

# Tibetan Adventure & Everest Base Camp



**18 DAYS**  
**12 Days MODERATE Cultural Touring**  
**Maximum Altitude 5220 Metres**

- ◆ CLASSIC OVERLAND JOURNEY FROM LHASA TO KATHMANDU
- ◆ SPECTACULAR MOUNTAIN FLIGHT ACROSS THE HIMALAYA
- ◆ VISIT THE POTALA PALACE & EXPLORE LHASA
- ◆ STUNNING VIEWS OF MT. EVEREST FROM RONGBUK MONASTERY & EVEREST BASE CAMP

For dates & prices please check our website

## Introduction

Lying in the rain shadow, behind the great wall of the Himalaya is the vast expanse of the Tibetan plateau, the roof of the world. With an average altitude of 4000 metres, much of the country is a spectacular arid desert, stretching thousands of kilometres into central Asia. This is a land of wide-open spaces, ancient cultures and mystical Buddhist tradition.

For centuries Tibet was forbidden to all but a few intrepid travellers as the Tibetans themselves chose to keep the rest of the world out of their country. In 1951 the Chinese began their occupation of Tibet, they began "monitoring" Tibetan religion and culture and forced the Dalai Lama, Tibet's spiritual leader, into exile in India. Previously the nomads, farmers and traders lived hardy, yet contented lives, with religion and the state inseparable; every aspect of daily life was governed by Buddhist teachings. Since 1951 many Tibetans have fled (and continue to flee) to India and Nepal to escape Chinese persecution. There continues to be disagreement over when Tibet became a part of China, and whether this incorporation into China was legitimate. The Dalai Lama however encourages westerners to visit Tibet, as do the Tibetan people and by travelling through Tibet we increase our awareness of the Tibetan-Chinese situation, experiencing first hand the Tibetan's culture and spirit, which is resilient, strong and everlasting.

Travel in Tibet is not easy. The roads are dusty and bumpy; trips are remote but having said this, a trip to Tibet is a fantastic and special experience, combining ancient Tibet and modern China. Our Tibetan Adventure & Everest Base Camp trip is a classic journey through Tibet, combining the magic and mystery of this fascinating land with awesome views of Mt. Everest from the Rongbuk Monastery and from Everest Base Camp. Our journey begins from Kathmandu with a spectacular flight across the Himalaya alongside Everest, Lhotse, Cho Oyu and Makalu to Lhasa. Using Tibet's mystical capital as our base, we will visit the important monasteries as well as exploring the Potala Palace, the sacred Jokhang Temple, ancient monasteries and bustling bazaars.

We also visit the holy Namtso Lake to the north of Lhasa. In Tibetan, Namtso means 'Heavenly Lake.' It is considered one of the three holy lakes in Tibet. Namtso is famous for its high altitude, 4570 metres (15,000 ft.), vast area of 1961 square kilometres (about 757 square miles) and beautiful scenery. Namtso Lake is the biggest lake throughout Tibet and is the highest altitude saltwater lake in the world. The water here is a storybook crystal-clear blue. Clear skies join the surface of the lake in the distance, creating an integrated, scenic vista. Besides the beautiful scenery in Namtso, it is also a famous sacred Buddhist place. Thousands of Buddhist pilgrims come from all over Tibet to make the 18-day walk around it, or shorter walks around the towering rocks at Tashidor.

We continue our journey across Tibet, travelling in Land Cruiser Jeeps. We will stop at Gyantse to explore the historic fort and monastery. At Shigatse we visit the impressive Tashilhunpo monastery, ancient seat of the Panchen Lamas before driving across the barren windswept Tibetan Plateau to Shegar. From here we make our excursion to the Rongbuk valley and Everest Base Camp. The views of Mt. Everest from here at the head of the valley are simply sensational. Leaving the magnificent views of the peaks behind we now head over the last high pass and down to the Nepal border. Finally, our epic journey concludes as we return to Kathmandu with time to relax having completed one of the world's great road journeys.

## **Itinerary**

### **Day 1 – Depart UK**

Depart UK on flight to Kathmandu.

### **Day 2 - Kathmandu (1330 metres)**

Arrive Kathmandu. Flying into Kathmandu along the northern border of Nepal on a clear day is in itself an unforgettable experience, with the entire Nepalese Himalaya sprawling out below you. After customs, you will pass out of the restricted area and into the passenger pick-up area outside the building. You will see a Classic Journeys signboard and our staff will be waiting to welcome you to Nepal.

After transferring to your hotel, you will be given a chance to catch your breath and then be given a briefing. We will complete the application for your Tibet visa and your passport and air ticket will be collected and used to obtain this visa and to reconfirm your onward travel. Overnight hotel.

### Days 3 & 4 - Kathmandu

Two days in Kathmandu.

This allows sufficient time for our staff in Kathmandu to obtain your Tibet visa.

