




itineraries

☎ 0845 094 0273

Forbidden Cities Tour – Journey to Lhasa

From	To	
2010		Duration: 10 Days
Available on request – minimum 2 persons		
Best times to visit – April to early October		
Please note current pricing valid for travel until December 2010. For travel after Dec 2010 please contact us.		Grade: Easy to Mod (tour) Max elevation 3190m 

Land only price per person (join in Kathmandu). Includes luxury five star hotel in Kathmandu, good 3 star local hotels in Tibet. Local Tibetan guide in Tibet & Nepalese guide in Nepal. Includes use of down jacket during time in Tibet. Guaranteed to run for a minimum of 2 persons.

Group Size	2-6
Luxury five star hotel in Kathmandu, good 3 star local hotels in Tibet	£2435
Flight Price	From £600 economy return
Single hotel supplement	£150

Tibet visa and permit fee included for UK nationals. For US nationals a visa supplement of \$86 is payable. Visa and permit fees from US\$60 - \$200 – please see page 6 for details on type of visa and processing times

Introduction:

Tibet is perhaps the most hidden, beautiful and untamed place in the world, one that is only starting to emerge from centuries of isolation. This trip begins with an introduction to wonderful and colourful Kathmandu in Nepal before you travel into the exotic mysteries and untamed beauty of Tibet. In Tibet you'll be introduced to some of the many highlights of this ancient land of Buddhist culture and tradition, of awesome landscapes, age old trade routes, mysterious nomadic peoples, revered monasteries, spiritual wonders and timeless splendour and legend. This 10 day tour is a great introduction to Tibet with a focus on the key cultural and spiritual sites of Lhasa and the surrounding region. Visit during August and there's also the chance to enjoy and take part in the celebrations of the wonderful Shoton Festival (10-15 August 2010, dates are subject to change so we cannot guarantee you will be in Lhasa



itineraries

☎ 0845 094 0273

at the time of the festival). During the festival celebration picnics and operas are held in the parks and particularly under the trees at Norbulingka (the Summer Palace) as well as bonfires and gatherings at night.

From the colour of lively Kathmandu it's a short & very panoramic flight to Lhasa Gonggar airport. From here we'll drive to Tsedang, with the original ancient town believed to be the cradle of Tibetan civilization and visits to important Samye Monastery as well as the nearby Yarlung Valley & the burial grounds of the Valley of the Kings. Continuing on to Lhasa you'll explore the key cultural and spiritual sites here including Potala Palace, the summer palace Norbulingka, revered Jokhang Temple and the surrounding Barkhor Bazaar. We'll also visit Sera and Dreprung Monasteries where you can enjoy the wonderful artifacts and watch the monks animatedly debating scripts. After time in Lhasa it's another scenic mountain flight back over the peaks to lively Kathmandu where your journey ends.

Day 01: Arrive Kathmandu

Namaste and welcome to Nepal. You'll be met and assisted at the airport by our local partner staff who will arrange your transfer and check in to your luxury hotel, the five star Yak & Yeti in a great location just off the main King's Way and near the former Royal Palace, now a public museum and is one of the top hotels in Kathmandu. It's also just a short walk (around 10 minutes stroll) or few minutes taxi or rickshaw ride away from the central Thamel area of Kathmandu with all its cafes, bars, trekking shops, bakeries, bookstores, little guesthouses and market area. There's plenty of time to rest and relax, enjoy the hotel gardens or take a refreshing dip in the pool and generally unwind after your flight. Later this evening we invite you to a complimentary welcome dinner at one of Kathmandu's best restaurants, a nice way to start to get to know the local culture. Overnight at the Yak & Yeti Hotel.

