

HANOI TO EVERST BASE CAMP: AN ADVENTURE WITH NZCFS March April 2021

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

Shangrila to Lhasa

Overland, or flight? We will travel the roads and sites of SE Tibet. See over for **draft** itinerary...

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. Travel from Shangrila to Lhasa overland, or by flight and a road trip to the South East of Tibet, is yet to be confirmed.

Part C, Lhasa to 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.

At this stage we are very hopeful that the borders will be open, and we can travel freely on this itinerary in China's spring 2021.

Cost estimate from \$8250. Includes all travel (including international), all meals, accommodation (4* or best available), site entry fees. Excludes visas and insurance.



For all enquiry and expression of interest

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March 20 Depart NZ (dates to be confirmed)

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

Day 2 Sites in Hanoi, must see is 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.

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.

Day 13 By coach to Shangrila, 200km (4-5 hours). On the way visit the famous Tiger Leaping Gorge on the Yangtse. 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 climatise above 3000 metres above sea level, we will enjoy the lakes, forest, alpine meadows, bird life, and a squirrel or two. **Over.....**



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Days 15 to 21 Shangri La to Lhasa.

Here there are two options. Option one (given in black) is to travel overland by coach all the way to Lhasa. This is the preferred option, but is uncertain until closer to the time of travel. If travel conditions are unsuitable, we will take option two.

Option two, given in red, is to fly from Shangrila to Lhasa, and do a circuit by coach to Nyingchi via in the south east and return to Lhasa.

Day 15 Travel Shangrila to Feilaisi, (170 km, 4 hours) in Diqing Tibetan Autonomous prefecture. Visit Feilai temple, viewing platform for Meili Snow Mountain. Stay in Feilaisi (3400masl)

Fly to Lhasa. Cities sites in Lhasa. 3650masl.

Day 16 Feilaisi to Old Salt Mine, crossing the border into the Tibet Autonomous Region(120km,3hrs) 3400masl.

Lhasa-lulang forest -Nyingchi(500km,7.5hrs)

Day 17 Old salt mine-Mangkang-Zuogong, Qamdo (280km,8hr) 3750masl.

This area is famous for its peach blossom. Do a day trip from Nyingchi-Suosong village-Nyingchi(200km, 4.5hrs)

Day 18 Zuogong - Ranwu in Qamdo(300km,6-7hrs) 3850masl

Nyingchi-Basongtso Lake-Lhasa(460km, 6.5hrs)

Day 19 Ranwu – Bomi in Nyingchi region (130km – 3 hrs)

Potala Palace; Jokhang Monastery; Enjoy the square and craft markets.

Day 20 Bomi to Bayi in Nyingchi (230km, 5-6 hours)

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

Day 21 Bayi to Lhasa (480km – 7 hours)

Fly out for journey home to NZ—itinerary to be confirmed.

Day 22 Potala Palace; Jokhang Monastery; Sera Monastery – with its famous debating courtyard(2hrs) . Stay in Lhasa

Day 23 Depart for New Zealand

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



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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 23

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 24 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 **Tent City** (5200 masl), near 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 25 Tent City, up the Rongbuk river to get as close as allowed to the mountain without a climbers permit. Return to Shigatse.

Day 26 Tashilunpo Monastery, Shigatse to Lhasa (280 km(6 hrs)

Day 27 Depart for New Zealand

