

HOLY MOUNT KAILASH VIA CHINA & LHASA 2019



PRODUCT INFORMATION

China, Tibet and Nepal Tour cover the most important destination of Mainland China as Beijing, Xian, and Shanghai, Lhasa, (Tibet) and Kathmandu (Nepal). During the tour you will enjoy the Historical part of China, Modern cities of China as leaving museum with 7 UNESCO world heritage sites with view of beautiful Himalayas. , Lhasa- the capital city of Tibet – popularly known as roof of the world and Kathmandu valley- know

YATRA INFORMATION

Tour Code	Tour Title	Duration	Destination Covered
FMCH 002	Holy Mt. Kailash via China & Lhasa	25 Nights/ 26 Days	Shangai. Xian, Xining, Lhasa, Shigatse, Ronbuk, EBC, Mansarovar Lake, Dirapuk, Zuthulpuk, Saga

TRIP FACTS

Tour Grade	Tour Duration	Highest Elevation	Road Condition	Walking and trekking Duration	General Information
2	26 Days	6,100 Meter	Black Topped Highway	Approx 55 Km Holy trek including 5 Km steep Climbing.	High level Adventure trek. The Surface journey is smooth and comfortable till Parikrama starting point.

OUTLINE ITINERARY:

Day01: Arrival Beijing
Day02: Beijing Sightseeing
Day03: Beijing Sightseeing

INDIA: NEPAL: BHUTAN: TIBET: SIKKIM # AYURVEDA WELLNESS TOUR # ADVENTURE & TREKKING TOURS # BUDHIST PILGRIMAGE & HOLY MT. KAILASH



Day04: High Speed train to Shanghai/Shanghai sightseeing
 Day05: Shanghai Sightseeing
 Day06: Shanghai Sightseeing & Flight/train journey to Xian
 Day07: Xian local sightseeing.
 Day08: Xian Sightseeing.
 Day09: Fly to Xining and free day in Xining.
 Day10: Half day Xining Sightseeing
 Day11: Transfer to train station for train journey to Lhasa.
 Day12: Arrive Lhasa and transfer to hotel.
 Day13: Lhasa city sightseeing
 Day14: Lhasa City Sightseeing.
 Day15: Drive from Lhasa to Shigatse via Gyatse & Yamdrok lake.
 Day16: Drive to Ronbuk Monastery
 Day17: Visit EBC and return to Ronbuk Monastery and rest.
 Day 18: Drive to Saga,
 Day19: Drive from Saga to Mansarovar and Puja,
 Day20: Drive from Mansarovar to Darchen,
 Day21: Drive from Darchen to Yamadwar and Holy Trek to Dirapuk,
 Day22: Holy Trek from Dirapuk to Zuthulpuk,
 Day23: Holy Trek from Zuthulpuk to Darchen and drive to Saga,
 Day24: Drive from Saga to Shigatse or drive to Kyrung,
 Day25: Drive to Lhasa & overnight.
 Day26: Transfer to airport for fly to Kathmandu or Fly for onward journey.

Fixed Departure Dates 2019

MONTH	GROUP CODE	DATE OF OPERATION					FULL MOON DATES
		ARRIVE IN BEIJING	ARRIVAL IN LHASA	MANSAROV AR PUJA	DRIVE TO LHASA	DEP. TO KTM	
April	FML 501	01 st April	12 th April	19 th April	25 th April	26 th April	19 th April
April	FML 502	14 th April	25 th April	02 nd May	08 th May	09 th May	
May	FML 503	01 st May	12 th May	19 th May	25 th May	26 th May	19 th May
May	FML 504	14 th May	25 th May	01 st June	07 th June	08 th June	
June	FML 505	30 th May	10 th June	17 th June	23 rd June	24 th June	17 th June
June	FML 506	13 th June	24 th June	01 st July	07 th July	08 th July	
July	FML 507	29 th June	10 th July	17 th July	23 rd July	24 th July	17 th July

