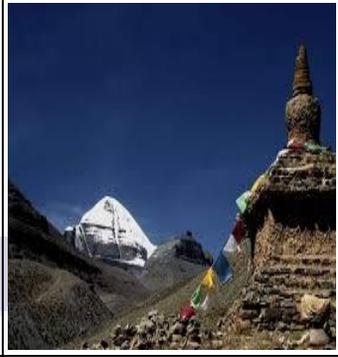
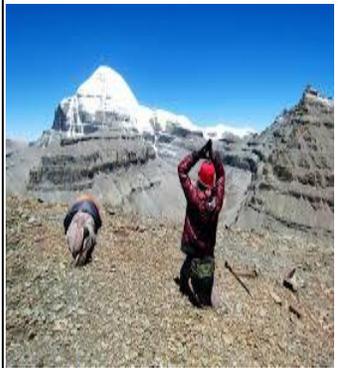
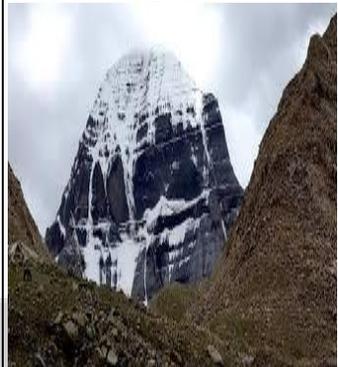
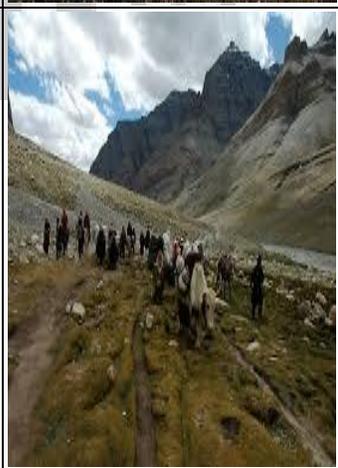


Days	Activities	Photo Guide
Day 01: Arrival Lucknow – Nepalgunj	<ul style="list-style-type: none"> ✓ Arrival Lucknow Railway Station / Airport ✓ Greetings from NFFT WORLD PVT. LTD. ✓ Drive to Nepalgunj by Road ✓ Evening is free for Rest ✓ Overnight stay, <p>Note:</p> <ul style="list-style-type: none"> ✓ Evening 07:30, we will have group briefing for yatra ✓ Note: Early arrival in Lucknow is recommended <p>05hr 00min (190Km) approximately Dinner</p>	
Day 02: Nepalgunj – Simikot	<ul style="list-style-type: none"> ✓ Early Morning, Flight to Simikot (01hrs – Approx) – IF WEATHER PERMITS ✓ Arrival & Transfer to Simikot Hotel ✓ Evening is free for acclimatization ✓ Overnight stay, Simikot <p>Note:</p> <ul style="list-style-type: none"> ✓ Flights can get delayed or cancelled too due to bad weather which are not in our control ✓ If flight is cancelled one can go to Bardia National Park for day trip on their own cost ✓ Early check in at hotel in is subject to availability / Multiple sharing rooms or non – attached rooms also provided some time if overcrowded <p>Breakfast, Lunch & Dinner</p>	
Day 03: Simikot – Taklakot	<ul style="list-style-type: none"> ✓ Transfer to Simikot Airport ✓ Drive to Hilsa by Helicopter (20 Mins – Approx) – Nepal – Tibet Border – IF WEATHER PERMITS ✓ Transfer to Immigration office to Complete Border Formalities ✓ After Clearance ✓ Drive to Taklakot ✓ Overnight stay, Taklakot <p>30min (20Km) approximately Breakfast, Lunch & Dinner</p>	
Day 04: Taklakot – Lake Mansarovar	<ul style="list-style-type: none"> ✓ Drive to Lake Mansarovar ✓ Parikrama of the Lake by Vehicle ✓ Overnight stay, Lake Mansarovar <p>Note:</p> <ul style="list-style-type: none"> ✓ It will be very basic multiple sharing non-attached accommodation ✓ If you need to Hire a Pony/Porter for Parikrama Do inform Our Local 	