Day 02: Kathmandu and Valley

After breakfast today take time to enjoy a day of relaxed sightseeing on a guided tour of some of the highlights of Kathmandu and the surrounding Valley. We begin with an easy walking tour to Kathmandu's central Durbar Square, site of the ancient palace complex, the living goddess Kumari temple, Hanuman Dhoka and Kastamandap temple. From here we'll carry on to visit Swoyambhunath Stupa, also known as the Monkey Temple, with its fine views over Kathmandu and many interesting features as well as the great stupa itself. Join the devotees, pilgrims and wandering siddhus (holy men) at Pashupatinath. Pashupatinath is the most important Hindu temple in Nepal as well as being one of the most important Shiva temples on the subcontinent, situated on the banks of the holy Bagmati River. Take time to walk around Bodhnath (Boudha) stupa, the largest in Nepal and one of the largest in the world. Boudha is also the centre of Tibetan culture in Nepal and a wonderfully vibrant, interesting community with the main stupa surrounded by small Tibetan shops and monasteries. Later this afternoon we'll drive back to Kathmandu where you'll have an informal trip briefing & chance for ask any last minute questions or preparations before your flight tomorrow. The rest of your evening is at leisure to rest and relax. Overnight at the Yak & Yeti hotel.

Day 03: Fly Kathmandu to Lhasa (3650m) to Tsedang

This morning you'll be picked up for the transfer to the airport to catch the short flight to Lhasa with wonderful panoramic Himalayan views en route. The flight is very scenic as you travel east along the Himalaya past Everest (we recommend a seat on the left for best views, still good from the right) and then across the great peaks north east to reach Lhasa. Arriving at Gongkar Airport (the airport for Lhasa) you'll be met by your local Tibetan guide and driver. We'll head east along the banks of the Tsangpo River heading for Tsedang for your first night in Tibet. Tsedang is the second largest city in Tibet and has some Tibetan buildings but the modern influence of China is now very evident. However



itineraries

☎ 0845 094 0273

Tsedang retains its historical importance as it was here, according to legend that the Tibetan race began and so it is regarded as the birthplace of Tibetan civilization. Depending on time of arrival today you may have time to explore locally but we advise to take things easy today with the rest of your day at leisure for you to relax and acclimatize. Overnight at the Tsedang Yarlung Hotel or similar. This 3 star hotel is the best and largest in the Shannan Area.

Please note it is important today and the next couple of days to take things easy and not rush around, to get plenty of rest and drink plenty of water to allow your body to acclimatise. If you feel well and want to explore and take a gentle walk locally that's fine but we don't plan anything on this first day in order to allow you to rest and acclimatise first.

Day 04: Visit the Yarlung Valley & Valley of the Kings

Today we'll visit the Yarlung Valley as well as Yumbulagang and Tandruk Gompa, one of the earliest Buddhist temples in Tibetan history, built in 641 A.D. Enjoy the views of the Yumbulakhang Palace, an ancient structure perched on a crag said to be the oldest building in Tibet and dating back over 2000 years. The views from here across the wide open valley are beautiful. It is thought that the first cultivation in Tibet was in this valley and it was from the Yarlung Valley that the ancient Kings unified Tibet around the 7th century and nearby in Chongye is the Valley of the Kings the massive burial grounds of the ancient Kings' tombs. We'll visit the area of the Kings tombs and also the unique looking Tandruk Monastery one of the oldest buildings in Tibet dating from around the same time as the Jokhang Temple in Lhasa which we'll visit in the next few days. After returning to Tsedang the rest of your evening is at leisure to rest and relax. Overnight at Tsedang Yarlung Hotel or similar.

Day 05: Tsedang to Samye Monastery & Lhasa (3650m)

This morning we'll begin with a visit to Samye Monastery where you'll have the chance to see and chat with the monks as they go about their daily lives. It's around an hour's drive. Previously it could only be reached by ferry crossing then the drive to the Gompa (Monastery). Nowadays there is a new road that bypasses the ferry which is not so regular and is affected by the river level. If possible we'll take the ferry crossing but otherwise continue by road. Samye was the first monastery built in Tibet probably during the 770's under the patronage of King Trisong Detsen and the first monastery in Tibet with monks. The name means 'unimaginable' in Tibetan and it is said that when the King asked for suggestions about the design of the monastery, Padmasambhava showed him the image in the palm of his hand. The construction combines styles of China, Tibet and India with the layout representing the ideal universe described in Buddhist scripture. The largest structure is 'Utse' the Great Hall surrounded by the Sun and Moon chapels and four large coloured stupas representing the oceans. The Great Hall consists of three floors in different styles, Tibetan, Chinese Han and Indian with the murals and statues on each floor in the same styles as the floor. A circular wall representing a mountain near the border of the universe, secludes the monastery from the outside wall. We'll take time to explore here before we continue the journey on to the holy city of Lhasa. Reaching Lhasa the rest of your evening is at leisure to rest and relax or perhaps explore the local area. Overnight at Shambala Hotel or similar.

