

THE CHINA TRAVEL COMPANY

"We regard each and every trip we organise as a trip of a lifetime."

TT-06 | LHASA & NAMTSO LAKE



★ **ITINERARY PAGE 7**

★ **PRICING & INCLUSIONS PAGE 14**



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ABOUT OUR COMPANY

Established as one of the UK's leading, independent and family owned China tour specialist our focus is on well thought through private and tailor made rail adventures. Our emphasis is very much on creating the right trip for you and we work closely with you in order to achieve this. We regard the China as a trip of a lifetime and use our experience and knowledge to make it that for you.

ALL TOURS ARE FINANCIALLY PROTECTED

We are members of **ABTA** (Y1699) and our tours are **ATOL** protected (license 10287) giving you full peace of mind when booking with us both for monies paid to us as well as the code of conduct and high standards we are both delighted to and required to uphold.



LHASA • NAMTSON LAKE



PRIVATE TIBET TOUR : TT-06 LHASA & NAMTSONG LAKE

Dear Sir / Madam,

Please find full details of this itinerary in this dossier. If you have any questions at all please do not hesitate to contact me.

Best regards,
The China Travel Company.

THE CHINA TRAVEL COMPANY

- www.thechinatravelcompany.co.uk
- info@thechinatravelcompany.com

☎ +44 (0)20 8816 8399

- ABTA member Y1699
- ATOL License 10287



4 NIGHT / 5 DAY PRIVATE TOUR VISITING :

LHASA

Tibet's otherworldly capital with stunning architecture and setting.

NAMTSONG LAKE

Beautiful high altitude lake set against a backdrop of mountains.

NOTE: An altitude of over 4,700 meters (15,400 feet) is reached on this trip. Whilst the vast majority of people experience little more than shortness of breath there is a very small risk of more severe complications such as acute mountain sickness (AMS).



Vicky & Simon White

"Thank you so much for what you did, not just booking the trip, but in your advice and guidance in the preparation phases. Everything we did and saw exceeded our expectations. It was without doubt the highlight of our 3 month 10 country tour. Not only would we recommend you, we will use you again."

[CLICK HERE TO READ MORE VIEW MORE FEEDBACK ON OUR WEBSITE](#)



DAY

- 1** • **LHASA** Arrival in Tibet's Capital of Lhasa with a transfer to your hotel & free time.
Kyichu Hotel ★ ★ ★ [Learn more...](#)
- 2** • **LHASA** Visit the Potala Palace, Jokhang Temple & Kora & Ancient Sera Monastery.
Kyichu Hotel ★ ★ ★ [Learn more...](#)
- 3** • **NAMTZO LAKE** The journey to remote Namtso Lake & the Drak Yerpa Caves.
Guesthouse in Damshung
- 4** • **LHASA** Return to Lhasa using a different road route to add variety.
Kyichu Hotel ★ ★ ★ [Learn more...](#)
- 5** • **END** A sad farewell to this extraordinary & unique city with a transfer to your onward transport.
N/A



YOUR DAY BY DAY ITINERARY

The following pages detail your itinerary day by day. All our trips are tried and tested and, between us, we have visited all destinations and accommodation and travelled on modes of transport. We like to offer our clients the greatest flexibility possible with their trip so if there is anything you would like to change please contact us.

JUST ASK US IF YOU WOULD LIKE TO MAKE ANY CHANGES

"We returned to the UK yesterday, completing our 3 weeks in China. Thanks very much for organising our itinerary. Everything went like a dream. Being met at each destination was a real boost and each of these guides were extremely helpful. Accommodation was all good and transport/ tickets all went smoothly. Would have been difficult to do this trip without your organisational help. Thank you!"

Simon & Helen Randfield



**Safe
travels**

by

WORLD
TRAVEL &
TOURISM
COUNCIL



YOUR DETAILED DAY BY DAY ITINERARY

DAY 1

DATE TBC

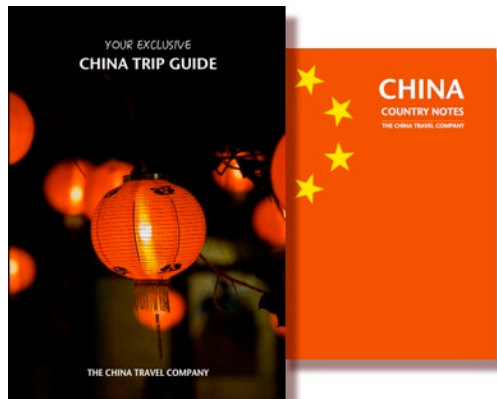
LHASA

ARRIVAL IN TIBET'S CAPITAL, TRANSFER TO YOUR HOTEL & FREE TIME

Arrival in Lhasa with a warm welcome from your guide and driver who will transfer you to the hotel. Lhasa, at a quite manageable altitude of 3,650 meters (12,000 feet), is a unique city and a real highlight. The setting, history, architecture, people and contrasts all make for a very special travel experience. Free time to relax and adjust to the altitude or start exploring the city.