	<p>Guide on this day so they can arrange it accordingly, sometimes it could be difficult to get the pony due to High Demand & we are not responsible for that</p> <p>02hr 00min (90Km) approximately Breakfast, Lunch & Dinner</p>	
<p>Day 05: Lake Mansarovar – Darchen – Ashtapad – Darshan</p>	<ul style="list-style-type: none"> ✓ Early Morning, Holi Dip, Pooja, Havan / Meditation ✓ Drive to Darchen via Rakshas Tal ✓ Transfer for Ashtapad Darshan by Bus / Van – (INCLUDE) 30min (20Km) approximately one side Rishabhanatha (Adinath) – First Jain Tirthankara ✓ Return to Darchen ✓ Overnight stay, Darchen <p>01hr 00min (40Km) approximately Breakfast, Lunch & Dinner</p>	
<p>Day 06: Darchen – Deraphuk 1st Day Parikrama</p>	<ul style="list-style-type: none"> ✓ First Day of Parikrama – ✓ Drive to Yamdwar – Starting Point of Parikrama (20 Mins) ✓ Trek to Deraphuk (22KM – by Walk – 10hrs Approx) ✓ Overnight stay, Zutulphuk <p>Note:</p> <ul style="list-style-type: none"> ✓ Those Who cannot do Pparikrama will stay at Darchen Hotel with some additional cost ✓ Those Who are not going for Parikrama will stay at Darchen at same or different hotel with additional cost depending upon hotel ✓ Accommodation at Deraphuk will be very basic with multiple sharing rooms with Outside toilets (Guest should not complain regarding accommodation here) ✓ No bath at Deraphuk / No Mineral water ✓ Khichadi or similar food served for dinner ✓ If allowed one can visit Ashtapad, from one can have very good Darshan of South Face & Ashtapad is a place where first Jain Tirthankar Guru Rishabhdev got enlightenment <p>Breakfast, Lunch & Dinner</p>	 
<p>Day 07: Deraphuk – Zutulphuk 2nd Day Parikrama</p>	<ul style="list-style-type: none"> ✓ Second Day of Parikrama – ✓ Trek to Zutulphuk via Dolma La Pass (5630m) (22KM – by Walk – 06hrs Approx) ✓ Overnight stay, Zutulphuk <p>Note:</p> <ul style="list-style-type: none"> ✓ Those Who are not going for Parikrama will stay at Darchen at same or different hotel with additional cost depending upon hotel ✓ Accommodation at Zutulphuk will be very basic with multiple sharing rooms with Outside toilets (Guest should not complain regarding accommodation here) ✓ No bath at Zutulphuk / No Mineral water 	



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	<ul style="list-style-type: none"> ✓ Khichadi or similar food served for dinner <p>Breakfast, Lunch & Dinner</p>	
<p>Day 08: Zutulphuk – Taklakot 3rd Day Parikrama</p>	<ul style="list-style-type: none"> ✓ Third Day of Parikrama – ✓ Trek to Chongdo (08KM – by Walk – 03hrs Approx) ✓ Drive to Taklakot ✓ Overnight stay, Taklakot <p>03hr 00min (110Km) approximately</p> <p>Breakfast, Lunch & Dinner</p>	
<p>Day 09: Taklakot – Nepalgunj</p>	<ul style="list-style-type: none"> ✓ Transfer to Hilsa Airport ✓ Drive to Simikot by Helicopter (20 Mins – Approx) – IF WEATHER PERMITS ✓ Simikot to Nepalgunj by Flight (01hrs – Approx) – IF WEATHER PERMITS ✓ Arrival & Transfer to Nepalgunj Hotel ✓ Overnight stay, Nepalgunj <p>Note:</p> <ul style="list-style-type: none"> ✓ Early check in at hotel is subject to availability / Hotel Might change due to nonavailability as its not Pre – Booked due to weather condition ✓ Hotel Might change on your return from Yatra ✓ No refund if you leave tonight to Lucknow or to your destination <p>Breakfast, Lunch & Dinner</p>	
<p>Day 10: Drop Lucknow</p>	<ul style="list-style-type: none"> ✓ Transfer to Lucknow Railway Station / Airport ✓ Drop <p>05hr 00min (190Km) approximately</p> <p>Breakfast</p> <p>TOUR ENDS WITH SWEET MEMORIES</p>	

