

**Ministry of External Affairs
(East Asia Division)**

**Kailash Manasarovar Yatra 2010
(Instructions for Yatris)**

General

Ministry of External Affairs organizes Kailash Manasarovar Yatra every year from last week of May up to end of September. A maximum of 960 Yatris (including Liaison Officers) can participate in Yatra. The Yatra is undertaken in 16 batches each led by a Liaison Officer who is appointed by the Ministry of External Affairs. The Kailash Manasarovar Yatra advertisement is published in all the major national and regional newspapers in the first fortnight of January every year. The advertisements are also placed in Doordarshan and All India Radio. Advertisement in newspapers give very detailed information about the eligibility criteria, arduous nature of the Yatra, risk to person's life, selection process, comprehensive medical tests which are mandatory, amount of fees charged by various organizations involved in the Yatra, and the non-refundable component of payments.

The duration of the 'Yatra proper' is 26 days. However, before beginning the 'Yatra proper', you will need to spend 3- 4 days in Delhi to complete various formalities, such as obtaining a visa, undergoing a medical examination etc. You should finalise your travel plans accordingly. The schedule for this year's Yatra is given at the end of this booklet. Please note the travel dates indicated for the batch allotted to you.

As soon as you are informed about your selection for the KM Yatra, you are requested to send us a **non-refundable bank draft for Rs.5000/- drawn in favour of "Kumaon Mandal Vikas Nigam"** payable at Delhi as soon as possible (and definitely before the specific date given in telegram) to confirm your participation in the Yatra. If we do not receive this draft in time, it will be presumed that you are not interested to participate in this year's Yatra, and your slot will be given to another applicant from the reserve list. Please send the Bank draft to **Under Secretary (China), China Registry (KMY), Ministry of External Affairs (MEA), Room No. 255-A, South Block, New Delhi-110011. (Phone: 011-2301-4900 /2301-6559, e-mail: kmyatra@mea.gov.in, sochina@mea.gov.in)**. Please also attach a self addressed post card for acknowledgement.

Please ensure that you bring the following documents with you when you arrive in Delhi for Yatra:-

- (i) **Ordinary Indian Passport** (valid for more than 6 months as on September 1, 2010)
- (ii) Indemnity Bond as given at **Annexure-A**. All pilgrims are required to sign this Indemnity Bond stating that they undertake the pilgrimage at their own risk. The bond must be executed on a non-judicial stamp-paper of Rs. 10/- or as applicable locally and authenticated by a First Class Magistrate or a Notary Public.
- (iii) Two recent passport size photographs for medical examination.
- (iv) Undertaking in case of evacuation by helicopter in emergency as given at **Appendix-I**
- (v) Consent form for cremation of mortal remains on Chinese side in case of death there as given at **Appendix-J**

Please ensure that you are carrying sufficient funds to cover the following items of expenditure:-

- (i) Chinese visa fee in cash (as applicable)
- (ii) Cash or draft (payable to "Kumaon Mandal Vikas Nigam") for **Rs.19,500/-**(inclusive of Service Tax) (this is the balance amount to be paid to Kumaon Mandal Vikas Nigam (KMVN), after adjusting Rs. 5000/- having already been paid as confirmation of your participation)
- (iii) Rs. 2,150/- and Rs. 500/- for PFT (if required), in cash, for payment for general medical examination to be done at Delhi Heart and Lung Institute, Panchkuian Road, New Delhi. Telephone No. 23538351-8, 42999999, 42999900 (Fax No. 23514489). **In case the individual is required by the medical authority to undergo PFT or/and a Stress Echo Test, an additional Rs. 500/- or/ and Rs. 2,500/- respectively would be charged for that particular test from the Yatri concerned. These charges are non refundable.** (A list of the tests which will be conducted during the medical exam is given at **Annexure-B** for your reference)
- (iv) Adequate cash to purchase necessary foreign exchange, if you have not already done so. Please remember that you have to pay US\$ 700/- to the Chinese authorities. Presently, the charge of US\$700 for every pilgrim entails the following : lodging for 13 nights, complete meal charges for four days at Pulan (Taklakot), transportation charges for the entire duration, yak charges (transporting baggage), horse/ Pony charges at Lipulekh, entry tickets for Kailash and Manasarovar and entry tickets for Kejia

temple. Self paid items for pilgrims include : horses, yaks, porters, pony handlers, etc. used for the Parikrama. The standard charges are : horse - RMB 120 per day, yak - RMB 80 per day and pony handler - RMB 80 per day (rates are indicative, subject to change). For the Parikrama the charges are calculated as three-day ride charges. In addition, you will need **some more foreign exchange to cover other expenditure on the Chinese side, such as food, guide fees etc.**

- (v) **Adequate cash to cover other expenditures on the Indian side, such as charges for hiring cook(s), porters, guide, etc.**

Please also ensure that you have made adequate preparations for the Yatra. A detailed list of minimum requirements is at **Annexure – C**. See also **Annexures D, E and F** for advice on food items and medicines that you may like to carry with you.

Accommodation for your stay in Delhi before the Yatra and on the night of your return is arranged by the **Delhi Government at Gujarati Samaj Sadan, 2, Raj Niwas Marg, New Delhi- 54 (Tel: 23981796, 23981797-8 Telefax: 23983066)**. A bus will be provided by KMVN to ferry Yatris to various places in Delhi. However, Yatris are free to make their own arrangements for accommodation and transport in Delhi.

[Note I: Without prejudice to the foregoing, all claims, disputes, differences shall be subject to the jurisdiction of Courts in New Delhi only.

Note II: Yatra schedule and other information provided in the guide book are subject to change without prior notice in the event of urgency or under unforeseen circumstances. The Ministry of External Affairs or any other agency associated with Kailash Manasarovar Yatra can not be held responsible in any manner for such changes and no claim whatsoever can be made against these agencies.]

Stay in Delhi

Day1: Medical check up

You will be required to report to **Delhi Heart and Lung Institute, Panchkuain Road, New Delhi (Tel: 42999999,42999900,23538351-8 Fax: 23514489)** for your medical tests on an empty stomach. Samples for various tests will be taken on this day. You will be required to pay an amount of Rs. 2,150/- (for general medical check up) and Rs. 500/- for

PFT (if required) to the hospital (in cash or by credit card). In case individual is required by the medical authorities to undergo a further Stress Echo Test, an additional Rs. 2,500/- would be charged for that particular test from the Yatri concerned. **These charges are non-refundable.** You will be required to report to **ITBP Base Hospital, Tigri Camp, P.O. Madangir, Opposite Batra Hospital (Phone 26044941/26042291, Fax: 26046337)** on the 2nd day for the final examination.

Note: The recent passport size photograph will be affixed to the medical forms of all Yatris.

A strict medical test will be followed at Delhi Heart & Lung Institute. Medical reports from any other hospital/other sources will not be accepted. Once a Yatri is declared unfit, he/she will not be permitted to participate in any other batch during that year. Yatri should make sure about their health condition before they apply for yatra.

On the morning of Day 1, Kumaon Mandal Vikas Nigam (KMVN) personnel will collect your valid Indian passport and visa fee in cash, so that while you are at the hospital, your Chinese visa can be processed.

As Chinese Embassy gives a group visa for the whole batch, there will be no endorsement on any individual passport. Your passports and the group visa will be returned to your Liaison Officer on Day 3. If you have not yet obtained the necessary foreign exchange, please ensure that you take back the passport from the LO on Day 3 so that you can complete the transaction.

Day 2: Tests at ITBP Hospital

You will be required to report at the ITBP Base hospital for a final check up.

Day 3: Briefing on the Yatra in MEA and Submission of Indemnity Bond

You are required to report at **1000 hrs** at the **Ministry of External Affairs, Akbar Bhawan (Anarkali Hall) for briefing on the Yatra.** You must also bring with you cash/draft for Rs.19,500/- (payable to "Kumaon Mandal Vikas Nigam") and **the Indemnity Bond, the undertaking for evacuation by helicopter in emergency and Consent Form duly(filled in)** which will be collected from you before the briefing. **These forms are at Appendix A,I,J respectively.** Your Liaison Officer (LO) would have returned your passports to you by now.

