



Tibet

The Ultimate Adventure!

The Wilds of East Tibet
September 24 – October 10, 2010
17 Days Chengdu to Beijing

- Journey through spectacular scenery in rarely visited parts of Eastern Tibet
- Lots of great hiking opportunities, including:
 - A 2 Day Holy Pilgrimage around Mt Bonri; PLUS
 - Opportunity for 3 great day walks
- Breathtaking flight across the Himalaya from Chengdu to Nyingtri
- The holy city of Lhasa, including the famous Potala Palace and the Jokang (the holiest temple in Tibet)

Welcome to the Himalayan Exposure way of travel. We are determined to show you a fantastic experience in a truly magical part of the world. Himalayan Exposure trips have been individually developed to provide quality, passionate and fun trips for those with a desire to explore remote and wonderful cultures and destinations.

By nature of the regions we are travelling through Himalayan Exposure trips are reasonably demanding. Days in the Himalaya are often long and hard but the breathtaking scenery and the rich cultural diversity are more than adequate compensation. Our itinerary has been timed, we believe, to allow everyone to experience the magic at their own pace as well as allowing for the often unforgiving nature of the mountain environments. Roads may be blocked or completely washed away, buses may break down and almost everything will be running late. But it's all part of the fun so pack your sense of adventure and climb aboard.

Itinerary

The itinerary attached is correct at the time of printing. At times logistical needs mean changes have been made to allow for these. For the latest itinerary please refer to the itinerary as listed on our website at www.himalayanexposure.com.

Important Note

It is important that you understand that Himalayan Exposure offer extreme adventure holidays in remote regions of Tibet. The standard of services – accommodation, transport, safety, hygiene, medical facilities and other factors - will not be of the standard you are used to at home or could expect to find on a conventional holiday. By joining Himalayan Exposure you are accepting those risks and dangers.

Raising Awareness

This trip is about experiencing a country and a culture, and people which are extremely beautiful and magical. Although it is a holiday, this trip is designed to raise each and every person's awareness regarding the plight of this fascinating country and people, and you need to gain at least a rudimentary understanding of Tibet's recent history to get the most out of the trip. For Wikipedia's very high level overview of what happened in Tibet, see http://en.wikipedia.org/wiki/Tibet_since_1950.

For further information try some of these (by their nature pro-Tibet) websites:

www.tibet.com, www.tibetinfo.com, www.freetibet.org

or email us at burger@himalayanexposure.com and we can provide a great deal of background information for you. It is hoped that after you return from the trip that you will continue to raise awareness in your own community about the situation in Tibet.

Itinerary

Travelling through Tibet is one of the most mystical journeys in Asia today. The contrast of the high mountains, the endless valleys, the colour of the people, and the strength of their faith. It is a land where beauty is defined in abstract terms, and where magic abounds in the form of toothless smiles and strong hearted souls.

To travel to Tibet is a journey of epic proportions and one not to be taken lightly. The days are long and hard, the environment breathtaking and trying. Without a doubt you will be moved one way or the other.

Day 1 – Friday, September 24, 2010 – Arrive Chengdu

Alt 500 mt

After a long flight from London via Beijing we'll touchdown in the early evening in the capital City of Sichuan province, Chengdu. We'll transfer to our comfortable hotel and grab a bite of local cuisine.

Day 2 – Saturday, Sept 25, 2010 – Fly Chengdu to Nyingtri /Bayi

Altitude 3000 mt

It will be an early start to make the most of the clear mountain weather that comes more often than not in the mornings. It will be a two-hour flight over some of the most stunning mountain scenery to reach the Eastern expanses of the Tibetan Plateau.

Arriving by air you'll probably find the first few breaths exhilarating and possibly exhausting as you disembark. Nyingtri Airport is reknown as 'the world's most difficult airport for planes to reach' due to its location the narrow valley of Yarlung Tsangpo (Brahmaputra) River in the Southeast of Qinghai-Tibet Plateau.

