

HANOI 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

- Hekou border town
- 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)



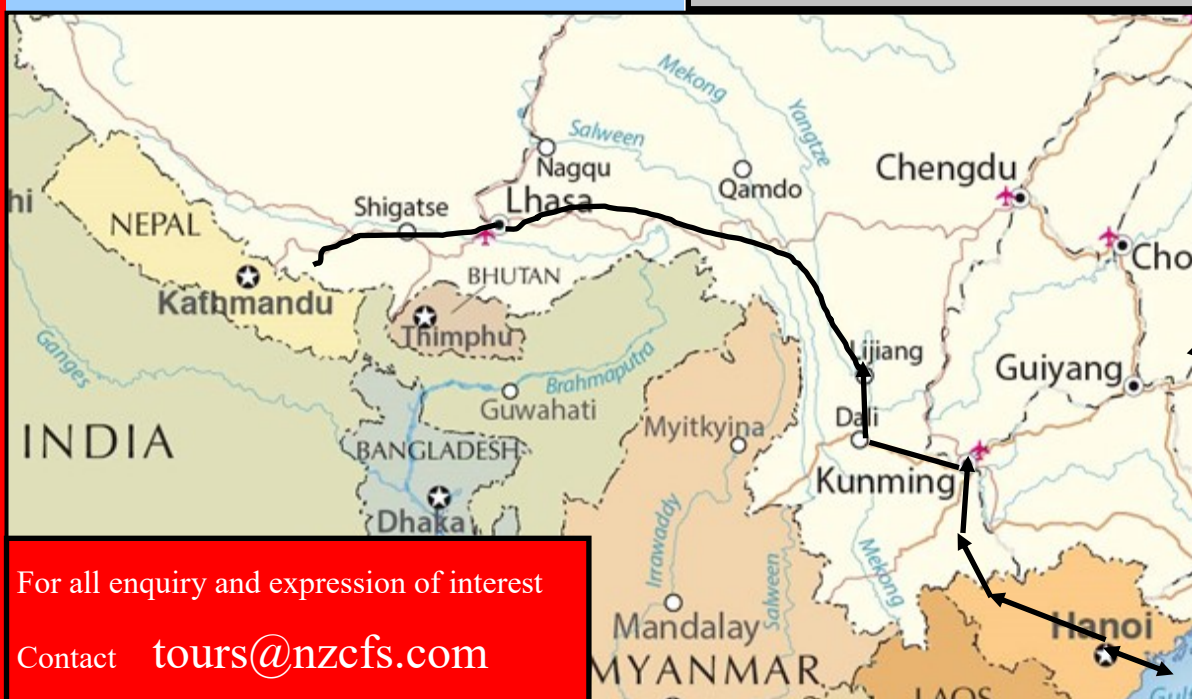
Part A is 6 days in the north of Vietnam.

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 photogenic 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. Includes all travel (including international), all meals, accommodation (4* or best available), site entry fees.



For all enquiry and expression of interest

Contact tours@nzcfs.com

HANOI TO EVEREST: AN ADVENTURE WITH NZCFS March April 2024

March 20 Depart NZ (dates to be confirmed)

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 is Ho Chi Minh 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, then by coach back to Hanoi via Haiphong, stay in Old **Hanoi**.

Day 5 Travel by coach (5-6 hours) through countryside ascending 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 Lao cai, 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 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 representative 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** (3200 masl).

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 over 3000masl, we will enjoy the lakes, forest, alpine meadows, bird life, and a squirrel or two. **Over.....**



HANOI TO EVEREST: 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 via in the south east and return to Lhasa.

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

Day 16 Lhasa-Kadinggou-Nyingchi (6hrs' driving, 2800masl). Walk in the deep gorge of Kadinggou, 'Heaven on Earth', with gurgling water, virgin forest, meadows of cattle and scattered villages. Carry on along the Lalin expressway (the most beautiful highway in China) with high mountains and deep valleys, strange peaks and rocks, towering old trees, and even bamboo forests here. Lots of stops for the photographers! Stay in **Nyingchi** (Linzhi in Chinese).

Day 17 Nyingchi-Segrila Pass-Lulang Forest-Basumtso Lake(5hrs, 2800masl). Drive to Sejila Mountain, and view the majestic 7756 m Mt Namjagbarwa (Namcha Barwa), clouds permitting. Moving on to the **Lulang Forest** area - with its diversity of trees, birds, alpine meadows with cattle, and scattered villages. Another opportunity to view Namche Barwa, Gyala Pelri, and other high snow-capped mountain peaks. Stay in **Basumtso**

Day 18 Basumtso-Cuozone Temple-Jieba Village-Lhasa(6hrs, 3650masl) Basumtso Lake is a Tibetan holy lake, and a 5A scenic spot. The lake colour changes from blue through turquoise to sapphire depending on the sunlight. 460km, 6.5hrs). Stop in traditional Cuozone and Jieba villages on return to Lhasa. Stay in **Lhasa**

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

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

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

Day 21 Begin the extra travel to Mt Everest, see over.....



For all enquiry and expression of interest

Contact tours@nzcfs.com

LHASA TO EVEREST:

AN ADVENTURE WITH NZCFS March 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, and was subjected to attack and subsequently ransacked by the British lead by Younghusband in 1904. Passing Yamdrok Lake, Karuola Glacier, Kumbun Stupa to **Shigatse**, Tibet's second largest city (3850masl).

Day 22 Shigatse to Mt Everest (350km, 7 hrs). This journey 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 monsoon 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 Visit Tashilunpo Monastery in Shigatse then return direct to **Lhasa** (280 km(6 hrs)

Day 25 Depart for New Zealand

