

Kailash Manasarovar

*If you can really be with Kailash even for a few moments, life will never again be the same for you.
It is a phenomenon beyond all human imagination.
- Sadhguru*

Human beings down the ages and across the world have always been drawn to mountains. In recent times, men have climbed the greatest peaks and attempted to conquer them. But this is not a conquest that can last. At those dizzying heights and in those inhospitable climes, man can never conquer. But he can surrender. And it is this realization that has led people of diverse backgrounds, from prehistory to the modern age, to behold mountains with a certain reverence.

Of all the high places on earth, Mount Kailash holds special significance. Distinctively marked and dramatically centered between two smaller peaks, Mount Kailash stands prominently in a remote southwestern corner of Tibet. The power of this awesome peak has since time immemorial, gripped the imagination of people.

The Kailash Manasarovar is probably the most significant of all pilgrimages and is considered by many as the highest point of their life's experience. Considered the spiritual center of the Universe by five religions – Hinduism, Buddhism, Jainism, Sikhism, and Bon – sacred Mount Kailash and ethereal Lake Manasarovar are the subjects of innumerable myths and legends. Adi yogi Shiva, Buddha, the Jain Theerthankars, all have played a part in imparting a divine mystique to this place.

Manasarovar lies at a height of 15,015 ft and is situated 20 km away from Kailash. It is the most beautiful and sacred lake in the world. Believed to house the Kalpavriksha, the wish-fulfilling Divine Tree, the lake is considered to be the source of all Creation. This blue and emerald green lake has been attributed with healing properties.

Guided and enveloped by intense meditation processes, sathsangs and chants, Sacred Walks is not just a journey; it is an intense expression of man's search for ultimate freedom. Isha offers this program not as a tour, but as a possibility for deep spiritual transformation. Imbibing the overwhelming power, energy and grace of these sacred spaces opens one up to higher dimensions of life – more so when the guidance of a realized Master illuminates every step.

Isha takes utmost effort in making this unique sojourn, managed by our highly trained and dedicated teachers and volunteers, a truly memorable experience. Every individual is looked after with genuine care and attention.

Group A

The given dates are to and from Bangalore/ Chennai/ Hyderabad/ Mumbai/ Delhi/ Kathmandu.

Group	Program Dates	Medium of Communication
A1	14 th to 26 th Aug	English
A2	16 th to 28 th Aug	English & Tamil

Participants of these groups will have the privilege of being in the presence of Sadhguru at Mount Kailash or Lake Manasarovar.

Registration closes on 31st May, 2013. Applications are processed on a first-come-first-served basis. Therefore, registration may close earlier if all places are filled.

The participants are required to be in Kathmandu on the given dates latest by 3.00pm. You can either join the group at Kathmandu on your own or Isha will make arrangements as mentioned in the *Conveniences Offered* section below.

Registration Requirements

The following should reach us on or before May 31st 2013 to enable timely visa processing and travel arrangements:

- i. The completed application form
- ii. Medical fitness certificate (including original medical reports)
- iii. Passport size photos - 4
- iv. Photocopies of your passport - 3
 - Please send only the pages with your photo, passport validity details and address. Ensure that the photocopy of the passport is clear, especially the photograph.
 - A color scanned copy of the passport will also be accepted via email.
 - The validity of the passport should be for a minimum of 180 days from the last date of the sojourn.

We will send you a confirmation of your registration within two weeks of receiving your registration form, required documents, and medical reports.

Isha maintains the right to accept or reject any application without providing an explanation.

Itinerary

Day 1: Arrival at Kathmandu

Get your first glimpse of vibrant Kathmandu as you are transferred to your hotel for some rest. A satsang and orientation bring the day to a close.

Day 2: Kathmandu and Patan

Devote the day exploring this 2000-year-old city. Two of the finest gems on your itinerary – the Pashupatinath temple, considered the holiest temple in Kathmandu, and Patan, an ancient city of graceful pagodas.