Morning guided sightseeing to the Buddhist and Hindu sights in Kathmandu, probably to Kathmandu's Durbar Square, Swayambunath - the Buddhist monkey temple and Pashupatinath – a sacred Hindu temple complex on the banks of the Bagmati River. Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere. In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun.

In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. The afternoon is free for you to explore the city further and pack bags ready for the start of the tour the following morning. You can leave a bag at the hotel with items you will not need in Tibet. Overnight hotel. (B)

### Day 5 – Kathmandu to Lhasa - Tsedang (3550 metres)

In a little over one hour, the Kathmandu-Lhasa flight covers rugged terrain that once took trade caravans months to cross. On a clear day as many as eight of the world's fourteen 8000m plus peaks can be seen. As we cross the great barrier of the Himalaya, the landscape beneath changes dramatically, from Nepal's green terraced hillsides to the high dry, barren plains typical of Tibet. We fly over deep blue Yamdrok Lake to land at Gonggar Airport, 85 km south of Lhasa.

After landing at Gonggar Airport and meeting our Tibetan guide, we take the opportunity to explore the nearby valley of the Yarlung Tsangpo River the cradle of Tibetan civilisation. The drive to Tsedang along the banks of the Tsangpo (also known as Brahmaputra) introduces typical Tibetan countryside. Small villages of whitewashed houses topped with prayer flags alternate with fields of barley and mustard as this is an extremely fertile region. We arrive in Tsedang in time to explore the town, a typical combination of big new cement buildings and traditional old mud walled homes. Four major monasteries are under reconstruction in Tsedang, and we may see painters at work putting the final touches on vivid wall frescoes. Overnight hotel. (B)

### Day 6 – Lhasa (3660 metres)

The following morning we cross the Yarlung Tsangpo. The broad river backed by huge bare mountains and shifting sand dunes, provides some breathtaking vistas. On the opposite bank we visit **Samye**, the first Buddhist monastery built in Tibet, founded by the Indian Tantric master Guru Rimpoche in the 8th century. With its glittering golden roof, exquisite frescoes and elaborate shrines, Samye is indeed impressive. We re-cross the river and reach Lhasa in the afternoon, where we check in to our hotel. Overnight hotel. (B)

### Days 7 & 8 – Lhasa (3660 metres)

Lhasa is dominated by the fabled **Potala Palace**, which rises above the city like a fairytale castle set atop its rocky pedestal. The sight of this incredible edifice is something you dream of from the first time you read about this mysterious land. It is no disappointment. Begun in the 7th century but not reaching its full glory until the 17th century reign of the Fifth Dalai Lama, the 13 storey Potala rises 117m high and made entirely of wood, earth and stone and has over 1,000 rooms.

Apart from visiting this great palace, our three days in Lhasa are spent taking in the sights in and around the city. **The Norbulingka** or "Jewel Park", the summer palace of the Dalai Lamas, was begun by the Seventh Dalai Lama and rebuilt by the current Dalai Lama in the 1950s. It was from here that His Holiness fled in escape to India in 1959. The exquisite little building in a park-like setting is less formal than the Potala's quarters, but equally rich.

We will also visit the **Jokhang**, the religious and geographical centre of Lhasa and the most important Temple in the world for all sects of Tibetan Buddhism. Pilgrims from across Tibet, many of whom have walked hundreds of kilometres to see the Jokhang once in their lives, queue for hours to enter the temple and perform a ritual circuit in prostration of its many sacred shrines. It is a moving experience to join them in the dark hallways lit only by butter lamps, filled with the sound of low chanting.

The main image worshipped here is Jowo Rinpoche, a gilded statue of Buddha Shakyamuni said to have been modelled during his lifetime.

The **Barkhor**, an 800m-flagstone pathway that is both a sacred circumambulation route and the biggest bazaar in all Tibet, encircles the Jokhang. Night and day, Tibetans walk clockwise around it, earning religious merit as they shop, people-watch and chat with friends. While many of the goods on sale are Chinese, those buying them definitely are not! Here you will find people from all corners of Tibet; striking tall Khampa men from the east with big knives and red tassels wrapped about their heads; Golok women with their hair plaited in 108 tiny braids; wide eyed nomad families bundled in sheepskins.

The Barkhor is the real heart of Lhasa, and you can spend hours watching the passing parade - not to mention bargaining for the trinkets and souvenirs displayed in street-side stands, everything from prayer flags to silver jewellery to yak butter.

We will also visit several of Lhasa's great monasteries. **Drepung and Sera** on the outskirts of the city both date back to the 15th century, and housed up to 10,000 monks. Though their inhabitants have been considerably reduced in numbers, they remain important religious establishments, with many impressive temples and shrines. Like all Tibetan gompas, these are absolute treasure houses of art, ritual and symbolism.