The 3 star- hotel Shambala is located in downtown Lhasa, near Barkhor Bazaar, with the resplendent Jokhang Temple to the east and the world-renowned Potala Palace to the west so a great place to stay for local exploring with easy access to all local attractions and activities. Tibet is not known for luxury accommodation so we choose good comfortable hotels from the best available in each area of Tibet as well as always try to work with Tibetan owned properties wherever possible.



itineraries

☎ 0845 094 0273

Day 06: Lhasa & (10-15 August 2010) attend the Shoton Festival

Please note if you're visiting towards the end of August this year it's a wonderful opportunity to attend the Shoton festival over the next 2 few days where you'll be able to listen to and watch the colourful local celebrations and traditional open air opera performances around the city especially around the Summer Palace Norbulingka. Please note as the dates for this and all festivals can change we cannot guarantee you will be in Lhasa at the time of the festival.

During today and tomorrow we'll take time to explore the heart of Tibet, the holy and forbidden city of Lhasa. Today we start with a visit to serene Sera Monastery where you can enjoy watching the monks animatedly debating the Buddhist scriptures and see the wonderful collection of ancient murals and statues as well as scriptures written in gold powder, wonderful scroll paintings, tapestries and thangkas that can be seen throughout. Join the medieval bustle of pilgrims, worshippers, performers and traders in and around Jokhang Temple, the most revered religious structure in Tibet. Follow the pilgrimage circuit along the ancient streets of the old town around Barkhor Bazaar. We'll also visit Norbulingka, also known as the Summer Palace and during the festival dates this is the location of many of the open air opera performances. Overnight Lhasa at the Shambala Hotel or similar.

Day 07: Lhasa – the Potala Palace & at leisure

This morning we'll explore the vast halls and chapels of impressive Potala Palace, former home of the Dali Lamas and an awe inspiring landmark that dominates the skyline over Lhasa. This afternoon is at leisure to rest and relax and perhaps (subject to dates of travel & festival in August) join in some of the celebrations going on in and around central Lhasa for the Shoton Festival. Overnight Lhasa at the Shambala Hotel or similar.

Day 08: Lhasa & Dreprung Monastery

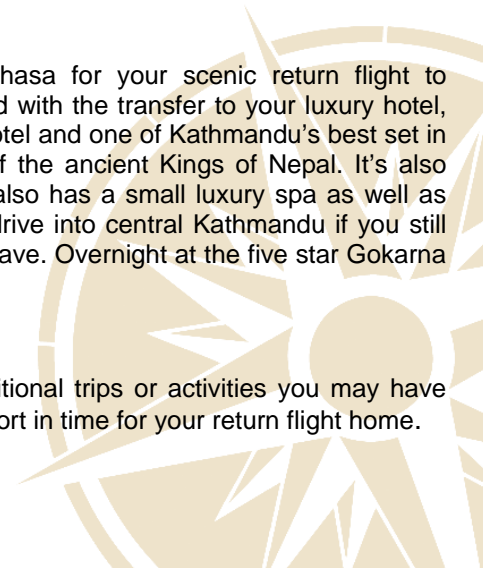
This morning we'll drive out to enjoy the solemnity of holy Dreprung Monastery, once the largest monastery in the world and now the largest and richest monastery in Tibet, founded in 1416 and a place of study for many of the most learned lamas. After your visit and time to explore here we'll return to the hotel where the rest of your afternoon is at leisure to explore locally and do any last minute shopping before we fly back to Kathmandu tomorrow . Relax overnight at the Shambala Hotel or similar.