Note : You may arrange required foreign exchange and Indemnity Bond, from your home town subject to the guidelines of the Reserve Bank of India (RBI) and as per Appendix-A of this guide book respectively. Yatris are also strongly advised to take life insurance policy before undertaking the yatra.

MEA will also issue instructions to the Central Bank of India branch at Hotel Ashoka, 50-B, Chanakyapuri, New Delhi-110021(Ph. 24101848) to enable you to collect the foreign exchange, if you so desire. This branch is open 24 hours. As this branch does not accept personal cheques, please ensure that you are carrying enough cash.

Route of the Yatra

(a) Delhi to Lipulekh Pass

Day No.	From	To	Kms	Height (mtrs)	Mode of transport
1.	Delhi	Almora	309	1890	AC coach
2.	Almora	Dharchula	309	920	Non AC coach Trek
3.	Dharchula Mangti	Mangti Gala	37 3	2440	Non AC Coach
4.	Gala	Budhi	18	2680	Trek
5.	Budhi	Gunji	17	3220	Trek
6.	Gunji(Stay)				
7.	Gunji	Kalapani	10	3600	Trek
8.	Kalapani	Nabhidhang	09	4246	Trek
9.	Nabhidhang Lipulekh	Lipulekh Taklakot	07	5334	Trek 9kms Bus 13kms
10.	Halt at Taklakot			4112	

(b) Route on Chinese side

At Taklakot, if required, the batch will be divided into two groups, with one group undertaking the Kailash Parikrama (on foot) followed by the Manasarovar Parikrama (by bus) and the other doing the Manasarovar Parikrama first, followed by the Kailash Parikrama. This is primarily because the camps along the Parikrama can accommodate only about 30 people comfortably. Both the groups will be taken to Qihu by bus. While the group which will do the Manasarovar Parikrama first will remain at Qihu, the group doing the Kailash Parakrama first will be taken to Darchen in a different bus.

Kailash Parikrama (On foot)					Manasarovar Parikrama (By Bus)			
Group A					Group B			
Day	From	To	Kms	Height	From	To	Kms	Height

No.				(mtrs)				(mtrs)
11.	Taklakot	Darchen	140	5182	Taklakot	Qihu	98	4750
12.	Darchen	Deraphuk (via Yamdwar)	14	4890	Qihu	Qugu (via Hore)	85	4500
13.	Deraphuk	Zongzerbu (via Dolma Pass)	19	4790	Qugu	Qihu	10	4750
14.	Zongzerbu	Darchen	12	5182	(Halt at Qihu)			

The Qihu group will move to Darchen after completing the Manasarovar Parikrama while the other group, after completing the Kailash Parikrama, returns to Qihu.

Manasarovar Parikrama (By Bus)					Kailash Parikrama (On foot)			
Group A					Group B			
Day No.	From	To	Kms	Height (mtrs)	From	To	Kms	Height (mtrs)
15.	Darchen	Qihu	42	-	Qihu	Darchen	42	4750
16.	Qihu	Qugu (VIA Hore)	85	4500	Darchen	Deraphuk	14	4890
17.	Qugu	Qihu	10	10	Deraphuk	Zongzerbu	19	4750
18.	Halt at Qihu				Zongzerbu	Darchen	12	5182

(c) Return Journey

The two Parikrama groups, having completed both Parikramas, will reunite at Qihu and return to Taklakot.

Day No.	From	To	Kms	Mode of Transport
19-20.	Halt at Taklakot			
21.	Taklakot Nabhidhang	Nabhidhang Kalapani	26 10	Bus and Trek
22.	Kalapani	Gunji)	10	Trek
23.	Gunji	Budhi	17	Trek
24.	Budhi/Mangti	Mangti/Dharchula	35/20	Trek Bus
25.	Dharchula	Jageshwar	275	Bus
26.	Jageshwar	New Delhi	413	Bus

Yatra Schedule

Day 1: Delhi to Almora

From New Delhi, you are taken in an air-conditioned coach to Almora, a small town in the foothills of the Himalayas in the Kumaon hills of Uttarakhand. As the Yatris have to leave Delhi in the morning by

0600 hours, please ensure that your baggage is packed and ready by 0500 hours. The journey from Kathgodam to Dharchula is performed by non A.C. buses. The KMVN will make arrangements for night halt at its camp at Almora. This is an ideal day for Yatris to get to know each other. For the successful completion of the Yatra it is essential to get to know each Yatri's strengths and weaknesses.

Day 2: Almora to Dharchula

The day begins early as the drive from Almora to Darchula takes almost 11 hours. The non AC Coach will traverse through the small town of Chaukori and the Indo-Tibet Border Police (ITBP) Camp Headquarters at Mirthi. Chaukori, where the Yatris stop for lunch, offers some spectacular views of mountains peaks and green hillsides. The view from the watchtower at the guest house is splendid. However, Yatris are advised not to spend too much time here as the journey to Dharchula is through the steep mountain roads. It is advisable to have a quick meal and aim to reach Dharchula by late afternoon. Yatris who are prone to motion sickness are advised to take proper medication at Chaukori itself. The town of Dharchula, located on the bank of river Kali, with Nepal just across the river, is the last big town enroute Kailash Manasarovar. Yatris are advised to make necessary last-minute purchases here as this place provides a comparatively large selection of goods at reasonable prices as compared to any other place further on during the course of the journey. Please note that at Dharchula, baggage restrictions will come into operation. Each Yatri will be required to carry 5 kgs of common foodstuff for the group to be consumed on the Chinese side. As the total baggage weight is limited to 25 kgs, each Yatri is requested to ensure that his/her personal luggage does not exceed 20 kgs.each.

Dharchula is where all Yatris would need to decide on hiring ponies and/or personal porters for the entire trip on the Indian side up to the Tibetan border. Please indicate your requirements to your Liaison Officer in advance, so that necessary arrangements can be made for the entire group, in coordination with the KMVN officials.

Day 3: Dharchula to Gala (via Mangti)

After completing the formalities of weighing the baggage, the Yatris will leave for Mangti, a two-hour long bus ride. This is the last point of travel by bus on the Indian side. Trekking begins from Mangti. The trek from Mangti to Gala is about 3 km. As the trek is steep it will be the first trial of strength for the Yatris. Yatris will spend the night at Gala.

Day 4: Gala to Budhi

The day begins with a strenuous 18 km downhill trek to Budhi. On an average, the trek takes about 7 to 12 hours depending on the fitness levels of the Yatris. The most arduous part of the trek is the first 7 to 8 kms until Lakhanpur. The route down hill is rocky & narrow and must be traversed on foot. Steps have been carved out of the rock here to make the trek somewhat comfortable. After Lakhanpur, the track takes a more or less level course, along the river Kali, which is a very beautiful stretch. Along the way, as the Yatris may have to cross through some waterfalls, raincoats may be kept handy. The village of Lamari is on this route which is a good place to rest and enjoy a hot cup of tea.

From Lamari, the curving trail will take you through Malpa, the site of the tragic landslide of 1998. Here, the rubble still covers a part of the camp. The KMVN will provide lunch for the Yatris at Malpa.

The last stretch of the trail is across a quaint bridge which brings you into the camp at Budhi. Once you have recouped sufficiently, you may like to visit the old flourmill (Gharat) run on hydel power, which supplies the local village with fine *atta*.

Day 5: Budhi to Gunji

After an overnight stay at Budhi, you will begin one of the most scenic treks on the Indian side of the journey with a steep climb of 5 kms. Just as you feel the strain, the path levels out and winds its way through the spectacular valley of *Chhialekh*.

The sights of special importance in the valley include its profusion of rare mountain flowers (like cobra flowers, irises, May Apple flower, Kasturi Kamal etc.) and the glacier. You will walk through a beautiful green meadow on your way to Garbyang, also known as the sinking village, with quaint houses having carved doors and newel posts. The approach to Gunji is through a thicket of aromatic trees, which exudes the local incense. You will also have the pleasure of seeing the confluence of the Kali and the Tinker rivers with the Tinker hurtling away into Nepal.