At an average altitude of 3,000m, Nyingchi is located in the lower reaches of the Yarlung Tsangpo river bordering India and Burma to the south and Yunnan Province to the east. Here the world highest river wends its way south toward the Indian Ocean after it meets the Himalayas.

Transferring to the small town of Bayi for the night we won't have a lot planned today. Due to the altitude our first day will be pretty relaxing allowing our bodies time to adjust to the thinner air now and for the coming few days. Depending on how well people adjust to the altitude we may take a small walk in the afternoon to the nearby holy mountain, Mount Pelri which has a sacred *koru* (pilgrim circuit) surrounding it. For our first day in the mountains we'll probably drive any steep uphill parts, just until we adjust adequately to the altitude.

Day 3 – Sunday, Sept 26 – Nyingtri/Bayi to Lunang

Altitude 3400 mt, 80 kms

Heading east we'll leave Bayi and make our way toward the town of Lunang. We'll catch glimpses of Holy Mount Bonri, which we'll be trekking around later in the week as the road climbs high into the mountains. Crossing the Serkhym La at an imposing 4582mt we'll keep walking to a minimum until we've been on the plateau for a couple of days at least. On a clear day views of Mount Namche Barwa at 7756mt high appear in the distance.

Descending from our highs of the day we'll continue through beautiful alpine valleys, stopping for many a photo no doubt. We'll overnight in the pleasant town of Lunang, a former logging village with its neighbours traditional wooden roofs held in place by stones similar to those found in neighbouring Bhutan.

Day 4 – Monday, Sept 27 – Lunang to Pome

Altitude 2800 mt, 160 kms

Continuing west the road descends to the riverside and circuits numerous hairpin corners en route to Pome. About 56 kms from Lunang at a small village, Pelung, we will be leaving the cars for a 40 minute walk down to the foaming cascades of the Rong-Chu and Parlung Tsangpo rivers, tributaries of the nearby Brahmaputra River, as it makes its way off the Tibetan Plateau toward the Bay of Bengal. It is 40 minutes down and at least double that to return to the cars. This marks the lowest point on the Sichuan-Tibet Highway at around 2000 metres. You'll be sure to feel the warmth and humidity in the air relative to the aridness of the Tibetan Plateau.

After our walk we'll continue to the town of Pome surrounded by stupendous scenery. The town of Pome is nothing to write home about but an afternoon wandering the nearby hills may be a great way to spend a few hours if we have it free.

Day 5 – Tuesday, Sept 28 – Pome to Rawu

Altitude 3900 mt, 131 kms

From Pome to Rawu (Rawok) the road winds through pine forests until we emerge in the Sundzom Valley and continues up the Parlung Tsangpo valley. It is only 131kms to Rawu so should take us about 3 – 4 hours driving. Stunning side valleys hold hanging glaciers that border the roadsides on our way to Rawu.

From the road we'll get our first views of the spectacular blue waters of Rawu-tso. We'll spend the afternoon by the nearby Rawu Tso (Lake) only 6kms from town and walk amongst the nearby hills. Rawu also marks the eastern most point we will travel to on this journey.

Day 6 – Wednesday, Sept 29 – Rawu – Rawu Tso and Lhegu Glacier

Altitude 3900 mt

On day 6 we'll have a full day around Rawu taking a trip out towards the Burmese border to visit the popular Lhegu Glacier. It is a 31 km drive to the base of the glacier but for the best views we'll need to get our walking shoes on and head up the moraine. The glacier itself is an impressive sight as it tumbles into its own glacial lake at its terminus. We'll overnight back in Rawu.

Day 7 – Thursday, Sept 30 – Rawu to Tongmei & Lunang

Altitude 3400 mt, 291 kms

Retracing our steps back west we'll enjoy the scenery once again but this time with a few stops along the way, now that our bodies are acclimatised. Approximately 90 kms from Rawu we'll visit the small Sundzom Temple, a 15th century monastery that was home to 200 monks before the cultural revolution.