Day 09: Lhasa to Kathmandu

After breakfast today it's time to transfer to the airport in Lhasa for your scenic return flight to Kathmandu. Upon arrival in Kathmandu you'll be met and helped with the transfer to your luxury hotel, staying at the peaceful Gokarna Forest Resort. This is a lovely hotel and one of Kathmandu's best set in over 470 acres of ancient forest and former hunting grounds of the ancient Kings of Nepal. It's also home to one of the best professional golf courses in Asia and also has a small luxury spa as well as beautiful surrounding grounds to enjoy. It's around 40 minutes drive into central Kathmandu if you still have some last minute shopping or exploring to do before your leave. Overnight at the five star Gokarna Forest Resort, Kathmandu Valley.

Day 10: Depart Kathmandu

Today is free to relax until departure or to commence any additional trips or activities you may have booked. If departing, you'll be transferred to the International Airport in time for your return flight home.





itineraries

☎ 0845 094 0273

Extending your holiday

There are many choices and options if you'd like to extend your holiday before or after your main booking. Here are just a few suggestions of extensions available for this trip:

- Take a jungle safari by charter elephant to spot rare species including the Royal Bengal Tiger in the Chitwan National Park
- Hit the scenic trail on one of the world's classic treks through stunning Nepalese landscapes
- Enjoy the adrenaline rush of white water rafting in Nepal
- Relax by the lakeside in Pokhara, Nepal
- See the wonder of the Taj Mahal and enjoy relaxed sightseeing around Delhi
- Play a round of golf on an international standard course in the Himalayan foothills
- Charter a private helicopter to retrace part of Sir Edmund Hillary's route to Everest

Please contact our UK office on 0840 094 0273 if you'd like to extend your stay by booking one of the above options, if you would like ideas or advice on how best to spend your time and budget or if you would like help with arranging any special celebrations during your trip.

Useful Information

The following information is aimed at helping you to decide whether this trip is right for you. Additional information can be found on our website and in our brochure. If you have any questions or would like advice on any aspect of this trip please contact us and we'll be happy to go through everything with you.

Day to Day Itinerary

It must be realized that with adventure travel changes to an itinerary may occur, for example due to unexpected weather conditions. The day to day itinerary is provided as a general guideline and is intended to give you a general sense of what to expect, including places visited and activities during the trip to help with your decision regards which trip is the best one for you. Activities and timings may vary slightly from those outlined Your guide will make any changes necessary and all arrangements during the trip, including explaining reasons for any changes to the itinerary that may occur.

Trip Duration and Grading

This trip is 10 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 10. The trip has been graded easy to moderate and will involve some short day walks as part of your sightseeing, usually for a few hours, for example when visiting Jokhang Temple and Sera Monastery in Tibet and when visiting World Heritage sites in Kathmandu and the surrounding Valley. There will also be moderate elevations above 3000m which are part of any visit to Tibet.

Group Size

The maximum number of persons on this trip will be 12 and the minimum number 2 persons. By keeping group sizes small it means we can provide a more personal service to you.

Local Representatives and Guides

You will be met at the airport on arrival by our local representatives who will always be available to help with your arrival, departure and any queries or requirements during your trip. The group will be accompanied by a local English speaking local guide throughout the trip. We work with professional local Tibetan guides in Tibet and Nepali guides in Nepal. Once you have confirmed your booking we will send you details of how you will be met on arrival and you will meet your guide just after you arrive.



itineraries

☎ 0845 094 0273

Accommodation

During this trip you will spend 03 nights at a luxury five star hotel in Kathmandu, 2 nights at the start of your tour in the five star Yak & Yeti Hotel near central Kathmandu and 01 night at the end of your tour at the peaceful five star Gokarna Forest Resort set in beautiful ancient forestland in the Kathmandu Valley just 40 minutes drive from the central Thamel area. In Tibet you'll spend 6 nights at good 3 star hotels as per the itinerary.

All accommodation is based on twin or double share, please be aware twin share is most common in Tibet and we cannot guarantee doubles there. If you are traveling on your own and are happy to share with someone, we will arrange for you to share a room with someone of the same sex, at no extra charge. If you request a single room the single room supplement charge for this trip will apply. It is usually possible to arrange single room accommodation but please contact our office to confirm this.