Day 5 & 6: Gunji

At Gunji, there is a two night halt where the ITBP medical team will test you again to gauge your fitness. You will be allowed to continue the pilgrimage only if you clear this test.

Day 7: Gunji to Kalapani

From this point, the ITBP team, and its doctors, will guide you up to the Tibetan border from where the Chinese authorities will take over. This trek along the Kali is done in stages with ITBP jawans guiding you every step of the way. The route from Gunji climbs higher and elevates in a gradual manner with vegetation changes. As you are closer to Kalapani, you will pass a mountain which has Sage 'Vyasa's cave'. According to Hindu legend, this is the cave where Sage Vyasa performed penance for years. A flag posted by the ITBP is indicative of the entrance to the cave. The ITBP has built a hydel project over the river Kali, which supplies power for the Kalapani camp. At Kalapani Yatris find an emigration checkpoint, where all your documents including passport are verified before you move towards the border.

Day 8 : Kalapani to Nabhidhang

The stretch from Kalapani to Nabhidhang is an uphill climb. As you move to the upper reaches of the Himalayas, the Kali will be left far below.

The 9-km stretch takes you above the tree line revealing the face of the mountains. During the flowering season, the route itself is like a carpet of flowers in shades of yellow, purple, pink and white. This stretch is subject to brisk winds and it is advisable that you may wear proper clothes and keep your head covered.

It is from the camp at Nabhidhang that you can view the unique phenomenon, of 'Om'. The mountain on the eastern side, *Om Parvat*, has patterns on the snow, which resemble a naturally formed 'Om', a rare sight since the mountain is usually wreathed in clouds.

Day 9: Nabhidhang to Lipulekh

This is the last stretch in India before you cross over to the Tibetan side. This is a treacherous walk at the best of times and more so if the weather conditions are not propitious at the narrow pass, which is at 16,500 ft. The crossing of the pass is a finely timed affair with the group crossing into Tibet meeting the group that has completed its

Parikrama and is returning to India. Yatris have to leave the camp as early as 0300 hours so as to meet the returning group around 0700 hours at the pass. The crossing must be completed between 0700 hours and 0900 hours, the time when the weather conditions are generally favourable.

Yatris must take care to avoid succumbing to high altitude tiredness, as the winds are bitter and the atmosphere is rare with little oxygen. Even a half-hour halt can be difficult to withstand. It is here that the group has to show a high spirit of cooperation to ensure that each member is able to cross this difficult stretch across ice and snow successfully. ITBP personnel will of course be present to render required assistance to you. It is, however, advisable that Yatris may keep small bits of camphor or smelling salts to relieve spells of discomfort. At the Lipulekh Pass you leave India behind and begin your journey into Tibet. The guides provided by the Chinese Govt will meet you at the pass.

Lipulekh to Taklakot

The terrain here is very barren, with hardly any vegetation in sight. After you have successfully crossed the Lipulekh Pass, the Chinese authorities take over and the descent into Tibet begins. (*Note: The time difference between India and Tibet is plus 2 ½ hours.*) Yatris have to walk for an hour and a half after which ponies will be made available. After a journey of about 5 kms on the ponies, you will travel in buses to Taklakot. As there are no metalled roads here, the bus ride is a bone-rattling one through streams and rocky paths.

Day 9 & 10 Taklakot

Taklakot(Purang) is an old trading town. It has several market places, Gompas and Buddhist temples. Yatris will be put up in a guest house with basic facilities. Hot water for bathing will be available for about 2 hours, at a time that will be communicated to you. Food is also served at set times, which will be indicated to you, and normally includes rice, soup and boiled vegetables provided by the guest house.

The Chinese authorities will check all your papers here and collect US\$700 as Yatra fee. You will stay at Taklakot for two days to complete all the Immigration and Customs formalities. You may exchange some of your Dollars for Chinese Yuan (1 US\$ = 6.84 Yuan approx.) if you wish to buy eatables or other things from the local market.

You will have to indicate your requirement of porters & yaks for the Kailash Parikrama to your Liaison Officer here, so that appropriate arrangements can be made. Porters and yaks/ponies cannot be hired

after Taklakot. The standard charges are: horse- RMB120 per day, Yak- RMB 80 per day, porter/ pony handler – RMB 80 per day (Rates as provided by Chinese Side are indicative and subject to change). For the Parikramas, charges are calculated as three day- ride charges.

Day 11 to 18 : The Parikramas

An English-speaking Tibetan guide accompanies each group during the Parikramas of Kailash and Manasarovar. The camps along the route offer basic facilities and each camp can comfortably accommodate only 30 persons at a time. Therefore, if required the batch is split into two groups- one goes to Kailash first followed by Manasarovar while the other goes to Manasarovar first and then to Kailash. The Liaison Officer constitutes the groups keeping in view their functional effectiveness. The decision of the Liaison Officer in this regard would be final and should be respected by all Yatris.

The Yatris will be taken by bus from Taklakot to Qihu, the first camp on the Manasarovar route. From here, the group first undertaking the Kailash Parikrama leaves for Darchen in a separate vehicle while the Manasarovar group remains in Qihu.

On the way to Qihu, you will pass by the Rakshas Tal, a beautiful lake separated by a thin stretch of land from the Manasarovar. This lake, unlike Manasarovar, is not so revered by pilgrims but is remarkably beautiful in its own way. While Manasarovar is likened to the sun and light, Rakshash Tal is compared to the moon and the darkness of night. It is believed that Ravana is supposed to have meditated on the shores of Rakshas Tal to seek Shiva's favour. The lake, is, therefore, referred to as Ravana Tal. It is from Rakshash Tal that you get the first view of the Mount Kailash.

The Parikrama of Mount Kailash

The route goes through a barren landscape, with snow-capped mountains on the horizon. Once the bus crosses the Gurla Pass, at 16,200 ft, the Holy Land spreads out before you. To your right is the beautiful Manasarovar Lake, while Rakshash Tal is to your left.

The Parikrama of Mt. Kailash begins from Darchen. Yatris spend the day in the town, which provides only basic facilities. The group has to make its own arrangements for food and this is where the 5 kilos of common foodstuff carried by each Yatri comes in handy. A stove and a room for cooking will be provided by the Chinese authorities. This is the last place for making ISD calls on this Parikrama since the other camps,

both on the Kailash and the Manasarovar routes are not equipped with such facilities.

This 48 Km Parikrama of Kailash starts from the Barkha Plains, a flat, barren stretch of land. The first leg will take the Yatris to Deraphuk, 14 kms from Darchen. The first 10 kms are covered by bus/truck. Upon reaching the '*Yamdwar*' the proper trek begins. After about 10 kms, the Yatris enter the La Chu Valley or the Valley of the River of the Gods. Along the way, magnificent rock cliffs tower around you, with streams and waterfalls flowing from some of them. Some of the rocks have inscriptions of Buddhist mantras on them. Yatris who have chosen to ride on yaks have to wait here for about two hours for the yaks to arrive, since yaks move faster than people on foot, and the yak handlers take this into account when they fix their time of departure.

The literal meaning of Deraphuk is 'Cave of the Female Yak's Horns'. It provides a magnificent view of Mt. Kailash. This is the closest and clearest view you will get of Kailash: a spectacular sight especially when illuminated by the rays of the setting sun. You will spend a night in this camp.

The next day, you set off from Deraphuk on a trail which ascends to a 18,600-foot pass, supposed to be guarded by a Tibetan goddess called Dolma. Along the way, you will find a flat stretch strewn with discarded clothing. This is *Shiv Sthal*, where Yama, the King of Death is supposed to judge you. Crossing the Dolma pass remains a test of faith and determination, as blizzards are known to strike without warning. A rock here is said to represent the goddess Tara Devi. Yatris pray to Goddess with the prayer flags, place pots of butter and light incense sticks. It is not advisable to stay here for too long as the rarefied atmosphere may cause breathing problems.

As you descend from the Dolma Pass you will pass the emerald green Gauri Kund, the lake where goddess Parvati is supposed to have bathed. Yatris carry back cans full of water from here. Those wishing to carry water from this lake may ask their yak-handlers to go down and fill the cans. Yatris should not attempt to climb down themselves as the slope is fairly slippery and such an attempt can cause serious problems.