Our days in Lhasa give us plenty of free time to explore the town and get the feel of the place. You might like to walk down to Kyi Chu River and watch fishermen floating in their yak skin coracles; explore the pleasant park and ancient Lukhang temple behind the Potala, re-visit the Potala or linger on the Barkhor. Overnight hotel. (B)

#### **Day 9 – Drive to Namtso Lake and Tashi Do Hermitage**

The lake lies at an elevation of 4,718 metres, and has a surface area of 1,870 square kilometres. It is the highest salt lake in the world, and largest salt lake in the Tibet Autonomous Region. Namtso is renowned as one of the most beautiful places in the Nyainqêntanglha mountain range. Its cave hermitages have for centuries been the destination of Tibetan pilgrims. The Tashi Dho monastery is located at the southeastern corner of the lake. Overnight Guesthouse. (B)

#### **Day 10 - Drive to Gyantse (3950 metres) 261 km**

Our adventure continues as we drive westwards across the great Tibetan plain. Crossing the Khamba La (4794m) there are stunning views across the waters of Yamdrok Tso Lake to the snowy summit of Nazin Kang Sa (7252m). We continue westwards over another high pass the Karo La (5045m), where we are treated to the spectacular sight of a huge glacier tumbling down to within a few hundred metres of the road. After passing through beautiful valleys and colourful Tibetan villages we arrive in the town of Gyantse. Overnight hotel. (B)

#### **Day 11 – Drive to Shigatse (3900 metres) 90 km**

Gyantse is Tibet's third largest city though is actually little more than a pastoral farming village. Before leaving Gyantse we have time to visit the Gyantse Dzong and Gyantse Kumbum. The Dzong is a fort dating from the 14th century from which there are amazing views of both Gyantse and the surrounding Nyang Chu Valley. The Kumbum is a magnificent many-roomed structure richly decorated with 15th century frescoes and images created by the Newaris of the Kathmandu Valley (an ethnic group renowned for their artistic talent). We continue on to Shigatse, a short drive of 90kms. Shigatse is Tibet's second largest city; its broad streets are lined with whitewashed buildings in the traditional Tibetan style. We will explore the bazaar and the great monastery of Tashilhunpo, an impressive collection of ochre buildings roofed in glittering gold. Overnight at the Hotel Shigatse. (B)

#### **Day 12 – Drive to Shegar via Shakya (New Tingri) (4050 metres) 244km**

Today we continue along the Friendship Highway, marvelling once more at the barren, yet spectacular landscape of Tibet. Beyond the small town of Lhatse we cross the highest pass on our journey, the Gyamtso La (5220m). From here we descend to the plains, passing lonely monasteries and the camps of nomadic herders, en route to Shegar. Overnight Quomolongma – the Tibetan name for Mount Everest. Overnight Hotel. (B)

**Day 13 – Drive to Rongbuk (5000 metres) 68km**

Shortly after leaving Shegar, we turn off the Friendship Highway and head south over the Pang La (5150m) towards the main Himalayan range. The view from the top is incredible with uninterrupted views stretching from Makalu to Shishapangma. Below the pass, Everest initially is hidden from view, but as we turn the corner into the Rongbuk Valley it reappears, more impressive than ever. Overnight Lodge. (B)

**Day 14 – Rongbuk – Everest Base Camp (5200 metres)**

The day is free to explore the area around Everest Base Camp. The base camp itself is at the foot of the Rongbuk glacier, which is a 2 to 3 hour walk from Rongbuk. The views of Everest are fantastic with the north face of the highest mountain in the world towering above us. Overnight Lodge. (B)

**Day 15 – Drive to / Dhulikel (1625 metres) 200 km**

Leaving Tingri, we cross another two high passes, the La Lung La (5124m) and the Shung La (5200m). Once more we are rewarded with magnificent views of the surrounding peaks of Shishapangma, Cho Oyu, Menlungtse and Gauri Shankar. Now we begin our descent from the arid Tibetan Plateau to Kodari on the Nepal- Tibet border. After the Tibetan plateau, it appears an incredibly lush and green area and we stay From Zhangmu we drive a few kilometres to the Friendship Bridge, which spans the Bhote Kosi River and marks the Chinese – Nepalese border. We say goodbye to our Tibetan guide and driver and walk to the Nepalese immigration control in Kodari where our Nepalese staff will meet us. After completing the re-entry formalities we continue the drive to Dhulikel. Overnight Lodge (B)

**Day 16 – Drive to Kathmandu (1400 metres) 115 km**

We continue the 123km drive to Kathmandu. The road journey depending on road and weather conditions, should take about 5 hours. We will check in to our hotel and enjoy welcome hot showers and a celebratory drink having completed an amazing journey. Overnight hotel. (B)

**Day 17 – Kathmandu**

Free day for shopping, sightseeing and relaxing. (B)

**Day 18 – Depart Kathmandu.**

Transfer to the airport for your departure flight. (B)

B = Breakfast

*The day-to-day schedule should be taken only as a general guide. A variety of factors, including adverse weather conditions, difficulty with transportation and politics can lead to enforced changes. Because of this it is not possible to guarantee that any of our holidays will run exactly according to the planned itinerary. The trip leader will make any changes, which are necessary.*