Meals

Meals on bed and breakfast basis during the days in Tibet are included. During the days spent in Kathmandu at the start of your trip meals on half board basis are included (breakfast and either lunch or dinner) whilst staying at the Yak & Yeti Hotel and meals on bed and breakfast basis when staying at Gokarna Forest at the end of your tour. This is to allow you the opportunity and freedom to try out some of the many wonderful eating places, particularly in Kathmandu. Snacks, bottled drinks including mineral water and alcohol are not included in the price.

Flight Inclusive Price and International Flights

The flight inclusive price is based on best available price (at the time of producing our current brochure) of economy return flights from the UK added to the 'land only' price. Flight prices are subject to change and do vary throughout the year. We use a variety of airlines and scheduled flights on our trips including British Airways, Air India, Gulf Air, Qatar Air etc. Our ATOL licence is T7199 and we work with other ATOL holders to issue flight tickets. For exact air fares and flight classes available at the time you wish to travel please contact us.

Land Only Option

Our trips are based on 'land only' as well as flight inclusive options to allow you the flexibility to choose to make your own arrangements for flights or perhaps to arrive a few days earlier or leave a few days later than the trip or to join the trip from anywhere in the world. If you choose the land only option we will provide full details of how and when to meet the rest of your group, details of your hotel and local contacts upon confirmation of your booking. All accommodation during your trip is included in the price although additional days before or after the start and end dates of your trip are not included. We are happy to book additional accommodation or optional activities, based on your requirements and budget, on request.

Please note that whilst at all times we aim to run our trip even with just a few persons, on some of the longer treks or trips, should the group size be less than our minimum operating level we may cancel the trip up to 6 weeks before departure. In the rare event that this happens, we will offer alternative dates or trips or refunds as appropriate and agreed with you. If you are arranging your own flights and accommodation prior to the start date of a group trip we recommend that you book fully flexible and refundable accommodation and transport if booking more than 6 weeks in advance, as should we need to cancel the trip compensation will not be paid for any arrangements that have been made independently.



itineraries

📞 0845 094 0273

Climate and Weather

Nepal has a monsoonal two season year with the dry season from October to May and the wet season (monsoon) from June to September. From end September/start October to end November is one of the best times to visit. The vegetation is lush after the rains of the monsoon and the air is clean and fresh. The next best time to visit is February to April at the end of the dry season. It can be a little dusty at this time but the weather is warm and pleasant and its' a great time to see many wildflowers in bloom. December and January are still good in terms of climate and visibility but can be chilly particularly at higher altitudes as well as in the evening in Kathmandu. May and early June can be very hot and uncomfortable and mid June to September can be cloudy with poor visibility and muddy trails although some treks (rainshadow treks) can still be undertaken even during the monsoon.

Between May and early November are some of the best times to visit Tibet. Before and after these times the temperatures can get very low, particularly at night and in Western Tibet. May and June are pleasant but you may encounter small short lived dust storms and a wind factor. Lhasa and Shigatse in particular have very mild weather between May and November although the months of July and August can be quite rainy. The Shoton Festival is usually held in mid August but dates of this and all festivals do vary so we cannot guarantee attendance during your visit.

Clothing and Equipment

Generally lightweight to medium weight clothing in natural fabrics is best with warm clothing a must for the evenings and winter. For travel around Lhasa and Shigatse a warm jacket or windbreaker should be fine. For visits to more remote areas including Everest Base Camp, a warm down jacket, hat and gloves are suitable. It's also useful to wear several layers of clothing as temperatures can change suddenly. We also suggest you take comfortable walking shoes and a small day pack or shoulder bag. In the mountains and at high altitude the weather can change rapidly so it is important to have appropriate clothing and equipment. On fully provisioned camping style treks we provide twin share dome or A frame sleeping tents, kitchen tent, mess tent, toilet tent, tables, chairs, stools, lanterns/candles, thin sleeping mattresses, all crockery and cutlery and a fully equipped kitchen set up. Upon booking with us we will send you a suggested clothing and equipment list appropriate to your trip including details of any must have items or items that can be hired (if required).

