



Tibet Tours



Kham and Amdo Tour

DATE	PLACE	PURPOSE	HOTEL	PRICE	VISUAL
JULY 24, 2018	Chengdu	Fly into CTU. Explore the markets, enjoy an evening Chinese opera & shadow puppet show.	Tibetan Hotel Chengdu	\$88 - hotel \$25 - meals \$10 - transport \$30 - show	
JULY 25, 2018	Chengdu to Yushu	Fly between Chengdu and Yushu, 6:35a-8:10a. Acclimate, go to the horse festival.	Gonpo's Home	\$161 - flight homestay \$50 - homestay incl. meals \$65 - festival fee (one time) \$516 - transport 8 days 4 pax (3,200¥)	
JULY 26, 2018	Yushu	Go to the horse festival	Gonpo's Home	\$50 - homestay incl. meals	
JULY 27, 2018	Yushu	Go to the horse festival and explore the markets.	Gonpo's Home	\$50 - homestay incl. meals	
JULY 28, 2018	Yushu to Nangchen	Drive 3 hours from Yushu to Nangchen, see the town of Nangchen.	Nangchen Hotel	\$70 - hotel \$30 - meals \$20 - transport	

JULY 29, 2018	Nangchen to Gargon	Drive 2.5 hours to nomadic area, stay in tent hotel.	Gar Gonpa tents	\$60 - tent and meals \$20 - transport	
JULY 30, 2018	Gargon	Visit the monasteries, nunnery, and upper and lower monastery.	Gar Gonpa tents	\$60 - tent and meals \$20 - transport	
July 31, 2018	Gargon	Spend time in nomad tents.	Gar Gonpa tents	\$60 - tent and meals \$20 - transport	
AUGUST 1, 2018	Gargon to Yushu	Drive for 4-5 hrs from village to town, stopping in Nangchen for lunch.	Gar Hotel	\$75 - hotel \$15 - meals	
AUGUST 2, 2018	Yushu to Xining to Rebkong	Flight 18:30-19:50, drive 3 hours to Rebkong and settle in the homestay.	Sherap's Home	\$108 - flight (670¥) \$50 - homestay incl. meals \$2,744 - transport (17,000¥) per 10 pax van for 10 days	

AUGUST 3, 2018	Rebkong	Visit the Shaman Festival.	Sherap's Home	\$50 - homestay incl. meals	
AUGUST 4, 2018	Rebkong	Visit the Shaman Festival. Go to thangka workshops.	Sherap's Home	\$50 - homestay incl. meals	
AUGUST 5, 2018	Rebkong to Labrang	Drive 5 hours between Rebkong and Labrang.	Baoma Hotel	\$45 - hotel (260¥) \$15 - meals	
AUGUST 6, 2018	Labrang Tseko	Visit the NorLha workshop and picnic in the grasslands.	Baoma Hotel	\$45 - hotel (260¥) \$15 - meals	
AUGUST 8, 2018	Labrang to Lhamo Si	Drive from Labrang to Lhamo Si, walk in Tiger Valley and explore the caves and scenery.	Lhamo Monastery hotel	\$61 - hotel (380¥) \$15 - meals	
AUGUST 9, 2018	Lhamo Si to JiuzhaiGou	Drive from Lhamo Si to Jiuzhaigou, picnic along the way for lunch in the grasslands.	Jinxin Hotel	\$58 - hotel (360¥) \$5 - Lhamo Si fee (30¥) \$15 - meals	

AUGUST 10, 2018	JiuzhaiGou to Huanglong	Visit the famous Jiuzhaigou region, enjoy the scenery, and drive to Huanglong.	Huanglong Hotel	Hotel \$56 (350), Jiuzhai Gou entrance fee \$50 (310), meals \$15	
AUGUST 11, 2018	Huanglong to Hongyuan	Visit the colorful water pools of Huanglong and drive to Chengdu.	Tibet Hotel Chengdu	\$45 - Huanglong with cableway (280¥) \$88 - hotel \$25 - meals	
AUGUST 12, 2018	Hongyuan	Visit the carpet and handicraft factory.	Amnyi Machen	\$56 - hotel \$15 - meals	
August 13, 2018	Chengdu	Depart from CTU	Tibet Hotel Chengdu	\$88 - hotel \$25 - meals	

