



Himalayan Adventure - Tibet to Nepal

From \$6,460 - 22 Days - Fully Inclusive From Australia (see Price Guide)

This incredible tour is designed to excite you and to bring out the adventurer in you. It will inspire you and at the end of it we want you to look back and whisper to yourself 'wow, I did it!' It will be challenging but the rewards will be worth the effort. Start in Chengdu, China where you will visit the world renowned Panda Reserve and see these adorable pandas in their natural habitat. A visit to the Grand Buddha of Leshan will astound you as you witness Chinese history at its best.

You will see mystical Tibetan temples in Lhasa and maybe gather a sense of peace and deeper meaning to your journey. Your adventure takes you to Gyantse, and then to Shigatse, the seat of the Panchen Lamas and the location of the all-embracing Tashilhunpo Monastery. Your journey becomes more daring as you travel to the Everest Base Camp. Here you can mingle with those attempting to climb to the summit. The scenery in this area is quite breathtaking. As you continue your journey the scenery changes from the stark dry lands of Tibet to the fertile lands of Nepal.

Kathmandu is quite fascinating. This entire city is an open-air museum, with mediaeval temples, palaces, shrines and statues dotted around the narrow streets. Walking through the city is an intoxicating experience; you will encounter rickshaws, cows and motorcycles, and the markets are piled high with colourful silks, incense and spices.

A visit to the Chitwan National Park, one of the last refuges to the one horned rhino will fascinate you as you observe these beautiful animals. If you are lucky you may get a glimpse of the mysterious Bengal tiger. As your tour draws to a close you stay at the lovely Daman. Here you can view the breathtaking grandeur of the world's highest peaks and witness this spectacular sight at sunrise and sunset. Pure isolation! To see so much variation will surely delight you and your travel companions.

Days 1-2: Australia to Chengdu

Fly overnight with Singapore Airlines to Chengdu for 2 nights.

Day 3: Chengdu

This morning visit the famous Panda Reserve to see these animals being reared in surroundings reminiscent of their native habitat. This afternoon we take an excursion to Leshan to view the Grand Buddha, hewn from the side of Lingyun Mountain.

Day 4: Chengdu to Lhasa

Today we fly to Lhasa, the capital and the spiritual home of Tibet. This afternoon is at leisure to help acclimatise to the altitude.

Day 5: Lhasa

Visit the Jokhang Temple, the most sacred and spiritual in Tibet and wander amongst the pilgrims at the colourful, mediaeval Barkhor Markets.

Day 6: Lhasa

Today we explore the Potala Palace, the 'Crown Jewel of Tibet'. With thousands of rooms filled with intricate shrines and frescoes it is the official winter residence of the Dalai Lama.

Day 7: Lhasa to Shigatse

Leave Lhasa for Shigatse, the 2nd largest city in Tibet. Stop at Gyantse along the way to visit the famous Gyantse Kumbum, a unique shrine.

Day 8: Shigatse

Today we visit the Tashilhunpo Monastery, the seat of the Panchen Lamas. Built in 1447 by Tsongkhapa's nephew, the monastery once housed over 4000 monks with only 600 remaining.

Day 9: Shigatse to Shegar

We continue our journey to Shegar, passing small Tibetan villages and ruins of ancient dzongs along the way. Shegar was once the capital of the Tingri region.

Day 10: Shegar to Old Tingri

Rise early and drive to Old Tingri. Crossing the Gue La and its panoramic views of the eastern Himalaya, we continue our drive to Pasum. Visit the monastic village of Rangbuk and enjoy an excursion to the Everest Base Camp. There will be plenty of opportunities for photographs, weather permitting.

Day 11: Old Tingri to Kathmandu

Another early morning today, as we continue our drive to Kathmandu via Nyalam and Zhangmu. From Nyalam, the last truly Tibetan village, the transition from the high, dry and wild Tibetan plateau to Nepal's green hills is breathtaking as the road twists through steep and narrow gorges that are punctuated by waterfalls.

Day 12: Kathmandu - Patan

Today we visit the 2nd largest city in Nepal, Patan, located on the southern bank of the Bagmati River just a few kilometres from Kathmandu. Whilst here, we visit the World Heritage listed former Royal Palace and Durbar Square, Swayambhunath Stupa and Bodhnath Stupa.

Day 13: Kathmandu - Bhaktapur

After breakfast we visit the 9th Century built town of Bhaktapur, a store house of mediaeval art and architecture including the Golden Gate at the Palace of 55 Windows. We also visit the temple of Changu Narayan, the oldest temple in the valley dedicated to Lord Vishnu and Pashupatinath Temple, famous for its shrine of Shiva.

Day 14: Kathmandu to Pokhara

Depart Kathmandu this morning and drive to Pokhara. Upon arrival enjoy a tour around this small town and the scenery of the Himalaya region. Enjoy the view of the mountain peaks of Machhapuchhre or 'Fish Tail', the Annapurna and Phewa Lake the 2nd largest lake in Nepal.

Day 15: Pokhara to Chitwan National Park

This morning we drive to Chitwan National Park, long regarded as the 3rd biggest attraction in Nepal and one of the last refuges to the one horned rhinos. This afternoon enjoy a briefing on the national park and the activities on offer.

Days 16-17: Chitwan National Park

Over the next 2 days we enjoy the lodge's comprehensive programme of activities, including elephant bathing and safaris, jungle walks and bird watching.

Day 18: Chitwan National Park to Daman

Today we leave Chitwan National Park and drive to Daman. Upon arrival we check in to our hotel for an overnight stay in the wonderful hill country.

Day 19: Daman to Kathmandu

Today we leave Daman and return to Kathmandu. Upon arrival the remainder of the day is at leisure.

Day 20: Kathmandu - Dhulikhel

Enjoy the morning at leisure. After lunch we drive to Dhulikhel, visiting the small village of Thimi en route. In Dhulikhel we visit Newari houses and a local market.

Day 21: Depart Kathmandu

Transfer to the airport for our flight to Australia.

Day 22: Arrive Australia

Arrive home this morning.

Inclusions

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

Price Guide

22 Days, Fully Inclusive Twin Share

✈ From \$6,460 per person - Departing Sydney, Melbourne, Brisbane, Adelaide and Perth with Singapore Airlines

🛏 Single Supplement - From \$1,040

🚗 Land Only - From \$5,460

⛽ Current Airline fuel surcharge of \$420 per person is not included in the price (see page 38)

💰 Compulsory Tipping, approximately US\$135 per person (see page 38)

★★★ Active Paced Tour (see page 2)



Departures

| Tour Code | Depart Australia | Arrive Australia | Twin Share Price |
|-------------|------------------|------------------|------------------|
| 2010 | | | |
| T60020 | 29 Apr | 20 May | \$ 6,460 |
| T60021 | 26 Aug | 16 Sep | \$ 6,560 |
| 2011 | | | |
| T6030 | 28 Apr | 19 May | \$ 6,780 |



Make the most of your holiday

- Scenic flight excursion (1hr) to view the Himalayas at sunrise is available from \$290 per person, based on min 2 passengers (weather conditions permitting)
- For Singapore Hotels and Touring (see page 37)