

Kailash Mansarovar Yatra 16 Days (via Lhasa)

Chengdu 1nts, Chengdu 2nts, Lhasa 3nts, Shigatse 2nts, Saga 2nts, Darchen 3nts, Zuthul Phuk 1nts, Zuthul Phuk 1nts

Itinerary Brief:

Kailash Mansarovar Yatra in Holy Shravanmas.

Daywise Itinerary:

Day 01 DEPART FOR CHENGDU

Fly to Chengdu.

[x] Breakfast [x] Lunch [Y] In flight Dinner

Day 02 ARRIVE CHENGDU

On arrival Chengdu, clear the immigration. Assisted transfer at the airport to the hotel. Overnight stay in hotel in Chengdu.

[X] Breakfast [x] Indian Lunch [Y] Indian Dinner

Day 03 CHENGDU - LHASA (ALTITUDE 3,658M)

Board your flight to Lhasa, Tibet. Upon arrival at Gonggar Airport- Lhasa, transfer to our hotel in Lhasa, approx 2 hrs drive. Spend the first day free to acclimatize with the altitude as Kathmandu is at 1300 m above sea level and Lhasa is at 3,650m. Spend the night at Hotel in Lhasa.

[x] Breakfast [x] Indian Lunch [Y] Indian Dinner

Day 04 LHASA - JOKHANG TEMPLE - BARKHOR STREET - LHASA

After breakfast, we proceed to visit The Jokhang Temple, this temple has undergone massive additions and reconstructions since the 7th century and particularly during the reign of 5th Dalai Lama in the 17th century. While parts of the existing temple structure date from earlier times, most of the murals are from the 18th and 19th centuries and few statues (with the notable exception of the Jowo Sakyamuni) are older than the 1980's. The Jokhang is the most celebrated temple in Tibet. Because the temple is not controlled by a particular sect of Tibetan Buddhism. It attracts adherents of all the sects as well as followers of Bon-Po, Tibet's indigenous religion. This cumulative focusing of intention and love has charged the Jokhang with an enormously powerful field of sanctity. Later continue to visit Lhasa's Barkhor Street. The street circles the Jokhang Temple has been an essential pilgrim route since the foundation of the temple. Buddhist pilgrims can be seen throughout the day and night walking or prostrating themselves clockwise along Barkhor Street spinning their prayer wheels and chanting sutras. There is more to Barkhor Street than just a place for pilgrims to walk. Barkhor Street, often called the "Window of Tibet" is famous for its shopping. Our tour continues to visit the famous Potala Palace (from Outside), the winter palace of the Dalai Lama, which was originally built in the 7th century by the king Sotsen Gampo and rebuilt to the present size by the 5th Dalai Lama in the 17th century. Overnight at Hotel in Lhasa.

[Y] Breakfast [Y] Indian Lunch [Y] Indian Dinner

Day 05 LHASA - DRIVE TO SHIGATSE (ALT:3,840 M) - 210KM/4-5HRS DRIVE

After breakfast drive to Shigatse which is the 2nd largest city of Tibet. Later (time permitting) visit Tashillunpo Monastery, built in 1447 by the first Dalai Lama the Tashillunpo Monastery in Shigatse is a very important monastery in China as it is known as seat of the Panchen Lama, also one of the Six Big Monasteries of Gelugpa (yellow hat sect). Night stay will be at hotel.

[Y] Breakfast [Y] Indian Lunch [Y] Indian Dinner

Day 06 SHIGATSE - DRIVE TO SAGA (ALT:4,300 M) 450KM/7HRS DRIVE

Have early breakfast and drive to Saga. The drive is quite long, enroute pass by high plateau lakes, town and herder's tents and diverse forms of mountains are overlooking through the valley. On arrival check into Hotel Saga have dinner and overnight stay.

