

OPTION 1 (4nts Lhasa 1nts Ronbuk with EBC)

HOLY MT KAILASH VIA CHINA BY TRAIN WITH RONBUK AND EVEREST BASE CAMP MT KAILASH VIA CHINA BY TRAIN & LHASA

Tour code	Tour Name	Duration of the Tour	Destination covered	Shanghai- Xining- Lhasa Transportation details
FT-NIT 1100	Mt Kailash via China by train & Lhasa	20 Nights/ 21 Days	Beijing, Xining Lhasa and Holy Mt Kailash& Lake Mansarovar	By Flight/Train

Introduction:

Mount Kailash via China by train & Lhasa Tour cover capital city of China- Beijing , multi lingual city – Xining and Tibet (Autonomous region of China) - Lhasa, Gyatse, Shigatse, Ronbuk , EBC , Saga, Holy Mount Kailash and Tirthpuri. During the tour you will visit most important historical monuments as the Great Wall, Tianmian Square, Summer Palace, Forbidden city etc in Beijing and Kumbum Manastery and Qinghai Museum in Xining and Lhasa city including Potala Palace, many high passes and monasteries during the journey from Lhasa to Shigatse via Gyatse, Ronbuk Monastery which is known as the monastery situated in the highest altitude of the world, Everest base camp , Holy Brahmaputra river and holiest places Holy Mount kailash, Mansarovar lake & Tirthpuri. The details description of the destinations are described below:

Beijing:

Being the capital of China for about 850 years, it is one of the Four Great Ancient Capitals of China, offering China's most wonderful array of attractions. No other city in the nation attracts more travelers. As the saying goes, one who fails to reach the Great Wall is not a true hero. Without visiting the Great Wall, no trip to this city or the country is complete. The Great Wall of China is a series of stone and earthen fortifications in northern China, built, rebuilt and maintained between the 5th century BC and the 16th century to protect the northern borders from Xiongnu attacks during various successive dynasties. At the heart of this city is the Forbidden City, home to the emperors of the Ming and Qing dynasties, the largest palace complex of the nation and the world. The Forbidden City also hosts the Palace Museum with imperial collections of Chinese art. The Forbidden City is, by any measure, a must-see site in this city.

XINING:

Xining is located on the eastern edge of Qinghai-Tibet Plateau and the upper reaches of Huangshui River. It is the political, economic, scientific and technological, cultural and traffic center of Qinghai Province with an average altitude of over 2,200 meters (about 7,217 feet). The activities of human beings in this region can be traced to 2,100 years ago. During the Western and Eastern Han Dynasties, owing to its developing agriculture, Xining was paid more attention due to its economic and martial significance. As well as being the important hinge between the central plains and the western part of China in ancient time, Xining was the most common passing channel of the famous Silk Road. Until now, it is still the only road by which to enter the hinterland of the Qinghai-Tibet Plateau.

Xining is also called the Summer Resort Capital of China for its cool summer. The region also provides a number of attractions making a visit to the area well worth considering. The scenery of the Qinghai Lake, situated within Xining , provides an escape from fervent cities and allows you to experience beautiful

natural sceneries. The lake itself is quite amazing. The Birds Island, situated on the northwest of Qinghai Lake, is waiting to present you with an extensive array of birds. To the southwest of Xining, is the birthplace of the founder of the Gelugpa Sect. The gem of the Tibetan culture-Ta'er Monastery was built here. To the north of Xining is the Beichan Temple. Climbing the temple will reward you with a view of the city from the mountaintop. A site not to be missed is the Dongguan Mosque, one of the biggest mosques in northern China.

LHASA:

The city of Lhasa is the heart of cultural Tibet. Its importance dates back to its status as the capital of the Tibetan Empire in the seventh and eighth centuries, and as the capital of the Dalai Lama's government from the seventeenth century onwards. In the modern Chinese state it serves as the capital of the Tibet Autonomous Region.

