



HIMALAYAN

Adventure

22 Days

Fully Inclusive from the UK

This is an exciting tour to bring out the adventurer in you. The tour begins in Sichuan Province visiting Chengdu and Leshan, before exploring the mystical land of Tibet. Then journey to the spectacular Mt Everest Base Camp before arriving in the fertile lands of Kathmandu.

FULLY INCLUSIVE

Price includes international flights, departure taxes (except Nepal), current fuel surcharges, domestic transportation, accommodation, all meals, daily tours, entrance fees, guides and visa fees for UK passport holders.



YOUR TOUR DOSSIER

This document is designed to be read in conjunction with the other pre-departure information provided by Wendy Wu Tours including the tour itinerary as described in our brochure and/or website. It aims to provide a straightforward description of the physical activities involved in sightseeing or travelling during the tour.

If there are any particular challenges, from the length of time spent on your feet, the length of drives and flights, to the standard of remote accommodation for our more adventurous tours; they will be explained here.

All passengers must read this document to ensure the itinerary is suitable for their interests and physical capabilities. This is not your final itinerary and therefore does not mention all the sites visited.

Welcome to Wendy Wu Tours

China and India continue to amaze, fascinate and thrill our passengers, many of whom have travelled to one country in Asia with us, then another, year after year. We urge you to keep in mind all the rewards, as well as challenges of travelling in a country with a history, culture and attitude so unlike your own.

A typical day's sightseeing may include the bustle and noise of a city street, sights and smells of a local market and interacting with the locals. Travelling in China requires patience and potential delays are to be expected due to standards of service. There is a low level of English spoken throughout China and India, so your local guides or National Escort will be indispensable during your trip.

We have found that our passengers who embark with a sense of humour and adventure, who accept that things do not always go to plan, are those who find their experience most rewarding.

This is a fairly strenuous and active tour as it travels to remote areas, many of which are of high altitude, between 3,000m and 5,300m. Accommodation and food in remote areas will be basic and the roads are rough. This tour includes several days where long periods of sightseeing on foot including some hiking and climbing of steps will be necessary. Anyone with very good level of fitness should be able to complete this itinerary. Of course our local guides always endeavour to provide the highest level of service and assistance, but they cannot be expected to cater for passengers who are unfit to complete the itinerary. If you do have mobility difficulties, please contact us for our range of private tours which are more flexible and can better cater for individual needs.

To fully participate in this tour, you must be able to:

- Walk, sometimes for long distances, and sometimes over uneven surfaces without assistance
- Complete some long days of touring with minimal breaks
- Climb steps sometimes without handrails
- Step on/off coaches without assistance
- Dis/embark between moving pontoons, docks and boats, sometimes without handrails or assistance

The more difficult aspects of this itinerary include the areas of high altitude, long driving distances along rough mountain roads, basic accommodation and basic food.

This itinerary visits some areas which see few tourists (domestic or international). Facilities for much of this tour typically cater for Chinese people and this could mean the hotels serve few if any western dishes for breakfast. Chinese breakfast dishes include cold vegetable and pickle dishes, bean curd noodles, soups, congee (a rice porridge), steamed buns with pork or sweet red bean and green tea. You may also be served fruit, a fried egg, or toast – although the bread tends to be very sweet. Black tea and coffee are not always served, but can be requested. Fresh milk is not generally available.

In Tibet, yak milk and yak butter may be served. Other meals (lunch and dinner) could include dishes of local style, meaning there may be bones or fat in meat and fish. In Tibet, produce is limited and except wheat, barley and yak, everything else is trucked in from other parts of China. Yak milk and yak butter may be also served and local dishes include simple vegetable noodle soups (*thugpa*) or dumplings (*momo*).

In Nepal, the food differs from one culture to another. However, you can expect vegetarian based dishes; lentil soup (*daal bhat tharkari*), rice and curried vegetables. Chicken, mutton or pork is also typically served in most hotels. Newari (Kathmandu Valley) food is quite spicy with chilli, whilst Nepali food is not as spicy.