[Y] Breakfast [Y] Lunch [Y] Indian Dinner



Day 07 SAGA - LAKE MANSAROVAR (ALT:4,540 M) 450KM/7-8HRS DRIVE

Morning, drive through Paryang (4750m). Have lunch on the way. Drive through the windswept territory passing many villages and camps of Yak herders with distance view of snow-capped mountains. On this day, the road is quite flat, hence the drive will be comfortable compared to other days. Thereafter drive to Hor Quo (4560m). We continue driving crossing Mayum La pass (5200 m) today is the day of lifetime, as we will have the first sight (Darshan) of Holy Mt. Kailash and Holy Lake Mansarovar. Head towards Darchen, basecamp of Mount Kailash. Overnight stay at Guest House.

[Y]Breakfast [Y] Packed Lunch [Y] Indian Dinner



Day 08 LAKE MANSAROVAR - DARCHEN (ALTI: 4,620M) BASE CAMP OF KAILASH

After morning Pooja and take holy bath at Mansarovar. After lunch, drive to Darchen, the base camp of Mt. Kailash. The drive takes about 1 & half hours. At Darchen Yatris who wants Mt. Kailash Parikarma with horses and porters will have to confirm our guide so that he can arrange all before starting the Parikarma. Over night stay at Guest House in Darchen.

[Y] Breakfast [Y] Indian Lunch [Y] Indian Dinner



Day 09 DARCHEN - DIRAPUK (ALTI: 4,860M/APPRO:5HRS WALKING)

1st day of Parikarma: Morning drive closer to Yama Dwar (Tarboche Valley). Here you will meet our yaks and yak men, we will load all logistics on yaks and starting point of Parikrama. Tarboche is also known as the outer "Astha path". Enroute visit Yama Dwar. The First day of Kora is a gradual walking of 5 hours. Enroute, you have Darshan of West face of Kailash. Overnight halt at Dirapuk. From Dirapuk view of North face of Kailash in a distance. Yatris who are not going to Mt Kailash Parikarma will stay at Darchen till rest of the group returns from Parikarma.

[Y]Breakfast [Y] Lunch [Y] Indian Dinner



Day 10 DIRAPUK - DOLMA LA PASS - ZUTHULPUK (ALTI: 5,850M/APPRO:10HRS WALKING)

2nd day of Parikarma: Start early morning trek uphill Dolmala Pass, it take appro 4-5hours, our circumambulation (Kora) leads to much higher side of the holy path just beneath the Holy Mount Kailash. The walk will bring us to one of the highest points at Dolma La pass at Alti:5,800m and trek down to the valley floor for approximately another 5hrs. After crossing Dolmala, trek down to Gauri Kunda. This day is the longest and toughest day of Parikarma so mentally & physically one must be prepared.

[Y] Breakfast [Y] Indian Lunch [Y] Indian Dinner



Day 11 FINAL DAY OF PARIKRAMA - CHONGDO - SAGA (ALTI: 4,400M/APPRO:04HRS WALKING & 7-8HRS DRIVING)

Final 3rd day of Parikarma: After breakfast, you trek down of 10km/4-5hrs. Once we reach at the trek end point near Chongdo (Those who could not do Parikrama would be waiting to welcome other group members at this point). Pick up the trekkers from Chongdo and drive down to Saga. Overnight stay in Saga.

[Y] Breakfast [Y] Packed Lunch [Y] Indian Dinner

Day 12 SAGA - SHIGATSE (ALTI: 4,050M/APPRO:06-07HRS DRIVE)

After breakfast, check out and drive to Shigatse. Dinner and overnight stay in hotel.

[Y] Breakfast [Y] Packed Lunch [Y] Indian Dinner



Day 13 SHIGATSE - LHASA

After breakfast, check out and drive to Lhasa. On arrival check into hotel for dinner and overnight stay in Lhasa.