Lhasa has also been perhaps the most important religious site over the history of Tibet. It is home to the Jokhang temple complex, founded by the seventh-century Tibetan Emperor Songtsen Gampo and residence of the most famous religious image in Tibet: the Jowo statue of the Buddha Shakyamuni. The Jokhang is the nucleus of central Lhasa's commercial and religious Barkor area. The Potala Palace, built in the seventeenth century by the Fifth Dalai Lama as his palace and one of the greatest examples of Tibetan architecture, is also located in the Lhasa Valley. Finally, two of the three great seats of Gelukpa monasticism – the monasteries of Sera and Drepung – have been located here since the fifteenth century. The city of Lhasa is located in the southern part of the Tibetan high plateau at an altitude of 3650 meters above sea level and on roughly the same latitude as Cairo. The valley in which Lhasa is situated is formed by the River Kyichu, a tributary of the Tsangpo (which is known as the Brahmaputra in India). The dominant peaks surrounding Lhasa range between 4400 and 5300 meters above sea level.

HOLY MT KAILASH AND MANSAROWAR LAKE- AN INTRODUCTION:

Holy Mt Kailash and Mansarowar Lake, center of creation & the Universe are as old as the creation. Thousands of Sages, Ordinary Mortals, Philosophers and even Gods had submerged in the blissful trance at the very sight of this divine grandeur. It is the MERU, SUMERU, SUSHUMNA, HEMADRI (Golden Mountain), RATNASANU (Jewel Peak), KARNIKACHALA (Lotus Mountain), AMARADRI, DEVA PARVATHA (Summit of Gods), GANAPARVATHA, AJATADRI (Silver Mountain). Regarded as SWAYAMBHU, the self-created one, everything is said to emanate from here and finally returns here. Mind is the knot tying consciousness and matter-that is set free here.

Famously known to be an abode of LORD SHIVA and his divine consort PARVATI, Mt. Kailash expounds the philosophy of PURUSHA and PRAKRITI-SHIVA and SHAKTI. The radiant SILVERLY summit is the throne of TRUTH, WISDOM and BLISS-SACHIDANANDAM. The primordial sound AUM (NADABINDU) from the tinkling anklets of LALITA PRAKRITI created the visible patterns of the universe and the vibrations (DVANI) from the feet of Lord Shiva (NATARAJA) weaved the essence of ATMAN, the ultimate truth.

Mt. Kailash is considered to be the centre of Hindu philosophy and civilization. KalpaViruksha tree is supposed to adorn the slopes. South face is described as Sapphire, east as crystal, west as Ruby and north as Gold. The city of KUBERA is also situated here. Ganga after originating from the toe of Mahavishnu enters the lunar circle and descends further from Kailash after circuiting it seven times and then ultimately divides herself into four rivers. The major rivers of Nepal and India originating from this area are Brahmaputra(Lohita), Indus(Sindhu), Sutlej(Shatadru) and Karnali. Every object in this area is sanctified and each one is related to gripping legends. As one ascends through PARIKRAMA, one encounters holy peaks of RAVANA PARVAT, HANUMAN PARVAT, PADMASAMBHAVA, MANJUSRI, VAJRADHARA, AVALOKITESWARA, JAMBEYANG, SHAVARI, and NORSENG.

The scriptures reiterate that one, who takes the holy dip at Mansarovar and carries out the Parikrama around Kailash, is absolved of his/her sins through generations and is absorbed into the Supreme Finality. There is no re-birth; sorrows or joys and he/she will be with ultimate –the Lord Shiva. In other words, they become Shiva.

In addition to the Hindus, the entire region is also one of the most important pilgrimage centers for the Buddhists. They worship DEMCHOK (Buddha in forceful form) seated on the summit of Kailash. It is also called Dharmapala, one version quotes the deity as a form of Shiva's manifestation. The description of the deity is more or less like Shiva. Devi is also given a similar form like Parvati. Buddhists adore Kailash as KANG RINGPOCHE and Manasarovar as TSO MAPHAM. Guru Rinpoche (The great Indian Master PADMASAMBHAVA who introduced Buddhism) and Saint Milerapa are greatly revered here by the pilgrims. Since TANTRISM runs through the main core of Buddhism here, their customs and practices would be found running close and parallel to Hindu traditions. Like Hindus, they also consider (DOLMA (DEVI) and GAURI KUND (ThukiZingbu) as holiest spots. Buddhists strongly believe that pilgrimage to this place liberates them to NIRVANA.