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July	FML 508	12 th July	23 rd July	30 th July	05 th Aug	06 th Aug	
Aug	FML 509	28 th July	8 th Aug	15 th Aug	21 st Aug	22 nd Aug	15 th Aug
Aug	FML 510	10 th Aug	21 st Aug	28 th Aug	03 rd Sep	04 th Sep	
Sep	FML 511	27 th Aug	7 th Sep	14 th Sep	20 th Sep	21 st Sep	14 th Sep
Sep	FML 512	09 th Sep	20 th Sep	27 th Sep	03 rd Oct	04 th Oct	
Oct	FML 513	26 th Sep	10 th Oct	14 th Oct	20 th Oct	21 st Oct	14 th Oct

DETAILED ITINERARY:

DAY 01: ARRIVE BEIJING & TRANSFER TO HOTEL

Dinner only

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.

Optional (with an extra cost): Can be joined on Acrobatic show Over-night stay at hotel

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.
- **Tiananmen Square :** 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 tourists visiting 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: BEIJING SIGHTSEEING TOUR

B/L/D

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

- **Great Wall:** The most famous Great **Wall & Juyong Pass-** a UNESCO World Heritage Site and a massive defensive structure built to keep off intrusion.
- **Juyong Pass:** Continue sightseeing tour to **Longdi Jade shop** where we will learn about Chinese jade culture.

- **Bird's Nest:** Afternoon proceed to see the **Bird's Nest** (Olympic National Stadium outside) and the **Water Cube** from outside.
- **Yaxiu market shopping:** leisure time to visit around the shops.

Optional with extra payment:

Evening Acrobatic Show

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

Overnights stay at hotel.

Today's Meals: Breakfast at hotel ,Chinese Lunch at Great Wall + Chinese /Indian Dinner.

DAY 04: HIGH SPEED TRAIN TO SHANGHAI & SHANGHAI SIGHTSEEING

B/ D

Breakfast and transfer to train station for High speed train journey to Shanghai. Arrive Shanghai and transfer to hotel. After get refreshed proceed to visit:

The Shanghai Museum: which is the largest museum of ancient Chinese art in Shanghai.

People Square and Nanjing Road for shopping: Visit and enjoy around people square and proceed to Nanjing road for shopping.

Visit the lovely **old Yuyuan Garden-outside look nine zigzag bridge** with golden fish pond, bridges and pavilions.

Step onto **Yu Market** (Old City God's Temple), which is a major yet relatively inactive, Taoist temple in Shanghai.

OPTIONAL WITH EXTRA PAYMENT:

A, **Shanghai Madame Tussauds wax museum**

B, **Optional program:1900pm-2100pm** Evening visit Xintiandi, is an affluent car-free shopping, eating and entertainment district of Shanghai, China. It is composed of an area of reconstituted traditional shikumen ("stone gate") houses on narrow alleys, some adjoining houses which now serve as book stores, cafes and restaurants, and shopping malls. Most of the cafes and restaurants feature both indoor and outdoor seating. Xintiandi has an active nightlife on weekdays as well as weekends, though romantic settings are more common than loud music and dance places. It is considered one of the first lifestyle centers in China. Xintiandi is the location of the site of the first congress of and the Communist Party of China, now preserved at the Museum of the First National Congress of the Chinese Communist Party.

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

DAY 05: SHANGHAI SIGHTSEEING

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B/ D

Breakfast at hotel and proceed for sightseeing covering following destination:

- The **Jade Buddha Temple:** The most famous Buddhist temple in Shanghai & **Tea Shop.**
- **Taobao City** for shopping.
- **Oriental Pearl TV tower 2nd level (If time permit)**

Transfer to train station for train journey/Flight to Xian. Arrive Xian and transfer to hotel.

DAY 06 :- SHANGHAI SIGHTSEEING & FLIGHT/TRAIN JOURNEY TO XIAN - B/ D

Breakfast & shanghai sightseeing and proceed for Train/flight journey for Xian. Finally check in the hotel & overnight.