**TRAVEL IN TIBET – Important - Please read**

Tibet is a difficult country to travel in and it is important that you understand this and get yourself prepared physically, mentally and logistically for this high altitude adventure. You may have to put up with delays; diversions and route changes as the roads may be under construction. Most roads have potholes and can be very dusty; landslides and other road damage can cause us to change our route or adapt our itinerary depending on the circumstances. There may be no way to find this out in advance. Tibet is vast, rugged and remote with poor communications. The trip is remote; there are limited facilities for vehicle repairs, food or accommodation. Food in Tibet is limited in variety due to lack of supplies and fresh vegetables are difficult to obtain at some times of the year. Accommodation out of Lhasa and main towns is generally basic. Toilet facilities are not of the same standards as we expect in the west and in some remote locations they maybe Asian in style. En-suite facilities are not available at many hotels and lodges. Tourism facilities in Tibet are learning to cope with tourists and there may be problems and/or delays in undertaking normal transactions that you take for granted in other places. The trip will be cold. On sunny days the climate is comfortable, but on cloudy days and at night it will be quite cold. The trip is high; the road is above 3600 metres. The trip is graded as moderate and adventurous. Tolerance and a sense of humour are the most important assets on a trip in Tibet.

## NEPAL EXTENSIONS

There are many interesting destinations, which offer an enjoyable variation to your holiday. The programmes can be tailored to suit individual requirements and we will be happy to suggest destinations and itineraries to compliment your own ideas. It is also possible to extend this holiday and have extra time Kathmandu. Here are a few suggestions.

**Chitwan National Park:** We offer options for a safari in Chitwan National Park, one of the finest wildlife reserves in Asia. For accommodation we can book any of the properties offering a wide choice of prices and options.

**Bardia National Park:** in West Nepal or **Koshi Tappu National Park** in East Nepal

**White water Rafting:** on the Trisuli or Bhote Kosi rivers.

**Everest Mountain Flight:** The 1 hour flight departs Kathmandu early morning and provides spectacular views of Mt. Everest and the surrounding mountains.

**Bhutan:** A five-day cultural visit to include Paro, Thimphu and Punakha.

Please contact the Classic Journeys office if you plan to extend your stay in Nepal.

**Please Note:** If you plan to extend you stay in Nepal it is essential we are informed as soon as possible so that alternative international flight dates can be booked. There is always a high demand for flights to and from Kathmandu.

## TREKKING AND TOURING IN NEPAL AND TIBET WITH CLASSIC JOURNEYS

- With over 25 years experience we believe the quality of our treks and tours is second to none.
- We operate fully supported, environmentally sustainable group treks.
- Our itineraries are carefully planned to provide extra rest and acclimatisation days and as a reserve against bad weather.
- A Portable oxygen supply set is carried as an extra safety backup on all our trips in Tibet due to the high altitude. Additionally a Portable Altitude Chamber (PAC) is carried on our Tibet trekking holidays.
- Our Nepalese leaders are professionally trained and are among the most experienced in Nepal. Who better to look after you than your professional local leader, who speaks the language and knows the culture, intimately?
- Our friendly staff are dedicated to ensuring your holiday is the best it can be. They will accompany you along the trail, set up camp and prepare your meals.
- When trekking, porters or pack animals carry your main baggage for you.
- Sleeping bags, cotton or fleece liners, duvet jackets, mattresses, kit bags and basic first aid kits are provided on all of our Nepal & Tibet trips when required.
- We provide insurance, equipment and gear for our crew and porters and aim to keep our impact on the environment to a minimum.

**The International Porter Protection Group (IPPG)** works to improve the conditions of the mountain porters in the tourism industry worldwide. Classic Journeys supports the International Porter Protection Group (IPPG) and are the first UK trekking company to make a commitment of donating on an annual basis. All porters on a Classic Journeys Nepal trek are provided with insurance and adequate clothing (waterproofs, warm clothing, boots, goggles). For more information about the IPPG check out their website [www.ipg.net](http://www.ipg.net)

## INTERNATIONAL FLIGHTS

If you would like Classic Journeys to book your international flights, please tick the flight inclusive package box on the booking form. Please advise if you have a preferred airline you would like to travel with or if you have a preferred airport you would like to travel from. Classic Journeys will then book your international flights and advise you of the actual cost.

To discuss your international flight options, please give the Classic Journeys office a call and we will advise on up to date flight prices and timings for your chosen trip.

**UK Regional Airport Connections:** It is possible to fly to and from Heathrow from many UK regional airports (Glasgow, Edinburgh, Belfast, Manchester, Leeds/Bradford, Teesside) in conjunction with British Midland. For details, please contact the Classic Journeys office.

**Baggage Allowance:** For hold luggage this is normally around 20kg and you should aim to keep to this weight. For internal flights the weight limit may be 15kg. Classic Journeys is not responsible for any excess baggage charges incurred.