TOP TIP: Take it easy this first day in Lhasa allowing yourself to slowly acclimatise to the altitude. Keep hydrated and avoid coffee and alcohol.

 **Meals Included:** None Today.



YOUR EXCLUSIVE TRIP GUIDEBOOK

Tap in to our knowledge of China with our exclusive guidebook personalised to your trip. These books are packed full of tips about the country, what to take, currency, destination guides and much more. The perfect way to prepare for and get the most out of your China experience with us!

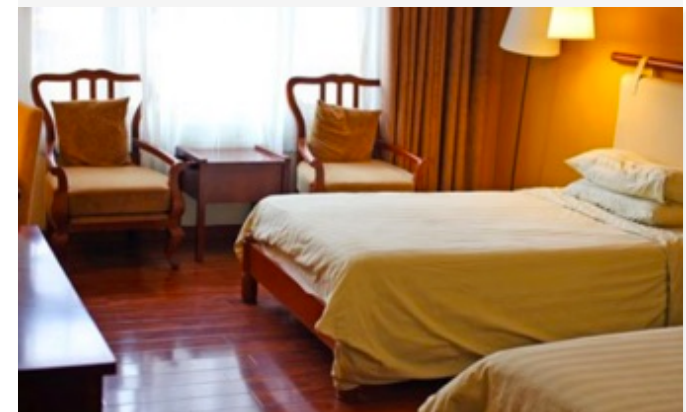
OVERNIGHT

KYICHU HOTEL



Well located in the Old City with much of interest in the area. Hotel is designed in the traditional Tibetan style and has a pleasant garden.

[CLICK HERE TO LEARN MORE](#)



Photos for guidance only & not necessarily the room booked



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拉萨 LHASA HIGHLIGHTS

"A destination hard to describe and totally unique."



Averages

	J	F	M	A	M	J	J	A	S	O	N	D
Max temp °C	7	9	13	16	20	23	23	21	20	17	12	8
Min temp °C	-9	-6	-2	2	6	10	10	10	8	2	-4	-8
Rainfall mm	1	1	3	6	28	71	117	121	69	9	2	1

POTALA PALACE



FRIENDLY PEOPLE



TEMPLES



YOUR DETAILED DAY BY DAY ITINERARY

DAY 2

DATE TBC

LHASA

POTALA PALACE, JOKHANG TEMPLE & KORA & ANCIENT SERA MONASTERY

Today you visit one of the architectural highlights of China - if not the world - the vast Potala Palace, former residence of the Dalai Lama's of Tibet. Building started in 1645 and has been added to over the centuries. It is 13 stories high and contains over 1,000 rooms, 10,000 shrines and 200,000 statues. You will see some of the meeting rooms as well as the extraordinary chapels with their vast gold and jewel encrusted shrines to previous Dalai Lamas - the chapel of the 5th Dalai Lama has a stupa coated in 3,727kg of gold and 18,680 precious stones. The Potala dominates Lhasa and the views from the palace stretch out across the city to the surrounding mountains.

After lunch (own arrangement) visit the Jokhang Temple constructed in 642 AD and considered the most sacred and important temple in all Tibet. It is located at one end of Barkhor Square, a fascinating meeting point for pilgrims from all over the region making for an intense atmosphere infused with incense and devotion. Surrounding the temple is the Barkhor Kora, a 1 km circular walk for pilgrims and locals as well as a fascinating market selling all the goods a pilgrim might need on their travels.

Continue to Sera Monastery, spread over 28 acres at the base of Pubuchok mountain and built in 1419. The highlights are the great assembly hall and some of the colleges located within the complex with their wealth of architectural features and shrines.

