

High Road to Tibet - ANRT

14 days: Kathmandu to Kathmandu

What's Included

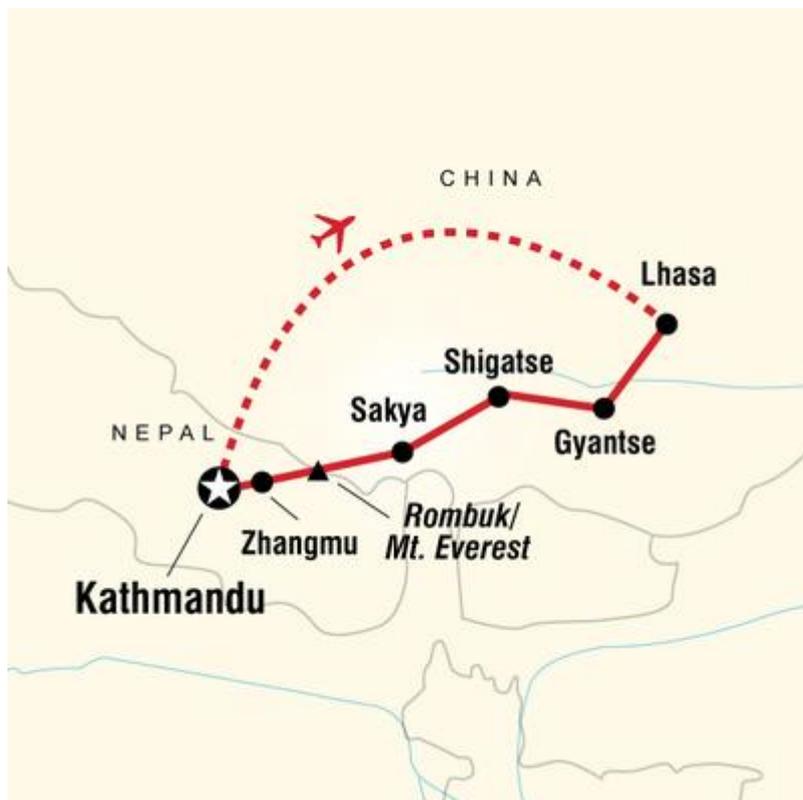
- Entrance to the Potala Palace, Entrance to the Jokhang Temple, Entrance to Pelkor Choede & Gyantse Kunbum, Entrance to Tashilhunpo Monastery, Entrance to Sakya Monastery, Entrance to Qomolangma Nature Preserve

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Itinerary



What's Included

Entrance to the Potala Palace, Entrance to the Jokhang Temple, Entrance to Pelkor Choede & Gyantse Kunbum, Entrance to Tashilhunpo Monastery, Entrance to Sakya Monastery, Entrance to Qomolangma Nature Preserve

Highlights

Experiencing the Tibetan cultural capital of Lhasa, witnessing monks in debate and prayer, exploring rural villages and lunar landscapes, hiking to Everest Base Camp.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. This trip operates at altitudes over 3500m (max altitude 5630m). Whilst we travel slowly allowing plenty of time to acclimatise you may experience headaches, nausea, lethargy on arrival in Lhasa. It is important to be aware of the affects of altitude on one's tolerance especially on long driving days. 2. Accommodation in western Tibet (particularly at Everest Base Camp) is extremely basic - only multishare rooms may be available and little or no running water. Basic pit toilets. 3. The sun is intense - hat and sun screen are essential as well as drinking plenty of water as altitude exacerbates dehydration.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 14

Meals Included

No meals are included.

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal

budgets.

Meal Budget

Allow USD240-315 for meals not included.

Transport

Plane, local bus, air-con bus

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels/guesthouses (12 nts), very basic guesthouse with limited facilities (1 nt).

My Own Room

Not available on this tour.

About Accommodation

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are used to back home as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers. A sleep sheet/bag is recommended as whilst there is plenty of bedding and (in most cases) it does get washed, it can be dusty and cold especially in winter/Spring.

Joining Hotel

Fuji Hotel & Guesthouse
Jyatha, (close to Kilroys Restaurant and Bar)
Thamel, Kathmandu.
Nepal
Tel: +977-1-425-0435

Joining Instructions

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 200-250 Rupees (approx 3-4 USD). Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi. If you have paid for an arrival transfer when you booked your trip our driver will be waiting for you with a G Adventures Sign with your name on it. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting

Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Rishab (Delhi, India)

Emergency number:

From outside of India: +91 99 7179 5447

From within Delhi: 99 7179 5447

From within India, but outside Delhi: 099 7179 5447

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

Checklist

Passport (with photocopies)

Photos for Nepal visa on arrival

Travel insurance (with photocopies)

Airline tickets (with photocopies)