DAY 07: XIAN SIGHTSEEING

B/ D

Breakfast and proceed for local city sightseeing covering the following points:

- **Big Wild Goose Pagoda square:** The great goose pagoda, calling Dayanta in Chinese, is built for keeping book.
- **Bell and Drum tower outside look:** A classical building with carved beams and painted rafters has been served as the symbol of Xi'an.
- **The Muslim Bazaar:** the Muslim quarters lies 100 meters west of the Bell tower in downtown Xi'an. The 500 meters long avenue paved by bluestones are dotted with many unique stall, souvenir shop, café and bars which are mostly run by Muslim people.

Optional with extra payment:

Tang Dynasty show-the ancient Chinese dance and musical show

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

DAY 08: XIAN SIGHTSEEING

B/ D

Breakfast and proceed to city sightseeing covering the following points:

- **Terra Cotta Warriors:** Visit the incredible 2000 year-old **Terra Cotta Warriors**. Each one is part of the underground tomb of the Emperor Qin. Well over 7000 figures were drawn up in full battle array in several large pits & **Ceramic Shop**
- **The Shaanxi Historical Museum :** Among the 400,000 items on display are treasures from many of the Dynasties, including some magnificent bronzes and porcelain, many of which have never been on permanent display before.

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

DAY 09: FLIGHT TO XINING / TRANSFER TO HOTEL FREE DAY

B/ D

Breakfast and transfer to airport for flight to Xining. Arrive Xining and transfer to hotel. Rest of the day is free for personal activities. Dinner and overnight stay at hotel.

DAY 10: XINING SIGHTSEEING & FREE TIME

B/ D

Breakfast and proceed for Half day Xining city Sightseeing. Return to hotel and free time for personal activities. Overnight stay at hotel.

DAY 11: TRAIN JOURNEY TO LHASA

Breakfast only

Breakfast at hotel, and transfer to train station for train journey to Lhasa. Enjoy the beautiful landscape along the way. Overnight stay at on train.

DAY 12: ARRIVE LHASA & TRANSFER TO HOTEL

Dinner Only

Arrive at Lhasa train station, meet, welcome and transfer to hotel. Dinner & overnight stay at hotel.

DAY 13: 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 14: 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 15: LHASA SHIGATSE VIA GYANTSE –

B/ L/ D

After breakfast, drive to Gyatse (260 Kms, 4hours drive) . En-route visit Holy Yamdrok Lake ,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** and **Tashilhunpo 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 16: DRIVE TO RONBUK MONASTERY (4,980 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 Ronbuk monastery & Check into hotel. Overnight stay at

hotel.

DAY 17: DRIVE TO EBC / VISIT EBC & RETURN TO RONBUK MONASTERY

B/L/D

Breakfast and drive to Everest Base Camp (8 Kms, 5,150 meter), enjoy the stunning view of Mount Everest(8,848 meter) and its surroundings. Return to Ronbuk monastery and rest. Overnight stay at hotel.

DAY 18: DRIVE TO SAGA VIA OLD TINGRI

B/ L/ D

Breakfast and drive to Saga(4,640 meter , 400 Km). En-route enjoy the beautiful view of Mt.Shishapama, Peikutso Lake , Finally arrive Saga and check into hotel.

DAY 19: DRIVE TO MANSAROVAR

B/ L/ D

After breakfast, drive to Mansarowar(4,556 Meter, 450 km). En- route enjoy Sand dunes & unique Tibetan landscape. 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 20: 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 21: 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.

DAY 22: HOLY TREK TO ZUTHULPUK

B/ L/ D

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

DAY 23: HOLY TREK TO DARCHEN & DRIVE TO SAGA OR KYRUNG

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 Tarchen and overnight stay at lodge.

DAY 24: DRIVE FROM SAGA TO SHIGATSE

B/ L/ D

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

DAY 25: 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 26: DRIVE TO LHASA AIRPORT FOR ONWARDS FLIGHT

Breakfast Only

Breakfast and transfer to airport for flight to onwards journey.