 **Meals Included:** Hotel Breakfast.

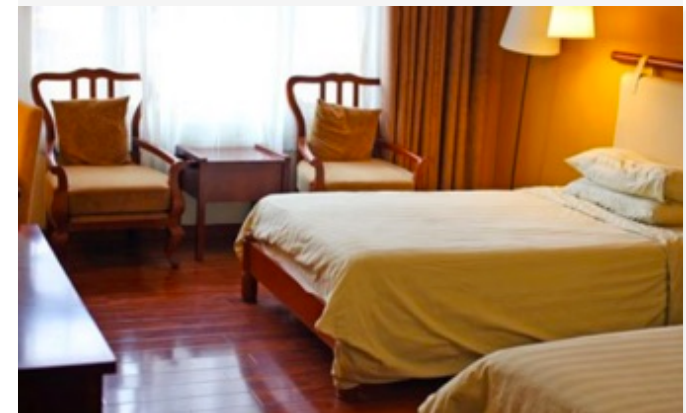
OVERNIGHT

KYICHU HOTEL



Well located in the Old City with much of interest in the area. Hotel is designed in the traditional Tibetan style and has a pleasant garden.

[CLICK HERE TO LEARN MORE](#)



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DAY 3

DATE TBC

NAMTSO LAKE

THE JOURNEY TO THE REMOTE NAMTSO LAKE & THE DRAK YERPA CAVES

Today we begin a classic Tibetan adventure to the remote and stunning Namtso Lake 275km / 6 hours from Lhasa with its dramatic backdrop of the Nyainqêntanglha mountain range. On route we stop at the Drak Yerpa to visit the hermits caves and chapels before driving through the Penpo valley and crossing the Chakla and Largen la passes to Namtso lake where we arrive in the afternoon. Free time to explore the lakeshore area and enjoy the spectacular sun-set view of the lake and its backdrop of mountains.

 **Meals Included:** Hotel Breakfast & Picnic Lunch.

OVERNIGHT

GUESTHOUSE IN DAMSHUNG



As it is no longer possible to stay near the lake we overnight in a guesthouse in Damshung. Standards here are fairly basic.

[CLICK HERE TO LEARN MORE](#)



Photos for guidance only & not necessarily the room booked



🇨🇳 纳木错 NAMTZO LAKE HIGHLIGHTS

"Perfect place to get away from it all in wide open spaces."



Averages

	J	F	M	A	M	J	J	A	S	O	N	D
Max temp °C	7	9	12	16	19	22	22	21	20	16	11	8
Min temp °C	-10	-7	-3	1	5	9	10	9	7	1	-5	-9
Rainfall mm	0	0	0	1	5	9	14	15	10	2	0	0

CURIOUS YAKS



EPIC VIEWS



BIG SKY COUNTRY



YOUR DETAILED DAY BY DAY ITINERARY

DAY 4

DATE TBC

LHASA

RETURN TO LHASA USING A DIFFERENT ROAD ROUTE

This morning is spent at the lake where you can hike around the Tashi Dor hermit cave and chapels or head into the hills.

Late morning we leave for Lhasa (250 km / 4 hours) crossing the Damshung and Nyingchen Thangla passes before going through the expansive Yangpachen nomadic grass-lands and Tulong valley where we can stop at local farming villages to meet people or take photos. Late afternoon arrival in Lhasa where you can further explore the Old City or have some free time to relax or souvenir shop.

 **Meals Included:** Guesthouse Breakfast.

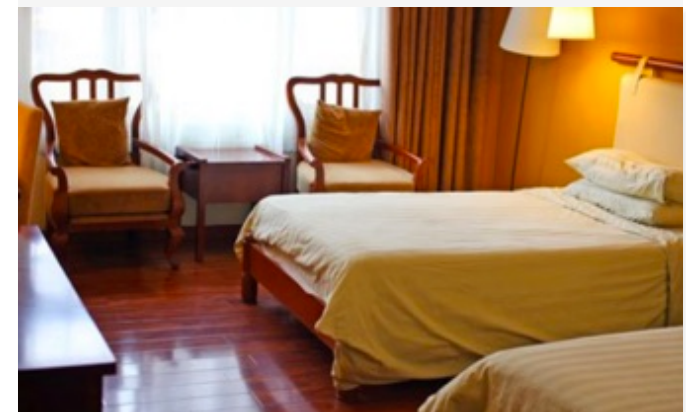
OVERNIGHT

KYICHU HOTEL



Well located in the Old City with much of interest in the area. Hotel is designed in the traditional Tibetan style and has a pleasant garden.

