

NZCFS PROJECTS and TIBETAN COMMUNITIES OCTOBER 2011

21 Days in China

Visit:

- NZCFS Projects: meet our project partners, visit sites, dine with Kathleen Hall scholars
- Seven days in Tibet
- Tibetan Communities in three other provinces



Fully escorted

All inclusive Price \$7000 (estimated)

October 10-31 (dates to be confirmed)

Contact Dave Bromwich
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NZCFS PROJECTS and TIBETAN COMMUNITIES TOUR

21 days in China, October 10-31 2011 (dates to be confirmed)



Day 1 Arrive Xi'an, rest, city sights, stay in **Xi'an**

Day 2 Meet NZCFS project partners Shaanxi Women's Federation, travel to **Shuangshipu**

Day 3 Visit NZCFS projects, Rewi Alley "cave house", travel to **Baoji**

Day 4 Train to Lanzhou, city sights, dine with NZCFS Kathleen Hall Scholars in **Lanzhou**



Day 5 Travel via Linxia by bus to Tibetan area, **Xiahe**

Day 6 Visit Tibetan Labrang monastery, relax and walk while acclimatizing at 2900meters above sea level. **Xiahe**

Day 7 By bus across grasslands via Tongren to the capital of Qinghai Province, **Xining**



Day 8 City sights, markets, then fly to **Lhasa**, 3700m

Day 9 Visit Potala Palace, Jokhang Temple, Barkhor St markets. **Lhasa**

Day 10 Drepung Monastery, Sera 'debating monks' monastery, museum **Lhasa**



Day 11 Day trip to turquoise blue Namtso lake, surrounded by 7000m+ peaks **Lhasa**

Day 12 By bus travel across the Tibetan



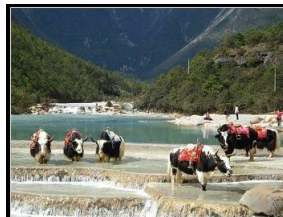
plateau to Tibet's second largest city **Shigatse**, 3900 m

Day 13 Via Gyantse, view the fort, and back to **Lhasa**



Day 14 Fly to Zhongdian in North Yunnan, relax and walk in the last of the Tibetan frontier towns, also known as **Shangrila**

Day 15 Visit scenic spots, minority village, Ganden Sumtseling Gompa, the most important Tibetan monastery in SW China, stay in **Shangrila**



Day 16 Travel via White Water Terraces and Tiger Leaping Gorge to **Lijiang**. Enjoy an evening Naxi music concert

Day 17 Visit the old city in the early morning, then by bus to **Dali**



Day 18 A relaxing day on bicycles, walking, browsing in markets of **Dali**

Day 19 Visit a NZ Red Pear Project village on the way to **Kunming**

Day 20 The Western Hills, sights of **Kunming**

Day 21 Depart for international connection

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