Day 3: Arrival at Tibet

Let the magnificent river gorges and scenic Himalayan landscapes soothe your senses as you journey to Kodari, an important trading centre. From there, you cross over to Tibet and spend the night at Zhangmu, a quaint little town built against a mountain.

Day 4: Drive to Saga

Drive down to Saga (“happy land”), which is situated along the banks of the Brahmaputra. Feast your eyes on the enchanting beauty of Tibet.

Day 5: Saga

A stay at the sprawling town of Saga is just the thing to help with acclimatization, and for last minute supplies. Relax and enjoy the day, including a walk to the Brahmaputra River.

Day 6: Manasarovar

Prepare yourself for incredible vistas as you travel to Manasarovar. Your first view of this freshwater lake will be truly breathtaking. Camp overnight on the banks of the lake and drink in the peace that surrounds this spot.

Day 7: Manasarovar

This is a mystical day of meditation and invocation along the banks of the sacred lake. Enjoy a refreshing and cleansing dip in the lake and a Parikrama of Manasarovar during the day by jeep. Once again, camp overnight at the lake, which allows you to absorb your experiences.

Day 8: Kailash

Get ready for a trail that is as challenging as it is rewarding. Pack up and drive to the starting point of the trek, Serson, and then trek to Dirapuk.

Day 9: Kailash

Trek from Dirapuk to the north face of Kailash for meditation in its mighty presence, and then back to Dirapuk. Cliff-top monasteries, yak caravans leisurely ambling over snowy passes, and the mighty peaks of the Himalayas are just some of the sights that will greet you on this trek.

Day 10: Return to Saga

The trek comes to a close and you head back to Saga – time to allow the essence of Kailash to take root in you.

Day 11: Zhangmu

Watch the landscape transform from the wild beauty of Tibet to the lush greenery of the Himalayas as you drive back to Zhangmu.

Day 12: Return to Kathmandu

You drive downhill to the Sino-Nepal Friendship Bridge that spans the Bhote Koshi River. This is the final leg of the journey to Kathmandu, where you stay overnight.

Day 13: Departure from Kathmandu

You return home carrying, as Sadhguru says, ‘a little bit of Kailash with you in your heart and your mind.’

Please Note

- ★ Participants who are flying directly into Kathmandu. Please send your travel itinerary to us at least one month prior to the date of departure to Kathmandu.
- ★ Those arriving at Kathmandu before the scheduled date need to make their own stay arrangements. We can suggest accommodation options on request, and inform you of the meeting place with the rest of the group at a later date.
- ★ You are required to check-out at 12 noon on the last day. Please plan your flight accordingly.

Conveniences offered

- ★ Dedicated Isha team to manage the entire sojourn.
- ★ A qualified doctor, especially trained to handle high-altitude sickness and other conditions that may arise, will accompany the group throughout the journey. The doctor will be equipped with all necessary medications and equipment including life-saving oxygen cylinders and Gamow bags.
- ★ Medical Insurance for the entire duration of the sojourn.
- ★ Travel arrangements:
 - Option 1:* Air travel to New Delhi from any of the following destinations: Chennai, Bangalore, Hyderabad, Mumbai and back, as well as air travel to Kathmandu and back.
 - Option 2:* Air travel from New Delhi to Kathmandu and back.
- ★ Five star hotel accommodation for three nights in Kathmandu on a twin-sharing basis.
- ★ Arrangements and guidance to visit Pashupatinath temple and Patan, the ancient city of fine arts.
- ★ All travel arrangements in Nepal and Tibet with experienced and friendly drivers.
- ★ Visa and permit fee for Tibet/China.
- ★ Accommodation at the best hotels/guest houses in Tibet.
- ★ Wholesome vegetarian food.
- ★ Mineral water for the entire journey.
- ★ Transportation of luggage during the trek.
- ★ Pony for the sick or elderly during the trek.
- ★ Complimentary T-shirt and duffle bag.
- ★ Down jacket and sleeping bag on a returnable basis.
- ★ High resolution pictures of the journey will be sent after the sojourn.