[CLICK HERE TO LEARN MORE](#)



Photos for guidance only & not necessarily the room booked



DAY 5

DATE TBC

 **END**

FAREWELL TO THIS EXTRAORDINARY & UNIQUE CITY

Free time until a transfer to your onward transport out of Lhasa. We believe, like so many, you will have come under Tibet's magical spell!

NOTE: An altitude of over 4,700 meters (15,400 feet) is reached on this trip. Whilst the vast majority of people experience little more than shortness of breath there is a very small risk of more severe complications such as acute mountain sickness (AMS). Note that level of fitness and age are no indication as to whether you are more susceptible or not to AMS. [Click here for more information.](#)

 **Meals Included:** Hotel Breakfast.



Dawn Collins & Family

"I cannot praise the company and the team enough for the help we got planning this trip - right down to the finer details.

I have never received the customer service of this level from another tour operator, and would have no reservations about recommending your company."

[VIEW MORE FEEDBACK](#)



- **Price guide* per person based on 2 people travelling: UK £ 1,330 / US\$ 1,670**

** Prices vary by date, availability and the number of people in your party. Please contact us for a firm quote.*

A full list of what is included in this price can be seen on the following pages. Note that this does not include any international flights or visas.

- **Booking and payment terms:**

Once we receive completed booking forms we will book and confirm services for you and send an invoice for the deposit payment of 20% per person (plus any international flights we are booking) with full payment due 60 days before departure. All payments to us are protected under our ATOL or ABTA licenses and we accept payment by Credit Card, Debit Card (no fee) or bank transfer. [Click here to read our Booking Terms & Conditions.](#)

- **Our pricing policy:**

We believe that the the pricing for this tour offers excellent value for the services and standards we operate and we frequently check our pricing against that of other operators. If you feel you have a similar quote that is of a lower price we are happy to reconsider our pricing for you if you can forward the other quote so we can fairly compare. We would add that in our experience we usually find some differences that, although they may appear subtle, make both a significant difference to the price and, more importantly, the quality of the trip experience.



INCLUSIONS & EXCLUSIONS FOR THIS ITINERARY

Here you will find the inclusions and exclusions for this itinerary. We guarantee you will receive the services below although on very rare occasions one service may need to be replaced with another similar one as there are a lot of complex logistical elements to a trip like this.

■ INTERNATIONAL PLANE TICKETS: Tickets for flights the start and finish of the above trip

✈ International flight tickets are NOT included in this itinerary. We CAN arrange these for you.

■ TRANSPORT: Between destinations and other than plane or train

✓ Your own private car or minibus outside of Lhasa with driver and guide (lodging and food for the guide and driver is included in the price).

■ ACCOMMODATION: Let us know if you have your own hotel preferences or wish to upgrade

- ✓ 2 nights Lhasa - Kyichu Gu 3* (deluxe room with breakfast)
- ✓ 1 night Namtso Lake (Damshung) - Guesthouse in Damshung (basic accommodation)
- ✓ 1 night Lhasa - Kyichu Gu 3* (deluxe room with breakfast)

■ TRANSFERS: Private with driver and an English speaking guide (except where stated)

- ✓ Lhasa - Airport to Hotel
- ✓ Namtso Lake - Transfers to and from Lhasa to the lake and guesthouse.
- ✓ Lhasa - Hotel to Airport

■ TOURS: All our tours include entrance fees and use professional, licensed guides

- ✓ Lhasa - Full day private tour to the Potala Palace, Jokhang Temple, Barkhor Square, Jokhang Kora and Sera Monastery.
- ✓ Namtso Lake - Two day private jeep trek with driver and guide to Namtso lake as described in the itinerary.



INCLUSIONS & EXCLUSIONS FOR THIS ITINERARY

■ OTHER INCLUSIONS: Also included in this trip

- ✓ Meals - As indicated in the itinerary.
- ✓ Tibet Travel Permit needed to travel in this province.
- ✓ Back up oxygen cylinder outside of Lhasa in case of altitude issues (extremely rare this ever needs to be used!)
- ✓ Visa Paperwork - Confirmation documentation you need in order to get the visas.
- ✓ Support - Emergency numbers and contacts for each destination.
- ✓ Guidebook - Our exclusive Trip Guidebook personalised to your trip.
- ✓ Financial Peace of Mind - All monies paid to us are legally protected under UK law.