Kham & Amdo Tour

This **Culture Focused Tour** provides participants with a deeper look into Tibetan lifestyles. Depending on how close participants would like to be with the culture, this tour could consist of 3 different home orient stays. . If participants are interested in a “fair-trade learning tour” where there is more exchange between participants and host communities, this is intended to offer that and to be more interactive. Alternatively, to maintain a level of comfort, hotels can be reserved. The accommodations will not be as comfortable if the “fair-trade” model is chosen, yet it will direct more money into the community and less resources will be used in an inequitable way in which the other more “traditional” tours are set up. Participants will have little privacy, except when they take solo hikes into the mountains or find a solitary corner to sit in at a monastery. This tour will give the most accurate information to the participants and the hosts about the other’s lives and experiences, as they are able to be

human together, rather than base their interactions on a consumer/producer system. This tour will be the least comfortable, with the most driving time, with the least privacy. It is the most cost effective and the most interactive, with direct economic benefit to the communities we are working with, while also being the most ecologically friendly tour.

Main destinations:

- **CHENGDU, Sichuan** - The capital of Sichuan Province is famous for its relaxed atmosphere. Tea houses, Chinese opera, and shadow puppet shows are the main pass-times here. It is a major tourist crossroads where we can see markets while enjoying the famous spicy Sichuan flavors.
- **JEKUNDO (Yushu), Qinghai** - Yushu is the wild west of Kham where traditional nomadic lifestyle lives on. Yushu is an ecological hotspot with many monasteries. The highlight of our time here is the HORSE RACING FESTIVAL: July 25- August 1st. Here you can expect to see most of Yushu's nomads gathered, thousands of dancers, hundreds of horse races, beautiful garments, jewelry, and a beauty competition! The festival takes place in Yushu, in a huge stadium, recently built after the 2010 quake that leveled the city.
- **REBKONG (Tongren), Qinghai** - This is the center of the arts in Amdo, where painting, statue, carpentry, and farming form the foundation of local economy. The region is predominantly populated by farmers and famous for its artisans. Most of the Tibetan farmers here practice Bon as well as Buddhism. Rebkong painters are recognized as the best in all Tibet, Nepal, and India. They are also the most wealthy. The carpenters of the region are to be noted, as they have amazing skills! Here we will observe the SHAMAN FESTIVAL: July 30-August 12. The Shaman Festival takes place in many different villages scattered around Rebkong. The annual festival includes different offerings to each village's mountain spirits. Some village boys pierce themselves, other shamans may make blood offerings from the scalp, and others dance barefoot for hours around sacred images. The ceremonies are long and fascinating for anthropologists, but perhaps not for a general audience. Sensitivity of the ceremonies is necessary, as most shamans enter trance in front of the villagers and their actions are unpredictable.
- **LABRANG (Xiahe), Gansu** - Labrang Monastery is the largest monastery in Amdo. Tourists and pilgrims alike flood this region in the summertime. It is a somewhat sensitive area and does sometimes close without warning. It is the seat of the Panchen Lama. Here we can visit NorLha handicraft company's workshop, and the nearby grasslands.
- **XINING, Qinghai** - Xining, the rapidly developing capital of Qinghai Province, is a melting pot on the historical Silk Road for Tibetan, Hui, Mongolian, and Han people.
- **NANGCHEN, Qinghai** - Nangchen is considered the religious center of Tibet for many, as it is home to more monasteries than any other county. Nangchen is a newly constructed county seat for the geographically widespread nomadic communities. Nangchen was once a

powerful kingdom, and the inhabitants maintain their homeland pride. Here we can see a handicraft vocational school and nomad relocation projects, which the government needs assistance with, as they are unable to offer the relocated nomads employment.