Besides, Jains acknowledge Kailash as ASTAPADA and PADMAHRADA. It is believed that ADINATH VRISHABDEVA - the first Tirtankara attained Nirvana here. A few claim that GURU NANAK meditated here. Across the river CHU, there on the Nyanri range stands an impressive temple. Inside this monastery there is a marble statue radiating peace and compassion. This statue is claimed to be that of Guru Nanak.

The entire area echoes with spiritual vibrations. Even the agnostics shall discover new balance amidst that fathomless serenity. One has to experience it. The common belief is that those who are ordained only could be there Master Tours & Travel invite you to join on this China Tibet & Nepal Tour program and enjoy your holiday at the most beautiful part of the world.

OPTION 1 (4nts Lhasa 1nts Ronbuk with EBC) (Full Moon)

Day	Date	Outline Itinerary
01	26 th May	Arrive Beijing and transfer to hotel.
02	27 th May	Beijing City Sightseeing.
03	28 th May	Beijing City Sightseeing & evening flight to Xining. Arrive and overnight at hotel.
04	29 th May	Xining Sightseeing.
05	30 th May	Train Journey to Lhasa.
06	31 st May	Arrive Lhasa & Free day in Lhasa.
07	1 st June	Lhasa City Sightseeing.
08	2 nd June	Lhasa City Sightseeing.
09	3 rd June	Lhasa City Sightseeing.
10	4 th June	Drive to Shigatse via Gyatse.
11	5 th June	Drive to Ronbuk & EBC
12	6 th June	Drive to Saga
13	7 th June	Drive to Mansarovar
14	8 th June	Drive to Darchen
15	9 th June	Drive to Yamadwar and Holy trek to Dirapuk - FULL MOON
16	10 th June	Holy Trek to Zuthulpuk

17	11 th June	Holy Trek to Darchen & drive to Tirthpuri
18	12 th June	Drive to Saga
19	13 th June	Drive to Shigatse.
20	14 th June	Drive to Lhasa
21	15 th June	Fly for onward journey.

TOUR COST ON REQUEST

Day to Day Detailed Itinerary:

DAY 01: ARRIVE BEIJING & TRANSFER TO HOTEL (NO MEAL)

Arrive Beijing International airport, meet , assist, welcome by our representative and transfer to hotel . Rest of the day is free to explore on your own. Overnight stay at hotel.

Optional: Can see Acrobatic show (with an extra cost)

DAY 02: FULL DAY BEIJING SIGHTSEEING – (Breakfast and Dinner)

Breakfast at hotel, and proceed for the full day Beijing sightseeing covering the following points:

- **Summer Palace:** The Summer Palace, known as Yiheyuan in Chinese, is a vast ensemble of lakes, gardens and palaces in Beijing, China. It serves as a popular tourist destination and recreational park.
- **Tian'anmenSquare :** Tiananmen Square is a large city square in the centre of Beijing, China, named after the Tiananmen gate located to its North, separating it from the Forbidden City.
- **The Forbidden City** from which the Emperors of the Ming and Qing dynasties governed for over 500 years.
- **Houhai:** It is a lake and its surrounding district in central Beijing, one of the three parts of Shichahai. In recent years it has become famous for nightlife because it is home to many popular restaurants, bars, and cafes. The area is especially popular with foreign touristsvisiting Beijing, but is also often visited by the expatriate community and younger locals.

Optional with extra payment:

Hutong tour, which is also called Rickshaw Tour can be done in between the sightseeing tour & **Kongfu show** during the evening.

Dinner will be served at Chinese/ Indian specialty restaurant as per the choice of the clients.

Overnights stay at hotel.

DAY 03: FULL DAY BEIJING TOUR & EVENING FLIGHT TO XINING (B/D)

Breakfast at hotel and proceed for the **start City tour covering:**

Longdi Jade shop: where we will learn about Chinese jade culture.