In Pome we'll attempt to visit the nearby Gomba of Dudel Dorjee although in recent times it has been off limits to foreigners. And a little further on is the 800-year-old Bakhar monastery just 35kms down the road from Pomi.

It will be a long day returning to the village of Lunang late in the afternoon.

Day 8 – Friday, Oct 1 – Bonri Kora Day 1

Altitude 3800 mt

We'll drive to the start of our two-day trek around the Bon Religion's most sacred mountain. Mount Bönri (4671m) is the highest of 3 sacred Bön peaks, set on the north bank of the Brahmaputra. It ranks along with Mount Kailash in Tibet's west as a most sacred pilgrimage peak in the Bön religion - Tibet's ancient and only home-grown religion, which in its last phase adopted much from Tibetan Buddhism, today the two are almost indistinguishable.

The trek will be hard going but we'll make frequent rest stops along the way. We'll visit Yungdrungling Monastery to start the day, just a few kms outside of Nyngtri. Later today we'll also visit another Bon Monastery, Sigyal. Our overnight accommodation will be a basic pilgrim guesthouse on the trail. Be prepared for simple (read few) facilities but the path to enlightenment is paved with challenges.

Day 9 – Saturday, Oct 2 – Bonri Kora day 2, Overnight in Bayi

Altitude 3000 mt

Day two of our walk will culminate in the crossing of the 4500mt high Bonri La with its multitude of prayer flags fluttering in the breeze you will feel like salvation is well deserved as you gasp for breath in the mountain air. Finishing the trek we'll transfer to the relative comforts of Bayi town for the night.

Day 10 – Sunday, Oct 3 – Bayi to Miling via Buchu and Lamaling

Altitude 3000 mt

Heading further west we begin to forge new territory driving to the pleasant town of Miling on the road to the Yarlung Valley and Lhasa. It is a short drive to Miling which will allow us plenty of time en route to visit two important monasteries in the region. Originally dating from the 7th century Buchu Monastery, 28kms south of Bayi will be our first stop. We'll have time to explore the monastery and walk the *koru* surrounding this timeless location.

A little way down the road we'll also make a stop at the stunning Lamaling Temple and once again we'll explore the temple and take a walk amongst the surrounding hillsides before continuing on to our overnight stop in Miling.

Day 11 – Monday, Oct 4 – Miling to Gyatsa

Altitude 3500 mt, Approx 160kms

From Miling we'll follow the winding Yarlung Tsangpo river upstream towards the town of Gyatsa. There is the possibility we may drive a little further on this day to the monastery of Chokorgye in the hills near Lhama Lhatso. Our final destination may not be known until much closer to the time and will be determined by local policy at the time and where as visitors we will be allowed to stay.

Day 12 – Tuesday, Oct 5 – Gyatsa - Excursion to Lhamo Lha Tso

Altitude 3500 mt

Lhamo Lhatso is one of Tibet's most important pilgrimage destinations although it is not visited by hoards of international visitors. The lake has traditionally been a pilgrimage site of successive Dalai Lhamas who seek visions in this 'oracle' lake. The lake is considered the home of The Dalai Lama's protectress, Palden Lhamo.

We'll plan to drive up to the near the pass from where we can view this spiritual centre and for those with a sense of adventure and the energy we can make the 1½ hour descent to the shores of the lake itself and the 1 hour kora path around the lake. Don't forget you'll have to walk back up too!

We'll stay overnight where we did the pervious night which maybe Gyatsa or Chokorgye Monastery.

Day 13 – Wednesday, Oct 6 – Gyatsa to Tsetang

Altitude 3500 mt

After a long day trip to Lhamo Lhatso it will be a leisurely drive to Tsetang, Tibet's fourth largest city. After the remoteness of the east it could come as quite a culture shock! Depending on our arrival time we may visit the towns two monasteries or for the more energetically challenged there is the nearby Gangpo Ri towering 600mts over the town.

