

A Private Journey
To
NEPAL, TIBET, INDIA

specially prepared for

MR HARRIS
AND
MISS WORMLEIGHTON

7 April 2002 to 27 April 2002

QUICK REFERENCE ITINERARY

Day 1	Fly London Heathrow/Doha (overnight)
Day 2	Fly Doha/Kathmandu
Day 3	Fly Kathmandu/Lhasa
Day 4	Lhasa
Day 5	Lhasa
Day 6	Lhasa
Day 7	Drive Lhasa/Gyantse
Day 8	Drive Gyantse/Shigatse
Day 9	Drive Shigatse/Lhasa
Day 10	Fly Lhasa/Kathmandu
Day 11	Fly Kathmandu/Bangalore/Trivandrum, drive Cochin
Day 12	Cochin
Day 13	Cochin
Day 14	Rice boat, drive Marari Beach
Day 15	Marari Beach
Day 16	Marari Beach
Day 17	Marari Beach
Day 18	Marari Beach
Day 19	Marari Beach
Day 20	Drive Kovalam, Surya Samudra
Day 21	Fly Trivandrum/Doha/London Heathrow

FLIGHT SCHEDULE

DATE	ROUTE	FLT No.	CHECK IN	DEPART	ARRIVE
07/04/02	London Heathrow/Doha	QR2	19:30	21:30	06:25*
08/04/02	Doha/Kathmandu	QR350	06:30	08:30	15:40
17/04/02	Kathmandu/Bangalore	RA225	06:45	08:45	11:15
17/04/02	Bangalore/Trivandrum	IC905	11:15	13:15	14:20
27/04/02	Trivandrum/Doha	QR241	07:05	09:05	11:10
27/04/02	Doha/London Heathrow	QR1	10:35	12:35	17:55

* = Arrival the following day

DETAILED ITINERARY

Sunday 7 April

Fly London Heathrow/Doha (overnight)

Fly with Qatar Airways in business class from London Heathrow terminal 3.

Monday 8 April

Fly Doha/Kathmandu

On arrival in Doha connect with your onward Qatar Airways business class flight to Kathmandu. Upon arrival in Kathmandu you will be met and transferred to the Dwarika Hotel for the night.

Tuesday 9 April

Fly Kathmandu/Lhasa

This morning you will return to the airport for the flight to Lhasa (SZ 408, 09:50-13:00). On arrival in Gonggar (Lhasa) you will be met by your English speaking Tibetan guide and transferred to the Lhasa Hotel, a journey of about one and a half hours, where a deluxe room will be reserved for you. The remainder of the day is at leisure to acclimatise to the altitude.

The city of Lhasa, situated at an altitude of 3607 metres (11,808 feet), lies on the north bank of the Kyichu river in the province of U (Central Tibet). Two high craggy hills stand up in isolation from the valley floor. One, Red Hill, is topped by the Potala Palace and the other, Chokpori or Iron Hill, is crowned by a trail antenna.

Lhasa consists of two distinct parts consisting of different architecture, population and lifestyle. Old Lhasa, the Tibetan section, centres around the Jokhang Temple with narrow streets between sloping whitewashed stone walls. Windows are framed in black trapezoids, with protruding fan shaped eaves above and many of the houses have brightly painted woodwork.

New Lhasa, the Chinese section, was built within the last 30 years around the base of the Potala. It is characterised by straight, broad streets and utilitarian buildings that house Chinese style department stores and government houses.

In spite of its forced pace of modernisation, Lhasa has not lost its soul. It is a friendly city where a Tibetan will always return a smile.

Wednesday 10 April

Lhasa

A full day of sightseeing will give you the opportunity to view both daily life, with a visit to the Moslem market, and buildings of immense religious importance. In the heart of Old Lhasa is Barkhor Street which encircles the Jokhang. The area has a sacred pilgrim path and a lively marketplace that attracts a cross-section of society from all over Tibet. The Jokhang is the spiritual centre of Tibet and the oldest parts date back to the 7th century. It was one of two temples that were built to house two Buddhas brought back from

Nepal and China by the wives of King Songtsen Gampo. In the outer courtyard and the porch of the temple pilgrims can often be seen in full-length prostrations towards the holy sanctum.

You will also visit the Potala Palace, an architectural wonder and a spectacular edifice whose gold roofs soar high above the town and rise more than 300 metres above the valley floor. The present building was mainly constructed during the fifth Dalai Lama's reign between 1645 and 1693. With over 1000 rooms, it contained the living quarters of the Dalai Lamas and their magnificent golden tombs. Hundreds of decorated chapels and shrines, halls and corridors contain thousands of gilded statues.

Overnight at the Lhasa Hotel.

Thursday 11 April

Lhasa

You travel outside the city today visiting the Sera and Drepung Monasteries. Sera, meaning "Merciful Hail" lies on the northern edge of Lhasa. Its name denotes the rivalry with the "Rice Heap" (Drepung) since hail destroys rice. Founded in 1419 by Tsongkhapa's eighth disciple it became famous for its tantric teachings. The warrior monks of Sera, the dob-dobs, were admired as athletes but also feared.

Drepung, as mentioned above, means "Rice Heap", by virtue of the fact that its white buildings look similar to rice piled up against Mount Gyengbawudze. This monastery was the biggest and richest in Tibet and housed the Nechung, the State Oracle. At its peak it governed 700 subsidiary monasteries.

Overnight at the Lhasa Hotel.