Baggage Allowance

We request that you aim for a maximum weight of 15 to 20 kg for your main baggage including clothing and personal equipment. Many of our trips involve porters and/or local flights and 15kg is the maximum safe weight allowance for porters and permitted on local flights. International flights will usually permit up to 20kg maximum weight. If trekking, some additional baggage can usually be stored until you return from your trek. Remember you may also want to leave some weight allowance for any items you have bought during your trip! The Himalayan Adventure Company and our local partners are not responsible for excess baggage charges.

Complimentary Himalayan Adventure Company Travel Gift

On confirmation of booking we will provide a complimentary Himalayan Adventure Company travel gift. In the past, gifts have included items such as trek bags and t-shirts and vary each season, and we aim to provide useful gifts which can be used and enjoyed during your trip with us and afterwards.



itineraries

☎ 0845 094 0273

Passport and Visa Requirements

A full valid passport and a current visa is required for all trips and treks. Passports must have at least 6 months validity after the completion date of your trip. To secure your booking and avoid any additional charges, information (eg spelling of name) provided to us on your booking form must match exactly the details as shown in your passport.

To enter Nepal you will require a visa which can be obtained in advance from the Royal Nepalese Embassy in London (UK applications) or on arrival at the airport in Kathmandu for a fee of US\$25. The visa process has changed in 2008 and all visas are now multiple entry. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request.

To enter Tibet all foreign travellers are required to have a separate visa valid for Tibet as well as a Tibetan Tourist Visa. Permit and visa regulations for Tibet are subject to change on a yearly and sometimes monthly basis. Through our local representatives in Nepal we will make arrangements for your Tibetan visa and entry requirements, as issued by the Tibetan Tourism Authority under the Chinese authorities who control all visas and permits and travel to and within Tibet. The Chinese Authorities have recently changed the visa fees and processing time for travel to Tibet for 2010 which are now as follows.

VISA TYPE	Normal	Urgent	Top Urgent
US PASSPORT HOLDER	US\$144 (approx GBP£89)	US\$166 (approx GBP£103)	US\$200(approx GBP£124)
OTHER NATIONALITY e.g. British passport holders	US\$60 (approx GBP£37)	US\$82 (approx GBP£51)	US\$114(approx GBP£71)
Please note visa fee is charged in GBP at the equivalent rate to the US dollar fee valid at the time of booking			

For all of the Tibet visa fees above we require a clear copy of each traveller's passport at least 10 days in advance to begin the application process. The hard copy of your passport must then be handed over after arrival in Kathmandu for the final stage of processing and visa stamp. If the passport hard is handed over to us on or before 7 working days ahead of departure time for Tibet the Normal Visa Fee will apply. If we receive your passport 5 days ahead of departure time the Urgent Visa Fees will apply and if it's 2 days ahead the Top Urgent Visa Fees will apply. These visa/permit fees are set by the Chinese authorities and are subject to change. As part of our service we arrange at no extra cost your Tibet visa/permit and collect the applicable visa fees on behalf of the Chinese authorities as required. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request.

You are responsible for ensuring you have a valid passport and visa prior to departure. Where appropriate, we will arrange any special permits or visas required to visit specific restricted areas included as part of the itinerary whilst you are in the country and may request information from you to allow us to do this.



itineraries

☎ 0845 094 0273

Permits

To enter certain areas e.g. National Parks or other trekking or protected areas, you may require a permit. All our trip prices include the cost of relevant permits and entrance fees. Where this is not the case, for example you have booked a tailor made private trip, we will inform you of any required permit fees before you make a booking with us.