Tsetang will be our base for a day of exploring the nearby Yarlung Valley.

Day 14 – Thursday, Oct 7 – Tsetang – Visit Yumbulugang and Chongye Valleys

Altitude 3500 mt

The Valleys of Yarlung and Chongye, are steeped in ancient history. Legend claims the first Tibetans originated on the slopes of Gongpo Ri to the east of Tsetang, and that the Yarlung Valley was where the first king of Tibet descended from the heavens to earth upon a sky-cord. This king then fathered the first royal dynasty, many members of which are buried in the nearby Chongye Valley. The Yarlung Valley was also where, in the fourth century, the first Buddhist scriptures fell from the sky upon the first king's palace at Yumbulakhang.

We'll have a full day mostly on foot exploring some of the major sites of this area including Tibet's first building, Yumbulagang, nearby Tandruk Monastery and Chingye Town.

Day 15 – Friday, October 8 – Lhasa via Samye

Altitude 3600 mt

As Tibet's first monastery, Samye receives a fair share of visitors so leaving Tsetang and the Yarlung Valleys early we'll stop to enjoy Samye and its beautiful surroundings.

From Samye it is only a couple of hours drive to the capital of Tibet and ancient seat of the Dalai Lama, Lhasa.

Lhasa, is one of the world's highest capitals. The Potala, Jokhang and Barkhor comprise the physical and spiritual heart of the city and of Tibet. We stay in our Tibetan run guesthouse situated in the Barkhor area, which gives us close access to many of the temples and monasteries in and around Lhasa, including the Jokhang, one of the most revered religious structures in Tibet. The Barkhor is one of the few areas of Lhasa that still offers an original Tibetan feel as the city has changed dramatically in the past few decades. A large number of Han Chinese have been offered favourable conditions to move into Tibet and the Han influence in Lhasa is therefore quite strong.

Day 16 – Saturday, Oct 9 – Lhasa

Altitude 3530 mt

We'll have the day to enjoy the sights of Lhasa which may include joining the pilgrims for endless circuits of the Barkhor kora circumambulating the Jokhang, Tibet's most sacred temple or taking a bike to Sera to watching the monks debating in the afternoon sun. We'll organise a trip to the Potala Palace, former seat of His Holiness the Dalai Lama which stands like a monument to times past. However you spend your time here it will be memorable and a fitting end to an amazing journey in this sacred land.

Day 17 – Sunday, Oct 10 – Fly Lhasa to Beijing

Altitude 20 mt

We'll transfer to Gongkar airport for our flight to Beijing and the first leg home at the conclusion of our journey.

Trip Grade: Challenging

This trip has been graded Challenging for a number of reasons. It involves multiple days of long vehicle travel and sub-standard accommodation. Adjusting to the altitude of the Tibetan Plateau is a challenge in itself and the harsh environment effects people differently. The trip is designed to allow for reasonably comfortable travel by land cruiser (ie 4 wheel drive jeep) from place to place but we have also tried to include as much short day & half-day walks where feasible. This allows is to stretch our legs and

experience the country first hand rather than from the window of a vehicle, though a lot of the magical scenery will be experienced in this way. And in Tibet where a walk up the stairs of the hotel becomes a challenge your fitness may be tested. By the same token because our walking is divided into a 2 day trek plus various day walks rather than one long trek, there is also the option to opt out and enjoy the scenery with a nice cup of yak butter tea instead whenever you want to. Besides the walking, how challenging you find the trip will also depend a lot on your previous travel experiences.

Please also read the 'Important Note' above carefully

Accommodation:

Hotels/Guesthouses 17 nights: Please note that the accommodation on this trip is, at times, very basic. The accommodation for the most part is comfortable but basic. In the cities— Chengdu, Lhasa and Beijing— accommodation is quite comfortable. Across the plateau there is the possibility things may get really basic and there may be a few (maybe many) places where there'll be no showers, it'll be cold and it'll just be a room, a bed and not much else. For the most part accommodation will be twin share but there may be occasions where it'll be dorm accommodation, particularly in remote areas.