INCLUSION	EXCLUSION
<ul style="list-style-type: none"> ✓ 09N – Accommodation ✓ All Meals with “NFTT WORLD STYLE” (PURE VEG & JAIN) (Till Nepal Side Border, Meals will be Provide at Hotel) (Tibet Side Food will be Provided by our Staff) (During Transfer in Tibet Lunch will be Provide Packed Food with Limited Options) (Lunch During Parikrama will be Packed & Guest need to Carry) ✓ Lucknow – Nepalgunj – Lucknow Transfer by Pvt Vehicle ✓ Nepalgunj – Simikot – Nepalgunj Flight Tickets ✓ Tibet Side Transfer by Comfortable Bus / Van 	<ul style="list-style-type: none"> ✓ Air / Train Fares ✓ Any Kind of Personal Expenses like Drinks, Phone Calls, Laundry, Etc ✓ Any Entrance Fee / Any Sightseeing Fee ✓ Emergency Evacuation Expenses ✓ Horse / Porter (Direct Payment Basis) / Subject to Availability ✓ Additional Cost Due to any Political Disturbance / Natural Calamities / Unforeseen Circumstances / Etc. ✓ Tibet / Kathmandu Extra Stay Cost ✓ The places where our vehicles are restricted. Where you



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- ✓ Darchen – Ashtapad – Darchen by Bus / Van
- ✓ Service of Caring Tour Manager
- ✓ English & Chinese Speaking Tour Guide
- ✓ English Speaking Tibetan Guide
- ✓ Basic First – Add Kit
- ✓ Oxygen Cylinders in Bus
- ✓ Kailash Permit & Normal Tibet / China Visa Fee
- ✓ Kailash Parikrama Entry Fees & Permits
- ✓ Mansarovar Entry Fees / Humla Permit
- ✓ Down Jackets, Duffel Bag, Day Pack Bag, Woolen Cap
- ✓ Insurance

- have to book/arrange vehicles yourself / Union Taxi / Auto / Etc.
- ✓ Ac will not work on hill area
- ✓ If pilgrims leave the group early from Tibet side for non – disease reason, then USD 200 per person per day or more must be paid as penalty to Tibet side – T.A.R. Foreign Exchange Center (FEC). (Visa splitting charge, accommodation, transportation charges will be extra)
- ✓ Any other item not specified in cost includes
- ✓ 5% GST

IMPORTANT NOTES

- ✓ Before booking the tour, please read instructions and facilities carefully mentioned below
- ✓ NFTT WORLD will not be responsible if the flights / trains are delayed or cancelled
- ✓ This tour starts with Dinner on Day – 01 & concludes with Breakfast on Day – 10
- ✓ Check In 02:00 pm & Check Out 10:00 am / as per Hotel / Guest House Policy
- ✓ Do Not issue air tickets until we get permit for Yatra
- ✓ Do not issue return air ticket as Yatra can get short or longer due to weather conditions
- ✓ 2026 is a Horse Year which comes after every 12 years & is like Maha kumbha, hence it is expected to be crowded during normal days too
- ✓ For Helicopter or flight we request all to have some Patience as not everyone can be accommodated in first flight, need to check weight too for adjusting load of aircraft
- ✓ Age Limit till 69 years only for Yatra
- ✓ If guests looked unfit for Parikrama or oxygen levels less than 65 at Darchen our trip leader can stop guests from going to Parikrama (Guest or agent must respect trip leaders' decision as its for safety of guest)
- ✓ Guest is requested to carry minimum 10000 Chinese Currency with them

DOCUMENTATION

TO APPLY PERMIT

- ✓ Scanned Passport copy First & Last Page only 40 days before Yatra date
- ✓ Latest Scanned Visa Photo with white background (Use Dark colour Clothes / no glasses & ornaments)
- ✓ Advance amount 25 %

TO APPLY VISA

- ✓ Original passport & 2 copies of visa Photo need at Delhi office 10 days prior to Yatra
- ✓ Full payment



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HOW TO TRAVEL NEPAL WITHOUT PASSPORT

- ✓ As your original passport will be at Delhi for Visa issuance, kindly book your ticket as per Original Voter ID travel Lucknow
- ✓ Your Passport will be handed over to you at Nepalgunj Hotel

TIPPING POLICY

- ✓ Guests are recommended to Give minimum 3000/-INR or above per Guest Tips as gesture of gratitude to the support staff for their hard work

PRICES POLICY

- ✓ Prices quoted are subject to change as per the change in exchange rates, unavoidable circumstances like climatic change, flight cancellation, internal political situation etc. However, there are not any hidden costs.