The steep descent continues through glaciers and paths filled with boulders till you reach Zongzerbu. After a night's halt, Yatris head back for Darchen, taking a different route, which is mostly on flat terrain. From Darchen Yatris may, if time permits, visit *Ashtapad* (the south face of Mt Kailash) which is 5 Kms away. The route is scenic and the view of Mount Kailash from *Ashtapad* is breathtaking.

This completes the Parikrama of Mt. Kailash.

Parikrama of Manasarovar

On the foothills of Mount Kailash, lies the magnificent lake of Manasarovar. The lake changes colour and mood with the passing hours and seasons: placid now, tempestuous the next. The reflection of the sun, the clouds, the stars and even, Kailash, keeps the beholder spellbound. The lake is large, being 88-km in circumference and with a maximum depth of 300 ft, its fascinating variety and beauty capture the heart and imagination of the viewers. The water of the lake can be freezing at certain times of the day and during certain seasons- and pleasantly warm at others. Regardless of the temperature, most devout pilgrims have an opportunity to take a holy dip in the lake.

The first camp at Qihu, where the Yatris spend 2 days is well - equipped and offers a stunning view of the lake. There you can bathe in the lake and offer puja. It is requested that damage to the pristine surroundings in any manner should be avoided and use of soap or detergent while bathing is prohibited. Those wishing to have a proper bath may visit the baths at the hot water springs. Their charges are Yuan 20 per head (subject to change).

The parikrama begins with a drive through the vast plains of Barkha to Qugu, a distance of about 85 kms. There is a brief halt at Hore, which has a basic market where one can purchase fresh fruits and vegetables. The camp at Qugu is located on the banks of the Manasarovar Lake. Yatris can, if they wish, perform their puja here.

The next day you return to Qihu, thus completing the Parikrama of Lake Manasarovar. You will stay one more day at Qihu to get in touch with the other half of your original group, and return to Taklakot together.

Moving Forward....

After a two day stay at Taklakot to complete Emigration and Customs formalities, you have to cross back into India via the Lipulekh pass.

The return journey from Lipulekh to Dharchula is via the same route as taken on the onward journey except that from Dharchula, the Yatris have to travel to Jageshwar instead of Kathgodam and then to Delhi.

The Liaison Officer

The Ministry of External Affairs appoints a Liaison Officer (LO), who is an officer of the rank of Under Secretary to Government of India or above for each batch. **Liaison Officer is the executive head and leader of the group. He/she is responsible for maintaining discipline and orderly conduct. The L.O. has authority to decide whether any individual Yatri should continue in the yatra in the interest of all other Yatris. His/her decision in all aspects is final and cannot be challenged.** He/she is responsible for the general welfare of the group and for liaising with the Indian and the Chinese authorities. He/she shall be the sole spokesman for the group. It is essential for the well being and safety of the group that Yatris should follow his/her instructions carefully. Yatris must support LO in the discharge of his/her functions.

Facilities on the Indian Side

The Kumaon Mandal Vikas Nigam (KMVN) provides accommodation at all the halts from New Delhi to Lipulekh Pass. At the camps along the route, accommodation in 'pucca' barracks and prefabricated fiberglass huts is provided. There are regular toilet facilities at all camps. Portable generators provide electricity at all camps for limited hours in the mornings and evenings. Mattresses and quilts/sleeping bags are provided at all camps, so Yatris need not carry any quilts/sleeping bags with them. However, they may wish to carry a bed sheet and pillowcover for personal hygiene. Utensils for cooking will also be provided to each group for use in the camps on the Chinese side. These utensils do not have to be returned.

Facilities on the Chinese side

Taklakot is an important town in the area. Accommodation is provided at Pulan Guest House for pilgrims, where regular rooms are available with cots, mattresses, comforters (razai) etc. Electricity and hot water for bathing is available at specific time. At Taklakot, the Chinese authorities provide vegetarian food of Chinese flavour, such as bread, vegetable soup, noodles, boiled rice etc.

The camps at Dharchen, Deraphuk, Zongzerbu, Qugu and Qihu are basic structures and have several rooms, which are to be shared. Each room can accommodate 4 to 6 pilgrims. Mattresses, pillows and comforters (Razai) are provided. There is electricity only at Darchen camp. Yatris have to prepare their own food in all these camps. The Chinese side will provide hot water and a stove for cooking. Utensils are provided by KMVN. Yatris are also advised to carry some food items of their choice from India.

Other Logistics

Luggage

Only 25 kgs of luggage is allowed per Yatri. However, you are advised to limit your personal belongings to 20 kg only. The remaining 5 kgs will be utilised to carry the collective food stuffs purchased by the group for consumption on the Chinese side. Any luggage in excess of 25kgs will not only be subjected to extra charges but in case there is a shortage of ponies/porters, the excess luggage will not be transported. Yatris are also requested to strictly adhere to this limit on the return journey from Tibet and keep shopping in Taklakot to the minimum. Your baggage is carried by ponies/mules/yaks on both Indian and Chinese side. It is desirable to wrap individual items in polythene bags, place them in a canvas bag and cover the bag also with polythene. Canvas bags with zips are ideal as they are lightweight and tough. **You are not allowed to carry hard top suitcases during the Yatra.**

Hiring porters and animal transport

If you wish to hire a mule/pony on the Indian side, you will have to pay Rs. 3800/- (one way). Personal porters can be hired for Rs. 3200/- (one way). These rates have been fixed by the Uttarakhand Government and are subject to change. These porters and ponies should be hired at Mangti on the upward journey and from Lipulekh Pass on the return journey. Please note that you will have to decide about hiring a pony and a porter (for the stretch from Mangti to Lipulekh) at Darchula itself since no ponies or porters are available at the intermediate camps and arrangements have to be made in advance.

For the Kailash Parikrama in Tibet, porters and ponies will have to be hired at Taklakot.

Food

Vegetarian meals will be available at each halt point. Pilgrims must appreciate the difficulty in arranging a variety of vegetables, especially in high altitude areas, where fresh supplies are limited.

Medical Facilities

Two medical personnel provided by the State Government of Uttarakhand will accompany each group of pilgrims up to Gunji. Beyond Gunji, Indo-Tibetan Border Police will take over the medical arrangements upto Lipulekh Pass. Pilgrims are nevertheless advised to carry some basic medicines (see **Annexure F**). Please also ensure that

you carry sufficient stock of any special medicines that has been prescribed for you. **During the Yatra, should the accompanying doctor and the Liaison Officer feel that a pilgrim is not fit to continue, their decision will be final. No refund at all is permissible in such cases.** On the Chinese side, there is no doctor to accompany pilgrims during the Parikrama of Kailash and Manasarovar.

High Altitude Diseases

Due to decrease in the atmospheric pressure with increasing altitude, the atmospheric pressure is half that of sea level at 18,000 ft. but the percentage of oxygen remains the same. About 1/5th of the persons ascending to 10,000 ft in less than a day develop symptoms and signs of altitude sickness. Individuals who have suffered earlier are at a greater risk, and ladies premenstrually are more susceptible.

High Altitude Diseases: Signs, Symptoms & Diagnosis:

Various types of the illnesses of high altitude are not different entities, but are a part of the major syndrome in which some come to the fore. Acute mountain sickness is benign and is more common and may appear at 6,500 ft. The major symptoms are nausea, headache, vomiting, breathlessness, disturbed sleep, etc. and symptoms are aggravated by lack of rest. Individuals who have suffered earlier are at a greater risk, and ladies premenstrually are more susceptible. Dehydration and hyperventilation prolong the illness which otherwise subsides in a few days.