PACKAGE TOUR PRICE INCLUDES:

- Arrival/departure transfer /sightseeing by Air-conditioned coach on SIC basis in China.
- Accommodation on twin sharing basis with breakfast in Standard category rooms in China, Lhasa, Gyatse and Shigatse.
- Daily Breakfast at hotel + 1 Chinese Lunch in Great Wall + 6 Indian/ Chinese dinner in China.
- Daily morning breakfast, Lunch & Dinner in Tibet and Mt Kailash area.
- Oriental Pearl Tower 2nd level in Shanghai
- Professional English-speaking tour escort.
- One bottle of mineral water per person per day in China part.
- All Entrance fee to the 1st gate entrance.
- Tip for driver and guide
- Twin / Triple sharing 4/3 star hotel accommodation at Lhasa, Gyatse, Shigatse, Darchen and Saga.
- Best available dormitory lodge accommodation at Mansarovar, Dirapuk and Zuthulpuk .
- Tibet travel permit fee.
- Yak & Yak men to carry your personal luggage during trekking.
- Ground transfers in Tibet using Mini Van / Coach as per the group size .
- Required trekking equipment.
- Oxygen cylinders and first aid kit.

Also included the following optional Tour program in China:

- **Hutong tour**-Rickshaw tour for 1.5hours-to view the old alley and ancient house in Beijing in traditional way;
- **Kongfu Show at Red theater**-enjoy Chinese Martial arts performance and experience the essential spirit of Chinese Kongfu;
- **Acrobatic show**-the real fantastic Beijing Cultural show;
- **Huangpu River Cruise** along the bund;
- **Maglev Train**-to experience the fastest train in China, 410km per hour for 8mins from Longyang station to Pudong airport one way
- **Shanghai MadameTussauds** wax museum
- **Xintiandi** is an historical and cultural character of the city tourist attractions, it is unique Shikumen Shanghai-based urban construction
- **Shanghai Ocean Aquarium** is located in Lujiazui Finance and Trade Zone of Pudong New District with a construction area of 22,400 square meters.
- **Tang Dynasty show**-the ancient Chinese dance and musical show

ABOVE PACKAGE TOUR COST 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 than mentioned in program.
3. China & Tibet Visa fee, baggage and personal insurance.
4. Domestic & International Air Tickets Cost.

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5. Domestic flight fare (Xian / Lhasa & Lhasa to onward flight cost)
6. 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 Fishtail Tours & Travels and its associated agents.
7. Personal expenses, tips and donations, insurance against loss of baggage, flight pre-pond and postponement expenses, damage of valuables, theft of personal items/belongings, medical expenses in case of accident and helicopter expenses for emergency evacuation.
8. Insurance of any kind. (Please take the necessary travel insurance for the duration of the Yatra yourself before commencing journey from your home town)
9. Horse and porter for personal use.
10. Personal items, clothing and down jackets.
11. Entrance fee at sightseeing spots not mentioned in the price include column.
12. Extra costs that may arise due to 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.
13. Personal expenses, tips and donations Insurance against loss of baggage, damage of valuables, theft of personal items/ belongings, medical expenses in case of accident or expenses in emergency evacuation.
14. Departure Airport tax.
15. Any additional costs due to prolonged/postponement of tour - cancellation of flight, landslide, raining, political problematic, medical conditions which are beyond control of Master Tours & Travels or their associates. Approximate per day per person accommodation and meal cost which could be above aprox. @ INR 4,000/- per day.
16. All bookings subject to our terms & conditions given in - www.mastertoursindia.com.
17. Please Note - All offers & quotes submitted by us, are completely governed by the Terms & Conditions given on our website - www.mastertoursindia.com & also the enclosed General Instructions & Cancellation alongwith. 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.
18. Others expenses which are not mentioned above in **PRICE INCLUDES** section.
19. Please note: Entrance fee for Tibet (Potala Palace) will be US\$ 75.00

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

Luggage provision:

Only allowed one check-in luggage and 1 hand luggage. 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 200 meter 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 RMB5 per luggage by themselves.

Shopping Policy in China:

Appointed shops are compulsory and necessary, the policy is one day one shop, 1 shop in Shanghai, 1shop in Hangzhou, 1 shop in Xi'an 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 the Travel Agents should inform the group members about the shopping policy clearly before they come to China.

IMPORTANT: Restrict all personal gear to 15kgs. KEEP IT LIGHT & TIGHT

We do hope that you will find the above.

Warm regards.

Yours truly,

Capt. Anil Gour
MD