

# HANOI TO LHASA, with option to Everest

## AN ADVENTURE WITH NZCFS March April 2024

NZCFS Tours are QUALITY TOURS, providing REAL experiences, with enthusiastic companions in a cohesive small group, escorted by knowledgeable people who provide an in depth understanding of China and (in this case) Vietnam!

NZCFS are pleased to offer this special tour, travelling from Hanoi in Vietnam, through Yunnan Province to Lhasa in Tibet, and on to Everest Base Camp for those who elect to take this extension. An adventure tour of three parts. Highlights include:

### A. Vietnam

- Hanoi
- Halong Bay, Catba Island
- Sapa Hill Town

### B. Yunnan Province

- Yuanyang terraces
- Jianshui old town
- Kunming
- Lijiang
- Shangrila

Fly Shangrila to Lhasa

### C. Tibet Autonomous Region

- Lhasa
- The Southeast region of Tibet
- Gyantse, Shigatse, Everest Base Camp (optional extra)



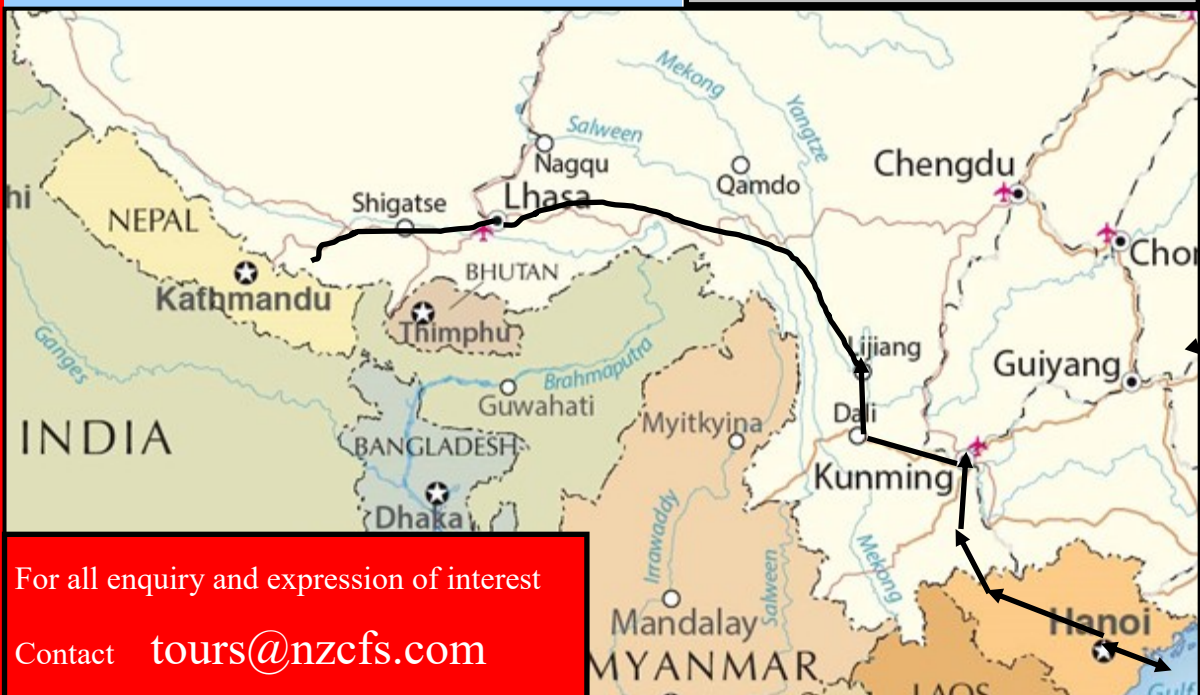
Part A is 6 days in the north of Vietnam.

Part B takes us from the Vietnamese border with Yunnan to Lhasa. Fly from Shangrila to Lhasa and take a road trip to the South East of Tibet. At a lower altitude, exploring this beautiful region will make for comfortable travel.

Part C, Lhasa to Rongbuk, under Everest Base Camp, is an optional extra. We appreciate that not everybody will wish to experience the higher altitude of this four day excursion. Please indicate which sections you wish to travel.

We are now confident that the borders will be open, and we can travel freely on this itinerary in China's spring 2024

**Cost estimate from \$8500 for A&B. Includes all travel (including international), all meals, accommodation (4\* or best available), site entry fees. For C add an extra \$1000.**



For all enquiry and expression of interest

Contact [tours@nzcfs.com](mailto:tours@nzcfs.com)

# HANOI TO LHASA: AN ADVENTURE WITH NZCFS March April 2024

**March 20** Depart NZ (date to be confirmed - dependent on international flight availability), fly to Hanoi.

**Day 1** Arrive Hanoi, wander around the streets, explore the shops and markets, Hoan Kiem Lake. Stay in old **Hanoi**.

**Day 2** Sites in Hanoi, must see are Ho Chi Min museum; the 11th century Confucius temple - housing Vietnam's first University, or Imperial Academy; the museum of ethnology. Stay in old **Hanoi**.

**Day 3** Coach to Halong, cruise through the myriad of karst islands in Halong Bay - a Guilin in the sea - overnight on **Cat Ba Island**.

**Day 4** Return cruise through a different route, coach back to Hanoi via Haiphong, stay in Old **Hanoi**.

**Day 5** Travel by coach (5-6 hours) through countryside to ascend to the hill town of Sapa, wander the town, visit markets of the Hmong people. The Hmong are closely related to the Miao of south-west China. Stay in **Sapa**.

