

FAQ's

Q: Are foreigners with PIO/OCI status eligible to undertake the Kailash Manasarovar Yatra ?

Ans: An Indian citizen, holding a valid Indian passport, aged minimum 18 years and maximum 70 years as on 1st January of the year, is eligible to apply for the Yatra. Those who hold foreign nationalities are not eligible. OCI card holders are, therefore, ineligible.

Q: Similar yatras are conducted by other private agencies, which complete in only 14 days. What is the difference between the one conducted by the Government of India and those conducted by private agencies?

Ans : There are no private agencies that conduct the Kailash Manasarovar Yatra on these two routes via Lipulekh Pass (Uttarakhand), and Nathu La Pass (Sikkim), hence there is no comparison. Yatris on these two routes traverse through numerous touristic and religious places with scenic and the mesmerizing beauty, providing splendid views of mountain peaks and famed flora of Kumaon region of Uttarakhand and Sikkim which is unique to these areas. Also, the number of days of the Yatra affords appropriate acclimatization process to withstand the inhospitable conditions en route; because hasty ascent to high altitudes may cause severe high altitude sicknesses, which can prove life threatening. In addition, the Yatra requires 4 days to be spent in New Delhi for completing various formalities. Depending upon the route opted it takes about 23-25 days to cover the whole Yatra.

Q : Is there any subsidy given to Kailash Manasarovar Pilgrims?

Ans : No subsidy or financial assistance is provided by Ministry of External Affairs. Some state governments are known to provide varied sums of financial assistance to their residents to cover a part of their Yatra expenses.

Q : If the spouse has also filled the form, will he/she directly be selected if the other member is selected through the computerized draw of lots.

A : Applications for both persons have to be completed on-line, together; otherwise the incomplete application would be rejected.

Q. If one of the members fails in the medical examination at Gunji, will both be disallowed to go further or the one who fails?

A. Only the yatri who fails the medical examination will be disallowed to proceed further.

Q : I was Liaison Officer to the Yatra-1999. Can I again become a part of the Yatra as LO or yatri?

A : No. A person who has gone on the Yatra as Liaison Officer or as Yatri in any year previous year will not be considered for selection as LO.

Q : Are officers posted in Indian Missions abroad eligible to be appointed as Liaison Officers? If an officer were to move abroad after selection as LO, will he/she still be eligible to officiate as LO?

A : There is nothing to prohibit the members of the Indian Missions/Posts abroad from being appointed as LO. Administrative sanction of the concerned Ministry/Mission is necessary before an officer is considered for an interview for selection as LO. In the eventuality of moving abroad on a foreign assignment after selection as LO, the selected LO will need additional clearance from HOM and Ministry before performing his/her duty as LO.

Q : Are the food and accommodation arrangements made during the Yatra? What is the estimated expenditure per yatri?

A : On the Indian side of the Yatra, KMVN / STDC makes the transport, logistical and food arrangements for the Lipulekh and Nathu la routes respectively. In Tibet, the TAR authorities provide transport and logistical support. For estimated expenditure per yatri, please visit our website “Fees and Expenditure for Yatri”.

Q : If the Body Mass Index (BMI) of a person is over 25, will he/she be rejected in medical test?

A : Fitness for the Yatra depends on many other factors of one's health. If a person is otherwise found fit and healthy after comprehensive medical examinations, doctors may not be much rigid about his/her BMI. Nevertheless, one should try, in the meanwhile, to bring down the BMI level to 25 or less to add to one's overall fitness.

Q : Why are yatris required to undergo and qualify detailed medical examinations at the Delhi Heart and Lung Institute and the ITBP Base Hospital?

A : Yatris are required to trek through high altitudes upto 19,500 ft. In such places, oxygen is less and the atmospheric air is at low pressure and people suffer due to effect of Hypoxia (low level of oxygen). In the rarefied atmospheric conditions, 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. Therefore, yatris are screened thoroughly before they are inducted into high altitudes.

Q : Will the medical examinations, conducted at the Delhi Heart and Lung Institute and the ITBP Base Hospital, guarantee that yatris will not suffer from pulmonary oedema, etc?

A : No, it is not a guarantee, the medical tests are only for determining fitness levels. Any person may still become a victim of high altitude diseases if they do not follow the recommended procedures for high altitude acclimatization.

Que : Is there any age factor for yatris?

Ans : It is recommended that person beyond the age of 70 years should not be inducted into high altitudes, as they generally cannot acclimatize properly and cope with the stress at such advanced age. It is also observed that some young persons in age group of 19-30 years are more prone to high altitude diseases than persons in older age groups.

Q : Why are younger persons more prone to HAPE?

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

Q : If a yatri has been to high altitude previously and had an uneventful stay there, does he still need to undergo the prescribed medical examinations?

A : That is all the more reason for the detailed medical examinations, as it is seen that persons who are inducted second or third time are more prone to high altitude diseases than the first timers.

Q : How can one become a fit yatri?