With regards to exactly where we stay, as part of this trip we want to try to support Tibetan run, managed, operated hotels or guesthouses where feasible/possible. There is very little information about many of the regions in East Tibet and many of the towns have become very *Sinicized*. We may choose a smaller, more basic hotel if it means that more of our tourist dollars go into the hands of often hard done-by-locals rather than privileged, state-supported immigrants. Please be patient as we try to determine the *best* place to spend our money, and the night. We will also be limited by our legal status (see below).

A Note on Destinations

The itinerary below has outlined many locations and places to visit along the way. Everywhere we visit outside of Tibet's capital, Lhasa, we are subject to permit requirements and the whim of the local authorities who decide where we can and can't go, sometimes overnight! It may also be very relative to current events as was witnessed in 2008 when unrest about the Olympics led to Tibet being closed altogether! So even though we would like to visit many places and we plan to we may in fact be limited in the scope of our explorations. Apologies for the lack of definitive information this provides.

Meals

No meals are included as part of this itinerary

Activities included

Tibet Travel Permit
Entrance to Yumbulagang, Tsetang
Entrance to Tandruk Monastery, Tsetang
Entrance to Buchu Monastery, Miling
Entrance to Sundzom Temple, Rawu
Entrance to Lhegu Glacier, Rawu
Entrance to Samye Monastery, Samye
Entrance Fees Potala Palace, Lhasa
All trek support for trek around Mount Bonri

Other Notes

- It is advised that travellers are reasonably fit to be able to cope with the extreme conditions of the Tibetan Plateau
- When arriving at Nyingtri, at an altitude of 3000m, you are likely to feel the effects of altitude deprivation. Your guide will advise on the best course of action upon arrival. Travelling at altitudes of over 4000m at times you may experience altitude deprivation at different stages throughout the journey.
- Please note that this is a demanding, overland travel trip, which is suitable for the experienced traveller. The effects of altitude, long days travel in old 4WDs over extremely rough roads, accommodation in shared dormitories that vary in quality from the basic to very basic and the possibility of severe and sudden climate changes means that this is definitely not a trip for the armchair traveller. Be prepared for no showers for several days, and in the event of a landslide blocking the road you may be required to walk, carrying your own luggage for unspecified distances.
- Tibet Permit: We will arrange for a permit allowing your entry into Tibet. To do this it is essential that Himalayan Exposure obtain a scan of the details on the front page of your passport, your Chinese visa and your occupation (at least 30 days before departure). Mark will help coordinate this. Please make sure that you are not issued with a new passport after you have forwarded this information to us, as the whole group may be refused entry into Tibet if there are any errors.
- It is likely that you will lose yourself to every emotion possible during this trip.

Responsible Travel

It is important to realize that to travel and visit other countries and cultures is an honour and a PRIVILEGE. We at Himalayan Exposure want to ensure that our visit provides a productive and positive interaction with both the people and the natural environment. We realize we have great power to change people's lives for the better at a grass roots level and in this way we will make a difference. Please read more at www.himalayanexposure.com/rt

We feel there is limited value in going to Tibet just for the tourist sights, many of them as there are. The uncritical and uninformed observer may fall easy victim to the propaganda that the Tibetan people face, which seeks to limit or distort what the visitor sees of Tibet. At Himalayan Exposure we want to see Tibet for the Tibetans, their culture and the land they so cherish. We are very aware of the ethics involved by travelling to Tibet and have based our decision to go there after thorough consideration of all the issues involved. We recommend all our travellers to be informed and aware of at least some of the issues existing with Tibet's struggle for independence.

Safety

There can be no compromise on safety when travelling through Asia or anywhere for that matter. Himalayan Exposure takes every precaution to ensure the safety of its travellers while travelling in remote destinations.

