

Tibet – a sacred land of myths and mysteries inhabited by the ever-smiling people, has not only exerted magnetic spell upon travelers for centuries but also spies, missionaries, scholars, geographers, mystics, soldiers and cranks. Yet, few intrepid, serious and determined have been able to make it.

This journey to Tibet begins in fabled city Beijing, the far east of China. You will visit the Forbidden City – the world largest imperial palace and the Tian'anmen Square – the largest city square in the world followed with an excursion to the Great Wall of China. You'll visit Tibet's spiritual and political capital of Lhasa, the heart of Tibet and highest city on earth, where you'll explore stunning monasteries and temples, including Potala Palace that was rebuilt by the Fifth Dalai Lama in 1645. With some good Karma under your belts, you board Sichuan province of South China. Province of Sichuan encompasses fertile subtropical plains and high mountain ranges marking the border with neighboring Tibet. There are strong Tibetan influences throughout the Province, especially in the appearances of the villages and the features of the local tribes home for the famous Giant Pandas.

This diverse journey reflects the Silk Route trade of olden times; old men and women with weathered, turning the wheel of Dharma chanting prayers. The nomads, in their turquoise, coral and amber necklaces and Tibetan 'chubas' worship in their Tibetan Buddhist Gompas and animism still is visible in many forms. Tibetan culture exists in its pure form, untainted by the Chinese occupation which has affected much of Tibet.

This trip leads to some of the most remote and spectacular places on earth, however you'll never need to give up big-city convenience as you rest and recharge in a collection of hotels with international standard.

Trip Highlights

- Bejing City tour
- The Great Wall of China
- Train Journey from Bejing to Xining on a World's highest railway, across some of the most fascinating terrain on earth
- Spectacular flight from Xining to Lhasa the heart of Tibet and highest city on earth.
- Step inside and experience life as the "mountain people" live, in the roof of the world
- Giant Panda Breeding Centre in Chengdu

Detailed Itinerary

Day 1: Arrive in Beijing

Welcome to China! Upon arrival in Beijing a *travel-to-nature Asia* guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

Lunch in a local restaurant followed by the guided tour to the Forbidden City - the world largest imperial palace housing 9999.5 rooms, then proceed to Tian'anmen Square – also it is the largest city square in the world covering a total space of 44 hectares. We will go out for dinner in a nice local restaurant to enjoy the Chinese delicacies.

Accommodation: Royal Phoenix

Meal: Dinner

Day 2: Beijing – The Great Wall

After Breakfast in the hotel, we will head for a day excursion to the Great Wall of China, which extends over 8,000 kilometers from the Pacific to the Gobi

Desert. Great Wall, the image of China throughout the world, lives up to its reputation, as one of the Eight Wonders of the World. It was built in 221 BC by the first emperor of China.

Here, we will take the opportunity to go for a short trek starting from Jingshanling and ending at Gubeikou. This short trek from the Jinshanling Great Wall to the Gubeikou Great Wall takes about 3 hours allowing us to see & enjoy the authentic Great Wall and avoid crowds, giving us the chance to admire and enjoy the environment and details of the Wall. We will meet our transportation at the foot of the Gubeikou Great Wall to transfer us back to our hotel. We will go out for a nice dinner (Peking Duck recommended) in a local restaurant followed with the fabulous Kungfu Ballet in the Red Theatre (optional).

Accommodation: Royal Phoenix

Meals: Breakfast, Dinner



Day 3: In Beijing - Summer Palace, Lama Temple & Hu Tong Tour

We have the whole day to explore most important historical sites of Beijing. To start with, we will visit the Summer Palace – the greatest imperial garden in China followed with the Lama Temple (Yonghe Temple; Yonghe Lamasery). Lama Temple is the largest and best-preserved lamasery in Beijing. It was built in 1694 during the Qing Dynasty (1644-1911) as the residence of the Emperor Yongzheng (the third emperor of the Qing Dynasty) before he ascended the throne. In the year 1744, the residence was completely converted into a lamasery. So this resplendent architectural complex is endowed with

the style of an imperial palace, making it distinctive from others.

Late in the afternoon, we will then undertake the "Hu Tong Tour" by Rickshaw to experience the real life of the Beijing local people followed with a nice local dinner.

