



**SAMBODH FOUNDATION
&
SAMBODH SOCIETY INC.**

Present

**KAILASH YATRA
August 2010**

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For Hindus, Mt. Kailash is the earthly manifestation of sacred Mt Meru believed to be the centre of the universe and the abode of Lord Shiva and his Goddess Consort Parvati. Shiva represents the eternal infinite presence and his energy is represented by Shakti (Parvati). Since the time Einstein formulated his famous $E=MC^2$ equation, science has proved beyond any doubt that everything manifest is energy. Energy is nothing but vibrations, light, heat, sound, electricity, magnetism, nuclear or sub-atomic, every form of energy is nothing but vibrations. From times immemorial, spiritual seekers from many great wisdom traditions and religions have sensed special vibrations at Mt. Kailash and many have attained enlightenment here.

The founder of Jainism, the great sage Rishabhdev is said to have attained liberation here and Jains worship it as Mt. Ashtapada. For the followers of Bon-Po the pre-Buddhist indigenous belief system it is called Mt. Tise and is worshiped as the soul of Tibet. Buddhists call it Kang Rinpoche and make a kora (parikrama or circumambulation) around the mountain with the belief that they will attain Nirvana. For them it is the abode of Demchog and his divine consort Dorje Phagmo. The renowned spiritual master Milarepa meditated in the 'cave of miracles' on this mountain at Zuthulpuk.

KAILASH YATRA 2010 - ITINERARY

- Mon 16th Aug: Departure from New Delhi to Kathmandu by air. Overnight at Kathmandu.
- Tue 17th Aug: Stay at Kathmandu. Half day sightseeing.
- Wed 18th Aug: Departure from Kathmandu for Nyalam by road. Overnight at Nyalam.
- Thu 19th Aug: Stay at Nyalam for acclimatization. Trek to Milarepa caves.
- Fri 20th Aug: Travel from Nyalam to Saga. Overnight at Saga.
- Sat 21st Aug: Drive from Saga to Paryang. Night stay at Paryang.
- Sun 22nd Aug: Drive from Paryang to Mansarovar. Overnight at Mansarovar.
- Mon 23rd Aug: Drive from Mansarovar to Darchen. Stay at Darchen.
- Tue 24th Aug: Drive to Yamdwar (Tarboche) and trek to Derapuk. Stay at Derapuk (Full Moon).
- Wed 25th Aug: Trek from Derapuk over Dolma La pass to camp near Zuthulpuk.
- Thu 26th Aug: Trek from Zuthulpuk for 8 Kms. and drive to Mansarovar.
- Fri 27th Aug: Drive from Mansarovar to Dongba. Overnight at Dongba.
- Sat 28th Aug: Drive from Dongba to Nyalam/Zhangmu.
- Sun 29th Aug: Drive to Kathmandu. Night stay at Kathmandu.
- Mon 30th Aug: Travel by air from Kathmandu to New Delhi.

PREPARATIONS

This is a high altitude trek nothing short of an expedition, and pilgrims are advised to prepare well for the difficult journey. Please start by exercising regularly for an hour in the morning and for another hour in the evening, two hours a day is ideal. Walking, jogging, swimming, dancing, yoga, pranayam, playing games and sports that exercise your lungs and legs are all recommended. Depending on your inclination, any one or a combination of similar activities will stand you in good stead for the trek around Mt Kailash. We wish you good luck and happy getting into shape.

Once you have made up your mind to undertake the yatra you must get a complete medical check-up done. Your doctor is the best person to advise you about the specific precautions you should take depending on your past medical record and history of ailments if any. However, general advise applicable to everyone irrespective of age, health, physical fitness or gender is given here.

High altitude means rarified air at lower pressure and lesser oxygen for every lungful of breath that you take. Obviously it does not matter whether you are a strapping young man in the prime of your youth, or an old person retired from office, there is less oxygen for everybody. Your entire metabolic system is geared to process a certain amount of oxygen with each breath. In the suddenly changed circumstances your body reacts predictably. Alarms are set off, there is more strain on your heart lung machine and less supply of oxygen to your brain. Under these circumstances, it is foolish to over-exert your body, doing so is an open invitation to serious health problems and may even lead to a casualty. The survival mantra here is the one word “**acclimatization**”, and I can't over-emphasize the importance of this one word. So if you really want a happy enjoyable yatra for yourself and the entire group, you must allow your body to get used to the new life equations of the Himalayan heights.

When you are driving up to Nyalam just relax, enjoy the grandeur of the mountains and listen to soothing music or bhajans. The most effective way to let your body get used to high altitudes is to be happy, relaxed and completely at ease, free of mental tensions and physical exertion. That sounds quite easy and a fun thing to do, believe me it is if you follow the instructions faithfully. You won't be able to enjoy the soul uplifting beauty of the spectacular Tibetan Plateau if your head hurts and you are feeling nauseous. So please take it easy, follow the briefing and instructions given to you and enjoy the trip.