**Land Only Clients:** Land only clients who are making their own flight arrangements should meet up with the group at the hotel in Kathmandu. We can arrange airport transfers if needed and will provide hotel contact details.

If you have booked on a land only basis and are making your own flight arrangements, you must check with the Classic Journeys office that your chosen holiday has reached the minimum numbers required and is **guaranteed to operate** before paying for your air tickets. We cannot be held liable, in cases where we cancel your trip, for losses incurred relating to any flight booking you have made.

## PRICING

If you choose the Land Only plus international flights package Classic Journeys will book your international flight and advise you of the cost. The price of the tour will be the Land Price plus the cost of international flights on your chosen airline. Depending on the airline flights are booked with, you will pay for these flights with your final balance, 8 weeks before the trip departure. With some airlines, flights have to be paid for on making the flight booking and we will require full payment for the air tickets in order to purchase the tickets. In this situation we advise paying for your air tickets as soon as possible to secure the lowest fare.

Airfares and taxes are subject to change and if the fare has increased before the final balance has been paid, the additional cost will be passed on and detailed on the invoice.

## INCLUDED IN THE COST

- Hotel, guesthouse & basic lodge accommodation on a twin share basis (unless single has been requested) for the nights listed in the itinerary
- Breakfast included throughout
- Airport Transfers when choosing land only plus international flight package.
- All internal transport as the itinerary
- Sightseeing tours where specified
- Tibet Visa
- Nepalese tour leader who will meet you in Kathmandu (with a group size of 4+). With groups of less than 4 members, you will be accompanied in Tibet by an English speaking Tibetan guide
- Cordura kit bag
- Portable oxygen supply set is carried as an extra safety backup on our Tibetan Adventure holiday due to the high altitude

### **NOT INCLUDED IN THE COST**

- International flight from the UK
- Airport Taxes
- Transfers for Land Only packages and group tours when choosing your own flight arrangements
- Visa fees (a Nepal visa is only required if extending your Mt Kailash holiday)
- Medical examination (if required) & vaccination costs
- Personal expenditure, bar bills, laundry, telephone calls, etc.
- Porters, guides & other tips
- Meals not specified
- Personal clothing & equipment
- Travel insurance
- Optional trips
- Charges incurred as a result of delays beyond Classic Journeys control
- Anything not specified in the Cost Includes section

### **GROUP SIZE**

Minimum 2, Maximum 12

This holiday will operate once the minimum group size has been reached.

### **GUIDE / TOUR LEADERS**

On arrival you will be met and transferred to your hotel by our transport staff. For any included sightseeing you will be accompanied by a professional sightseeing guide. For the tour in Tibet, an English speaking Tibetan guide will accompany you. With four or more clients an additional local Nepalese tour leader will accompany you, travelling with you from Kathmandu.

Your leader will be with you throughout the tour to guide you, help organise and interpret in the villages and towns and assist the group in any other way possible. Our leaders are fluent in English and Nepalese as well as often another language. They will try and give you a real insight into the local way of life and. Although not specialists, they are interested in the area's mountains, flora and fauna. Please ask your guide/leader if you have any queries during your holiday e.g. rest breaks, type and quantity of food or any other specific requests, as they will do their best to adjust the trip accordingly and cater for your needs and tastes.

### **TOUR GRADE**

**MODERATE CULTURAL TOURING:** Most of this tour involves overland travel in 4x4 Land-Cruiser Jeeps. Roads in Tibet have potholes, are very dusty and are only suitable for 4x4 vehicles, there may also be roads under construction, landslides and other road damage causing us to change our route or adapt our itinerary depending on the circumstances. There may be no way to find this out in advance, as Tibet is vast, rugged and remote with poor communications. No great physical demands are involved although you will need to be prepared for some long, bumpy journeys. Some of the sightseeing in and around Lhasa will be on foot and from Rongbuk there is an optional walk to Everest Base Camp where suitable sturdy footwear will be required.

### **A TYPICAL DAY**

We normally begin early to make the most of the day. When travelling overland we will set out after breakfast and stop for lunch at around 11am. This could be a scenic picnic or at a roadside teahouse or hotel. We should reach our overnight stop by early afternoon allowing time to rest or explore the area before dinner. Some of the sightseeing involves easy walking although not always on paved level ground. There will be many photographic opportunities, although please respect local people and either ask permission or use a telephoto lens before taking their photograph. Remember many people do not like their photograph taken.

### **ACCOMMODATION**

Hotels, guesthouses, basic lodges

In Kathmandu we typically stay at the Shanker Hotel, a 100-year-old palace, situated in the heart of Kathmandu, facing the North side of the Royal Palace and just 10 minutes walk from busy Thamel, a quiet retreat with swimming pool and gardens. The grandfather of Her Majesty of Nepal once owned this heritage hotel, and the present owners have kept its historical character and the visible grandeur of the exterior and merged the old with modern comforts and authentic decorative objects, to create our comfortable base in Kathmandu.

