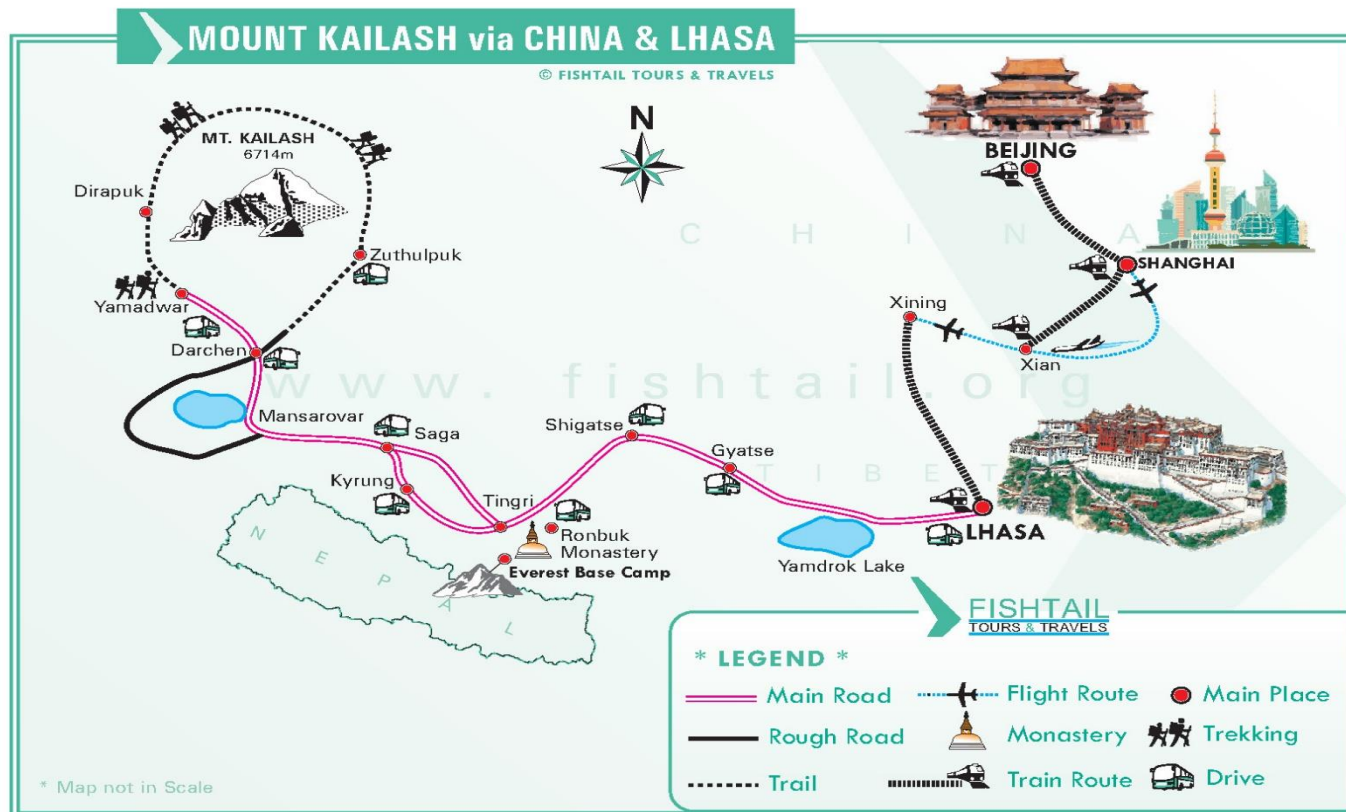


## HOLY MOUNT KAILASH VIA CHINA & LHASA



### PRODUCT INTRODUCTION

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, Lhasa- the capital city of Tibet – popularly known as roof of the world. The short description of the destination is given below:

### YATRA INFORMATION

Tour Code	Tour Title	Duration	Destination Covered
FFMC - 500	Holy Mt. Kailash via China & Lhasa	24 Nights/ 25 Days	Shangai, Xian, Xining, Lhasa, Shigatse, Ronbuk, EBC, Mansarovar Lake, Dirapuk, Zuthulpuk, Saga

### TRIP FACTS

Tour Grade	Highest Elevation	Road Condition	Walking and trekking Duration	General Information
2	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:

Days	Program
01	Arrival Beijing
02	Beijing Sightseeing
03	Beijing Sightseeing
04	High Speed train to Shanghai/Shanghai sightseeing
05	Shanghai Sightseeing
06	Shanghai Sightseeing & Flight/train journey to Xian
07	Xian local sightseeing.
08	Xian Sightseeing.
09	Fly to Xining and free day in Xining
10	Half day Xining Sightseeing
11	Transfer to train station for train journey to Lhasa.
12	Arrive Lhasa and transfer to hotel.
13	Lhasa city sightseeing
14	Lhasa city sightseeing
15	Drive from Lhasa to Shigatse via Gyatse&Yamdroklake
16	Drive to Ronbuk Monastery
17	Visit EBC and return to Ronbuk Monastery and rest.
18	Drive to Saga
19	Drive from Saga to Mansarovar and Puja
20	Drive from Mansarovar to Darchen
21	Drive from Darchen to Yamadwar and Holy Trek to Dirapuk
22	Holy Trek from Dirapuk to Zuthulpuk
23	Holy Trek from Zuthulpuk to Darchen and drive to Saga
24	Drive to Shigatse or Drive to Kyrung
25	Drive to Lhasa from Shigaste or transfer from Kyrung to Shyabru & drive to Kathmandu

## **FIXED DEPARTURE DATES OF 2020 MT. KAILASH WITH CHINA & LHASA**

Month	Group code	Date of operation				Full moon Dates
		Arrive in Beijing	Arrival in Lhasa	Mansarovar Puja	Return to KTM	
May	FMC 503	19 <sup>th</sup> Apr	30 <sup>th</sup> Apr	07 <sup>th</sup> May	13 <sup>th</sup> May	07 <sup>th</sup> May
May	FMC 504	14 <sup>th</sup> May	25 <sup>th</sup> May	01 <sup>st</sup> June	07 <sup>th</sup> June	

June	FMC 505	18 <sup>th</sup> May	29 <sup>th</sup> May	05 <sup>th</sup> June	11 <sup>th</sup> June	05 <sup>th</sup> June
June	FMC 506	13 <sup>th</sup> June	24 <sup>th</sup> June	01 <sup>st</sup> July	07 <sup>th</sup> July	
July	FMC 507	17 <sup>th</sup> June	28 <sup>th</sup> June	05 <sup>th</sup> July	11 <sup>th</sup> July	05 <sup>th</sup> July
July	FMC 508	12 <sup>th</sup> July	23 <sup>rd</sup> July	30 <sup>th</sup> July	05 <sup>th</sup> Aug	
Aug	FMC 509	16 <sup>th</sup> July	27 <sup>th</sup> July	03 <sup>rd</sup> Aug	09 <sup>th</sup> Aug	03 <sup>rd</sup> Aug
Aug	FMC 510	10 <sup>th</sup> Aug	21 <sup>st</sup> Aug	28 <sup>th</sup> Aug	03 <sup>rd</sup> Sep	
Sep	FMC 511	15 <sup>th</sup> Aug	26 <sup>th</sup> Aug	02 <sup>nd</sup> Sept	08 <sup>th</sup> Sept	02 <sup>nd</sup> Sept
Sep	FMC 512	09 <sup>th</sup> Sep	20 <sup>th</sup> Sep	27 <sup>th</sup> Sep	03 <sup>rd</sup> Oct	

## DETAILED ITINERARY:

### DAY 01: ARRIVE BEIJING & TRANSFER TO HOTEL

-/D

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 or *Over-night stay at hotel*

### DAY 02: FULL DAY BEIJING SIGHTSEEING –

B/-/D

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 center 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 & 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 & Kong Fu 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:

- **The 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:**

- **Shanghai Madame Tussauds wax museum**
- **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. *Overnights stay at hotel.*

## DAY 05: SHANGHAI SIGHTSEEING

B/-/

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)

Return to hotel & *overnight stay*.

## 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 stay*.

## 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 stay*.

## 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**

**B/-/-**

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**

**-/-/D**

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 & 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 & 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 (260kms, 4hrs drive). En-route visit Holy Yamdrok Lake, Mt. Nyechen Kangsar glacier, Gyantse Kubum stupa and cross 3 high passes with altitude of 4794m, 5039m & 4280m. Arrive Gyatse, lunch and proceed to Shigatse (3,900m- 90km). 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 230km away from capital Lhasa. Implausible combination of temples and Stupas will attract anyone. The architecture you will see in this place, are form the 14<sup>th</sup> - 15<sup>th</sup> 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 Songtsen Gampo. Number of tourist visiting this place has been increasing every year.

Tashilhunpo Monastery: Located in Shigatse 250km 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 (4,980M)**

**B /L/D**

Breakfast and drive to Everest Base Camp (5,150m, 350km). En- route enjoy the beautiful Tibetan landscape local Tibetan villages and visit famous Ronbuk monastery & Check in at hotel for 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 (8kms, 5,150m), enjoy the stunning view of Mt. Everest (8,848m) and its surroundings. Return to Ronbuk monastery & rest. Overnight stay at hotel.