A : A yatri should be free from all major ailments like heart diseases, asthma, epilepsy, diabetes, hypertension, menstrual disorders, cancers, etc. Yatris are advised to bring their weight to average standards, exercise regularly, do breathing exercises, and quit tobacco, alcohol, etc. A doctor may be consulted to rule out any major ailments that may render one unfit for the Yatra.

Q : Are the medical examinations carried out at the Delhi Heart and Lung Institute and the ITBP Base Hospital in New Delhi, the only medical examinations that the yatris have to undergo and qualify?

A : There is also a second medical check at Gunji (altitude of 3,220 metres) on the Lipulekh route; and at Sherathang (altitude 4115 metres) on the Nathula route, to assess body reaction to high altitude. Only those yatris who are found fit there, are allowed to proceed further.

Q : What happens if a yatri falls sick en route?

A : If a yatri suffers from minor ailments, there are medical and paramedical staffs on the Indian side to provide relief. ITBP is adequately equipped and has HAPO bags where inside pressure can be equal or more than sea level. But should a yatri suffer from any major health problem, he/she may need to be evacuated to a hospital by helicopter at his/her own cost. Helicopter evacuation depends on weather conditions which is unpredictable at high altitudes. On the Chinese side due to difficult climatic and geographical conditions, such evacuation may take time - due to administrative procedure. Therefore, yatris should ensure that they are truly confident of their health and physical fitness before they undertake this Yatra.

Q : Should yatris carry the prescribed medicines, which they have been taking regularly on the advice of their doctors?

A : Yes. Yatris are advised to take sufficient stock of their medicines to last the entire duration of the Yatra. They may discuss this matter with the ITBP doctors also.

Q : Do yatris need to pay for the medical tests at the ITBP Base Hospital or other places?

A : No. As a courtesy, ITBP administers these tests entirely free of charge.

Q : Why does Kumaon Mandal Vikas Nigam Limited (KMVN)/Sikkim Government charge non-refundable amount of Rs.5,000/- from yatris ?

A : KMVN and STDC provides logistical support to yatris on the Indian side of the Yatra. They make these arrangements for food, lodging, transportation, guide, porters, etc, which has to be paid in advance. As a result, even if one does not perform the Yatra eventually, this expenditure cannot be reimbursed.

Q : Are the medical reports from other Government/ Private hospitals accepted to qualify for the Yatra?

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 the Yatra, yatris are required to undergo and qualify special tests at the Delhi Heart and Lung Institute and the ITBP Base hospital in New Delhi. The reports of other hospitals are not accepted so as to ensure that yatris undergo uniform medical examinations of the best quality tailored for the requirements of the Kailash Manasarovar Yatra, and to ensure safety and well-being 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 : No. The Kailash-Manasarovar region hardly has very limited medical facilities on the route and it is very difficult to airlift a person for immediate specialized medical treatment. Therefore, as a measure of caution and prudence, if a yatri is once 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 the Ministry of External Affairs?

A : NGOs and voluntary organizations are known to play an important role in any society. Some NGOs are known to provide material aid in the form of equipment or food items etc. It is up to the individual Yatri to

accept their help. The Ministry of External Affairs does not appoint or authorize any NGO or voluntary organizations for the work relating to the Kailash Manasarovar Yatra.

Q : What are the parameters for selection of Yatris?

A : Please read the information contained in the webpage on “Eligibility & Conditions” [[Click here](#)], and “Medical Tests” [[Click Here](#)].

Q. How much of trekking is involved in the route via Nathu la?

A. The route through Nathu la is a motorable route and involves comparatively very little trekking of about 35 km only.

Q : Is Mount Kailash Parikrama the only form of trekking involved in the Yatra? Or, is there any additional trekking involved during the entire Yatra?

A : There is a trekking of about 200 km through the Lipulekh route, and about 35km through Nathu la route during the whole Kailash Manasarovar Yatra. For details please see the itinerary for details about altitude, distance etc. under the “Useful Links” section of our website.

Q. As Nathu la is a motorable route, is a person above 70 years, who is medically fit, allowed to go on Yatra?

A. No. It is recommended that no one should be inducted into high altitudes after the age of 70 years, as one cannot generally acclimatize properly and cope with the stress at such advanced age.

Q. Is a person living in Sikkim allowed to start the yatra from Gangtok?

A. All the yatris have to undergo mandatory medical check-up at DHLI, New Delhi and ITBP, Base Hospital, New Delhi and also complete the Chinese visa formalities in New Delhi. Therefore their presence is required in Delhi.

Q. Can any amount deposited with any agency in India be refunded later ?

A. Any amount paid by a confirmed Yatri cannot be refunded. Payment of the initial deposit as mentioned in the “Fee and Expenditure for Yatri” is to confirm the participation of the selected Yatri. The concerned agency KMVN or STDC incurs financial expenses for logistical arrangements in advance for the Yatri only after confirmation of payment. Therefore no amount is refundable if paid at any stage after confirmation or during the Yatra.