Great Wall-Juyong Pass: a UNESCO World Heritage Site and a massive defensive structure built to keep off intrusion

Xiushui market: Local Chinese market

In the evening transfer to Beijing Capital International Airport for a flight to Xining. Arrive Xining and overnight at hotel. **Today's Meals:** Breakfast at hotel, packed Indian Dinner box.

DAY 04: XINING SIGHTSEEING B/D

Breakfast and proceed to city sightseeing covering the following points:

- **Kumbum Monastery**

- **Qinghai Museum**

Dinner transfer to any specialty restaurant. Return to hotel and overnight.

DAY 05: OVERNIGHT TRAIN JOURNEY TO (LHASA 22HR) (Breakfast only)

Breakfast at hotel, rest of the time free & afternoon transfer to train station. Overnight in Train.

Meals can be had on the Train on direct payment basis. (Advised to carry some Fruit, Bread & Butter & other snacks as Veg meals could be a problem)

DAY 06: ARRIVE LHASA & FREE DAY (Dinner only)

Arrive Lhasa, meet, assist and transfer to hotel. Rest of the day free to acclimatize with the environment. Overnight stay at hotel.

DAY 07:- LHASA CITY SIGHTSEEING- (B /L/ D)

After breakfast leave for full day city sightseeing tour to Magnificent Potala Palace-the winter palace of the Dalai Lama; the place where the former great Dalai Lama's stupas are being kept; once the seat of the Tibetan government. With a history of over 1,300 years, the Potala Palace is the treasure of Tibetan religion and culture, storing plenty of figures of the Buddha, murals, sutras etc. After visiting Potala Palace, you will visit one of the three largest monasteries of Gelugpa- the Sera Monastery, and the Dalai Lama's summer palace of the treasure Park of Tibet, the Norbulingka. Return to hotel and Overnight stay at hotel.

DAY 08 & DAY09: LHASA CITY SIGHTSEEING – (B/L/D)

After breakfast, you will visit the No 1 Monastery of Gelugpa-Drepung Monastery, which is the richest monastery ever in Tibet, and is still active today. Then you will be guided to visit the spiritual center of Tibet, the Jokhang Temple, where you might meet many pilgrims, who even prostrate by full length to the threshold of the temple. You will visit the sacred pilgrim path, the oldest street in Lhasa, the Barkhor Street, which is the place where Tibetan culture, economy, religion and arts assemble. In the afternoon, you can pay a visit to the Tibetan Traditional Hospital, where you will see how the Tibetan doctors treat patients in their traditional ways, and in its library, you will find massive medical sutras and medical thankas. The Lhasa Carpet Factory is also a place you should not miss. The carpets there are all hand-made on old-styled vertical looms in traditional processes. Overnight stay at hotel.

DAY 10: DRIVE TO SHIGATSE VIA GYANTSE – (B/L/D)

After breakfast, drive to Gyatse (260 Kms, 4 hours drive) . En-route visit Holy YamdrokLake ,Mt.NyechenKangsar glacier, GyantseKubum stupa and cross 3 high passes with altitude of 4794m , 5039m & 4280m. Arrive Gyatse, lunch and proceed to Shigatse(3,900 Meter- 90 Km). Finally arrive Shigatse and check into hotel. After get refreshed proceed to visit Palkor Monastery andTashilhunpo Monastery. Return to hotel, dinner and overnight.

Palkhor monastery: Also called “The Baiju Monastery” by the Chinese, this monastery is situated in Xigatse city which is about 230 Km away from capital Lhasa. Implausible combination of temples and Stupas will attract anyone. The architecture you will see in this place, are form the 14th and 15th century which make this place a Hotpoint for ancient archeological researchers. This place has more than 3000 statues from the statues of Buddha to famous King SongtsenGampo. Number of tourist visiting this place has been increasing every year.