Friday 12 April

Lhasa

Within the city is Norbulingka, the Summer Palace. Norbulingka means Jewel Park and the first Dalai Lama built a summer palace here in 1755. Each successive ruler added their own. The present Dalai Lama built one in 1950 shortly before he left Tibet. You will visit the Norbulingka this morning and then the afternoon is at leisure.

Overnight at the Lhasa Hotel.

Saturday 13 April

Drive Lhasa/Gyantse

After breakfast your road journey continues when you drive to Gyantse (280kms, 7-8 hours). On arrival in the town, which was once Tibet's third most important city, you will see the Puti Tower and the Baiju Monastery (Palkhor), the latter founded in 1365. Only four buildings remain but originally it housed 1000 monks. It still has some fine Bodhisattva statuary and original art in the chanting hall. Overnight Gyantse Hotel.

Sunday 14 April**Drive Gyantse/Shigatse**

You continue today to Shigatse (90kms, 2-3 hours). En route you will stop at the Shalu Monastery. It lies 22 Km south of Shigatse and for many years this small monastery was a centre for psychic and scholarly learning. Founded in 1040 it was almost totally destroyed in the 1960's and today still has a small band of novices and monks and some fine murals. In Shigatse you will see the Panchen Lamas summer palace but entry to it is not allowed since it is still used by the present Panchen Lama when he visits the town. The remainder of the day will be at leisure allowing you time to relax since a long trip of this nature can be tiring with the many visits and the altitude. Overnight Shigatse Hotel.

Monday 15 April**Drive Shigatse/Lhasa**

This morning you will see Tashilimpo Monastery. It means "Heap of Glory" and was once the seat of the Panchen Lamas. It is still a very active monastery and dates back to 1447. The monks are part of the Yellow Hat Sect and often had to flee from their province of U in the wake of attacks from the Red Hat Sect in Tsang. You may wish to take the 3km walk from the monastery back to town past the old dzong, an open air Tibetan market and the ruins of the citadel. You will then return to Lhasa (330kms, 5 hours). Overnight at the Lhasa Hotel.

Tuesday 16 April**Fly Lhasa/Kathmandu**

After breakfast you will be transferred to the airport for the flight to Kathmandu (SZ407, 09:50-08:50). On arrival you will be met and taken to the Yak & Yeti Hotel and will check in if your room is available.

Wednesday 17 April**Fly Kathmandu/Bangalore/Trivandrum, drive Cochin**

Early this morning you will be transferred to the airport for the Royal Nepal Airlines flight to Bangalore (RA225, 08:45/11:15), travelling in business class. On arrival connect with your onward Indian Airlines business class flight to Trivandrum (IC905, 13:15/14:20). You will be met and driven by air-conditioned Ambassador car to Cochin (220kms / 5 hours). Check in to the Malabar House Residency where a suite will be reserved for you.

Thursday 18 April**Cochin**

Your English speaking guide will meet you at the hotel and escort you for a half day sightseeing tour of the city. Cochin, the commercial capital of Kerala, glories in the title of 'Queen of the Arabian Sea'. A city of peninsulas and islands with a mainland centre, Cochin has a magnificent natural harbour, almost in the middle of the city, created by the underwater Malabar mudbanks that ensure calm waters. The afternoon is at leisure. Overnight Malabar House Residency.

Friday 19 April

Cochin

At leisure in Cochin, overnight at the Malabar House Residency.

Saturday 20 April

Rice boat, drive Marari Beach

This morning you will be driven to Alleppey (63kms / 1.5 hours) where you will embark on a tour of the backwaters travelling by traditional rice boat. Fringed by paddy fields and coconut palms which sway as gentle breezes ruffle the waters, the dense foliage gives way to untarnished village life on the canals and waterways of this 'Venice of the East'.

At the end of the day you will drive the additional half hour to Marari and the Marari Beach Resort. A Pool Villa will be reserved for you for 6 nights.

**Sunday 21 -
Thursday 25 April**

Marari Beach

You have five full days at leisure to relax and enjoy the Marari Beach Resort. Set in twenty-five acres of palm groves, behind a wide strip of golden sandy beach, the hotel is the ideal retreat. Hammocks slung between palm trees, a vast turquoise pool and miles of beach on which to walk and/or watch the local fishermen launch their canoes are just some of this resort's features.

Accommodation is in cool white thatched cottages in twin or double rooms with wicker furnished verandas and private outside bathrooms complete with banana palms and papaya trees.

Friday 26 April

Drive Kovalam, Surya Samudra

Today you will be driven to Kovalam (160kms / 4hours) to the Surya Samudra. A Seafront Room will be reserved for you for the night.

Saturday 27 April

Fly Trivandrum/Doha/London Heathrow

This morning you will be transferred to the airport for your business class Qatar Airways flight to Doha (09:05-11:10). On arrival connect with your onward business class flight to London Heathrow (12:35-17:55).

Cost Includes:

Business class Qatar Airways, Indian Airlines and Royal Nepal Airlines flights; economy flights to and from Lhasa; Chinese visa (£55 per application) and Indian visa (£60 per application); transfers and transportation throughout by private vehicle and bed & breakfast accommodation in Kathmandu.

In Tibet: Half board accommodation throughout at the Lhasa Hotel in Lhasa and the best available hotels elsewhere, sightseeing tours as specified, local English speaking Tibetan guide and all entrance fees.

In India: Bed & breakfast accommodation throughout, rice boat trip with lunch and sightseeing tour in Cochin.

Cost Excludes: Nepalese visa fee, Tibet permission (\$25 per person to be paid locally in Kathmandu), additional meals, gratuities and items of a personal nature.