Please plan for costs towards personal expenses, excess airline baggage fee, expenses in case of emergency evacuation (for travel arrangements from Tibet to Kathmandu, boarding and lodging until the group arrives back in Kathmandu, etc.) and personal porter while trekking to Mount Kailash, if needed.

Prerequisites

Age: Participants must be between 18 and 70 years of age.

- ★ Participants below the age of 18 must either be accompanied by a parent/guardian or a consent form needs to be signed by them.

Medical: Be physically and mentally fit.

- ★ Please note that this trek is not advised for pregnant women and those suffering from chronic health problems, like epilepsy, heart ailments, uncontrolled BP or diabetes or asthma, psychological problems, physical disabilities and obesity.

Passport: A valid passport is needed with a minimum validity of 180 days from the last date of the sojourn.

- ★ Please note that diplomatic passports are not allowed.
- ★ PIO/OCI or any other ID cards are not accepted in Tibet.

Isha Yoga Program: It is necessary to have completed an Isha Yoga program.

- ★ A one day yoga program, just prior to the departure date, will be offered to those who have not attended one yet. Details will be sent upon registration.

This program offers simple but powerful energy processes for inner transformation which will greatly enhance your experience of the vibrant places that you will be visiting and will also prepare you both mentally and physically for this program.

Visa Process

- ★ Indian nationals do not require a visa for Nepal.
- ★ Visa for Tibet will be organized by Isha. To **facilitate this, original passport is required at New Delhi, well in advance prior to the departure date.** The actual date and details will be confirmed based on the group you choose to travel with.

How to Prepare Yourself

Physical and mental fitness is essential on this trip as you will be travelling to a region of high altitude and extreme weather conditions. To make the most of this program, you should start an exercise regime and develop a walking habit, at least a month prior to the trip. We strongly recommend:

- ★ Daily brisk walking or jogging for 5 km.
- ★ Isha meditators are advised daily practice of Shakthi Chalana Kriya / Shambhavi Mahamudra / Isha Kriya / Hata Yoga

Smoking and/or drinking alcoholic beverages is strictly prohibited for the entire duration of the program.

Packing Suggestions

A complimentary duffle bag per person will be provided in Nepal. You will be required to repack all articles needed for travel to Tibet in that bag and leave the rest of your luggage behind at the hotel in Kathmandu.

In addition, a backpack is required to carry daily essential items. It will be the only piece of luggage allowed in the car during the travel. The rest of the luggage will follow on a truck.

We advise you pack the following items:

- * Rain-proof jacket with hood and pant – 1 each
- * Woolen high-neck sweater – 1
- * Warm T-shirts/sweatshirts and pants – 2 each
- * Clothing (please avoid *saris/dhotis*) – 6 sets
- * Thermal inner wear – 2 pairs
- * Wide rim hat – 1
- * Woolen cap and scarf – 1 each
- * Thick woolen gloves – 1 pair
- * Water-proof gloves – 1 pair
- * Water-proof/resistant trekking shoes with a good tread/grip – 1 pair (e.g. Nike, Adidas, Reebok, etc.)
- * Woolen socks – 3 to 4 pairs
- * Light weight single bed sheet – 1
- * Camera (optional).
- * *Please note that video cameras are not permitted.*
- * Down jacket with hood* – 1
- * Sleeping bag suitable for temperatures around 0° Celsius* – 1

**If you do not have a down jacket with hood and/or a sleeping bag, they can be made available to you on a returnable basis in Kathmandu. Please note that in case of loss or damage, you will be required to reimburse the cost of the same.*

Other essential items:

- * Personal clothing
- * Toiletries
- * Inflatable pillow
- * Small flask
- * Sunscreen lotion (50 SPF or more)
- * Castor oil (50 ml)
- * General footwear
- * Towels
- * Toilet tissues
- * Water bottle
- * Sun glasses
- * Snacks – chocolates, biscuits, nuts, etc.
- * Hand sanitizer
- * Powerful flashlight (with extra batteries)
- * Extra large plastic garbage bags – 4 /5 (to protect your clothes from moisture)

First Aid medical kit

It is important to carry a personal medical kit with electrolyte packs, pain killers, muscle relaxant cream, band aids, knee-cap, Vaseline, medicines for fever, common cold, headache, nausea, vomiting, diarrhea, indigestion, and any other medication necessary.