#### **DAY 18: DRIVE TO SAGA VIA OLD TINGRI**

**B /L/D**

Breakfast and drive to Saga (4,640m, 400km). En-route enjoy the beautiful view of Mt. Shishapama, Peikutso Lake, Finally arrive Saga and check in at hotel for overnight stay.

#### **DAY 19: DRIVE TO MANSAROVAR**

**B /L/D**

After breakfast, drive to Mansarovar (4,556m, 450km). En- route enjoy Sand dunes & visit Chewu monastery. Finally arrive Mansarovar Lake and enjoy the eye catching view of Holy Mt Kailash, Holy Mt. Gurla Mandhata and Mansarovar Lake. Overnight stay at lodge.

#### **DAY 20: DRIVE TO DARCHEN**

**B /L/D**

Morning hour spend time at Mansarovar, afternoon, drive to Darchen (4,664m, 30km/ 1hr drive) Arrive Darchen and busy on the preparation of Mt. Kailash Parikrama. Overnight stay at hotel.

#### **DAY 21: DRIVE TO SERSONG & 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 8km) and trek to Dirapuk (4,765m, 10km, 3 to 4 hrs 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 (5,600m) to Zuthulpuk (4,700 m) (22km/ 7 to 8hrs trek). *Overnight stay at Lodge.*

## DAY 23: HOLY TREK TO DARCHEN AND DRIVE TO SAGA

B/L/D

Last and final day of Mt. Kailash Parikrama ends near Darchen (16 km/ 3 - 4hrs trek). En-route can enjoy the view of Thuktsolake. Arrive near Darchen & drive to Saga (450km, 8hrs drive). *Overnight stay at hotel.*

## DAY 24: DRIVE FROM SAGA TO KYRUNG

B/L/D

Drive Saga to Kyrung (105km, 3/4hrs drive). Arrive Shigatse or Kyrung and check in at *hotel for overnight stay at hotel.*

## DAY 25: DRIVE FROM SHIGATSE TO LHASA OR KYRUNG TO KATHMANDU B/L/-

Cross border at Kyrung & drive to Kathmandu. Distribute Yatra Completion certificate & Trip End.

### DELUXE SIC YATRA COST (Based on 15 & above Pax):

Tour Category	SIC Tour cost on twin sharing per person in NPR	Single room supplement	Shanghai/ Xian flight Supplement	Kathmandu /Beijing Flight Supplement
Deluxe Tour– With Normal 4 star equivalent hotel in China, Lhasa & Xigatse.	RS. 425,000/-	RS. 125,000/-	RS. 20,000/-	RS. 45,000/- & subject to change.

### 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 Lhasa, Gyatse and Shigatse.
- ☒ Daily morning breakfast, Lunch & Dinner in Tibet and Mt Kailash area.
- ☒ Professional English-speaking tour escort.
- ☒ One bottle of mineral water per person per day in China part.
- ☒ All Entrance fee to the 1<sup>st</sup> gate entrance.
- ☒ Tip for driver and guide
- ☒ 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
- ☒ Yatra Completion Certificate

#### **INCLUSIONS FOR OPTIONAL TOUR PROGRAM IN CHINA:**

- ✓ **Hu tong tour**-Rickshaw tour for 1.5hours-to view the old alley and ancient house in Beijing in traditional way;
- ✓ **Kong Fu Show at Red theater**-enjoy Chinese Martial arts performance and experience the essential spirit of Chinese Kong Fu;
- ✓ **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 Long yang station to Pudong airport one way
- ✓ **Shanghai Madame Tussauds** 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

#### **COST EXCLUDES:**

- ☒ Domestic flight fare( Xian/ Lhasa & Lhasa to onward flight cost)
- ☒ Any items and services not mentioned in inclusions
- ☒ Any optional program; all the optional sales will be charged as per the printed tariffs only.
- ☒ Int'l tickets and tax;
- ☒ China & Tibet Visa fee, baggage and personal insurance.
- ☒ Nepal visa fees US\$ 30 or 50 (Single Entry Visa valid for 15 or 30 days respectively payable in cash at immigration and requires a recent photograph), no visa applicable for the Indian passport holder.
- ☒ Meals other than mentioned in the itinerary.

- ☒ Items of personal nature such as trekking equipment, bar bills, alcoholic beverages, laundry, telephone, calls internet, extra mileage, personal gratuities as tips to the staffs at hotel, guide, driver, porter, Horse / Pony ride etc.
- ☒ Personal insurance policy - suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization
- ☒ Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances.
- ☒ Insurance that covers Trekking/ Travel/ Accident /Medical/Emergency evacuations, [Helicopter rescue]
- ☒ Photography charges in the monasteries and monument.

**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 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 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 spent **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.