



Potala Palace, Lhasa

himalayan adventure - tibet to nepal

22 days

FROM \$6,532 PER PERSON TWIN SHARE - 22 DAYS - FULLY INCLUSIVE FROM SYDNEY*, MELBOURNE, BRISBANE, ADELAIDE* AND PERTH

From price includes: Tour Cost \$5,900, Airline Fuel Surcharge \$494 and Tipping \$138 (subject to change)

This incredible tour is designed to bring out the adventurer in you. It will be challenging but the rewards will be worth the effort. Starting in Chengdu, China, visit the famous Chengdu Research Base of Giant Panda Breeding and the Grand Buddha of Leshan, which is sure to astound you. You will see mystical temples in Tibet before your journey becomes more adventurous as you travel to Mt. Everest Base Camp.

Cross the border into Nepal, where the scenery and landscape changes dramatically. Kathmandu is a fascinating city, like an open-air museum with mediaeval temples, palaces and shrines. From the stark dry lands of Tibet to the fertile lands of Nepal, this journey offers so much variation that will surely delight you.

inclusions

International airfares, all transportation in China, Tibet and Nepal, accommodation, all meals, entrance fees, guides and daily tours, taxes and charges, departure taxes and visas for Australian passport holders

price guide

- ✈ 22 Days, Fully Inclusive Twin Share
From \$6,532 per person – Departing Sydney*, Melbourne, Brisbane, Adelaide* and Perth with Singapore Airlines
**Sydney and Adelaide passengers may require a stopover in Singapore at an additional cost.
Darwin passengers see 'Joining Your Tour' on page 10.*
- 🏠 Single Hotel Room Option – From \$1,235
- 🚌 Land Only (Chengdu to Kathmandu) – From \$5,019 per person (includes tipping)
- 👣 Active Paced Tour (see page 9)



DAYS 1-2: AUSTRALIA TO CHENGDU

Fly overnight with Singapore Airlines to Chengdu for a two night stay.

DAY 3: CHENGDU – LESHAN

Enjoy a morning visit to the famous Chengdu Research Base of Giant Panda Breeding to see these famous animals in an environment similar to their natural habitat. Later, travel to Leshan to view the Grand Buddha, carved from Lingyun Mountain. The Buddha is over 71m tall and is wide enough for more than 100 people to sit between its feet.

DAY 4: CHENGDU TO LHASA

Fly to Lhasa, the capital and spiritual home of Tibet. This afternoon is free at your leisure to help you acclimatise to the higher altitude.

DAY 5: LHASA

Visit the Jokhang Temple, which is the most sacred and spiritual in all of Tibet. Afterwards, wander among the pilgrims at the colourful mediaeval Barkhor Markets and visit the Sera Monastery, named after the wild roses that bloom nearby.

DAY 6: LHASA

Explore the Potala Palace, known as the 'Crown Jewel of Tibet'. The palace consists of hundreds of rooms filled with intricate shrines and frescoes and is the official winter residence of the Dalai Lama.

DAY 7: LHASA TO SHIGATSE

Leave Lhasa for Shigatse, the second largest city in Tibet. En route you will stop at Gyantse to see the famous Gyantse Kumbum.

DAY 8: SHIGATSE TO NEW TINGRI

Visit the Tashilhunpo Monastery, the seat of the Panchen Lama. Built in 1447, the monastery once housed over 4,000 monks, however, it is now only home to several hundred monks. From here you will drive to New Tingri.

DAY 9: NEW TINGRI – MT. EVEREST BASE CAMP

Rise early to cross the Gue La and enjoy the panoramic views of the eastern Himalaya. Continue your drive to Pasum where you will visit the monastic village of Rongbuk and enjoy an excursion to Mt. Everest Base Camp. While here, there will be plenty of opportunities for photographs at the site (weather permitting).

