

# TIBET T.01

The remoteness of the Mountain Kingdom of Tibet has always provided a fascination to outsiders. There are also, of course, some political issues – it's a rather sobering thought that the invasion of the country executed at the beginning of the C20th was... by the British Empire. After more than five years of planning, we are now happy to introduce Tibet programs (both here and in our "Off The Rails" brochure of small-group adventure trips) operated on an "ethical" basis. Rather than bandy-around smart-sounding terms, we'd prefer to be specific about what that really means in Tibet. For us, it broadly means the guidelines developed by the Australia-Tibet Council ([www.atc.org.au](http://www.atc.org.au) for more about their work), which are a pattern for responsible and ethical tourism anywhere in the world:

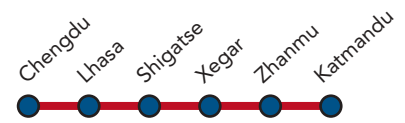
- working with local Tibetan guides who have an expert knowledge of their homeland
- working with local companies so that the local economy gets the real benefits
- working in ways which celebrate and support the indigenous culture and religion of Tibet
- helping our clients to visit in ways which preserve the cultural and environmental legacy of the area for others to enjoy in future

## RUSSIA EXPERIENCE DOES NOT USE CHINESE STAFF OR STATE AGENCIES FOR ANY TRAVEL IN TIBET.

You ought to bear the following practical information in mind: (i) all visitors to Tibet require a special Permit to do so – of course, our trips provide this documentation automatically (ii) be ready to adjust to the altitude – this averagely takes 2 days, during which you might get headaches until your red blood-cell rate catches up with sparser oxygen (iii) Not everyone in Tibet is a monk – local Tibetans have a cheerful and earthy sense of fun and humour too! (iv) conditions in roadside accommodation and canteens on the final stretch to Nepal can be fun, but quite basic!

## HIGHLIGHTS

- Chengdu
- Panda Breeding
- Potala Palace
- Dretung Monastery
- Tashilunbo Monastery



## DATA

### DURATION

9 days

### VISAS REQUIRED

Chi+Nepal, + Tibetan permit (issued in Chengdu)

### 2004 START DATES

FRIDAYS APR – OCT (June & July Monsoon but travel still possible)

### OPTIONS

Details of travel to Chengdu from Beijing in China Section.

## ITINERARY

### DAY 1 C 2\* HOTEL CHENGDU

Arrival Chengdu. Car transfer to 2\* Hotel. Afternoon city tour inc. Du Fu Cottage (poet), Marquis Wu Temple, Teahouse.

### DAY 2 C 3\* HOTEL CHENGDU

Visit Panda Breeding Centre and Sanxindui Museum. Special Sichuan Cuisine.

### DAY 3 C 2\* HOTEL LHASA

Early morning tfr to airport. Flight to Lhasa. Tfr to 2\* Hotel in Lhasa (100km).

### DAY 4 C 2\* HOTEL LHASA

Visit Potala Palace. Afternoon visit Sera Monastery and Norbulinka.

### DAY 5 C 2\* HOTEL LHASA

Visit Drepung Monastery. Afternoon visit Jorkhang Temple and Barkhor Street.

### DAY 6 C 2\* HOTEL SHIGATSE

Drive to Gyantse (260 km) via Yamdrok Lake, visit Kumbum Monastery in Gyantse, continue onto Shigatse (100km).

### DAY 7 C 1\* MOTEL XEGAR

Visit Tashilunbo Monastery and drive 320 km to Xegar (Tingri), visit Sakya. Monastery en route.

### DAY 8 C 1\* STAR ZHANMU

Drive to Zhangmu Border (330km). Overnight Zhanmu.

### DAY 9 C END OF ITINERARY

Cross Chinese and Nepal borders. Meet Nepali guide and vehicle at Friendship Kathmandu Bridge. Transfer to Kathmandu (140km). Drop at Thamel.



## TOUR PRICE

For the above itinerary inclusive of travel services, internal flight, accommodation, meals where stated.

T.01 for 2 or more people

2+ people  
£1,099 each