USD cash
Credit or debit card (see personal spending money)
G Adventures vouchers, pre-departure information and dossier
Any entry visas or vaccination certificates required
Day pack for daily personal items
Wet wipes / Moist towelettes
Hand sanitizing lotion
Alarm clock
Flashlight
Sun hat, Sun block, Sunglasses
Moisturizer, Lip balm
Insect Repellent
Water bottle, Plastic mug, Cutlery
Tampons
Sleep sheet
Ear plugs for light sleepers
Small towel and swim wear (optional)
Toiletries (biodegradable)
Sturdy walking shoes/Sport sandals
Money belt
Shorts for summer months (June – September)
Long trousers
Hiking pants/track pants
Shirts/T-shirts
Warm clothes for April-November. Hat and gloves Wool jumper / sweater / fleece. Lightweight during summer, 1 heavyweight or 2 lightweights during winter months. Down jackets in winter.
Umbrella or waterproof jacket.
Cover for backpack or plastic bags to keep clothes dry or dustfree.
Camera and film
Reading/writing material, cassettes/CDs or other entertainment for long travel days.
Binoculars
Pocketknife
First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).
Presents from home like photos, toothbrushes, stickers, postcards, children's books, souvenir pins.
Protein bars, chocolate, dried fruits, candies and snack foods.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

CHINA - G Adventures local agent in Nepal will arrange a group visa for China. This is the only way groups may enter China from Kathmandu. If you already have a China visa the Chinese Embassy in Kathmandu will cancel it and issue you a group visa that is valid for this trip only.

The cost of the visa is NOT included in the trip. You must pay it separately on arrival in Kathmandu at the group meeting. For all nationalities the visa fee is 114 USD EXCEPT American passport holders whose fee is 198 USD.

These permits are issued from the Chinese government and it is at their discretion as to who is eligible for a permit. G Adventures can not guarantee that you will be granted a permit to Tibet.

NEPAL - All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide two passport photos and the following fees in US dollars cash only: Multiple entry visa valid for 15 days - US \$25: Multiple Entry Visa for 30 days - US \$40 and Multiple entry visa valid for 90 days - US \$100

Please note that if you are planning an additional trip to China after The High Road to Tibet tour you will need to apply for a Chinese visa at the Chinese embassy in Kathmandu. This can only be done once the High Road trip is finished so please allow for additional days in Kathmandu after your trip if you need a new Chinese visa. (Please check with your Chinese embassy prior to travel as this is subject to change)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. As of Feb 2012 the exchange rate for NEPAL was 1 USD = 78.76 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

All departure taxes should be included in your international flight ticket.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

Allow 80 USD for Optional Activities

Day trip to Ganden - Lhasa

Sera Monastery

Pelkor choede, dzong

Dhurbur Square (Kathmandu)

Swayabunath (Kathmandu)

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in

the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information. Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Associated Planeterra Project

Planeterra supports Seva Canada Society's work in Tibet:

Seva Canada Society is an international non-governmental organization dedicated to the elimination of preventable and treatable blindness. Seva has worked in Nepal and India for 25 years and more recently in Tibet and Tanzania. Today, nearly 40 million people are blind, with ninety percent of the world's blind living in developing countries. Another 135 million have debilitating low vision. Most of this blindness can, however, be prevented or cured. Half of the world's blindness is caused by cataracts that can be reversed with a 15-minute operation, costing \$20 - \$50 in most developing countries.

Seva in Tibet

Tibet has one of the highest rates of blindness in the world, caused mostly by cataract. Many people affected by blindness live in remote areas far away from eye care services. They are often unaware of available treatments, or simply unable to reach a hospital because of poverty and lack of transportation.

Seva supports 20 microsurgical eye camps in the Yushu region of Tibet every year. In Tibet, because the population is scattered and the distances are great, surgical eye camps are the most efficient way to treat the high rate of cataract. Every year, 3500 sight restoring surgeries are conducted in Seva-sponsored eye camps, but this volume needs to be tripled to eliminate preventable blindness in Tibet. Nepali and local Tibetan surgeons, paramedical eye workers and Seva Tibet staff organize, manage and conduct the eye camps which are held from July through November each year. Local Tibetans in Yushu call the eye surgeons the "eye openers".

How you can help

Through fundraising events and donations to Planeterra our goal is to support eye camps throughout Tibet. The total cost of an eye camp (1 - 2 weeks long) is approximately \$8000 US and each camp performs 150-200 sight restoring surgeries, as well as the screening of thousands of patients for refractive error and other conditions. Beneficiaries of the sight restoring surgery may range from very young children with congenital cataracts to the very elderly with age-related cataracts.

For more information about these projects and/or to make a donation please visit our website at www.planeterra.org or contact us at info@planeterra.org

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.