■ NOT INCLUDED IN THIS TOUR

- ✗ International Airfare to / from the start / finish of your trip - we can book these flights on request.
- ✗ The Chinese visa - we can advise and partner with [VisaCentral](#).
- ✗ Travel insurance to cover any medical treatment - we recommend [Citybond Suretravel](#) (UK residents only).
- ✗ Laundry and bar bills
- ✗ Photographic charges in some monasteries
- ✗ Additional costs due to unforeseen expenses that may arise due to the factors beyond our control like personal illness, weather, landslides, etc...

■ END





"A fantastic, once in a lifetime trip, arranged by real experts – thank you. We saw and experienced so much in the space of a few weeks and have so many memories to look back on."

Jill Morris



"This holiday was one of the best we have had, thanks to everyone who made it possible. I've done the google review, it's important that people can see how good you are. Many Thanks for your help."

Tim Ellis



"Absolutely awesome time! I think we have seen as many of the iconic sights of China that you could possibly fit into 2 weeks and all done in comfort and style. Thank you so much."

Susan Rutherford



"I cannot praise the company and the team enough for the help we got planning this trip. I have never received the customer service of this level and would have no reservations about recommending your company."

Dawn Collins



"The trip exceeded my expectations. It was well organised, we felt really well supported, the guides made us feel very welcome and well looked after and we were very pleased with the hotels."

Fiona Nicolle & Family

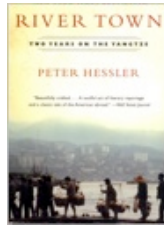


"It was an excellent, well organised trip to many areas of China which we wouldn't have been able to do without your expertise. Thank you for a trip of a lifetime from myself and my family."

Lily O'Hara & Family

[CLICK HERE TO VIEW MORE FEEDBACK ON OUR WEBSITE](#)





RIVER TOWN
PETER HESSLER

Set in the remote town of Fuling in the Yangtze River Valley this best selling book charts the experiences of the author as a Peace Corps volunteer at a time when China was embarking on the immense changes of reform and opening up.



MAO: THE UNKNOWN STORY
JUNG CHANG

Well researched and based on interviews with those who knew and dealt with him. The book doesn't flinch from exposing the brutality of Mao but is also charts his rise to power and the methods he employed to maintain.



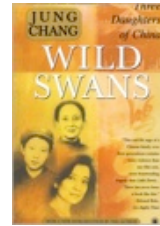
GOOD WOMEN OF CHINA
XINRAN

This unforgettable book is the story of how Xinran negotiated the minefield of restrictions imposed on Chinese journalists to reach out to women across the country.



RED CHINA BLUES
JAN WONG

An excellent book that covers the authors experiences in China in the 1970s when she moved there from Canada as a supporter of Mao's Cultural Revolution. The book charts her initial enthusiasm for Mao until her eventual disillusionment.



WILD SWANS
JUNG CHANG

20th Century history told through the the story of three generations of the same family. There are few books on China which bring the history to life and feel so personal with such ease and readability.



CHINA ROAD
ROB GIFFORD

Running 3,000 miles from Shanghai to the border of Kazakhstan in the north-west, Route 312 - China's 'Route 66' - is a road that Rob Gifford has always wanted to travel. Part pilgrimage, part reportage - this book illuminates a country on the move.



RED DUST
MA JIAN

A travel book set over the authors three years of journeying through remote parts of China in the 1980s which was partly an escape from the surveillance and disapproval of his life by the authorities in Beijing.



WOLF TOTEM
JIANG RONG

This is a compelling story set during the cultural revolution about a Beijing intellectual who volunteers to live in a remote and idyllic area of Inner Mongolia. His simple life here is shattered as people swarm into the region upsetting the environment.



ESSENTIAL CHINA INFORMATION, TIPS & FREQUENTLY ASKED QUESTIONS

HOW FAR IN ADVANCE DO I NEED TO BOOK?

We suggest a minimum of 3 months but most people book further ahead than that to take advantage of competitive international flight pricing which tends to be cheaper the further in advance you book. For some of the smaller and popular boutique style hotels in China you will often need to book at least 6 months in advance to ensure availability.

WHAT HAPPENS ONCE I BOOK?

On completing our booking forms we will make all the necessary reservations and confirm availability with you and issue an invoice for the deposit payment (or full payment if it is less than 60 days before your trip start date). About 1 month before your trip starts we send you our Trip Guidebook which covers all the information you need to know about your trip including emergency contact numbers and hotel details.

WHAT ARE YOUR PAYMENT TERMS & CONDITIONS?

On receipt of a booking confirmation from us we require a deposit payment of 20% per person plus any international airfares. 60 days before departure we require the balance to be settled. You can read our full booking terms and conditions by [clicking here](#). We accept credit card payment and debit card as well as bank transfers.