Alternatively we may stay at the Hotel de l' Annapurna or Yak & Yeti hotels. Both provide a high standard of accommodation, are centrally located, situated close to the Royal Palace amidst landscaped gardens complete with swimming pool. Another hotel we have used is the comfortable and friendly hotel Marshyangdi, conveniently located in the Thamel district of Kathmandu. The hotel has a private garden and a restaurant.

In Tibet we stay at hotels, guesthouses and basic lodges. These are generally comfortable although out of Lhasa and the main towns the accommodation is generally basic. Toilet facilities are not of the same standards as we expect in the west and in some remote locations they may be Asian in style (drop toilets). En-suite facilities are not available at many hotels and lodges. Please note that sometimes the mentioned accommodation is fully booked in which case we will use similar standard accommodation.

### **SINGLE SUPPLEMENTS**

If you are a single person booking this holiday you do not have to pay single supplements, if you are happy to share. If you are travelling by yourself you will be paired with another single client of the same gender. However your booking is accepted only on the understanding that if no roommate is available then you accept a single supplement will be levied. Single supplements are payable if you specifically request to have a room/tent to yourself. If you have requested single accommodation we will do our best to secure this although this may not always be possible.

### **FOOD**

Breakfast included throughout.

Most hotels and restaurants usually provide both vegetarian and non-vegetarian, continental, Nepalese and traditional cuisine. Please ask the staff if you have any specific request, especially regarding flavours and spices, as they will do their best to adjust menus accordingly and cater for your tastes.

The restaurants and lodges offer basic food and menus. There are Chinese, Indian, Nepalese and continental menus as well as local cuisine such as tsampa (ground roasted barley flour) salted butter tea, Thenthuk (Tibetan noodles) and other nourishing meals using beef and mutton. It is often nice to have familiar food such as cuppa soup, cereal bars or snacks with you on your journey.

Fresh vegetables are occasionally used although in some remote areas they are not available. Fresh fruit is limited but should always be peeled and avoid salads or raw vegetables. It is best to choose the high carbohydrate foods based on rice, noodles, potatoes and vegetables, avoid fried food to assist with altitude. It is strongly recommended that no alcohol be consumed at altitude, as this could seriously impair a participant's ability to deal with altitude.

### **WEATHER**

Lhasa's climate is mild without severe winters or summers, temperatures in May, June and September are between 12°C to 15°C, Lhasa also benefits from long hours of sunshine as rain falls mainly at night leaving days bright and sunny. The main rainy season is between July and September. From November to March Lhasa is cold with average temperature between -2.2°C to 4.3°C.

Shigatse (the region, which is home to Mt Everest) experiences average temperatures of 6°C to 22°C. Between October and April, Shigatse region is dry, windy and cold with little rain or snow and too cold to visit Mt Everest. Between May and September, Shigatse region is mild and humid. Although this is technically the rainy season in Shigatse, rain falls as "night rain" (accounting for 70%-80% of total rainfall) therefore the days are mostly fine with clouds rolling across the sky. During July and August, misty rain makes it impossible to see Mt. Everest. The best opportunity to see Mt. Everest is in April, May, June or September.

### **EQUIPMENT & CLOTHING**

You will need to provide personal equipment and clothing. Buying specialist equipment and clothing can be costly. That is why on our Tibet holidays, if requested, we have synthetic 4/5 season sleeping bags and liners that you can borrow free of charge! We can also lend you a synthetic duvet jacket, again free of charge! A considerable saving for those people who don't have their own equipment. You do not need any specialist equipment or clothing for this trek. Basically you need similar clothing to what you would take on a winter walk in the British hills. We provide a spacious Cordura kit bag, which will be given to you before your trip and is yours to keep. We provide a comprehensive equipment list in the country information dossier, which we send you on confirmation of booking.

## **PASSPORT & VISA REQUIREMENTS**

You will require a passport valid for at least 6 months from the date of entry into Nepal. British Nationals do not have to pay for a Nepalese entry visa if your stay in Nepal is no longer than 3 days in each visit (e.g. as on this holiday); you will be issued a multiple entry visa free of charge on arrival at Kathmandu airport. A "less than 3 day visa" is only free of charge at Kathmandu airport, if you apply for a "less than 3 day visa" from the Nepalese Embassy in London they will issue a standard visa valid for 60-day and insist on payment. Other nationalities should check with the Nepalese embassy to see if a visa is required. Our colleagues in Kathmandu will obtain your Tibet/Chinese visa but we will require a photocopy of your passport 6 weeks prior to departure.

If you are staying in Nepal longer than 3 days (e.g. if you are extending your time in Nepal, before or after your tour) you will have to pay for a Nepalese entry visa, which should be obtained prior to departure. Alternatively you can obtain your Nepalese visa on arrival at Kathmandu, although this may mean joining a queue. We will send you a Nepal visa application form and details of how to apply for those wishing to extend their holiday, when you book.