High Altitude Illness (HAI)

High altitude is a height more than 2,500 m (8,000 ft) above the sea level. The main problem at high altitude is decreased availability of oxygen. HAI usually appears 6 – 12 hours after an ascent. It is a disease caused by low level of oxygen in high altitude. HAI are of 3 types:

- I. Acute Mountain Sickness (AMS)
- II. High Altitude Cerebral Edema (HACE)
- III. High Altitude Pulmonary Edema (HAPE)

Acute Mountain Sickness (AMS):

AMS is the most frequent type of altitude sickness encountered. It may occur after a recent gain in altitude of 2500 m or more. It is characterized by *headache* plus one or more of the following symptoms:

- Loss of appetite, nausea, vomiting

- Fatigue, weakness, dizziness, light-headedness
- Difficulty in sleeping

Treatment:

If AMS is mild to moderate, discontinue ascent, take rest at the same altitude and if no improvement is noticed, descent to lower altitude. Acetazolamide (Diamox®) can be advised. Severe form of AMS must be treated like HACE.

High Altitude Cerebral Edema (HACE):

This life threatening condition occurs due to severe swelling of brain tissue from fluid leakage leading to deterioration of brain functions. It is the most severe form of AMS. HACE often manifests at night, can progress rapidly and may be lethal (coma/death) within few hours to 2 days. Symptoms include headache that does not respond to analgesics, fatigue, visual impairment, bladder dysfunction, bowel dysfunction, ataxia (loss of coordination of movements), paralysis on one side of the body, gradual loss of consciousness and mental status changes (quantitative or qualitative). Descent to lower altitudes may save those afflicted with HACE.

Treatment:

Immediate descent to the lower altitude where the person last slept well (500 - 1000 m if in doubts), give oxygen and use hyperbaric bag. Acetazolamide and dexamethasone should be advised.

High Altitude Pulmonary Edema (HAPE):

HAPE is caused due to leak and accumulation of fluid in the lungs leading to respiratory failure. This may occur with or without signs of AMS. HAPE often manifests at night (typically the second night of ascent), progresses rapidly, lethal within hours, and may lead to development of HACE. HAPE is characterized by the following symptoms:

- shortness of breath even when resting
- persistent dry cough, bright red stained sputum,
- weakness, fatigue, drowsiness
- chest tightness, fullness, congestion
- fast breathing, increased heart rate

Treatment:

The patient is advised not to exert and must be immediately transported to the lower altitude where the person last slept well (descent of 500 - 1000 m if in doubt). Give oxygen, use hyperbaric bag and CPAP. If treated promptly, HAPE patients recover in 1-2 days.

Retinal haemorrhages:

The retinal haemorrhage commonly occurs at 16,000 ft. and above and resolves without treatment. Transient dimmed vision and even total blindness is also reported with or without retinal haemorrhages.

Oedema of face and peripheral oedema:

This may also be noticed at high altitude. Thrombo-phlebitis due to increased viscosity of blood may occur.

Prevention of HAI

1. Frequent small meals rich in calories and carbohydrates like jams, fruits, and starches help. Gradual ascent within the tolerance zone, drinking of sufficient water and good acclimatization to decreased oxygen levels at higher elevations is advisable, in order to avoid altitude sickness.
2. Drugs: acetazolamide (Diamox) 2 x 125 - 250 mg per day, indicated if forced rapid ascents and medical history of AMS. Aspirin reduces platelet aggregation and decreases the risk of HAPE.
3. Avoid alcohol, medications that cause depression of breathing such as Sleeping Pills, Sedatives and Strong pain-killers
4. Vulnerable Groups
 - Older people, Children, Pregnant women
 - People with pre-existing disease

N.B. - Yatris are strongly advised to ensure that medicines carried by them are duly approved by a qualified physician or doctor. Use of any medicines without proper medical advice can be harmful or even fatal in high altitude conditions.

Frequently Asked Questions (FAQs) on medical examination

- Q. Why do you go to great lengths to do a detailed medical examination for the Yatris?

A. You are required to trek through high altitude area. In such places, the atmospheric air is under low pressure and people suffer due to effect of Hypoxia (less oxygen). In the rarefied atmospheric conditions, a Yatri may develop diseases like pulmonary edema/cerebral edema and acute mountain sickness, etc. Individuals who are suffering from coronary artery diseases, various lung diseases like bronchial asthma, hypertension and diabetes, may collapse and die. As such, Yatris are screened thoroughly before they are inducted into high altitudes.

Q. Will the medical exam guarantee that Yatri will not suffer from pulmonary oedema, etc?

A. No medical examination can guarantee them, in spite of thorough medical examination, Yatri may still become a victim of high altitude diseases.

Q. Is there any age factor for Yatris?

A. It is recommended that no one should be inducted into high altitudes after the age of 70 years as one can not acclimatise properly and cope up with the stress at such advanced age. But it is also observed that some young people of age group of 19-30 year are more prone to high altitude diseases than older age groups.

Q. Why are younger people more prone to HAPE?

A. Exact cause is not known. It is believed that younger people are less inclined to respect the rules of acclimatization due to a false sense of bravado.

Q. I have been to high altitude last year and my stay was uneventful. Do I need a medical examination?

A. There is all the more, a strong, reason for a detailed medical examination as it is seen that people who are inducted second or third time are more prone to high altitude diseases than the first timers.

Q. How can I be a fit Yatri?

- A. You should be free from all major ailments like heart diseases, asthma, epilepsy, diabetes, hypertension, menstrual disorders, cancers, etc. You are advised to bring your weight to average standards, exercise regularly, do breathing exercises, quit tobacco, alcohol, etc. You may, if you wish, consult a doctor who can help in detecting any major ailments in you, so that unnecessary expenditure for coming to Delhi and returning are avoided.
- Q. Is the medical examination done in DHLI & ITBP's Base Hospital, New Delhi the only medical examination that the Yatris have to undergo?
- A. No. You are put to another medical examination at Gunji which is located at an altitude of 3,220 mtrs. to assess your body reaction to high altitude. If you are found fit there, you are allowed to proceed further.
- Q. What happens if I fall sick enroute?
- A. If you suffer from minor ailments there are medical and paramedical staffs on the Indian side to provide relief. ITBP is well-equipped and has HAPO bags where inside pressure can be equal or more than sea level. But should you suffer from any major health problem, you may be evacuated to a hospital by helicopter at your own cost. Yatris may note that due to administrative procedure involving the Chinese side and due to difficult climatic and geographical condition, such evacuation from the Chinese side may take time (at least 48 hours). Therefore, Yatris should ensure that they are confident of their health before they undertake this yatra.
- Q. Do I carry the medicines prescribed by my doctor, which I have been taking?
- A. Yes, you are advised to take sufficient stock of medicines to last the entire duration of your Yatra. You are requested to discuss this matter with the ITBP doctors also.

- Q. I understand that I have to pay Rs. 500/- for PFT (if required) over and above Rs. 2150/- for lab/radiological/cardiac tests conducted at DHLI. Do I pay for the medical examination at ITB Police Hospital also?
- A. No, you do not have to pay in ITB Police Hospital. The medical examination at ITBP Base Hospital Delhi and at Gujni are entirely free, through the courtesy of ITB Police.
- Q. For what purposes does KMVN charge non-refundable amount of Rs. 5000/- from Yatris? What are the reasons for not refunding the amount of Rs. 5000/- to Yatris?
- A. KMVN provides logistical support to the Yatris while on Indian side. They make arrangements for food, shelter, security, medical attendance, transportation, guide, porters etc. These arrangements are required to be made in advance. As a result even if one does not perform Yatra eventually, the expenditure cannot be reimbursed.
- Q. Why are the medical reports of recognized by the Government and Private hospitals not accepted?
- A. The Kailash Manasarovar Yatra is very arduous and physically challenging Yatra. Yatris have to pass through areas which are as high as 19,500 feet in altitude under inhospitable conditions. There is a danger to person's life. Keeping in view the special requirements of Kailash Manasarovar Yatra, Yatris undergo special tests in DHLI and ITBP hospitals in Delhi. The reports of other hospital are not accepted to ensure that Yatris undergo uniform medical examinations of the best quality tailored for the requirements of Kailash Manasarovar Yatra so as to ensure safety and wellbeing of Yatris.
- Q. If any Yatri is rejected on medical ground, can he/she be considered for a subsequent batch on recovery from the medical conditions?
- A. The Kailash Manasarovar Yatra is very arduous and physically challenging Yatra. The Yatris have to pass through areas which are as high as 19,500 feet in altitude under inhospitable conditions. There is a danger to person's life.