Although China and India are developing quickly, it still lacks international standards of civil infrastructure and therefore tourist facilities. For example, you may see a hole in the road without a warning sign or safety barricade; concepts of personal responsibility are different to those in the UK. Consequently, tourist and public facilities may not uphold the same safety standards as in the UK. However, all of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense as well as refer to notices and follow advice from your National Escort/Local Guides.

Altitude

1. From days 4-6, Lhasa is at an altitude of 3,650m [11,975ft].
2. From days 7-8, Shigatse is at an altitude of 3,900m [12,800ft].



“ A TOUGH BUT REWARDING JOURNEY FOR THOSE WITH A SPIRIT OF ADVENTURE. ”

3. On day 9, Shegar is at an altitude of 4,342m [14,245ft].
4. On day 10, Mt Everest is at an altitude of 5,200m [17,060ft].
5. On day 10, Old Tingri is at an altitude of 4,745m [15,567ft].
6. On day 11, when crossing the Tibet/Nepal border the altitude is 5,300m [17,388ft].

If you have an existing respiratory, vascular or coronary condition, we recommend checking with your doctor before undertaking this itinerary.

Appropriate dress

When visiting temples, both men and women should dress in non-revealing clothes. For men, full-length trousers or shorts below the knees with a shirt or t-shirt are acceptable. For women, trousers or skirts below the knee with a top that covers the shoulders and upper arms are acceptable. Women might also consider carrying a 'modesty shawl' in their daypack – this could be a sarong or light scarf, which is worn over their shoulders and heads to feel more comfortable while sightseeing at temples.

When visiting temples, you may not be allowed or take in any leather items such as belts, watches, camera straps, purses, shoes.



Religious sites and homes throughout India require all visitors to remove their shoes to enter even if you then need to walk outdoors, over hot or uneven ground, you will not be allowed to wear shoes. You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory and is at your discretion. We recommend you bring shoes that can easily slip on and off and carry a pair of thick, old socks in your daypack, which you can wear to protect your feet from any rough or hot ground. If you do not want to remove your shoes, you will have to remain outside.

Days 1-2: UK/Chengdu

You will be met at Chengdu Airport in the arrivals hall by your Local Guide and/or National Escort from Wendy Wu Tours. Together with all the other group members who may be arriving at a similar time, you will transfer (approx 30 mins drive) to your hotel. There is no sightseeing today. A tour introduction will be held in the hotel later today or tomorrow morning. There will not be food or drinks served at this meeting; it is simply an opportunity for your group to meet and learn more about travelling in China and India.

“ I HAVE JUST RETURNED FROM MY FOURTH HOLIDAY WITH WENDY WU AND AS USUAL, IT WAS SUPERB! THE BROCHURE DOES NOT GIVE THE TOUR THE JUSTICE IT DESERVES! ONCE AGAIN, THANK YOU FOR A WONDERFUL HOLIDAY. I HOPE TO TRAVEL WITH YOU AGAIN NEXT YEAR. ”

Mr Bardsley,
April 2009

Day 3: Chengdu/Leshan/Chengdu

The Panda Reserve is located only 10km from the city centre. It is not guaranteed that you will be able to see the feeding of the younger pandas, as this only happens at the start and end of each day. Sightseeing here involves approx 1.5 hrs on foot. There are electric carts offered by private vendors and these can be organised at your own cost. Later, drive 1.5 hrs (180km) to Leshan to see the Grand Buddha carving.

From the Bus Park, we walk to board the small cruise boat to view Buddha from the river. Spend at least 2 hrs at Leshan before returning to Chengdu.

Day 4: Chengdu/Lhasa

Transfer (30 mins drive) to the airport for your morning flight to Lhasa (flight duration 2 hrs). Drive 2 hrs (95km) to the city of Lhasa and check-in at the hotel. The rest of the day is at leisure to allow for acclimatisation to the higher altitude. Lhasa is situated at 3,650m.