## **INSURANCE**

It is a condition of booking with Classic Journeys that you have adequate travel insurance cover. It is very important that you obtain insurance cover against the usual risks associated with adventure travel, from the date of booking until the date you return home. Please ensure that your insurer is aware of your Classic Journeys itinerary and agrees to cover the activities being undertaken. Please ensure that your insurance provides adequate protection against the two major concerns: medical / repatriation expenses while abroad and cancellation / curtailment charges in the event that you, a travelling companion or a close relative fall ill either before or during the trip. For trekking holidays your travel insurance must contain evidence of satisfactory cover for repatriation and helicopter rescue.

Classic Journeys do not provide any advice on travel insurance. Classic Journeys is an Introducer Appointed Representative of Campbell Irvine Ltd. who are Authorised and Regulated by the Financial Services Authority. Campbell Irvine is a specialist travel insurance broker. The comprehensive policy they issue provides 24-hour medical emergency assistance and covers altitude and all adventurous activities undertaken on our holidays. For single-trip policies, the insurance provides cover for both UK and worldwide residents at very competitive rates. In addition an annual policy is available to United Kingdom residents.

To obtain insurance cover visit the insurance section of the Classic Journeys website and follow the links to the Campbell Irvine Ltd. website. Alternatively contact the Classic Journeys office and we will send you details and an application form.

**We require confirmation of your insurance, the policy number and 24-hour emergency telephone number who ever you take insurance with.**

### **SUGGESTED READING**

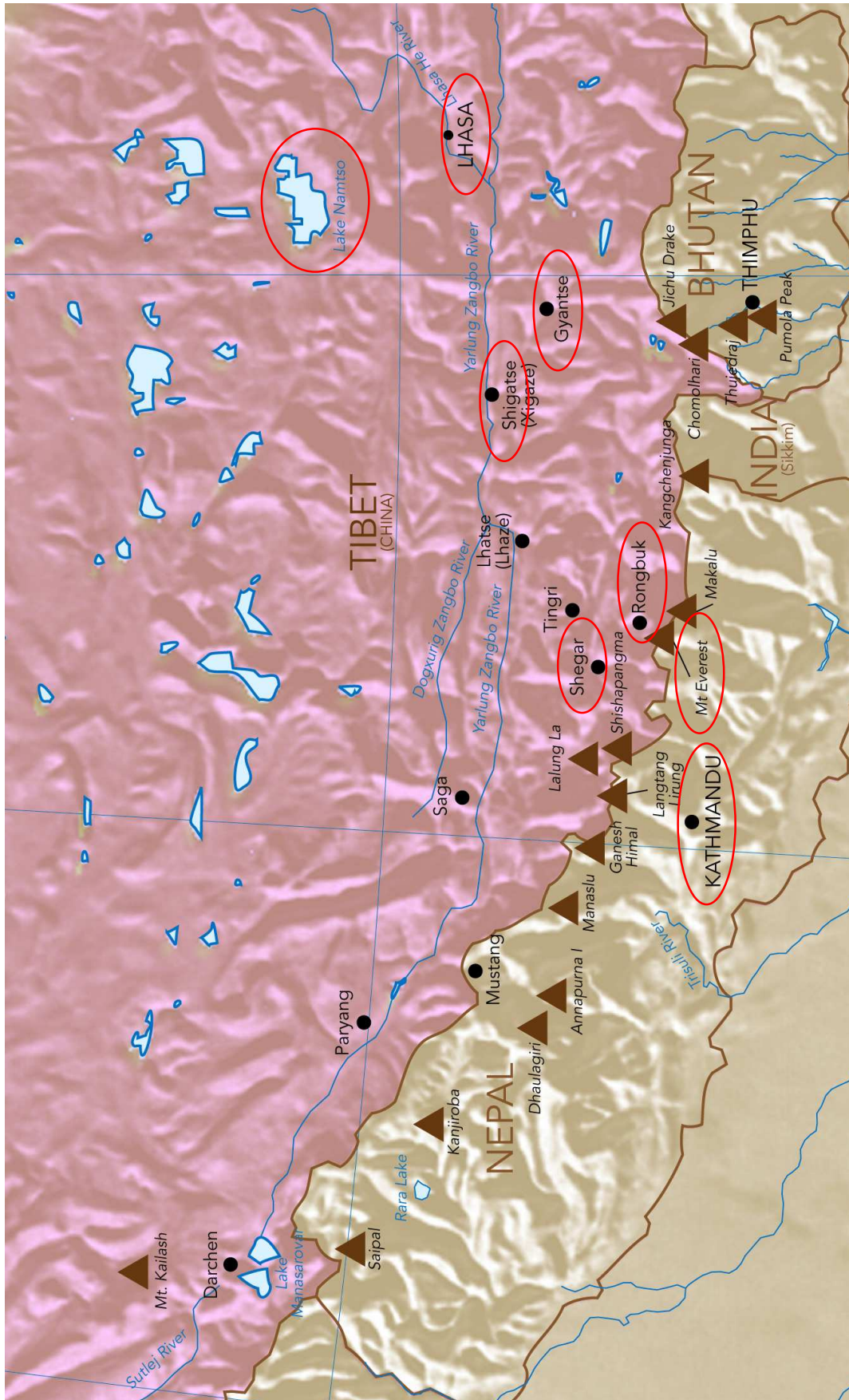
Tibet: Lonely Planet Publications  
Tibet - Lhasa to Kathmandu: Insight Pocket Guides  
The Tibet Guide: Stephen Batchelor  
Trekking in Tibet – A Travellers Guide: Gary McCue  
Tibet and its History: Hugh Richardson  
In Exile from the Land of the Snows: John F. Avedon  
Trespassers on the Roof of the World: Peter Hopkirk  
The Waiting Land: Dervla Murphy.  
Seven Years in Tibet: Heinrich Harrer  
The Hotel on the Roof of the World, Alec Le Sueur  
A Mountain in Tibet: Charles Allen 1982  
Kailash - On Pilgrimage to the sacred Mountain of Tibet: Russell Johnson & Kerry Moran, London, Thames & Hudson, 1989  
The Sacred Mountain: John Snelling, London, East-West Publications, 1990  
To the Navel of the World: Peter Somerville-Large, London, Hamish Hamilton Ltd, 1987  
Himalayan Pilgrimage: David Snellgrove  
Nepal: Lonely Planet Publications  
Nepal: An Insight Guide, APA Publications  
Nepal Phrasebook: Margit Meinhold & Prakash A. Raj, Lonely Planet Publications  
Nepali for Trekkers: Stephen Bezruchka, Tape & Phrasebook