[Y]Breakfast [Y] Lunch [Y] Indian Dinner

Day 14 LHASA - FLY TO CHENGDU - KATHMANDU

This morning, after breakfast check out and depending on your flight timing, transfer to airport for your flight to Chengdu. Dinner and overnight in hotel in Chengdu
[Y]Breakfast [Y] Indian Lunch [Y] Indian Dinner



Day 15 CHENGDU DEPARTURE

After breakfast, check out and transfer to airport for your onwards flight with memories of Sacred Kailash & Holy Lake Mansarovar. Depending on your time of departure you will arrive either today or the following day.
[Y]Breakfast [x] Indian Lunch [x] Indian Dinner



Day 16 ARRIVE HOME

Arrive Home



Return with the Happy Memories of the Tour!!!

Departures:

2024 Tour Departures:

UNITED KINGDOM 718 KENTON ROAD, KINGSBURY CIRCLE, HARROW, MIDDLESEX, HA3 9QX, UK
Call: +44 (0) 2089510111 Email: info@sonatours.co.uk

June	16
July	14
August	18

Tour Cost:

Departures: 16/06/2024

Title: From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	4,300.00	3,400.00	Twin Room
Per Adult	4,300.00	3,400.00	Double Room
Per Adult	4,800.00	3,900.00	Single Room

Departures: 14/07/2024

Title: From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	4,500.00	3,400.00	Twin Room
Per Adult	4,500.00	3,400.00	Double Room
Per Adult	5,000.00	3,900.00	Single Room

Departures: 18/08/2024

Title: From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	5,350.00	3,400.00	Twin Room
Per Adult	5,350.00	3,400.00	Double Room
Per Adult	5,850.00	3,900.00	Single Room

Travel Mode:

From	Via	To	By
London	Chengdu	Lhasa	Flight
Lhasa	Shigatse	Saga	Coach
Saga	Darchen	Zuthul Phuk	Coach & Trek
Zuthul Phuk		Lhasa	Coach
Lhasa	Chengdu	London	Flight

Inclusions:

- * Meal plans as indicated in the itinerary
- * Entrances to sightseeing's and excursions as per the itinerary
- * Tips to guides and drivers included
- * All transportation in executive coaches, cruise liners, trains and some places in A/C Cars
- * All internal transfers using local speed trains at certain places.
- * Premium services of Bi-lingual Tour Director / Escort / Leader / Manager (when minimum numbers of passengers reached)
- * Services of local tour guides
- * All Internal Flights Including Airport Taxes



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* Return flights from one of these airports depending on availability of flights: London Heathrow / Gatwick / Stanstead / Luton / London City Airport

Exclusions:

- * Travel insurance
- * Visa charges
- * Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, potter service, other personal expenses, etc..
- * Any cost of beverages, alcohols with the set meals.
- * Other services not listed in inclusive item & the itinerary

Cancellation Policy:

- * More than 56 days prior to departure date 50% of Total Holiday Cost for International Flight Tours
- * 55 - 42 days prior to departure date 75% of Total Holiday Cost for International Flight Tours
- * 41 - 0 days prior to departure date 100% of Total Holiday Cost for International Flight Tours





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Services:

Risk & Liability:

Sona Tours Ltd. will do it best to make the tour with safe and smooth. As all the tour programs are conducted strictly under the rules and regulations of Tibet Tourism Bureau (TTB), Sona Tours will not be accountable for any changes due to change of official rules and laws of Tibet. More over Sona Tours will also not be liable for any changes in the itinerary due to unavoidable circumstances such as landslide, road blockage, earthquake, flood, snow, political unrest, and cancellation of flight due to the changes in weather, sickness and accidents. Any extra cost arising due to the above circumstances shall be borne by the clients on the spot.

Terms & Conditions :

* Please refer to the full Terms and Conditions on our website

FAQ :

Who can undertake the Journey to Kailash Mansarovar?

A: Any persons with strong lungs and sound heart and who is not suffering from high blood pressure can undertake the journey to Holy Kailash and Mansarovar. He/she should be mentally prepared and able to bear hardships, difficulties, and very unpredictable harsh weather conditions.

Can I join the tour from any part of the world?

A: Yes, you can fly over to Chengdu (China) our first point in the tour preferably a day earlier. Please do inquire the office to arrange your logistics for both arrival and departure.