Days 5-6: Lhasa

Over the next two days you will be able to explore some of the most sacred places and sites in Tibet, amongst the procession of pilgrims and bustle of the city. Sightseeing at all of the monasteries and palaces involves climbing steps and walking over uneven surfaces in dim light.

In late 2006, the Tibetan Government imposed a new system of allocating entrance tickets to the Potala Palace. To limit the number of tourists inside at any one time, tickets must be bought in advance and are valid for a set time of day, so this may affect the order of the rest of your sightseeing in Lhasa too.

Day 7: Lhasa/Shigatse via Gyantse

Drive approx 6 hrs (360km) south along the Northern Friendship Highway to Gyantse and visit the Pelkor Monastery and the Kumbum. Sightseeing here involves 2-3 hrs on foot and the climbing of steps. Later, drive approx 2 hrs (90km) to Shigatse through the Nyang-Chu Valley.

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Shigatse is the second largest city in Tibet; however, it still retains an interesting local market and one of the largest functioning monasteries in Tibet. Total driving is approx 8 hrs (450km) with a maximum altitude of 4,000m.

Day 8: Shigatse/Shegar

Explore Tashilhunpo Monastery, which involves walking over uneven ground and is a significant and active place of study as well as the seat of the Panchen Lamas. It is a very large complex so you will be able to spend some time here. Afterwards, drive approx 3-4 hrs (290km) to Shegar and transfer to the hotel to check-in.

Day 9: Shegar/Old Tingri/Mt. Everest/Old Tingri

There is an early rise today, to what will be a very long day. Drive from Shegar to Old Tingri (220km). After crossing the Guela Pass, we continue to Passum. This stretch of driving offers magnificent panoramic views of the eastern Himalaya, dominated by the Langtang Range, Dorje Lhakpa Range, Cho oyo (the 6th highest peak), Everest itself, Lhotse (4th highest peak), Makalu (5th highest peak), and Kanchenjunga (3rd highest peak) in the order from west to east from Nepal. A plaque on the pass shows which is which. Afterwards, drive to Paduk/Pasum and finally to the monastic village of Rongphu. The first views of Everest appear approx 30 mins before arrival at Rongphu. This afternoon, take an expedition to base camp only 8km across the valley. Most people take a horse buggy (cost included) or you can choose to walk up to base camp; this usually takes 2 hrs in one direction. You will have plenty of time to explore base camp at 5,200m and see the nearby Rhongpu Glacier – the base camp itself is dry and barren but the views of the north face of Everest more than compensate. Total driving is approx 5 hrs (220km) with a maximum altitude of 5,200m.

NB: A simple boxed lunch and water will be provided on this day and can be enjoyed whilst at the Base Camp.

Day 10: Old Tingri/Zhangmu

Drive approx 5.5 hrs (180km) to Zhangmu, stopping for lunch en-route at Nyalam. Weather permitting; you may be able to view the panoramic white tops of the Himalayas. Transfer to the hotel to check-in.

Day 11: Zhangmu/Kathmandu

Early morning rise to drive approx 3-4 hrs (130km) to Kathmandu.

The scenery is spectacular as you transcend from the dry Tibetan Plateau to the green hills of Nepal.

NB: At the border you will have to walk carrying your bags down a sealed road for approx 500m to the Chinese Immigration building.

Here, your Tibet guide will locate the Go India staff member who will assist with the border crossing. This person will have porters with them, who will take your main luggage and put them through X-ray machines and out the other side over the Friendship Bridge; they will then be loaded onto the bus. Once you have cleared immigration procedures, meet the rest of your group outside the door where the Nepalese guide will be waiting. You will then walk approx 5-10 mins over the Friendship Bridge dividing Tibet and Nepal and be directed to the Nepal Immigration building. Each person will need to complete an immigration form, have their passport stamped and then make their way to the bus a few mins walk away. You will then be transferred to your hotel to check-in for the next three nights.

Day 12: Patan day tour

Drive 5km south to Patan for leisurely sightseeing, which involves approx 2 hrs on foot. Return to Kathmandu.

