difficult due the increases on the altitude. The trek during Kailash Parikrams involves walking 6-8 hours daily, more on few days. Previous walking experience on high altitude is helpful. These treks involve walking on defined trails for long days with a walking duration of average 6-8 hrs a daily. Net height gain on few of the days can be below 500 or more. Physical fitness & previous walking experience in the outdoor is essential.

### D. Medical & First Aid

On this trek, professional medical help is not available. It is your responsibility to ensure that you are physically fit and able to complete the itinerary or your chosen trek, before booking the trip. It would be advisable to speak to your physician if you are unsure of your physical levels. In case you have an existing medical condition such as blood pressure, heart diseases, asthma or disability, you must inform us before the trip confirmation, in the Personal Information Form and also to the "Trip Leader" at the beginning of the trek.

We carry a comprehensive first aid kit as suggested by doctors. For the daily checkup of your body temperature and oxygen level, we will bring a Thermometer and Oximeter that

measures oxygen level and pulse rate. In case of any health problems that you may face on the trek, it would be advisable to speak to your trek leader/local guides. Please note that all these trips are not accompanied by a medical doctor.

As we will reach at high altitudes above 4000m; extra precaution is needed before you acclimatize to these altitudes. This itinerary is designed to enable every travelers to acclimatize to this altitude. Any medical and evacuation expenses incurred for the guest will have to be borne personally.

We recommend you take your medicine with you and if you will have a regular follow-up with doctors, please inform us about the days and times on the information form. We help you to give reminders.

## **2. Travel Information of Nepal**

### **A. Visa Information**

The Department of Immigration at the International Airport has started the services of Online Visa process and the Visa on Arrival system which will be easy for you. However, at the high season, to avoid the queues at the Immigration Department, you can fill up the online visa application where you have enough time to fill up the mandatory information. It is advisable that you fill-up the disembarkation card in the aircraft itself before disembarking to avoid wasting time filing it at the arrival counter.

You can get an online visa application on the website of the Immigration Department of Nepal. It will be easy for you at the airport to do the airport formalities. Please fill up this within 14 days prior to your arrival date as it is valid for 15 days only for the payment. Please bring the hard copy of submission file.

To apply online: <https://nepaliport.immigration.gov.np/on-arrival/IO01>

After you arrive in Nepal, pay the visa fee of USD 50/- for 30 Days (multiple entry).

### **B. Money Exchange**

You will see the money exchange counter inside the International Airport where you can exchange foreign currency into Nepalese Rupees (NPR). You can get Rs.5, 10, 20, 50, 100, 500 and 1000 on paper note and Re 1 and Rs 2 in paper note or coin. You will find the money exchange counter at the Thamel, Lazimpat, nearby to the world heritage sites, and other places or at the hotel. Please collect the receipt of the amount you have changed.

### **C. Time**

Nepal has a time set of UTC +0545 all over the Nepal based on Mt. Gaurishankar and known as the Nepal Standard Time.

### **3. Travel Information of Tibet**

Tibet still remains one of the most remote & unknown regions of the world. It is not featured on the world tourism map because of the inadequate information & lack of proper tourism infrastructure such as hotels / motels, restaurants, roads etc. Journey to Tibet can be best enjoyed if viewed as adventure and not as, well-organized sight seeing tour. Tourists may have to deal with a lot of uncertainties on various occasions. We hope the following information would be useful for your travel in Tibet.

#### **Time:**

China has only one time zone; the local time everywhere is the same as Beijing time. Beijing local time is GMT + 08:00 hrs. We need to adjust our watch as per Beijing time as soon as we enter China to avoid any confusion.

#### **Important Note:**

All the tourism activities are strictly regulated & monitored by the Chinese Government authorities. The authorities may alter itineraries as they see fit & substitute hotels other than those mentioned in the itinerary. The Chinese guide is more of a liaison officer & he is the only communication links between the tourist, staff from Nepal, drivers, porters, yak men, other locals & government officials.

Most of the aspects are beyond our control & we cannot be held responsible for any delays, change in the itinerary etc. Any additional expenses on such account should be borne by tour members.

#### **Photography:**

There are strict controls on taking photographs in the monasteries. Please check with your Tibetan guide before taking any photographs near a bridge or police / military check post. Also it is advised to take a prior permission of the locals before taking their individual photographs.

#### **Restrictions:**

Please do not carry any photographs, books of Dalai Lama or posters, T-shirts of free Tibet, or Tibetan flag, or any political magazine or book. Possessing such things may be considered as an offense by Tibetan / Chinese authorities.

#### **Currency:**

Approximate exchange rate are 1 USD = 7.25 Yuan as per July 12, 2024.

We will assist you to get the Chinese Yuan, however there can be certain exchange fees.

#### **Business hours:**

10:00 hrs to 18:00 hrs is the normal office hours on all working days. On Saturdays the offices close in the afternoon & on Sundays they are closed.

**Customs:**

Still cameras, Video cameras, tape recorders and radios are allowed, it needs to be registered with the customs on entry in China. Customs regulation forbid the export of art objects prior to 1959 or souvenirs deemed to be excessive in numbers. Printed matters considered unsuitable by Government are prohibited.

**Visa & Documentation:**

All travellers from any nation intending to go to Tibet from Nepal must obtain a Tibet Group Visa (TGV) in Kathmandu with the help of a tour operator. To ensure the successful application of the TGV, you should plan to arrive in Kathmandu 5 working days before your travel date.

The passport should be valid for minimum 6 months after the completion of the trip. For issue of visa we need 3 Xerox copies of your passport, with 3-passport size photograph. We request you to give all these details on confirmation of your booking. Since the processing of China Group Visa takes at least 3-4 business days, you are advised to arrive earlier in Kathmandu. Visa formalities are stringent for people having diplomatic passport & for journalist, visa may be denied.

**Travel Insurance**

It is strictly advisable and is mandatory to carry a valid Travel Insurance covering the Kailash region. Our trip does not include the price for travel insurance and it is the sole responsibility of the pilgrim/traveller to ensure that he/she is adequately ensured for the full duration of the trip.

**Risks and Liability**

We will put every effort to make your journey smooth and pleasant. However, all the tours in Tibet are conducted strictly under the rules and regulations of Tibet Tourism Bureau (TTB). Therefore, we shall not be responsible for any change and alteration in the program due to unavoidable circumstances such as landslide, road blockage, flood, snow, political unrest, cancellation of flight, delay arrival, delay issue of permit and visa, sickness or accidents. Any extra cost incurred thereof shall be borne by the clients on the spot.