Altitude

Q. What is the highest altitude on this Yatra?

A: The highest altitude During your Yatra is at 5,650m above sea level and it's found at Drolma La.

Q. What is Altitude Sickness?

A: As you are traveling over high terrain, Mansarovar Lake is perched at an altitude of 4,590m above sea level and Mount Kailash Parikrama's highest altitude is 5,650m above sea level. At such a high altitude, Acute Mountain Sickness(AMS) is common among people. However, the effect of AMS varies from one person to another, your symptoms may be mild or severe.

You are likely to experience symptoms and discomfort of altitude sickness(headache, loss of appetite, nausea, exhaustion, sleeplessness, breathlessness, etc.) until your body adjusts to the elevation. Generally, this can take a couple of days or more depending on the individual. However, one must stay very calm and must avoid exercising, drinking alcohol, or smoking prior to your tour departure or during the tour. We recommend consulting your physician/Doctor.

Q. How do we help ourselves once are at High Altitude?

A: The most important factor is to get energy; it is important to Eat and drink properly. The first 1 or 2 days after entering high altitude might cause you to lose appetite you must however eat and drink normally. Keeping yourself hydrated by drinking water and eating soup such as garlic Soup helps in high altitude. Easily digested foods are also good. Not eating or drinking properly will cause your health to deteriorate, it is also advisable **Not to just sleep but to walk around** and get rest.

Q. Will I be provided Oxygen during the Parikarma?

A: Oxygen cylinder with mask will be carried during the PARIKRAMA and will be available should the need arise. Please note that oxygen is to be used only in case of emergency.

Weather & Essential to carry

Q. What is the weather conditions during Yatra?

A: Weather conditions from May to September in Tibet, can be expected to be dry and sunny. Day time temperatures can be as high as 22 degrees centigrade in Tibet. The average daily temperature will be 10 degrees centigrade, however, the intense sun at high altitude can, make it feel even hotter. At this time of year, there is an large drop in temperature from early afternoon to evening time; temperature at night-time can drop as low as 0 to -10 degrees centigrade at altitudes of 5000 meters, our highest camp during the PARIKRAMA.



Q. How can I check the local weather?

A: You can check the local weather to your destinations here: www.accuweather.com

Q. What is the best time to travel?

A: Best time to visit is from May to September, however every effort has been made to select date where the weather is moderate to ensure your best experience during Yatra. (Kindly note due to changing weather conditions globally, Sonatours is not liable for weather variations).

Q. What clothes shall I wear or pack?

A: We recommend that you bring clothes for changing weather conditions, as the temperatures in Tibet can vary substantially. Wet weather gear is also necessary.

A: Waterproof / windproof jacket is a must.

A: Essentials are light thermals and warm cloths to safeguard against the cold winds of the Tibetan Plateau as the temperature can drop low as 0 to -10 degrees centigrade at night.

Q. What kind of footwear will I need on the trip?

A: We suggest good pair of walking/trekking shoes, trainers or similar.

Passport; Immigration & Visa

Q. Do I need to carry a passport?

A: Yes, all passengers must travel with their passport if traveling outside the country you live in. We request you to see the following websites for the latest updates on travel to your destinations.

For UK Resident: www.gov.uk/foreign-travel-advice

For USAResident: travel.state.gov/content/travel.html

Q. How long should the passport be valid?

A: Please ensure you have a passport that is valid for at least 6 months from the date of starting your tour.

Q. What are the Visa Requirements?

A: You are responsible to ensure that you have correct documentation. Please contact the office for further details.

A: For this tour visa is required for China and Tibet.

China Visas: Everyone requires a visa to travel to China. Please contact the office for details/Visa procedure and Document requirement.

British passport holders: Do require a visa to travel to China (visa updates to follow) or contact the office.

Non-British passport holders: Please do check with the Chinese Embassy in country of your residence.

Sonatours is not responsible or liable in any way should you be denied travel due to incorrect documentation.