Day 13: Bhaktapur day tour

Drive approx 1 hr (12km) east to Bhaktapur along a winding and occasionally uneven road. Bhaktapur is a protected site and prohibited to vehicles so the group bus will drop you off at one of the entrance gates. Sightseeing involves approx 4 hrs on foot. Return to Kathmandu.

Day 14: Kathmandu/Pokhara

Drive approx 6 hrs (210km) to Pokhara. Sightseeing around this small town is leisurely and involves approx 2 hrs on foot.

Day 15-17: Pokhara/Chitwan National Park

Drive approx 5 hrs to Chitwan National Park along roads that are well sealed that offer beautiful scenery on both sides of the road. Transfer to the hotel and check-in. A naturalist guide will hold an induction meeting and provide information on all the options available to you during your time here. These include elephant safaris, jungle walks, canoe rides and bird watching. These options are included in the tour cost; however additional tipping is at your discretion.



Day 18: Chitwan National Park/Daman

Depart Chitwan National Park for the scenic hill country, a drive of approx 5 hrs (165km). The outdoor activities on offer here include a village hike, monastery walk, pony rides, mountain biking, bird watching and sunset walk.

Day 19: Daman/Kathmandu

Return to Kathmandu, a journey of approx 4 hrs (80km). Remainder of the day is at your leisure.

Day 20: Dhulikhel day tour

Enjoy the morning at leisure. After lunch, drive 30km east to the picturesque town of Dhulikhel. Enjoy leisurely sightseeing through the local village and the market.

Day 21: Kathmandu/Delhi

Transfer to Kathmandu Airport and board the overnight flight to the UK via Delhi.

NB: There will be approx 12 hr stopover in Delhi.

Day 22: UK

Arrive home.

ADDITIONAL INFORMATION

The Himalayan Adventure – Tibet to Nepal itinerary is one of our most unique and adventurous group tours; travelling along one of the worlds' highest roads and crossing the border from Tibet into Nepal. This is largely an undeveloped part of the world. It is essential that all passengers recognise the demands of factors such as basic facilities, travelling at altitude and cultural differences. The rewards of seeing and experiencing these lands is immeasurable and can only be enhanced by an adventurous spirit.

Accommodation

During this tour, we will be driving through an extremely remote area, with villages, nomadic settlements, truck stops and small towns with hardly any two or three star hotels. To enable us to complete this amazing overland journey we will stay in some very basic accommodation including simple guesthouses in the towns. These will provide basic but comfortable accommodation and are usually run by families.

- 1. Toilets** – Most of these guesthouses have been built fairly recently and facilities seem to be improving greatly. Most have had western style toilets installed but some will only have squat style toilets. Please keep in mind that this is one of the most undeveloped areas in the world, so facilities are adequate for local people. If you expect a tiled, disinfected bathroom for example, you will be disappointed.
- 2. Beds & Linen** – You will usually have twin rooms, rather than the dormitory style rooms, which was all that was available in the past. Bed linen will be provided and is adequate for the night temperatures, so you do not need to bring a sleeping bag, although a 'sleep sheet' insert is a good idea to use under the guesthouse's linen.
- 3. Phone** – You should be prepared to be out of contact during some parts of the tour, as there are unlikely to be landline phone facilities and you may encounter poor mobile phone reception.

4. Laundry – If you need to do washing, you can request a large basin of hot water from guesthouse staff and hang your clothes to dry where appropriate.

5. Hot Water & Showers – Whenever there is limited electricity supply, this will mean limited hot water supply also. In unusual cases, you may not be able to shower at all, however you can request a large basin of hot water from guesthouse staff for a 'bird bath' wash. There are sometimes bathhouses which you can use at extra cost.