- **GARGON, Qinghai** - GarGon is one of the most famous monasteries of Nangchen. It has three monasteries: one for lay practitioners, one for monks, and one for nuns, plus two retreat centers. Chinese tourists and scientists are coming to the region with increased frequency to enjoy the scenery and the wildlife. Snow leopards, bears, antelope, blue sheep, deer, monkeys, and many other special species live in the Gar mountains. The nomads in this region are happy to share their traditions with others.
- **JIUZHAIYOU, Sichuan** - This is a famous tourist destination in Sichuan with breathtaking reflecting pools set against jaw dropping mountains. Thousands go to this Tibetan area to enjoy the scenery every year.
- **HUANGLONG, Sichuan** - Another famous scenic spot near to Jiuzhaigou in a traditionally Tibetan ethnic region. Tiered pools reflect a prismatic spectrum of colors here. The tourist market in this area can be explored.
- **LHAMO SI, Gansu** - Sacred caves and beautiful monasteries pull tourists to this destination each summer. The area has many English speaking ex-nomads who have become entrepreneurs. It is a nice place for group members to explore on their own and make personal connections to Tibetans.

Cost: \$3,600

Price excludes: 1. Travel Insurance 2. Services not mentioned: optional Chinese Acupuncture or Massage, Tibetan healing etc. 3. Emergency evacuation 4. Tips and Gratuities 5. International flight tickets 6. Chinese Visa. 7. A \$600 donation to the Pureland Project Programs to support Tibetan guides, businesses, and communities.

Kham, Amdo & Utsang Tour

DATE	PLACE	PURPOSE	HOTEL	PRICE	VISUAL
JULY 29, 2018	Chengdu	Fly into CTU. Explore the markets, spend the evening watching a Chinese opera and shadow puppet show.	Tibet Hotel Chengdu	\$88 hotel \$25/meals \$12/transport for 3, \$30/ show	
JULY 30, 2018	Chengdu to Yushu	Fly between Chengdu and Yushu, 6:35am-8:10am, acclimate, and go to the horse festival.	Gargon Hotel	\$161 - flight \$75 - hotel \$25 - meals \$65 - festival fee (one time) \$12 - transport for 3 people	
August 1, 2018	Yushu	Horse Race Festival	Gargon Hotel	\$75 - hotel \$25 - meals	
August 2, 2018	Yushu	Visit Janakmani, the Mani Stone wall, and have a picnic lunch.	Gargon Hotel	\$75 - hotel \$25 - meals	
August 3, 2018	Yushu	Go to Princess Wangchen Mountain, Trangu Gon, and Jigden Sumgon Gon.	Gargon Hotel	\$75 - hotel \$25 - meals	

August 4, 2018	Yushu to Xining to Rebkong	Flight 18:30-19:50, drive 3 hours to Rebkong and settle in the homestay.	Mutik Hotel	\$108 - flight (670¥) \$45 - hotel (260¥) \$15 - meals \$219 - transport 8 days 10 pax/van (1,360¥)	
August 5, 2018	Rebkong	Visit the Shaman Festival.	Mutik Hotel	\$45 - hotel (260¥) \$15 - meals	
AUGUST 6, 2018	Rebkong	Visit the Shaman Festival.	Mutik Hotel	\$45 - hotel (260¥) \$15 - meals	
AUGUST 7, 2018	Rebkong	Visit the Shaman Festival.	Mutik Hotel	\$45 - hotel (260¥) \$15 - meals	
AUGUST 8, 2018	Rebkong	Visit the Shaman Festival and go to thangka workshops.	Mutik Hotel	\$45 - hotel (260¥) \$15 - meals	