WHAT CLOTHES SHOULD I BRING?

This is dependent on the time of year. In the summer it is hot almost everywhere so light and well ventilated summer clothing is essential as well as protection from the sun - sunglasses and a hat. Autumn and spring can be a bit unpredictable but if the weather is good it will be the same as you would wear on a good summers day in the UK. Winters are cold and layers of warm clothing are the way to go. China is not so formal for dress although respect should be shown in temples.

WHEN IS THE BEST TIME TO VISIT CHINA?

It is generally considered that the April May and September October periods off the best weather and best chance of clear skies. This doesn't stop many people visiting in the summer months or winter though. China is so big that it has something for any time of the year.

DO YOU OFFER GROUP TOURS IN CHINA?

Very rarely will we offer group tours (the exception are the Li River and Yangtze Cruises as these are by their very nature group trips). Group tours (even small group tours) have quite a bad reputation in China for wasting your precious time on what we call "shoppportunities" (unwanted shopping stops) making private tours a far better option.

DO I NEED A VISA?

Almost all nationalities including US, UK, Australian, Canadian and European citizens. [Click here](#) to see more information on the visas.

IS MY MONEY PROTECTED IF I BOOK WITH YOU?

Yes, all trips booked with us have financial protection through our ATOL license (10287) or insurance we have to cover non-flight bookings. We are also members of ABTA (Y1699) and abide by their code of conduct.

HOW MUCH SPENDING MONEY DO I NEED?

With a full touring program, hotels, transport and transfers booked through us you won't need that much spending money. We generally advise a minimum of £20 a day per person to cover drinks, and an evening meal if that isn't included. You can, of course, spend much more with top restaurants having close to international pricing. Then there are souvenirs and shopping to consider!



ESSENTIAL CHINA INFORMATION, TIPS & FREQUENTLY ASKED QUESTIONS

IS CHINA SAFE?

China is one of the safest countries to visit and in many respects safer for tourists than Western European or North American destinations. Crime against foreigners is very rare and providing common sense is used you should not have any problems. Of course, keep an eye on your pockets and bags in crowds.

WHAT CURRENCY SHOULD I BRING?

Euros, US Dollars and UK Pounds are all accepted for exchange in China although avoid Travellers Cheques as these are hard to exchange. Most people will make use of ATMs which are easy to find and increasingly, you can obtain Chinese yuan before your trip in airports or Post Offices and currency exchange booths. More details on Chinese money and costs can be found by clicking here.

CAN YOU BOOK INTERNATIONAL FLIGHTS ?

Yes, as we hold an ATOL license (number 10287) we are permitted by the Civil Aviation Authority in the UK to book flights on behalf of our clients. We are a British Airways preferred operator but also book with other airlines to get the best deals and routes for our clients.

ARE YOUR TRIPS SUITABLE FOR CHILDREN

China can be a rewarding experience for children. We can advise in more detail what we feel would be the most suitable options depending on the ages of your children and your particular circumstances. We also offer family specific trips you can [view here](#). For pricing purposes anyone 12 years and over at the time of the end of their trips with us is considered an adult.

MEDICAL ADVICE & VACCINATIONS

Our trips are designed for anybody with a reasonable standard of fitness. Where we believe there are special requirements this is mentioned in the trip information. We can cater for clients with disabilities and adapt trips accordingly and we can also cater for different dietary requirements if informed at the time of booking. There are no specific vaccinations required to enter China but you are advised to contact your local travel clinic or doctor as there may be requirements in certain cases that are dependent on your own medical history. A good resource to check requirements is [NHS Fit For Travel](#).

DO YOU SELL TRAVEL INSURANCE?

As a booking condition we require all clients taking our trips to have their own insurance against all possible medical costs whilst abroad. We recommend Citybond Suretravel travel insurance which you can get a quote for by [clicking here](#). Note that we get a small commission on each policy taken out.

PLUGS, ELECTRICITY, INTERNET & WIFI

Voltage in Mainland China is 220V, 50 Hz. A variety of electrical outlets can be found in China and can accept the standard Type A and common Type I plugs as well as Type C plugs. Most hotels will have WiFi in public areas and paid internet in rooms.

IS THERE ANYTHING ELSE I SHOULD BE ASKING?

Almost certainly! We fully expect you will have many more questions and we are here to answer them so please do not hesitate to [contact us](#) as, after all, that is what we are here for!