Accommodation: Royal Phoenix

Meals: Breakfast, Dinner

Day 4: Morning Sightseeing in Beijing | Beijing - Xining by Train

Today afternoon, we will take an overnight train from Beijing to Xining. But before our departure, we have some free time. Therefore a short visit to the Temple of Heaven in the morning is a worthwhile place in Beijing. It is much bigger than the Forbidden City and smaller than the Summer Palace with an area of about 2,700,000 square meters. The Temple was built in 1420 A.D. during the Ming Dynasty to offer sacrifice to Heaven. As Chinese emperors called themselves 'The Son of Heaven', they dared not to build their own dwelling, 'Forbidden City' bigger than a dwelling for Heaven.

After lunch, we will drive to Beijing Railway Station to take afternoon train to Xining leaving at 13:59 hrs and arriving Xining at 13:47 hrs the following day. Overnight on board.

Accommodation: Onboard a train **Meals:** Breakfast, Lunch, Dinner

Day 5: In Xining (2,300 m)

We arrive Xining Railway Station in the afternoon at around 2 pm. Upon arrival, we will be met by a guide and transferred to our hotel Jin Jiang Inn.

(Xining - Since July 1st, 2006, Qinghai-Tibet Railway has been opened to public and amazed thousands upon thousands of people around the world. World's highest railway, across some of the most murderous terrain on earth, miles upon miles of remote Tibetan plateau blanketed in permafrost, or even peak at

altitude of 17,000ft., come on, let us just take the train travel to experience the unique scenery and landscapes...!)

Xining is the capital and largest city in Qinghai province and once a major hub along the northern Silk Road. Xining, like Lanzhou, Changsha and the other provincial capitals, is a pretty generic Chinese city. But like the province it represents, Xining definitely reflects the greater ethnic diversity of western China. The monstrously huge mosque is surrounded by a lively Muslim quarter. The city's largest market sells a vast array of local snacks, some quite different from anything elsewhere in China. Xining Provincial Museum and Tibetan Traditional Medicine and Art Museum have decent exhibits of Tibetan art and cultural heritage values. Many tourists will end up in Xining only in transit to another destination.

To make ourselves familiar with Tibetan culture & traditions, we visit Tibetan Traditional Medicine and Art Museum in the afternoon. Established on Sept.9th, 2006, the Chinese Tibetan Medicine Cultural Museum is currently the only Tibetan medicine museum in the world. It exhibits and protects the relics of Tibetan cultural heritage. Its collection holds over 2,000 varieties of plant, animal and mineral specimens in addition to 180 Tibetan surgical instruments some of which date back almost 1,300 years. The collection also holds 1,000 volumes of ancient literature and a display of Tibetan cultural art created by 300 artists over 4 years. Exhibition rooms include the Mantang Instrument Hall, Ancient Literature Hall, Specimen Hall and Tibetan Cultural and Art Colored Painting Hall.

Accommodation: Jin Jiang Inn **Meal:** Breakfast, Dinner



Day 6: Fly Xining - Lhasa | Gateway to Tibet (3,595 m)

We take a spectacular flight, on a China Airlines, to Lhasa which takes 2 hours 15 minutes. After landing at Gonggar Airport and meeting our Tibetan guide, it is 45 minutes more to Lhasa city through the new tunnel.

Lhasa, the heart and soul of Tibet and one of the highest cities on earth at 3,595 m /11,450 feet; Lhasa is also the most populous city on the Tibetan Plateau. Home of the Dalai Lamas and historic Potala Palace, the city reveals modern influences and a beautiful dichotomy between past and present. Spend the remainder of your day acclimatizing due to Lhasa's altitude.

Accommodation: Kyichu Hotel **Meals:** Breakfast, Dinner

Day 7: Lhasa - Buddhist Treasures

This morning, make the pilgrimage to the vibrant Ani Tsangkung Nunnery where cheerful nuns bustle about. Next, discover the spiritual heart of Tibet and thick scent of incense at the sacred Jokhang, a 1,300-year-old temple housing Tibet's most revered golden Buddha. After lunch, wander Lhasa's Barkhor Bazaar, selling all manner of exotic goods. In the evening, travel just outside the city to the renowned Sera Monastery where you witness lively "monk debates." Later, discover the Dalai Lama's former summer residence at Norbulingka, a 99-acre enclave of gardens, ponds and palaces.