Keeping in view the special requirements of Kailash Manasarovar Yatra, Yatris undergo special tests in DHLI and ITBP Base hospitals in Delhi. Government attaches highest priority to safety and security of Yatris. The Kailash Manasarovar region hardly has any medical facilities and it is very difficult to airlift a person, who needs immediate medical help, to India. As a measure of caution and prudence, therefore, if a Yatri is declared medically unfit, he/she is not allowed to participate in the Yatra during that year in his/her own interest.

Q. Do NGOs and voluntary organizations have any role to play in Kailash Manasarovar Yatra organized by Ministry of External Affairs?

A. NGOs and voluntary organizations play important role in any society with regard to dissemination of information and aid related work. It is up to the individual Yatri to accept their help or not. Ministry of External Affairs does not appoint or authorize any NGO or voluntary organizations for the work relating to Kailash Manasarovar Yatra.

Q. What are the parameters for selection of Yatris?

A. All Indian nationals who have attained the age of 18 years are eligible for the Kailash Manasarovar Yatra. The Yatris are selected through a computer-generated random gender-balanced selection process. After the Yatris report for Yatra at New Delhi, they undergo a thorough medical examination at Delhi Heart & Lung Institute and ITBP Base Hospital, New Delhi. The parameters of medical examination are decided by the ITBP Base Hospital keeping the requirements of Kailash Manasarovar Yatra in mind.

Medical Checkup Form
Kailash Manasarovar Yatra (KMY)
(To be filled by Yarti)
PART-I

A photograph
to be affixed

Candidate (Yatri) is requested to produce investigation/treatment Slip on prescribed Proforma to doctor for guidance.

1. Name of the Yatri_____ (in block letters)
2. Age_____
3. Sex_____
4. Address_____
5. Delhi contact telephone No./
Mobile No._____
6. Occupation_____
7. Have you ever suffered from any major injury_____
8. Have you ever been operated upon and if so state nature and date_____
9. Whether you have participated earlier or not? If so,
 - a) Whether you have been medically examined and if so what was the result?_____
 - b) The reason of unfitness_____
 - c) Whether you have been disqualified at Gunji or not? If so, for what reasons?
10. Have you ever suffered from any of the following :
 - a) Nervous break down
 - b) Discharge from ears or any and other ear trouble
 - c) Fits of any kind
 - d) Enlarged glands or swelling in the neck

- e) Fever of prolonged duration accompanied by cough or vomiting of blood or loss of weight.
- f) Typhoid fever
- g) Rheumatic fever with joint pain and swelling.
- h) Any kind of heart disease
- i) Malaria
- j) Fainting attack
- k) Diphtheria
- l) Kidney disease
- m) Bronchial asthma/other lung disease
- n) Any other serious illness

11. Have you ever taken medicine in the last 6 months for :

- a) Hypertension
- b) Heart attack
- c) Asthma
- d) Any other cardiac, renal, nervous system, abdominal and lungs disorder etc. if so details please

12. Have you suffered any physical/mental disease not mentioned above?

SIGNATURE OF YATRI

Communication Facilities

The Government of India establishes a wireless link between the ITBP Force and the Chinese side to keep track of various batches performing Yatra and share information on their movement and whereabouts. It is also useful during any emergency that may arise.

Each LO is provided with a Satellite Phone, enabling them to stay in touch with ITBP/KMVN, and to ask for assistance in case of any emergency. **Under no circumstances is this facility to be used to meet any personal requirement.** STD/ISD facility is available at Dharchula, Gala, Budhi, Gunji, Nabhidhang, Taklakot and Darchen, on self- paid basis.

Photography

Pilgrims are advised to carry extra batteries as the discharge rate is higher at high altitudes. Power supply is available for a limited period each day till Dharchula on the Indian side, and in Taklakot (Tibet) for recharging batteries. For digital and video camera, Yatris may carry an extra set of memory card and cassettes respectively.

Weather

Pilgrims undertaking the pilgrimage during mid-June - August shall be doing so during the monsoons. The rains are unpredictable. The first few days of the trek, in the lower reaches, may often involve walking in the rain. The monsoon is less intense in the higher reaches. For the latter, colder part of the trek, it is necessary to avoid getting wet. A good raincoat is essential, and so also are woollens and windcheaters for protection against windy, rainy weather. In the higher altitudes, it tends, to be warm when the sun shines and cold when the sun is hidden after sunset. There are also cold winds and the combination of changing weather and exposure to ultra-violet radiation can damage the skin, unless adequate precautions are taken by applying liberal amount of suntan lotion. Each pilgrim must use a broad peak cap or straw hat to protect one's face against the harsh sunlight. Extra pairs of warm socks are useful during wet weather.

Do's and Don'ts for the Yatris

Treat the mountains with respect and do not attempt to 'conquer' mountains or show off your physical fitness. Walk at a steady, rhythmic pace. Always walk with a companion, as this is a safety measure against sudden sickness and accidents.

During electric storms do not attract lightning by putting up pointed objects like ice-axes or wireless aerials. Similarly keep away from high conical rocks. If at a lower altitude, do not take shelter under a lone tree or on top of a hill. It is safer to sit out in the open.

Do not wear one or two very thick woolen layers. Instead, wear loose clothes in several layers with an outer wind covering.

Buy at least two pairs of good trekking shoes before the Yatra. You must practise walking with these shoes, so that they are broken in before the Yatra.

Ensure that you wear two pairs of socks (cotton and woolen) inside your climbing boots.

Ensure that your feet remain dry. Use dusting powder before wearing socks and change into dry socks as soon as you reach the camp. Use of wet socks or wet shoes causes extreme discomfort, blisters and skin ailments. It is therefore advisable to carry extra pairs of socks.

Do use well fitting gloves to protect your hand and fingers. Extremities (hands and feet), ears and nose must be protected against extreme cold. Continuous exposure of extremities can bring down the body temperature drastically and cause high altitude pulmonary oedema.

It is very important to drink lot of water and fluids during trekking. Take liberal amounts of hot, sweet fluids and enough nourishment to provide energy for your body.

It is imperative to use good quality tinted snow-glasses or dark sun-glasses to protect your eyes against snow blindness. Avoid using cheap, poor quality sun-glasses.

Apply sun cream or calamine lotion to exposed parts of the body to avoid sun burn, particularly during the Parikramas.

It is advisable to take bath in Manasarovar Lake only if Yatri feels that his body can sustain low temperature in the area.

Get prompt treatment for minor cuts, blisters and ulcers.

Move your fingers, toes and facial muscles, and exercise your limbs during periods of immobility by wiggling the toes and fingers and wrinkling the face muscles at intervals. It is important to keep in motion to remain warm.

Do not get separated from your fellow pilgrims. If there is heavy snowfall or snow storms, Yatris must stay close to each other and avoid being separated. Trek in a small group.

Ensure that the group commences the day's trekking early in the morning and sticks to the departure time.

Listen to the instructions of the Liaison Officer carefully.

Don'ts

Do not neglect to consume sufficient food and fluids. Do remember that pilgrims suffer from loss of appetite at high altitudes, so force yourself if necessary to consume enough nourishment.

Don't trek in one's or two's. Don't get separated from the main group of trekking and ensure that the person in front of you remains in sight.

Do not wear climbing boots that leak or are tight.

Do not wear wet socks or permit your socks to wrinkle inside the boots, as this will cause blisters.

Do not neglect minor injuries like cuts, blisters and ulcers as these may become frost-bitten.

Do not sleep with your boots on.

Do not carry too heavy a load.

Do not over-exert. Fatigue can lead to cold and more serious problems, especially at high altitudes.

Avoid alcohol during the Yatra and especially at high altitudes, as this is dangerous and has serious consequences.

ANNEXURE A

(On a non-judicial stamp-paper of Rs.10/- if executed within the Union Territory of Delhi or on a stamp-paper of the value prescribed by the concerned State Government)

INDEMNITY BOND

WHEREAS the Government of India in consultation with the Government of People's Republic of China has arranged pilgrimage of Indian citizens to Kailash/Manasarovar.