### **BOOKS & MAPS AVAILABLE FROM:**

Stanfords, 12 Long Acre, London, WC2E 9LP. 020 7836 1321  
Cordee, 3A De Montfort Street, Leicester. Tel: 0116 2543579  
Cicerone at Booksource, 50 Cambuslang Road, Cambuslang, Glasgow, G32 8NB.  
Maps are readily available in Kathmandu.  
Web Links: <http://www.amazon.co.uk>

*If you have any questions or would like to know more about any aspect of this trek  
please do not hesitate to contact the Classic Journeys Office.*

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# Classic Journeys **ADVENTURE TRAVEL**

## Our Experience is Your Guarantee

Classic Journeys have a proven record of operating top quality, adventure holidays with over 25 years experience. Our ground agents and friends are the best in the business. They have an unsurpassed knowledge and ability for organising treks, expeditions, wildlife and adventure travel and all have excellent contacts, extremely important when dealing with local bureaucracy.

An important aspect of our success is our team of reliable and professional leaders, both western and local who ensure everything runs smoothly and efficiently. All our leaders are experienced, enthusiastic and have travelled widely. Working with our experienced and friendly staff, you can be sure of a high quality, personal service that many of our clients have come to expect.

## Your Complete Financial Protection



Classic Journeys is a fully licensed and bonded tour operator with an Air Travel Organisers Licence (ATOL) issued by the Civil Aviation Authority (ATOL 3022). The purpose of the ATOL scheme is to provide financial protection for your holiday arrangements. An ATOL is a legal requirement for anyone selling air holidays to the public. In order to obtain this licence we have to continually satisfy the very rigorous standards. You can book your holiday with Classic Journeys in complete confidence that your payment is fully protected.

## How To Book

Before making your booking please make sure that you have read the relevant tour itinerary. This can be downloaded from the tour page on our website, or you can request a copy to be posted to you from the Classic Journeys office. You should also read our General Information and Booking Conditions in our current brochure or on our website. It is important that you choose a trip that is well suited to your experience and abilities. If you have any doubt or need to chat through any of our tours, please call the Classic Journeys office. Our advice is based on first hand experience and we are always happy to talk about our journeys.

**Provisional Booking:** It is sensible to check if places are still available on any Classic Journeys tour you are interested in before sending your booking form to us. We will be happy to hold open space for you for up to 7 days (up to 14 days if you live outside Europe) in order to give you sufficient time to send in your booking form and deposit.

**Definite Bookings:** To make a definite booking you must either complete and sign our standard booking form from the back of our brochure or print off the booking form from our website at [www.classicjourneys.co.uk](http://www.classicjourneys.co.uk) and post or fax it to us, or complete the on-line booking form and transmit it to us electronically. You also need to pay us the required deposit as detailed on the booking form. If you are submitting an on-line booking form and decide you wish to pay the deposit by credit or debit card, you can, if you are concerned about security, telephone your card details to us.

**Please note:** We cannot confirm a booking until we receive your completed and signed booking form. Any delay in submitting your booking form may put at risk your place on your chosen trip, or flights.

*If you would like further information, help with planning your holiday or details of extending your holiday, please don't hesitate to contact the Classic Journeys office.*