Tibet Permit: For all travellers, Sonatours will obtain your visa for Tibet. Details of documents required will be requested at the time of booking.

Q. What happens to me if I am stopped at customs and immigration?

A: Sonatours cannot be held responsible if passengers are stopped or held by any government departments, e.g. Police, Customs, Immigration or any other authorities. We are sorry to say that the tour will continue and no financial or any other kind of responsibility will be accepted by Sonatours.

Money Matters

Q. What is the currency used?

A: Tibet's currency is the Chinese Yuan.

American Dollars (USD) are also acceptable but still only in a limited number of shops and please note the exchange rate may be poor.

Q. Can I use my Credit/Debit cards there?

A: We recommend that you take a credit or debit card with you, as it provides extra financial flexibility. Major international credit cards, such as Visa or Mastercard's are accepted but in limited shops and hotels.

Most countries are using chip and pin. In cases where chip and pin not used, please be cautious when handing your debit/credit card.

Q. Are ATM machines available?

A: There are a limited number of ATMs in Lhasa, but they are not available elsewhere. Advise your bank which countries you are visiting prior to travel so that you do not run the risk of your card being refused and subsequent expensive phone calls to unlock it.

Q. Where can I exchange my money?

A: Money can be exchanged at Airports, the recommended option is to change your money into Yuan at the Nepal-Tibet border or in Lhasa. You may also need your passport for identification, please be aware that local exchange rates may vary.

Health (Medication); Welfare & Travel Insurance

Q. Do I need any vaccinations?

A: For further information on vaccinations please check with your medical doctor for recent updates or go on the following website:

www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

or contact your medical doctor for recent updates.

Q. Should I bring all my medication with me?

A: Please travel with all your necessary medication for the duration of your trip including your prescription/doctors report confirming the medication.

Q. Do I need to declare any special medical condition and requirements prior to booking the tour?

A: All participants must provide a health certificate given by a doctor confirming that they are fit to travel on this tour to the altitude of 5500 meters. All passengers travelling must consult with a medical professional before embarking on the journey is advisable to ensure that you are physically and mentally prepared for the pilgrimage.

A: Should you have pre-existing medical conditions or requirements (e.g. oxygen during flight or sleeping, colostomy bags, etc). Kindly advise the office at the time of booking.

Q. What happens if I am unwell during the tour?

A: Should you feel unwell during the trip, kindly contact the Hotel Reception, Tour Manager/Local Guide. We regret that no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing or missed sections of the yatra due to ill health. Strongly recommend having personal travel insurance to cover these mishaps.

Q. What happens if an accident occurs while on the tour?

A: Should you be involved in an accident (minor or major), please contact your Tour Manager/Local Guide. Unfortunately, no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing.

Q. What should I do if there is an incident?

A: Sonatours makes every effort to keep your health and safety in mind. However, should an unforeseen incident occur please contact your tour manager/local guide/hotel reception for immediate assistance.

Q. What happens if I have lost or left something in the hotel?

A: Kindly note that you are responsible for looking after your valuables and property when on vacation. If an item has been left in a hotel you will need to call the hotel and arrange with them directly for the return of your item, there might be charges involved.

A: You are advised not to carry unnecessary valuables and to be vigilant, as tourist spots are well known targets for pickpockets. In case of theft, you will need to advise your Tour Director immediately and report the theft to the police. This should provide you with a police report or crime reference number.

Q. Do I need travel insurance?

A: We strongly recommend you travel with Travel/Medical Insurance and separate Insurance that covers altitude of 5000m and above from your country of residence. Kindly ensure you get the correct insurance for this tour.

Q. Can Sonatours provide travel insurance?

A: There are various travel insurance providers in the market, however Sonatours does not provide Travel Insurance.

Accommodation & Transport

Q. What type of accommodation available during Yatra?

A: Accommodation in Lhasa city and Shigatse are basic hotels. Accommodations in the remote areas along the route are very basic (Guesthouses), they do not have ensuite bathrooms and British style toilet.