CHANGE / DELAY IN PROGRAM

- ✓ Sometime due to unavoidable circumstances like bad climate, overcrowding, political unrest, landslides, health illness, natural disasters which are beyond human control may occur, we will be happy to refer you for any alternative trip to suit you.

HEALTH & FITNESS

- ✓ We advise you to have check with your personal physician before making any trip. It is advisable to let us know if you have any problems with your health.

TRAVEL INSURANCE

- ✓ It is advised compulsory to have your travel insurance to cover accidents, emergency rescue in case of unfavorable climatic conditions.

COMPLAINTS

- ✓ Any complaints during the trip can be made by your tour leader or guide immediately or at the office after completion of the trip. The management will try to look into the matter and take action accordingly.

ALTITUDE SICKNESS



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- ✓ While going to high altitude, Parts of your trips above 2500 meters/9200 feet where it is common for travelers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. Take it easy and follow our suggestions to reduce the sickness effects. The altitude problem is very common for everyone who arrives at the high-altitude region from lower altitude area, but some are affected seriously and some are not, so there is certain way to prevent it or minimize its effect by preparing before you go to highlands. Here we have listed some tips that we had experiences in the past years.

1. Mental preparation and altitude sickness also can help psychological, so you should take it very normal and keep your mind in a comfortable state.
2. Keep your body physically fit, so exercise regularly and make physically fit.
3. Sleep well and rest well on the day before your arrival to high altitude.
4. Take everything slowly for the first couple of days when you arrive in high altitude region, walk slowly and try to sleep at a lower altitude first.
5. Drink enough water and avoid alcohols.

CURRENCY

- ✓ Only US Dollars & Euros can be exchanged in Yuan for this you may change currency from banks in Tibet to Chinese Yuan, currency used in Tibet or For INR get exchange on your country with Exchange or you can find in Nepal also but as the rates fluctuate almost every day. And buying and selling rates always differ.

COMMUNICATION

- ✓ You can make calls from almost everywhere. Tibet has good networking for mobile phones. And during stay at hotels, you can use wifi if available but may work slowly, otherwise you can find a Chinese Sim-card on purchase which may cost 200 Yuan.

ACCESSORIES

- ✓ Personal first aid / Toilet Kit
- ✓ Flashlight / torch with extra batteries
- ✓ Sunglasses / Water bottle
- ✓ Plastic bags for reading material, film, cameras etc.
- ✓ Dust mask, silk scarves for use against dust
- ✓ Sun block cream and lip balm, sanitizer

CLOTHING, EQUIPMENT & ACCESSORIES

- ✓ While driving, it will be warm inside the vehicle but windy cold outside. Mornings and evenings will be generally cold therefore warm clothing will be required. We recommend that you bring the Following Clothing and Accessories with you.



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FOOTWARE

- ✓ Good well worn-in walking shoes.
- ✓ Warm comfortable trekking boots.

CLOTHING

- ✓ Wool shirts / Cotton shirts or t Shirts
- ✓ Regular underwear / Thermal underwear
- ✓ Culottes/trousers for women
- ✓ Trousers/shorts for men
- ✓ Wind and rain gear with hood / gloves
- ✓ Wool and cotton socks / Sweaters
- ✓ Lined zip jacket/down jacket with hood
- ✓ Track suit / Sleeping clothes

EASY CANCELLATION

- ✓ Advance Non – Refundable
- ✓ 100% Cancellation charges will be applied once visa is applied
- ✓ B International Flight cancellation or rescheduling charges or additional Hotel stays, transfers due to delay in permit or visa or any natural/political reason to be paid by Guest only

BANK DETAILS

Name : ICICI Bank
Branch : Goregaon
IFSC Code : ICIC0006434
Account Type : Current Account: NFTT WORLD PVT LTD
Account No : 643405055558

Name : State Bank of India
Branch : Goregaon
IFSC Code : SBIN0001266
Account Type : Current Account: Nagfani Tours and Travels
Account No : 35701502325



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