Tashilhunpo Monastery: Located in Shigatse 250 Km away from the capital city Tashilhunpo monastery was built by the 1st Dalai Lama in 1447. Among the six hugest monasteries in Tibet this monastery stands on massive area of 300,000 Sq. m and known as the "Seat of Panchen Lama". Panchen Lama is considered as the second most important religious leader after Dalai Lama in Tibet.
Return to hotel, dinner and overnight.

DAY 11: DRIVE TO EVERST BASE CAMP (5,150 M) – (B/L/D)

Breakfast and drive to Everest Base Camp (5,150 meter, 350 km) . En- route enjoy the beautiful Tibetan landscape local Tibetan villages and visit famous Rongbuk monastery. Finally arrive EBC and check into hotel. Evening enjoy the view of Mt Everest (8,848 meter). Overnight stay at hotel.

DAY 12: DRIVE TO SAGA VIA OLD TINGRI – (B/L/D)

Enjoy the view of Mt Everest, breakfast and drive to Saga (4,500 meter , 400 Km). En-route enjoy the beautiful view of Mt. Shishapama, Peikutso Lake , Finally arrive Saga and check into hotel.

DAY 13: DRIVE TO MANSAROVAR – (B/L/D)

After breakfast, drive to Mansarovar(4,560 Meter, 450 km). En- route enjoy Sand dunes & visit Chewu monastery. Finally arrive Mansarovar lake and enjoy the eye catching view of Holy Mt Kailash, Holy Mt GurlaMndhata and Mansarovar Lake. Overnight stay at lodge.

DAY 14: DRIVE TO DARCHEN – B/L/D

Morning hour enjoy the calm environment of the area . Visit Chiu Gompa& drive (30 KM) to DARCHEN (4,660 m) for about 2 hours. Rest of the day is free to explore your own. Overnight stay at lodge.

DAY 15: DRIVE TO SERSONG/TARBOCH FLAG POLE & HOLY TREK TO DIRAPUK – (B/L/D)

Breakfast and drive to Tarboch Flag Pole, the first prostration point, -the auspicious gateway and the sky burial ground. Visit Yamadwarand further drive to Sershong (total 8 km) and trek to Dirapuk (4,765 m, 10 km, 3 to 4 hours trek). Overnight stay at guesthouse. **(FULL MOON)**

DAY 16: HOLY TREK TO ZUTHULPUK – (B/L/D)

Continue trekking of challenging cross the Dikpala (5,000m) and Dormala (5600m) to Zuthulpuk (4,700 m) (22km/ 7 to 8 hours trek). Overnight stay at Lodge.

DAY 17: HOLY TREK TO DARCHEN & DRIVE TO TIRTHPURI – (B/L/D)

Last and final day of Mt. Kailash Parikrama ends near Darchen (16 km/ 3 to 4 hrs trek). En-route can enjoy the view of Thuktso lake. Arrive Darchen and drive to Tirthpuri . Overnight stay at lodge.

DAY 18: DRIVE TO SAGA – (B/L/D)

Breakfast and drive to Saga (450 Km, 6 hours). Arrive Saga, & overnight stay at hotel.

DAY 19: DRIVE FROM SAGA TO SHIGATSE – (B/L/D)

Drive Saga to Shigantse (480 Kms, 8 /9 hours drive) . Arrive Shigatse and check into hotel. Overnight stay at hotel.

DAY 20: DRIVE FROM XIGATSE TO LHASA – (B/L/D)

Drive to Lhasa. Arrive Lhasa and check into hotel. Rest of the day is free to explore your own.

DAY 21: FINAL DEPARTURE TRANSFER - (B)

Breakfast and transfer to airport for flight to onwards journey.