Guesthouse only have shared public Bathrooms and only has squat toilets. No laundry services will be available throughout the trip.

A: No Single rooms or Twin Sharing rooms available during your Yatra while in Tibet.

Q. How are rooms allocated?

A: Each hotel/Guesthouses checks their bookings and room inventory in the morning and pre-assigned the rooms. Sonatours have no control over room

allocations.

A: Guesthouses are on the shared basis, occasionally shared with 4 people in one room.

Q. What facilities are there in the room?

A: Hotel: Facilities vary from Hotel to Hotel (City) and include en-suite bathrooms, generally TV, safe box, telephone, mini bar, room service (use of some of the services are chargeable and to be settled by yourself at the time of checkout). Hotels may require your credit card to cover your extras or cash deposits.

A: Guesthouses: Accommodations have very basic facilities. No Tea/Coffee or a Hot water facility available in the rooms. Please Note as you travel to remote places of your Yatra, the facilities are very limited and very Basic.

Q. Will the room have a walk-in shower?

A: Not all city hotel rooms have walking showers. Guesthouses do not facility have walking showers/they have public bathroom and squat toilets.

Q. Does my room have Tea & Coffee making facilities?

A: Hotels: Please note that not all City hotels provide tea/coffee in the room. If hot water is required, kindly request the hotel reception for assistance.

A: Guesthouse: These are basic guesthouses. There are no luxuries such as Tea & Coffee making or Hot water or ensuite bathrooms and toilet facility available in the room.

Q. Is smoking allowed in the hotels/rooms?

A: Hotels do not allow smoking in the rooms. However, designated smoking areas are provided. Please be aware that some rooms might be smoking, although non-smoking rooms are requested.

Q. Is WIFI freely available?

A: City Hotels: Most city hotels will have WIFI available in the public areas. Please check with hotel reception for WIFI information in the rooms.

A: Guesthouses: Due to location in the remote areas of your Yatra route, guesthouse Do not have WIFI facility available.

Q. Do all rooms have Air-condition?

A: Most City hotels rooms/Guesthouses in Tibet do not offer air-conditioners or fans due to high altitude.

Q. Will all hotels have lifts?

A: Most of the City hotels will have lifts. However, at some places Heritage Hotels/Resorts or Guesthouses are used in such cases lifts cannot be guaranteed.

Q. What time do I need to be at the airport?

A: All flight tours originating in the UK require that you be at the airport for your flight at least 3 hours prior to your flight time. Your final itinerary confirmation will confirm the time you need to be at the airport. Should you miss your flight Sonatours will not be liable for any costs incurred for you to join the tour. The office will make every effort to assist you in such circumstances.

If you have booked the tour without flights, please meet the group at the hotel in the country of your arrival. Details will be sent to you later. Please do check with the office as you might need to book a hotel before the tour starts and after it finishes.

Please be on time as we cannot be held responsible or liable for any loss or expense suffered if you miss the flight or coach.

Q. Are flights upgrades available?

A: On long haul flight tours, an upgrade to your flights is possible. Please advise the office at the time of booking to get the best possible price.

Q. Can I select my seats on the airplane?

A: International flight bookings are booked as a group and the airlines will allocate the seats. Should you have a specific request it will be forwarded to the airline but cannot be guaranteed.

Q. What are the luggage requirements on the airplane?

A: International Flights: Different airlines will have different requirements on the weight allowance. It can range 20-30kgs for your main luggage and 5kg for hand luggage.

We do advise you to travel light. This information will be on your e-ticket once the tickets have been issued.

Q. What type of coach will I be travelling in?

A: We use the finest fleet of fuel-efficient coaches. Most coaches will have armrests & comfortable with reclining seats.

A: Coaches in Tibet do not have emergency WC facilities. Frequent comfort stops are being made for your convenience. The high vantage point from your coach's windows means you can take in all the glorious scenery, whether it's a vast-rural landscape or an urban city Centre. On a touring holiday there are some long journeys which are unavoidable, especially travelling from city to city.