Luggage

Each passenger is limited to two pieces of luggage:

- 1. Main luggage** – this must be small, with a maximum weight of 20kg. You may need to carry your own luggage in remote places. On previous trips, our passengers have found either a plastic, hard shell case OR a soft case (such as a backpack or canvas bag) suitable for the rigorous driving and dust of this route. If you are using a soft case, you will need to protect the contents with a waterproof cover, which are available at camping and adventure stores, or simply wrap your contents in plastic bags before packing them in your suitcase. You may also want to consider bringing a soft bag that fits inside your main luggage, which you can use as an overnight bag – this way you will not need to take your main luggage inside every night during the overland journey.
- 2. Daypack** – a smaller bag to carry with you during the day, holding all the items you need to access during the day – both while driving and sightseeing such as drinking water, hat, sunscreen, toilet paper, insect repellent, camera, jacket etc.

Money

Banks and hotel exchange desks in Chengdu will recognise and accept cash in Sterling currency. In other towns, banking facilities are less reliable and they refuse to deal with currency they are unfamiliar with. Your Local Guide will recommend a place to exchange or withdraw enough money for the period of travel between Lhasa to Kathmandu section of the tour; however we strongly recommend in advance ensuring you have cash in local currency with you.



TOUR EXTENSIONS



Adding an extension is the perfect ending to your group tour. Hong Kong is known for its endless shopping opportunities and the breathtaking skyline across the Victoria Harbour. If you're flying with Emirates, then why not stop off in the exciting city of Dubai which highlights the contrasts between old and new. And make the most of the 2010 World Expo in Shanghai. From 1st May to 31st October more than 200 countries from across the globe will exhibit at this spectacular event presenting their ideas on the theme "Better City, Better Life".

Please refer to our brochure and/or website for a list of the specific extensions available for this tour.

HOW TO BOOK

Choose your perfect tour

Select from our choice of fully inclusive group tours or flexible private touring options.

Add further arrangements

Make the most of your holiday by adding extra arrangements such as a visit to Hong Kong, a stop-off in Dubai or a World Expo Extension in Shanghai.

Select flight options

Travel in style and upgrade your flight. We can also arrange departures from many UK regional airports.

Check availability and prices

Call us or speak with your travel agent and we will check the availability of flights and tour places and confirm your full package price.

Secure your tour place

Group tour places can usually be confirmed immediately on payment of a deposit of £250 per person. Private touring arrangement can usually be confirmed within 48 hours.

Complete your booking

Once your tour has been booked we will send you written confirmation either by email or post.

It is essential that you promptly send to us a completed booking form which includes further vital information (such as passport numbers) and so we can check that your personal details are correctly recorded.

To book now speak with one of our experienced travel consultants on **0844 499 3899** or see your preferred travel agent.

FURTHER INFORMATION

Group Size

This tour will operate with a National Escort with a minimum of 10 and a maximum of 28 passengers.

Itinerary Changes

Order of events and sightseeing may vary according to local conditions.

The schedules of the domestic airlines in China are subject to frequent changes. For this reason, we have indicated approximate times only. Your Local Guide or National Escort will inform you of any schedule changes as they are informed of them.

Roads in China and Nepal have generally been improved over recent years, but some road construction and/or weather conditions may still lengthen the driving times.

NB: Times and distances listed in this Tour Dossier are approximate.

Insurance

It is a condition of booking with us that you take out suitable travel insurance covering at least circumstances leading to the cancellation of your booking and providing sufficient medical cover for illness or injury and repatriation while overseas.

You must provide us with the name of your insurers and their 24 hour emergency contact number when you book with us or as soon as possible thereafter. Wendy Wu Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

Tipping

As with most countries, tipping is a way of life in China. For our passengers' convenience we ask for a compulsory amount to be paid at the beginning of our group tours to cover tipping for guides, drivers, restaurant staff etc.

Tipping amounts can be found in our brochure and/or website. Exact tipping amounts will be stated in your final documentation pack.

Additional Information

Once you have booked with Wendy Wu Tours, your final documentation pack will include a travel guide, suggested packing list and a phrase book.

Please refer to the Wendy Wu Tours brochure and/or website for details on departure dates, prices, itineraries and inclusions. Please also refer to the brochure for full booking conditions.



“ADDING AN EXTENSION IS THE PERFECT ENDING TO YOUR TOUR.”