AUGUST 9, 2018	Rebkong to Labrang	Drive 5 hours between Rebkong and Labrang.	Boama	\$45 - hotel (260¥) \$15 - meals	
AUGUST 10, 2018	Labrang	Visit Labrang monastery.	Boama	\$45 - hotel (260¥) \$15 - meals	
AUGUST 11, 2018	Labrang to Xining	Visit thangka painters and carpenters in Labrang, then drive 4 hours to Xining.	YiLi Hotel	\$56 - hotel (350¥) \$15 - meals	
AUGUST 12, 2018	Xining to Lhasa 1	Fly from Xining to Lhasa. Pick up from airport and transfer to hotel, rest for acclimatization.	Kyichu Hotel	\$437 - flight RT XNN-LXA (2,710¥) \$49 - Tibet travel permit (300¥) \$64 - guide fee (400¥)* \$237 - transport for entire Lhasa tour (1,464¥)** \$100 - Kyichu full board (620¥)	
AUGUST 13, 2018	Lhasa 2	Visit Potala Palace, Jokang Temple, and Barkhor market.	Kyichu Hotel	\$49 - Potala fee (300¥) \$14 - Jokang fee (85¥) \$100 - Kyichu full board (620¥)	

AUGUST 14, 2018	Lhasa 3	Visit Lhasa carpet factory, Sera Monastery, and Shoton Festival.	Kyichu Hotel	\$8 - Sera fee (50¥) \$100 - Kyichu full board (620¥)	
AUGUST 15, 2018	Lhasa 4	Drive to Gyantse, visit Gyantse carpet factory and Shigatse Ganggyen weaving factory.	Kyichu Hotel	\$10 - Gyantse fee (60¥) \$13 - Tashi Lhunpo fee (80¥) \$100 - Kyichu full board (620¥)	
AUGUST 11, 2018	Lhasa 5	Drive to Tserhang and Tanang to visit local handicraft areas.	Kyichu Hotel	\$100 - Kyichu full board (620¥)	
AUGUST 12, 2018	Lhasa to Xining to Beijing	Travel to the airport.	Legendale Hotel	\$160 - hotel \$40 - meals	
AUGUST 13, 2018	Beijing	Fly out of PEK.	Legendale Hotel	\$160 - hotel \$40 - meals	

*Guides permitted to travel Lhasa and Shigatse will be required, as are the travel permits. We will help participants get necessary travel permits that need to be applied for in advance through a registered tour company.

**Vehicle costs for the Lhasa tour are all included, as the vehicles will stay with the group the entire time. Each vehicle can accommodate 10 people. 1,220km will be traveled with the existing itinerary.

Kham, Amdo & Utsang Tourist Tour: requires a high level of travel endurance.

The idea behind this tour is to be able to see all three Tibetan areas: Kham, Amdo, and Utsang. This tour will provide you with the broadest overview of the Tibetan plateau and the current situation of those living there. It will demonstrate the vast contrast in culture between the Tibetan regions. Since the tour is so fast paced, it will be difficult to fully “sink in” and learn deeply about any of the regions, but participants will come away with an overarching understanding of the diversity of Tibet. Visiting three summer festivals in the three main regions will give travelers an incredible experience.

Main destinations:

- **CHENGDU, Sichuan** - The capital of Sichuan Province is famous for its relaxed atmosphere. Tea houses, Chinese opera, and shadow puppet shows are the main pass-times here. It is a major tourist crossroads where we can see markets while enjoying the famous spicy Sichuan flavors.
- **JEKUNDO (Yushu), Qinghai** - Yushu is the wild west of Kham where traditional nomadic lifestyle lives on. Yushu is an ecological hotspot with many monasteries. The highlight of our time here is the HORSE RACING FESTIVAL: July 25- August 1st. Here you can expect to see most of Yushu’s nomads gathered, thousands of dancers, hundreds of horse races, beautiful garments, jewelry, and a beauty competition! The festival takes place in Yushu, in a huge stadium, recently built after the 2010 quake that leveled the city.
- **REBKONG (Tongren), Qinghai** - This is the center of the arts in Amdo, where painting, statue, carpentry, and farming form the foundation of local economy. The region is predominantly populated by farmers and famous for its artisans. Most of the Tibetan farmers here practice Bon as well as Buddhism. Rebkong painters are recognized as the best in all Tibet, Nepal, and India. They are also the most wealthy. The carpenters of the region are to be noted, as they have amazing skills! Here we will observe the SHAMAN FESTIVAL: July 30-August 12. The Shaman Festival takes place in many different villages scattered around Rebkong. The annual festival includes different offerings to each village’s mountain spirits. Some village boys pierce themselves, other shamans may make blood offerings from the scalp, and others dance barefoot for hours around sacred images. The ceremonies are long and fascinating for anthropologists, but perhaps not for a general audience. Sensitivity of the ceremonies is necessary, as most shamans enter trance in front of the villagers and their actions are unpredictable.

- **LABRANG (Xiahe), Gansu** - Labrang Monastery is the largest monastery in Amdo. Tourists and pilgrims alike flood this region in the summertime. It is a somewhat sensitive area and does sometimes close without warning. It is the seat of the Panchen Lama. Here we can visit NorLha handicraft company's workshop, and the nearby grasslands.
- **LHASA, TAR** - famous capital of Tibet, Lhasa is changing rapidly. As it enters the global market, the ancient cultural landscape is undergoing rapid transformation. It is a fascinating time to visit this powerful place. Many of the major tourists destinations will be included, but we will also visit some of the handicraft and carpet centers.
- **XINING, Qinghai** - Xining, the rapidly developing capital of Qinghai Province, is a melting pot on the historical Silk Road for Tibetan, Hui, Mongolian, and Han people.
- **BEIJING, Beijing**- The capital of China, Beijing is full of high end markets that can be explored while enjoying delicious foods and exploring the ancient neighborhoods and historic landmarks.

Cost: \$3,900

Price excludes: 1. Travel Insurance 2. Services not mentioned: optional Chinese Acupuncture or Massage, Tibetan healing etc. 3. Emergency evacuation 4. Tips and Gratuities 5. International flight tickets 6. Chinese Visa 7. Tibet Travel Permit). 8. A \$600 donation to the Pureland Project Programs to support Tibetan guides, businesses, and communities.

Travel in Tibet

Travel in Tibetan regions is becoming increasingly popular. In order to bring about maximum benefit for Tibetan people with our tours, these plans were created with care. The travel agents and the hotels listed are mostly Tibetan owned establishments. We shall also try to be considerate and support Tibetan restaurant owners where possible.

Most of the destinations on the tour are high traffic tourist destinations. Fortunately, only the Lhasa tour requires a special permit and special tour guide. All other regions can be reached by obtaining the general Chinese visa, which I can offer a template for filling out if necessary.

To obtain the Tibet Travel Permit (TTP) travelers will need to send a scan of their passport and Chinese visa, and pay fees 20 days in advance of the tour.

To secure rooms and vans (especially in Shangri La, Lhasa, Rebkong, and Yushu) we will need to make reservations during the last week of May at the latest. Price estimates listed are for travel in a 10 person passenger van and minibuses. If people feel more comfortable in four wheel drive vehicles we can send different prices. Hotel and food prices are per person, though rooms can be shared. China's tourism high season is in July, which will allow you the opportunity to observe the markets in full swing and also the cultural exchange between Chinese tourists and Tibetans.

These itineraries are flexible, but we cannot change the dates of the festivals! The Yushu horse races are from 7/25-8/1 the Rebkong Shaman Festival is from 7/30-8/12. The Shoton (Yogurt Festival) is on August 14th in Lhasa. On the first day of Shoton they display the very large thangka at Sera Monastery.

Please be in touch with any questions or concerns. I am happy to help you throughout this process, so you may have an enjoyable and successful visit!