In Tibet the travel is very challenging with harsh climatic conditions and altitude posing differing problems for all travellers. Your group leader will be well trained in the mountain environments you will encounter and will guide you as to the best course of action to help each individual adjust adequately during the course of the trip.

For more information on Himalayan Exposure's safety policy please see www.himalayanexposure.com/safety.htm

Spending Money

You will need to allow enough money for meals not included as part of the itinerary, drinks, shopping and additional sightseeing. We recommend allowing US\$15 per day for food and drink. This is a liberal estimate and you can easily get by on a lot less. Please note that for this trip no meals are included as part of your itinerary.

We estimate allowing an additional US\$300 – 400 for meals and other activities.

Money

The currency of China and Tibet is Chinese Yuan: Approx US\$1=6.8 CNY (Chinese Yuan)
Approx GB£1=11 CNY

The best thing to have is US dollars or Sterling cash. We strongly recommend NOT relying on credit cards whilst in Tibet. Major credit cards are accepted in Lhasa and Chengdu only. Withdrawals are often subject to a 4% service charge.

Visas

You are responsible for arranging your Chinese visa before leaving home – though Mark will help coordinate this for anyone who wants him to. This will need to be done at least a month before the commencement of the trip. To facilitate the arrangement of your Tibet visa/permit please provide Himalayan Exposure a scan of the details on the front page of your passport, your Chinese visa and your occupation (at least 30 days before departure). Please make sure that you are not issued with a new passport after you have forwarded this information to us, as the whole group may be refused entry into Tibet if there are any errors.

For UK applicants see <http://www.visaforchina.org.uk/visaen/visaView.html?method=index>

Laundry

Facilities are offered by most hotels for a charge. While in more remote locations, if you want your clothes washed, you'll have to do it yourself. We strongly recommend bringing non-polluting/biodegradable soap for this purpose.

Travel Insurance

Your trip cost does not include personal travel or medical insurance. Himalayan Exposure insist you take out personal insurance cover for all trips. It is your responsibility to make sure suitable insurance has been taken out for your trip. For all trips it is essential to ensure your insurance covers you for emergency evacuation. You will not be allowed to participate in the trip until evidence has been sighted by your group leader.

Health and Fitness

There are no specific health requirements regarding entry into China or Tibet. You should consult your doctor before you depart for up to date information and prescriptions for vaccinations for any reasonably foreseeable illnesses whilst travelling in Asia. It is recommended that all travellers carry a small first aid kit as well as any personal medical requirements. Please be aware that for legal

reasons Himalayan Exposure representatives are prohibited from administering any type of drug whatsoever. Please be adequately prepared.

This trip is a particularly challenging trip on the traveller physically as well as mentally. Please ensure you are prepared as adequately as possible for this adventure.

Climate

The days travelling in the cars and sightseeing can be very warm despite the altitude. There are times where it will get very cold, like below 0°C (32°F). This is possible both at night and during the day. Prepare for very cold weather. Bring plenty of warm clothes. Shorts are not appropriate in Tibet but are ok in Mainland China where the temperature, especially in Chengdu it will be a bit warmer. For the rest of the trip it will be quite cool.

What to Take

Himalayan Exposure trips often travel at a pretty rapid rate and you are on the move a great deal. The smaller you pack the better. Having said that there are some essential requirements to ensure you stay warm in the mountains. The regions through which we travel are by nature cold throughout the year. All travellers will require enough warm clothes to keep them warm at temperatures below 0°Celsius. Thermal underwear is essential as is a fleece and waterproof/windproof pants and jacket, gloves and a warm hat.