If you are being treated for diabetes, please check with your physician if any change in medication is needed due to the altitude and trekking involved.

Currency

Indian currency is accepted in Nepal. Please bring only **100** rupee notes since it is illegal to carry **500** and **1000** rupee notes in Nepal.

The currency used in Tibet is Chinese Yuan. Indian Rupees, US Dollars, and all other major currencies can be converted to Chinese Yuan in Nepal. Assistance with conversion will be provided in Kathmandu.

We recommend you convert a minimum of Rs. 5000 to Yuan for personal expenses.

If you wish to hire a personal porter, it will cost approx. Rs. 6,000/- for three days. We recommend that you convert this amount to Yuan in addition to the amount mentioned above.

Credit cards are not accepted for currency exchange OR anywhere in Tibet.

Communication Facility

Pay phones are available in Kathmandu, Zhangmu, Nyalam, and Saga. Airtel roaming works fairly well till Lake Manasarovar. The program coordinator will be equipped with a satellite phone at Kailash for emergency communication.

Temperature and Weather

Weather conditions from May to September in Tibet can be expected to be dry and sunny, with precipitation in July and August. Day time temperatures can be as high as 22° Celsius in Tibet. The average daily temperature will be 10° Celsius. However, the intense sun at high altitude can make it feel even hotter. There can be an incredible drop in temperature from early afternoon to evening time. The temperature at night can drop as low as 0 to -10° Celsius.

Precaution at High Altitudes

Lack of oxygen at high altitudes (over 2,500 m) affects most people to some extent. With an increase in altitude, the human body needs time to develop physiological mechanisms to cope with the decreased oxygen levels. This process is called acclimatization. During the trip, participants will be given simple, yet unique and tested practices for faster acclimatization. Diamox (Acetazolamide) tablets will also be given to overcome Altitude Sickness (AS). Those allergic to sulfa drugs will be given an alternative medicine.

★ *A qualified doctor, especially trained to handle high-altitude sickness and other conditions that may arise, will accompany the group throughout the journey. The doctor will be equipped with all necessary medications and equipment including life-saving oxygen cylinders and Gamow bags.*

Amenities in Tibet – a must read

Tibet, referred to as the highest region on earth, is also one of the least developed parts of the world. Being extremely remote and isolated, the facilities for pilgrims although being upgraded, are still very basic. Modern amenities are very hard to find in the hotels and guest houses in Western Tibet. The quality of accommodation will vary from place to place. It may be necessary at times to share a room with a few others or participate in an outdoor toilet adventure, or go without a shower for a few days. Rest assured, we will in every instance provide you with the best accommodation that the place has to offer. We have successfully taken thousands of people to these sacred places for many years now, and we will always be there to support you and make the journey a pleasant one

Sadhguru

Yogi, mystic and visionary, Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, insightful, logical and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown. With a celebratory engagement with life on all levels, Sadhguru's areas of active involvement encompass fields as diverse as architecture and visual design, poetry and painting, ecology and horticulture, music and sports.

“A pilgrimage is not an achievement, but an opportunity to subdue the sense of who you are, and an access to the beyond.”

-Sadhguru

For registration and further information:

Tamil Nadu:
☎ +91 9488 111 333
✉ tn@sacredwalks.org

Rest of India:
☎ +91 9488 111 555
✉ india@sacredwalks.org

“Kailash Manasarovar” Isha Sacred Walks

Thannerpandal, Velliangiri Foot Hills, Semmedu Post, Coimbatore – 641 114

☎ +91 9488 111 777 🌐 www.sacredwalks.org