**Day 6** Take a walk in a nearby village, after lunch take the coach to Laocai, the border town with Yunnan, and cross the border to the Chinese town of **Hekou** to stay overnight.

## **In China**

**Day 7** Travel by coach to **Yuanyang** terraced villages. At this time of year we can expect to see the paddy fields flooded with water.

**Day 8** A whole day to enjoy the various sites in this area. See the sunrise, visit the rice fields, villages, see the sunset over the terraces reflected in the water, and some recently planted paddy. Stay in **Yuanyang**

**Day 9** Travel on by coach to **Jianshui** (3.5 hours). Visit the old town; drum tower for French history display; Confucian scholars' exam centre; night cultural performance featuring the Yi people.

**Day 10** Coach to Kunming (3 hours), visit Green Lake Park and Yunnan Ethnic Village. Stay in **Kunming** (1900masl - metres above sea level).

**Day 11** Visit Nanping walking street, afternoon take bullet train to Lijiang (3.5 hours), enjoy the old town in the evening. Look for the old residence of Peter Goullart, the Gung Ho rep in the 1940s, who Rewi Alley visited twice. Stay in **Lijiang** (2400masl).

**Day 12** Go to Jade Dragon Mountain, visit the Naxi old village of Baisha to visit a top quality embroidery cooperative, and the old residence of Joseph Rock, adventurer, anthropologist and long term resident. View Zhang Yimou's show *Impressions of Lijiang* on the mountain. **Lijiang**

**Day 13** By coach to Shangrila, 200km (4-5 hours). On the way visit the famous Tiger Leaping Gorge on the Yangtse River. Stay in **Shangrila** (3200masl).

**Day 14** **Shangrila** is in the Diqing Tibetan autonomous prefecture. Visit the Potatso National Park, rich in rare flora and fauna of China. Taking it easy to acclimatise at 3000 masl level, we will enjoy the lakes, forest, alpine meadows, bird life, and a squirrel or two. **Over.....**



# HANOI TO LHASA: AN ADVENTURE WITH NZCFS March April 2024

Days 15 to 21 Explore Lhasa and the South-east corner of Tibet.

Fly from Shangrila to Lhasa, and do a circuit by coach to Nyingchi in the south east and return to Lhasa.

**Day 15** Fly to Lhasa. Relax in **Lhasa**. 3650masl.

**Day 16** Lhasa to Nyingchi (Chinese name Linzhi) via Lulang Forest. Lulang Forest has high alpine meadows, flowering azaleas in spring, and the best view of the majestic Mt Namjagbarwa if clouds allow. Enjoy the local chicken speciality with alpine funghi dishes. Move on to stay in **Nyingchi**

**Day 17** Do a day trip from Nyingchi-Suosong village-Nyingchi(200km, 4.5hrs) Suosong is a quiet idyllic village on the north bank of the Yarlung Zangbo River Grand Canyon. In idyllic scenery, with a second chance to view Mt Namjagbarwa, it is famous for its peach blossom in spring. Stay in **Nyingchi**

**Day 18** Nyingchi-Basongtso Lake-Lhasa. Basongtso Lake is a turquoise coloured alpine lake which eventually feeds into the Yarlung Zangpo River. It is a Tibetan holy lake, and is a AAAAA scenic spot. The lake colour changes through turquoise to Sapphire and blue depending on the sunlight. (460km, 6.5hrs). **Stay in Lhasa**

**Day 19** Back in Lhasa, visit Potala Palace and Jokhang Monastery; enjoy the square and craft markets.

**Day 20** Sera Monastery – with its famous debating courtyard (2hrs), relax for journey back to NZ

**Day 21** Fly out of Lhasa for flights back to NZ—itinerary to be confirmed.

*OR* **Day 21** Depart for Mt Everest adventure

An extension of this travel to Everest Base Camp and return is also offered, see next page.



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# LHASA TO MT. EVEREST: AN ADVENTURE WITH NZCFS April 2024

This is an optional extension to the tour. We travel across the Tibetan plateau, over high passes, past lakes and glaciers, and scattered villages to reach our destination each night.

## Day 21

Travel Lhasa to Gyantse to Shigatse (360km, 8 hrs) . The old fortress, or dzong, in Gyantse is one of the best preserved in Tibet. Dating from 1390, it was subjected to attack and subsequently ramsacked by the British lead by Colonel Francis Younghusband in 1904. Passing Yamdrok Lake, Karuola Glacier, Kumbun Stupa to **Shigatse**, Tibet's second largest city.

**Day 22** Shigatse to Everest Base Camp (350km, 7 hrs). This journeys through the higher levels of the Tibetan plateau, with yaks grazing on sparse vegetation, crossing some high passes until we finally see the massive Himalaya range and our first sight of Everest. Later we enter the Rongbuk valley to finally arrive at the **Rongbuk Monastery**. From here we have a clear view of the mountain as long as the clouds lift. This time of year gives us a good chance before monsoonal clouds envelop her.

**Day 23** Travel up the Rongbuk valley to get as close as allowed to the mountain without a climbers permit. Return to **Shigatse**.

**Day 24** Tashilunpo Monastery, Shigatse to Lhasa (280 km, 6 hrs)

**Day 25** Depart for New Zealand