DAY 10: NEW TINGRI TO ZHANGMU

You will have another early morning as you continue your drive to Bhaktapur via Nyalam and Zhangmu. From Nyalam, the transition from the high, dry and wild Tibetan plateau, to Nepal's green hills is breathtaking, twisting through steep and narrow gorges.

DAY 11: ZHANGMU TO BHAKTAPUR VIA DHULIKHEL

Drive to Bhaktapur, crossing the Friendship Bridge. After clearing customs and immigration, bid farewell to your Chinese

guide as you are greeted by your Nepalese guide and transferred to Bhaktapur. Stop in Dhulikhel en route to see the traditional Nuwari houses and browse the local market.

DAY 12: BHAKTAPUR

Explore the 9th-century-built town of Bhaktapur, including the Golden Gate at the Palace of 55 Windows and the small village of Thimi. Tour the UNESCO World Heritage listed temple of Changu Narayan, the oldest temple in the valley dedicated to Lord Vishnu, 'the preserver'.

DAY 13: BHAKTAPUR TO POKHARA

Drive to Pokhara. Upon arrival tour this small town and view the scenery of the Himalaya.

DAY 14: POKHARA

Visit the International Mountain Museum. Later, enjoy a boat ride on Phewa Lake.

DAY 15: POKHARA TO CHITWAN NATIONAL PARK

Rise early and visit a Hindu temple before departing for Chitwan National Park, among the most popular attractions in Nepal and one of the last refuges to the One-Horned Rhino. Enjoy an afternoon safari and attend a briefing about the national park and the activities on offer.

DAY 16: CHITWAN NATIONAL PARK

Enjoy a day at the Chitwan National Park with its comprehensive programme of activities, including elephant bathing, safaris, jungle walks and bird watching.

DAY 17: CHITWAN NATIONAL PARK TO DAMAN

This morning leave Chitwan National Park and drive to Daman. You will have free time at your leisure to explore this wonderful hillside town.

DAY 18: DAMAN TO KATHMANDU

Depart Daman and travel to Kathmandu, the capital of Nepal which is surrounded by four major mountains. Once in Kathmandu the remainder of the day is free at your leisure.

DAY 19: KATHMANDU – PATAN

Visit Patan, the second largest city in Nepal, known for its rich tradition of art. See the UNESCO World Heritage listed former Royal Palace as well as Patan's Durbar Square. Return to Kathmandu and tour the Bodhnath Stupa and Pashupatinath Temple.

DAY 20: KATHMANDU

Enjoy a tour around Kathmandu, visiting Swayambhunath Temple, also known as the monkey temple, followed by Kathmandu's Durbar Square, the Kumari Temple and Thamel Market, a popular place for tourists.

DAY 21: DEPART KATHMANDU

You will be transferred to Kathmandu airport to board your overnight flight to Australia.

DAY 22: ARRIVE AUSTRALIA

Arrive home today.



departures

TOUR CODE	DEPART AUSTRALIA	ARRIVE AUSTRALIA	TWIN SHARE PRICE
-----------	------------------	------------------	------------------

2013

CHA1304	09 May	30 May	\$6,532
CHA1306	19 Sep	10 Oct	\$6,532
CHA1308	10 Oct	31 Oct	\$6,532

2014

CHA1402	17 Apr	08 May	\$6,827
CHA1404	08 May	29 May	\$6,827

Important note: Above prices include airline fuel surcharge of \$494 and tipping of \$138 (correct as at 19 July 2012 and subject to change). Please note the tipping amount of US\$138 (AU\$138) is payable on arrival in China.

The Tibet Autonomous Region may be closed by the Chinese authorities at any given time without notice. Such closures may impact the ability to travel in, or to, Tibet.



Scan code for more information

Why not?

Himalayan Adventure – Tibet to Nepal passengers fly with Singapore Airlines. Why not stop in Singapore before or after your Himalayan adventure? See page 61 for our Singapore Short Stay and stopover options.

Additional fees and taxes may apply.