WHEREAS the executant Shri/Smt./Km. _____ son/daughter/wife of Shri _____, resident of _____ a citizen of India (hereinafter called heirs, legal representative and assignees) has made an application for joining the pilgrimage to Kailash/Manasarovar.

WHEREAS the applicant has agreed to abide by the terms and conditions prescribed by the Government of India of his own free will, voluntarily and without any coercion or pressure of any kind.

WHEREAS the rules prescribed by the Government of India require an Indemnity Bond to be executed by the applicant.

THIS BOND WITNESSETH AS FOLLOWS

In consideration of the President of India (hereinafter called the Government) having agreed to assist in the arrangement for the pilgrimage of the applicant to Kailash/Manasarovar the above-mentioned applicant agrees to abide by the following conditions:

(1) That the Indian Mountaineering Foundation (IMF) has recognised the Kailash Manasarovar Yatra as a trekking expedition and it may involve high risk to the person or property of the applicant caused by any natural calamity or due to any other reason.

(2) That the applicant is joining the aforesaid pilgrimage of his/her own free will and on his/her own personal risk and consequences and undertakes to bear all expenses for the pilgrimage.

(3) That the applicant shall abide by the rules, regulations/term and conditions prescribed by the Government of India and undertake to hold himself/herself responsible for any breach or violation thereof.

(4) That the applicant or his-her legal representative will not hold the Government of India liable in any manner whatsoever in the event of any accident or any untoward happening that may result in injury to the applicant or damage or loss of property to the applicant of any nature due to any natural calamity or due to any other reason whatsoever.

(5) That the applicant or his/her legal representative will not claim from the Government of India any damages in the event of any loss or damage to his/her person or property including death.

(6) The above-named applicant hereby further agrees that this Indemnity Bond shall remain in full force and effect during the period of the aforesaid pilgrimage and for a period of one year thereafter and that shall continue to be enforceable till all the dues of the Government and all claims raised by the Government under/or by virtue of the aforesaid undertaking have been fully paid and its claims satisfied or discharged or till the Government certifies that the rules and regulations have been fully and properly carried out by the applicant and accordingly discharges the Indemnity Bond.

(7) That the above named applicant hereby further agrees with the Government that he/she shall not be allowed to proceed further and shall have to return from the pilgrimage if the Government is satisfied that he/she is unfit to proceed further at any time or stage of the pilgrimage. The above named applicant further agrees that in the event of his/her not being allowed to proceed and having to return from the pilgrimage, no money deposited by the aforesaid applicant for the purpose of pilgrimage will be refunded to him/her.

(8) The above named applicant hereby agree that he / she will abide by the scheduled route or scheduled halts as issued by the Government of India, and that he /she or his/her legal representative will not hold the Government of India liable in any manner whatsoever in the event, if he /she do not conform to the scheduled route or scheduled halts as provided by the Government.

(9) That the above named applicant further agrees to refund the entire sum in foreign exchange which was sanctioned for the pilgrimage to the Government of India's Reserve Bank, if he/she does not proceed or return from the pilgrimage at any stage of the pilgrimage.

(10) That the above named applicant further agrees with the Government that the Government shall have the fullest authority without his/her consent and without affecting in any manner his/her obligations hereunder to vary any of the rules and regulations according to the circumstances from time to time and to forebear or enforce any of the terms and conditions of the said agreement and he/she shall not be relieved from his/her liability by reason of any such variation.

(11) The applicant undertakes that he/she will bear full responsibility for expenses on emergency medical as well as emergency air evacuation, if the need arises during the yatra.

(12) This Indemnity Bond will not be revoked by any change of circumstances.

(13) The above named applicant lastly undertakes not to revoke this Indemnity Bond during its currency except with the previous consent of the Government in writing.

In witness whereof the above named applicant has executed this Indemnity Bond at _____(Place) on this ___(date) day of (month)_____.

WITNESSES

EXECUTANT

1.

2.

(To be attested by First Class
Magistrate or Notary Public)

Medical Tests at Delhi

Tests conducted during medical examination in Delhi are as follows:

1. H.B.
2. TLC
3. DLC
4. ESR
5. Blood Group with Rh-type
6. Blood Sugar Fasting / Post Prandidal
7. Blood Urea
8. Serum Creatinine
9. Serum. Bil., S.G.O.T. , S.G.P.T
10. Lipid Profile
11. Urine RE
12. Chest X-Ray
13. T.M.T.
14. E.C.G.
15. PFT (if required)
16. Stress-Echo-Test (optional)

Source ITBP

Annexure C

Minimum recommended Equipment for the yatra.

1. Wind-proof jacket with parka	1 no.
2. Sweaters	2 full sleeve 1 half sleeve
3. Balaclava (Monkey cap)	1 no.
4. Woollen and leather gloves	1 pair each.
5. Woollen/cotton long johns	2 pairs
6. Woollen socks	4 pairs
7. Cotton socks	4 pairs
8. Jeans/Pants	3 nos.
9. Shorts	2 nos.
10. Full sleeve Shirts/T-shirt	6 nos.
11. Sun glasses (good quality), with chain for hanging around neck	1 no.
12. Hunter/Marching/Trekking shoes (carry extra shoe laces; normal shoes will be useless for trekking)	2 pairs
13. Peaked cap or broad brimmed straw hat (for protection against the sun)	1 no.
14. Water bottle (large)	1 no.
15. Torch light (carry two sets of extra cells and one bulb)	1 no.
16. Raincoat (large size)	1 no.
17. Belt pouch for camera/money/ medicines/documents	1 no.
18. Large Plastic sheet for water proofing your luggage	1 no.
19. Plate/Mug/Spoon	1 set
20. Toilet paper	
21. Sun screen lotion (for protec- tion from sunburn) 30 SPF	1 no.
22. Candles	
23. Match box/lighter	
24. Multipurpose knife	1 no.
25. Rubber slippers	1 no.
26. Snow Glasses (UV protected)	
27. Extra memory card/ cassette for camera (optional)	

Walking sticks would also be useful and may be bought at Dharchula.

Source KMVN

Annexure D

Suggested Ration Scale for both Parikramas

Since pilgrims have to carry food for the duration of both the Parikramas, which is for 9 days they should plan and purchase the food in India itself. As a basic guideline, the food items should be either pre-cooked/partly pre-cooked or easy to cook, as food takes much longer to cook at high altitudes. As far as possible, food should be consumed in liquid form. It should provide sufficient nourishment.

The normal practice is for each batch to decide on the amount and type of food items they wish to carry with them and make purchase accordingly. Pilgrim of each group could make combined purchase of food items in New Delhi for the sake of logistical convenience during the Yatra.. A suggested ration scale is as follows:

Sl No.	Food Item	Average Daily Requirement per Yatri	Total per Yatri for 9 days
1	Atta	40 gmsX9	3.6 Kgs.
2	Rice	250 gmsX9	2.250 Kgs
3	Dal	100 gmsX9	900 Gms
4	Noodle/Maggi Packets	100 gmsX9	900 Gms
5	Fresh Vegetables	250 gmsX9	2.250 Kgs
6	Pre-cooked/Tinned Veg	200 gmsX9	1.800 Kgs
7	Instant Soup Packets	25 gmsX9	250 gms
8	Tea leaves/Coffee	08 gmsX9	72 gms
9	Milk powder for tea	50 gmsX9	450 gms
10	Suji/Corn flakes/ Dalia	30 gmsX9	270 gms
11	Refined Oil	100 gmsX9	900 gms
12	Sugar	80 gmsX9	720 gms
13	Potato	50 gmsX9	450 gms
14	Garam Masala	20 gmsX9	180 gms
15	Besan	20 gmsX9	180 gms
16	Pickle	05 gmsX9	45 gms
17	Tomato Puree	25 gmsX9	225 gms
18	Pooja Samagri for Havan	(1 Pkt per Yatri)	

It is useful to supplement these supplies with items such as cans of fruit, soft drinks and juices, sweets/toffees etc (see Annexure E). The last point where these items can be bought is Taklakot, but prices there will be higher than in Dharchula. Prices in Dharchula itself will be higher than in Delhi. Taklakot is also the best place to stock up on fresh vegetables such as potatoes, cabbage, green peppers, brinjal, etc., for consumption on the Chinese side where Yatris will have to prepare their own food.