Health and Medical Information

It is your responsibility to ensure you are well and fit enough to join the trip. If you are unsure of this please contact our office to talk it through with one of our experienced staff members. We also recommend you speak to your GP if you are in any way unsure of your fitness level required to join the trip. We also suggest you have a thorough medical and dental check up before you travel. You may need specific vaccinations appropriate to the country or area you will visit. You must tell us if you have an existing medical condition or disability that might affect your holiday before you make a booking with us. If, in our reasonable opinion, your chosen holiday is not suitable for your medical condition, disability or level of fitness, we reserve the right to cancel the contract or to suggest more appropriate alternative options for you. A group medical kit will be carried on each trip or trek but we also recommend that individuals carry their own basic first aid kit and we will send a suggested list of items for this when you make a booking.

Please note that Tibet remains one of the most captivating but least developed part of the world and facilities for tourists can be quite basic and limited although are being continually improved. Travel in Tibet is an adventure involving high altitude, at times rough roads and can be strenuous. We will put every effort into making your journey as comfortable and enjoyable as possible but emphasize that travel in Tibet requires a willingness to accept flexibility and a spirit of adventure. If you are unsure that this type of travel is suitable for you please consider this carefully or speak to one of our office team before making a booking.

For useful health and general travel advice and information we suggest you visit the Foreign and Commonwealth Office website at <http://www.fco.gov.uk/knowbeforeyougo> and also obtain a copy of the UK Department of Health leaflet *Advice on Health for Travellers* or speak to your local GP or practice nurse for their recommendations.

What's Included in the Price?

Airport pickup and transfer on arrival and departure, complimentary welcome dinner on first evening, 02 nights accommodation at the five star Yak & Yeti hotel or similar in Kathmandu on half board (breakfast and either lunch or dinner included) basis, twin or double share, 01 full day guided sightseeing as per itinerary in Kathmandu and the Valley with professional English speaking local guide, car and driver and including entrance fees to cultural and World Heritage Sites visited as per itinerary, economy return flight Kathmandu to Lhasa including airport transfers for all departure/arrival pickups, professional local English speaking Tibetan guide during stay in Tibet, 06 nights accommodation on twin share bed and breakfast basis at good 3 star local hotels in Tibet as per itinerary, all local sightseeing and tours as per itinerary including entrance fees to monasteries and historical sites as per itinerary, Tibetan (Chinese) visa (group paper visa) and Tibet travel permit required, Tibet visa and permit arrangement service (excluding fees- please see page 6 Visa Information for details), all local transfers and sightseeing by private 4WD 4500 jeep in Tibet, and permits required, complimentary use of down jacket during days in Tibet, a complimentary Himalayan Adventure Company travel gift, complimentary Safe Seat Plan confirming 100% financial security of your booking with us at all times.



itineraries

☎ 0845 094 0273

What's Not Included in the Price?

Visa fees for Nepal and Tibet, personal travel insurance (available on request), international flights (available on request), vaccinations, airport departure and Nepal reentry fees, additional private bus, car or jeep rental to any destination on the tour other than transport provided during the trip, bar/alcoholic beverages, bottled water, personal expenses eg for souvenirs, personal clothes, food or snacks during transfer journeys, tips for guides, porters, driver etc, alternative transportation, accommodation or other service required as a result of missed, cancelled or delayed flights, illness, road or weather condition, landslide, strike or road blockage or other unexpected event outside of our control (payable locally and directly at the time if required), laundry, optional trips, holiday extensions and activities (available on request), excess luggage charges, additional accommodation before or after the start and end dates specified (available on request).

Please note: all Tibet tours are run strictly under the Tibet Tourism Authority. We or our agents shall not be responsible for any change or cancellation of programmes due to any unavoidable circumstances such as snow or flood or changes imposed by the Tibet Tourism Authority.

Our Experience

We have a love of and respect for the Himalaya. Our founders and office staff are all experienced travelers who share many years of helping other travelers achieve their ambitions. The fact that we specialise in travel to the Himalaya and that we have extensive local knowledge and experience of the area means that we can offer you a wide range of travel options and provide the best standards of service to you. Being an independent specialist travel operator means we can offer a friendly personal service and are able to be flexible and use our experience and contacts to build new and tailor made programs as well as to continue to develop new and improved services. We have a wealth of experience in helping many individuals and groups in designing and planning adventures, ranging from romantic breaks to personal challenges to school study programmes to extreme adventure expeditions, from low budget to no expense spared and we have lots of ideas, suggestions and experience to share with you. We are also delighted to say that many of our clients return again and again to travel with us and many of our new clients are through recommendations and word of mouth from happy and satisfied clients who have previously traveled with us.