Tibet: Duration of your Yatra, please note due to harsh landscape and uneven roads, you may travel by Coach/ four-wheel-drive and during any emergency (e.g. due to heavy rainfall, possibility of Landslide)

Q. Can I select my seats on the coach?



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A: We have a strict seat rotation policy when travelling by coaches on all our international tours.

Q. What is the smoking and alcohol policy while travelling by coach?

A: There is a strict policy of "no smoking, no alcohol and no smelly food" on all our coaches. We do, however, make plenty of comfort stops.

Food Matters

Q. Can I request my flight meal and is it guaranteed?

A: Meal requests should be advised at the time of your booking; Sonatours will request on your behalf, but we cannot guarantee the request. Sonatours are not liable in case the requested flight meal cannot be fulfilled.

Q. What meal options are available to me while on tour?

A: On this tour a range of only local Vegetarian options (e.g., Jain, Swaminarayan) are available. Kindly advise your meal preference/allergies at the time of your booking.

Q. Where will I have my daily meals?

A: On all tours breakfast is at the hotel and dinners is at various restaurants/hotels or Guesthouses.

Q. Should I carry dry snacks?

A: Dry energy snacks and a small amount of dried fruit to give you energy can be carried, provided they are pre-packed, and all the ingredients are clearly listed on the packaging. Strong water bottle & water purifying tablets are mandatory.

Q. What is the cost of a local meal?

A: On an average local meal cost about £15-£20 per person per meal. This estimated price varies from city to city and country to country.

Miscellaneous

Q. Will I travel with people from other countries?

A: Sonatours have offices in Kenya, India, USA and UK. The beauty of taking a guided holiday with us is you will have the opportunity to meet and travel with people from all over the globe.

Q. Is there a tour director on the tour?

A: Escorted tours are accompanied by professional tour director/local guides throughout the tour. It may be necessary that your Tour Director may change whilst on tour; this is usually due to operational reasons or utilizing local guides for their wealth of experience. Please ensure you provide your mobile number that you will be carrying with you while on the tour when making the booking. This facilitates the tour director to contact you should the needs arise while on the tour. If the minimum number of passengers has not been achieved, we will have a local guide. Sonatours provides the services of local tour guides to make sure you will get an unforgettable experience.

Q. How many people will be on my trip?

A: Average group size is between 15 to 50 passengers, but it may vary from departures to departures.

Q. Are tips included?

A: On all our group tours, only tips for the driver are included. However, should you wish to tip separately to the driver and tour manager, you are welcome to do so at your discretion.

Q. When does my day start?

A: The day usually starts at 06:00-08:00. Further instructions you will be given the night before. However, this may differ depending on the activity of the day or when having an early flight.

Q. How much walking is involved per day for the duration of the tour?

A: This is one of the toughest high-altitude road journeys on earth. So, You Must be physically fit – no two ways about that. This tour involves a substantial amount of long-distance walking including steep ascents and descents. (normally 8 to 10 hours a day). We suggest starting with daily exercise (e.g. walking, jogging, trekking, and Yoga) 6 months prior to your departure. Doing such practices enhances the efficiency of your body to work better under tough climatic conditions.

Q. Will I have free time?

A: Each itinerary offers the perfect balance of downtime and discoveries. We also give you the opportunity to tailor your trip with optional



experiences. If you decide to venture on your own during your free time, preferably you go in a group, keep the guide contact and the hotel address handy. Please do inform the tour director. We recommend you download an offline map too.

Q. Do I need to get a local SIM card?

A: Usually it is not necessary, should you require one kindly speak to your Tour manager/Local guide for assistance.

Q. Should I bring an electric outlet adapter and charger for my electronics?

A: Electrical currents vary Globally. We recommend that you carry a universal adapter and your electronic charges for your convenience and comfort.

Nepal: Electricity supply is 230Volts; uses two types 1) D - three rectangular round pins in a triangular pattern; 2) C-2 round pins.