Annexure E

Food items for personal consumption – emergency rations

On the Indian side, the KMVN authorities provide breakfast, lunch and tea twice daily to the Yatris. On the Chinese side, food is provided only during the stay at Taklakot. It is advisable for each pilgrim to carry some nourishing foodstuffs, for personal consumption, apart from the common foodstuffs for the group. The following items are recommended to be carried by the Yatris. The list is not exhaustive.

- a. Biscuits-sweet/salty
- b. Mixed dry fruits
- c. Lemon drops
- d. Chocolates/toffees
- e. Soup powder packets
- f. Cheese cubes
- g. Chewing gum
- h. Instant drinks
- i. Glucose

Annexure F

Useful Medicines

The medicines that may be carried by the pilgrim

The medical officer accompanying the pilgrims on the Indian side has a stock of general medicines. On the Chinese side, there is no doctor to accompany pilgrims during the Parikrama of Kailash and Manasarovar. Please carry your personal stock of medicines. A few recommended items are:

SL. No.	Name of Medicine	Unit	Qty.
1.	Crocin (for fever)	Strip	01
2.	Pantaprazole	Strip	02
3.	Digene (for acidity)	”	01
4.	Vitamin C 500mg (for building up immunity to cold)	”	01
5.	Pulv Electrol (for dehydration)	Pkt	02
6.	Diamox	Strip	01
7.	Antidiarrhoeal		
(i)	Norflox	Strip	01
(ii)	Norflox TZ	Strip	01
(iii)	Neutrolin-B	Strip	01
8.	Antibiotic		
	Levofloxacin(once a day)		05 tablets
9.	Cough Syrup	Bottle	01
10.	Analgesics		
	Brufen – 400 mg or Combiflam	Strip	01
11.	Lipsol (lip balm)	Nos	01
12.	Bandage cloth	Roll	01 (15cm)
13.	Bandage cloth	”	01 (7.5 cm)
14.	Cotton	gms	100

15.	Tincture Benzoin	ml	50
16.	Adhesive Plaster (small spool)	Nos	01
17.	Band Aid	Pcs	04
18.	Betadine lotion, Betadine ointment		01 each

Please remember that diarrhoea is a common complaint in mountain areas. Do remember to take ORS packs replenish loss of salts.

Yatris who prefer homeopathy may carry required medicines. The book says that Tr. Coca is useful in High Altitude Pulmonary Edema (HAPE).

If a doctor as a Yatri or LO, he may carry emergency medicines like Lasix/Sorbtrate/Diamox/Amlodipine 5 mg /splint/Decadron, etc.

It may be useful to carry unit of oxy care (oxygen) with each batch.

Source DHLI/ ITBP

N.B. - Yatris are strongly advised to ensure that medicines carried by them are duly approved by a qualified physician or doctor. Use of any medicines without proper medical advice can be harmful or even fatal in high altitude conditions.

Appendix-G

Some useful contacts

Sl No.	Name and address	Telephone/Mobile No.	Fax No.
1.	Shri M.K. Ghildiyal, Under Secy(China-II) Ministry of External Affairs, R. No : 255A, South Block, New Delhi-110011	011-2301-4900	011-23016559 / 23792124
2.	Shri Santosh Kumar, Yatra Assistant, MEA 255A, South Block, New Delhi	011-23016559	
3.	District Magistrate, Pithoragarh, Uttarakhand	05964- 225441,225301 09412909588	05964 – 225393
4.	SDM, Dharchula, Uttarakhand	05967- 222207 05967-222817	05967- 222207
5.	Managing Director KMVN, Oak Park House Mallital, Nainital	0594- 2235700 2236209,	0594- 2236897
6.	General Manager, KMVN Oak Park House Mallital, Nainital	0594- 2236356 09411107621	0594- 2236897
7.	Shri Rakesh Arya, PRO, KMVN, New Delhi	011-41519366 9818871227	011-41519366
8.	Shri S.S. Harta, DIG(Ops), ITBP, New Delhi	011-24364266	011-24360427
9.	7 th Battalion, ITBP, Post Mirthi, Dist- Pithoragarh, Uttarakhand	05964- 232143 (Exchange), 05964- 232127 (KMY Temporary	05964-232638

		Control Room) 09411113434	
10.	Dr. D. K. Verma, Dy. Commandant, Base Hospital, ITBP, New Delhi.	011-26044387 26047568 09891177582	011-26043764
11.	Dr. Neelam Sethi, Director Coordination Delhi Heart & Lung Institute	011-42999999	011- 23514489
12.	Gujrati Samaj Sadan 2, Rajniwas Marg, Delhi-10054	011-23981796-8, 23983066	011-23983066
13.	Manager, Central Bank of India, Ashoka Hotel Branch, 50B, Chanakya Puri, New Delhi	011-24104125 26110101/Extn.3 958 24101848	011-24679639
14.	Embassy of India, Beijing. HOC	008610- 65320481(Office) 65324765(H)	008610- 65324684

Appendix H

Bio-data Form of Yatris undertaking Kailash Manasarovar yatra

Batch No_____

Date of Starting from Delhi_____

Name _____

Age_____

Father's name_____

Name and address of next of kin_____ -

Details of relative &
their contact telephone Nos.

In Delhi

Blood Group

Identification Marks

Job/profession
(eg. Govt./Pvt.)

Corporation etc.

(SIGNATURE OF YATRI)

Appendix I

**UNDERTAKING BY THE YATRI IN CASE OF EMERGENCY HELICOPTER
EVACUATION**

1. NAME OF YATRI :
2. FATHER'S NAME :
3. DATE OF BIRTH :
4. ADDRESS :
(WITH STATE AND PIN NO.)
5. TELEPHONE (WITH CODE)
MOBILE NO.
6. OCCUPATION
7. PASSPORT NO :
DATE OF ISSUE :
PLACE OF ISSUE :
VAILD UPTO :
8. NEXT OF KIN TO BE INFORMED
IN CASE OF EMERGENCY :

I, _____ understand that Kailash Manasarovar Yatra is a high altitude trekking expedition under inhospitable conditions which may involve serious risk to person/property of the Yatri. I am undertaking the Kailash Manasarovar Yatra at my own volition, cost, risk and consequences.

I undertake that I will bear full responsibility for expenses on emergency medical treatment, if the need arises during the yatra.

I undertake to bear full responsibility for expenses on emergency medical air evacuation which could run into lakhs of rupees, if the need so arises during the yatra.

DATE :
PLACE :

(SIGNATURE OF YATRI)
(Full name in Block Letter)
Batch No -----
Registration No. ____

Appendix J

CONSENT FORM TO BE FILLED BY THE KAILASH MANASAROVAR YATRI

1. NAME OF YATRI :
2. FATHER'S NAME :
3. DATE OF BIRTH :
4. ADDRESS :
(WITH STATE AND PIN NO.)
5. TELEPHONE (WITH CODE)
MOBILE NO.
6. OCCUPATION
7. PASSPORT NO :
DATE OF ISSUE :
PLACE OF ISSUE :
VAILD UPTO :
8. NEXT OF KIN TO BE INFORMED
IN CASE OF EMERGENCY :

I, _____ understand that Kailash Manasarovar Yatra involves high altitude trekking under inhospitable conditions which may pose serious risk to person of the Yatri. I am undertaking the Kailash Manasarovar Yatra at my own volition, cost, risk and consequences.

I _____ hereby undertake that in case of loss of my life on Chinese territory during yatra, the decision regarding cremation of mortal remains at site (i.e. Chinese territory) shall be left to Liaison officer of the batch who will not be bound to seek prior consent of my family members or relatives.

I _____ further undertake that without prejudice to the foregoing, all claims, disputes, differences shall be subject to the Jurisdiction of Courts in New Delhi only

DATE :
PLACE :

(SIGNATURE OF YATRI)
(Full name in Block Letter
Registration No.-----
Batch No. -----
Signature of Spouse/next to kin
(Full name in block letters)