PACKAGE TOUR PRICE INCLUDES

1. Arrival/departure transfer /sightseeing by Air-conditioned coach on SIC basis in China.
2. Accommodation on twin sharing basis with breakfast in Standard category rooms in China, Lhasa, Gyatse and Shigatse.
3. Daily Breakfast at hotel + 1 Chinese veg Lunch in Great Wall+ 6 Indian/ Chinese (veg/ non veg) dinner in China.
4. China & Tibet sightseeing as per the itinerary.
5. Famous Great Wall Tour in Beijing.
6. Professional English-speaking tour escort.
7. One bottle of mineral water per person per day in China part.
8. All Entrance fee to the 1st gate entrance.
9. Tip for driver and guide.
10. Beijing/ Xining by flight (economy class)
11. Xining/ Lhasa by train soft seat.
12. Twin / Triple sharing 4/3 star hotel accommodation at Lhasa, Shigatse and Saga.
13. Best available lodge accommodation at Ronbuk, Mansarovar, Darchen, Dirapuk and Zuthulpuk.
14. Meals included as above (B = Breakfast, L= Lunch & D= Dinner).
15. Tibet travel permit fee.
16. Yak &Yak men to carry your personal luggage during trekking.
17. Ground transfers in Tibet using 6-seater limousine/ Mini Van / Coach as per the group size.
18. Oxygen cylinders and first aid kit.
19. Required trekking and kitchen equipment.

PACKAGE TOUR PRICE EXCLUDES

1. Any expenses of personal nature as telephone calls, laundry, portorage, mineral water or any other services which are not mentioned on cost include part.
2. Meals other then mentioned in program
3. Domestic flight fare (Lhasa - Beijing only)
4. Any optional program; all the optional sales will be charged as per the printed tariffs only.
5. Int'l tickets and tax;
6. China Visa fee, baggage and personal insurance of any kind.
7. Personal items & clothing.
8. Extra costs that may arise due to delay to receive Tibet Travel Permit and Visa, prolonged delays or postponement of flights due to technical reasons/ acts of nature/ riots/ curfew/ government regulations or any other conditions whatsoever, which are beyond the control of Master Tours & Travels and its associated agents.
9. Personal expenses, tips and donations, insurance against loss of baggage, flight pre-pone and postponement expenses, damage of valuables, theft of personal items/belongings, medical expenses in case of accident and helicopter expenses for emergency evacuation.

(Please Note - All offers & quotes submitted by us, are completely governed by the Terms & Conditions given on our website - www. mastertoursindia.com. Your confirmation for any

arrangements to be made by us signifies you & other members of your group have accepted the same & are willingly bound by them)

Please Note: No refund will be given for un-used tours, rooms, meals, free gift and transfer service.

NOTE IMPORTANT POINTS DO'S & DONT'S IN CHINA:

- Luggage provision:** Only allowed one check-in luggage and 2 hand luggage in a coach in China, all the other extra luggage had to arrange luggage in a luggage van, with an extra cost, all the extra luggage will be charged USD 8 per check-in luggage.
- Guest self-paying items in China:**
Due to the parking lot is quite far from the railway station, guest should carry their luggage for over 200meter to the coach, if they don't want to carry by themselves, they can request the local porter from railway station to help them to carry, clients should pay the porter fee at RMB10-20 per luggage by themselves. The luggage porter price may be different in different railway station, please check the price at the spot.
If the clients require that the porter to carry the luggage from the lobby to the room, clients need to tip RMB 5 per luggage by themselves.
- Shopping Policy in China:**
Appointed shops are compulsory and necessary, the policy is one day one shop, 1 shop in Xining & 2 shop in Beijing, and otherwise the quotation will be increased. The shopping sites are subject to change. All the guest must spend **at least 40mins in our appointed shop**, if the time less than the regulate time, the surcharge as penalty will be collected at the spot by our tour guide. USD200-500 per group will be punished accordingly. All tour leaders from should assist China local guide to convince guest for shopping for enough time there, tour leader has responsibility to coordinate with optional program and shopping. All theTravel Agents should inform the group members about the shopping policy clearly before they come to China.

Please find enclosed the Booking Form; Important Health & Other points for Kailash Mansarovar Yatra, & our Bankers details for transferring the money. Please fill the same & send us a scan copy by mail & the hard copy by post alongwith your two photographs.

Please also send us the colour scan of your passports to enable us to send the same to our Chinese & Nepalese counterparts.

You can also use PayPal for transferring the amounts.

However for using this facility please do let us know & we will send the necessary invoice for each individual for the payments.

I do look forward to an early reply.

Warm regards.
Yours sincerely,



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