ROUTE MAP



PHOTO GALLERY



Photo By : Swarn Grover

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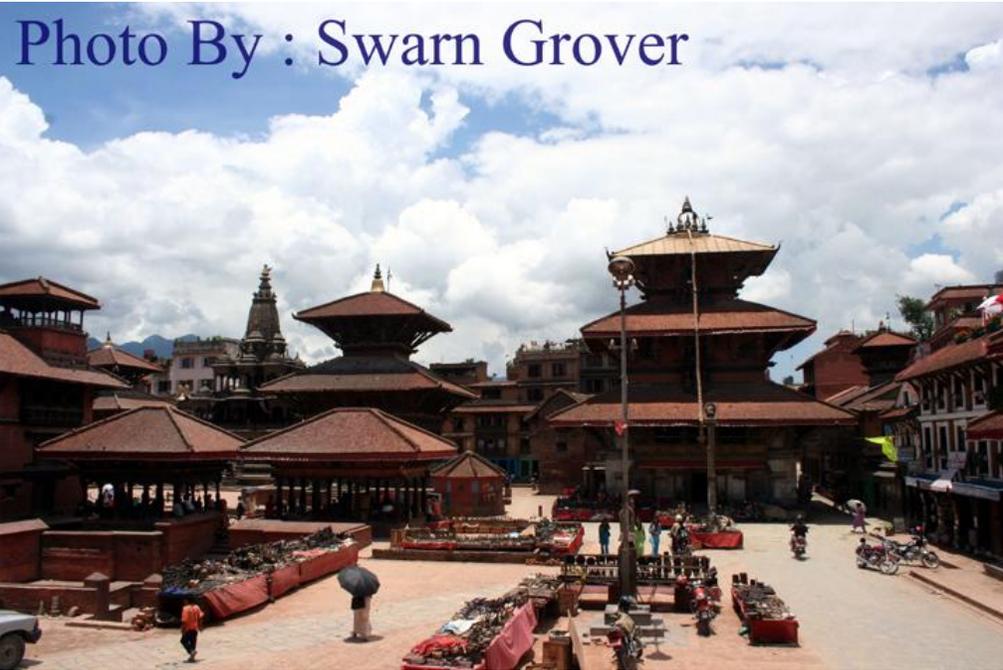


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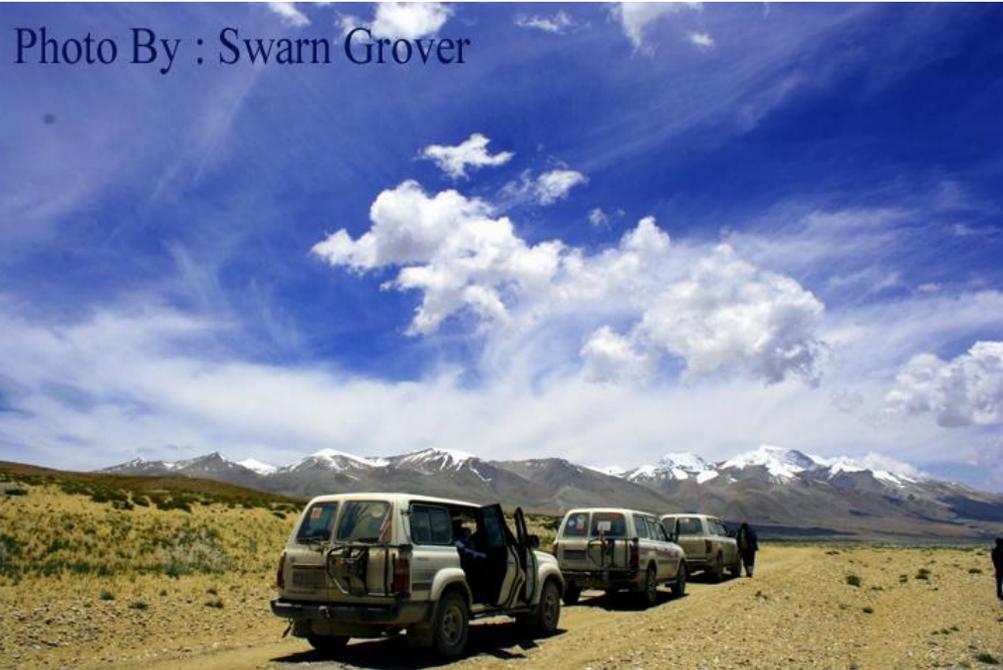


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