Fair Pricing

We aim to provide you with the best service at fair and competitive prices and excellent value for money. As part of this, most of our trips are priced for different group sizes with the higher price applicable for smaller groups. With larger groups the price drops so that everyone benefits from a cheaper holiday. We offer 'land only' prices, for travellers who prefer to make their own international flight and transfer arrangements but are happy to arrange flights for you on request, using a variety of international carriers from regional and national airports. Our ATOL number is T7199 and we work with other ATOL holders to issue flight tickets. Additionally, we offer special discounts for groups of 10 or over, schools and group leaders. Contact us for more information.

Your Financial Protection

We understand how important it is that the money you spend on your holiday is securely protected. You may also have concerns about booking with an independent operator. To give you peace of mind and confidence in our service to you we have a number of ways in which we protect the money you pay for your





itineraries

☎ 0845 094 0273

holiday. The company is a full member of the Travel Trust Association (<http://www.traveltrust.co.uk>) membership number U3237, in compliance with the EC Directive on Package Travel, Package Holidays and Package Tours. For flight bookings and issuing of tickets our ATOL number is T7199 and we work only with ATOL licence holders. For flight bookings the money you pay is protected under the ATOL holder's licence. For all other arrangements, your payment to us is held in a separate Trust Fund and only released to us on your return. In addition, we provide free to you, a 'Safe Seat Plan' insurance cover which means that in the unlikely case of your money not being held in the Trust Account or of our insolvency, you will be fully reimbursed for the loss of any monies paid to us, up to a limit of £11 000 per person. Therefore, for your peace of mind and confidence, all money you have paid to us is always 100% protected and available to pay for the services you have booked.

Insurance

Before confirming your booking we will need to see evidence of adequate travel insurance. Contact us for more information.

Responsible Tourism

We believe that tourism should benefit local communities and that responsible travel does not mean a compromise in standards. We aim to promote responsible travel that respects and benefits local cultures, communities and environments and we support Tourism Concern, are a sponsor of the International Porter Protection Group and a friend of The Sahara Group. We donate 5% of profits to local charities and are involved in local development and voluntary work in the Himalayas, particularly in Nepal. For every booking made we also donate £10 to The Sahara Group (<http://www.saharagroup.org.np>) to help continue their wonderful work with street children with HIV/AIDS, women and children affected by human trafficking and poor rural communities. We employ local guides, office and support staff and ensure they have good facilities and fair wages and we work as a team to ensure you a wonderful adventure holiday.

Suggested Reading

We recommend you learn about the places and cultures you will visit before you travel so that you can enjoy your travel even more. Below are just a few varied suggestions to get you started:

Lonely Planet Tibet, Michael Buckley, Bradley Mayhew (Editor), Monique Choy (Editor), John Vincent Bellezza (Editor), Lonely Planet Nepal (Travel Guide), Tony Wheeler, Richard Everist, Lindsay Brown (Editor), Bradley Mayhew (Editor), Wanda Vivequin (Editor), Heartlands: Travels in the Tibetan World, Michael Buckley, The Hotel on the Roof of the World: Five Years in Tibet (Summersdale Travel), Alec Le Sueur, The Dance of 17 Lives: The Incredible True Story of Tibet's 17th Karmapa, Mick Brown.

How to Book

If you'd like to book this tour contact our office to check availability and ask any questions you may have. Please read our Terms and Conditions prior to making your booking. Then return your completed booking form (available on our website or emailed on request) along with the appropriate non refundable deposit of £250 per person or full payment if booking less than 12 weeks in advance of travel. If you choose to phone us with your debit or credit card details, a signed and completed booking form will still be required for confirmation of booking. Bookings will only be confirmed once we receive a completed and signed booking form along with appropriate payment. The final balance for your booking will be due 12 weeks before departure. If you have any questions call us and we'll be happy to help.

We wish you a wonderful Himalayan adventure!