Checklist

- o Travel documents: passport, visa, travel insurance, air tickets
- o Health requirements arranged
- o Money: travellers cheques/cash/credit card
- o First Aid kit
- o Camera (spare batteries – recharging may not always be possible)
- o Day pack to carry your personal needs during the day
- o Sarong or travel shammy
- o Mosquito repellent
- o Refillable water bottle able to take boiling water!
- o Ear plugs can be useful if you are a light sleeper
- o Inner sheet/sleeping sheet is advisable if you like to use them for sometimes ordinary accommodation.
- o **Warm clothes.** It is recommended to bring Thermal under wear and a fleece jacket, hat and gloves. It will be VERY COLD at times in Tibet.
- o Puritabs, iodine or water filter; some form of water purification method.
- o Good/comfortable hiking shoes
- o Sunscreen (30+), Lip balm and Sunglasses; due to harsh sunlight and exposure to UV at high altitudes
- o Tampons are difficult to buy in Tibet and China
- o Torch/flashlight
- o A scarf or face mask for dust whilst driving in Tibet
- o Some of your favourite snacks from home for those times when you've had enough noodles. s
- o Enormous sense of adventure

Joining Point

Kangding Hotel
No.2 Wuhouci Heng Street, Wuhou District, Chengdu 610041, China
Phone: 028-85562106.

Joining Instructions

Note: You will be provided with a transfer upon arrival.

Please Note:

The information in this dossier has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and Himalayan Exposure.

Indicative Itinerary

- Day 1 24-Sep-10 Friday Arrive Chengdu
- Day 2 25-Sep-10 Saturday Fly Chengdu to Nyingtri, Bayi
- Day 3 26-Sep-10 Sunday Bayi/Nyingtri - Lunang
- Day 4 27-Sep-10 Monday Lunang - Pome, Walk down from Pelung, Dudel Dorjee Gompa
- Day 5 28-Sep-10 Tuesday Pomi - Rawu - visit Rawok tso, Shugden Gompa
- Day 6 29-Sep-10 Wednesday Rawu - Lhegu glacier day trip

- Day 7 30-Sep-10 Thursday Rawu to Pome & onto Lunang
- Day 8 1-Oct-10 Friday Drive to Bon ri and start 1 1/2 day hike - Overnight in Guesthouse)
- Day 9 2-Oct-Sep-10 Saturday Hike and return to Bayi
- Day 10 3-Oct-10 Sunday Bayi to Miling via Buchu Sergyi Lhakang and Lamaling
- Day 11 4-Oct-10 Monday Gyatsa (Or Chokorgye Monastery)
- Day 12 5-Oct-10 Tuesday excursion to Lhamo Lhatso incl hike (long day from Gyatsa)
- Day 13 6-Oct--10 Wednesday Tsetang - 2 Nights
- Day 14 7-Oct-10 Thursday visit Yumbulagang and Chongye Valleys - Stay Tsetang
- Day 15 8-Oct-10 Friday via dorjee Drak and north shore to Samye & Lhasa
- Day 16 9-Oct-10 Saturday Lhasa - Free time
- Day 17 10-Oct-10 Sunday transfer to airport – Fly to Beijing

NB: This itinerary is not set in stone but is rather a general idea of what we plan to achieve. All travellers need to be open minded and flexible to sudden, unexpected changes to plans and itineraries as a result of weather and road conditions, the health of all group members and other extra-ordinary events which, given the extreme nature of the regions this adventure takes you to, are more likely to occur on this trip more than on any conventional adventure holiday.

Important Note

It is important that you understand that Himalayan Exposure offer extreme adventure holidays in remote regions of Tibet. The standard of services – accommodation, transport, safety, hygiene, medical facilities and other factors - will not be of the standard you are used to at home or could expect to find on a conventional holiday. By joining Himalayan Exposure you are accepting those risks and dangers.

In addition to the above considerations, passengers travelling on Himalayan Exposure's Tibet – The Ultimate Adventure! need to be aware that this particular itinerary is extremely challenging...Long days of travel mixed with harsh climatic conditions and high altitudes will test the resolve of even the hardest traveller. You will need to be prepared for anything.

Updates

Please note that from time to time our dossiers are updated. Please check our website for the most up to date dossier.

Trip dossier: TE 2010 Version 1.0

Updated: 2/02/10

Updated Info/Changes