Accommodation: Kyichu Hotel **Meals:** Breakfast, Dinner

Day 8: Lhasa - Footsteps of the Dalai Lama

After breakfast, visit Sanggye Dhunghor (One Thousand Buddha Cliff), where more than 200 statues are carved into a dramatic rock face, including that of Buddha Akshobya. Next, venture beyond the towering walls of the incredible Potala Palace, a 13-story architectural masterpiece and the former winter

residence of the Dalai Lama and a UNESCO World Heritage celebrated for its priceless treasury of Buddhist artifacts and bejeweled tombs of past Dalai Lamas. The Potala was also the tallest building in the world for 200 years following its construction in 1645. Enjoy the rest of your day at leisure to explore more of Lhasa or to rest at your hotel.

Accommodation: Kyichu Hotel **Meals:** Breakfast, Dinner

Day 9: Drive Lhasa - Gyantse (3,950 m)

The real adventure begins today. Travel along picturesque Friendship Highway crossing over Karo la (5,010 m), Kambala (4,794 m) colorful Yamdrok lake and the Tibetan country. Appreciate the majestic views of Yamdrok lake, a deep blue body of water renowned for its unique beauty, and the Nazin Kang Sang glacier standing proud at 7,252 m. Driving about 261 km, you will enter the town of Gyantse, a stunning example of a traditional Tibetan village filled with beautiful stone farmhouses. Gyantse is the third largest city in Tibet and it's also known as the granary of Tibetan plateau.

Accommodation: Gyantse Hotel

Meal: Breakfast

Day 10: Drive Gyantse - Xigatse (3,900 m)

This morning, venture the jewels of Gyantse, the Gyantse Dzong and the Kumbum monastery. Gyantse Dzong is a historical fort built in the 14th century, and overlooks Gyantse and the surrounding Nyang Chu Valley. The Kumbum rises 35km above the town, and is crowned by a golden dome. The grounds boast a chorten (stupa), several chapels and a stunning collection of Tibetan Buddhist murals, which inspired the name of the complex. The word 'Kubum' means 100,000 images in Tibetan. After lunch, take a 90 km drive to Shigatse. Enroute, stop at Shalu monastery; the structure embodies the Han, Tibetan and Indian styles of architecture. Following a brief look at Shalu, the journey continues to Shigatse, the second largest city of Tibet with perhaps the best preserved but controversial monastery, the Tashilhunpo gompa. Tashilhunpo Monastery of Gelugpa order, home to the Panchen Lama, is one of the largest functioning monasteries in Tibet. The main chapel - Maitreya Chapel posses a giant 26 meter high sculpture of Maitreya Buddha (the future Budhha).

Accommodation: Tashi Chueten or Manasarover

Hotel

Meal: Breakfast



Day 11: Shigatse - Seat of Panchen Lama

This morning we will explore the local market and venture the Tashilhunpo Monastery of Gelugpa order, home to the Panchen Lama, is one of the largest functioning monasteries in Tibet. The main chapel - Maitreya Chapel posses a giant 26 meter high sculpture of Maitreya Buddha (the future Budhha).

Thashilumpu Monastery is the seat of Panchen Lama, founded in 1447 by Gedun Drup, the first incarnation of Dalai Lama and a disciple of Tsong Khapa. It is the largest monastery in Xigatse proper, which once housed almost 4000 monks. We return to our hotel for lunch. Rest of the day free for individual activities.

Accommodation: Xigatse Hotel

Meals: Breakfast

Day 12: Drive Shigatse - Lhasa | Fly Chengdu (500 m)

After our leisurely breakfast we drive back to Lhasa airport. The section from Shigatse to the airport is around 260 kilometers, following the main road route to Gonggar airport . The main route travels along the the Yarlung Zangbo River until the confluence of the

Kyi Chu and passing through Nyemo County and Rinbung County to the airport.

We will take afternoon flight to Chengdu. Upon arrival at the Chengdu, we will be met at the airport by our local representative will bring us to our hotel Wen Jun where our rooms are booked. Hotel Wen Jun is nice comfortable hotel located in an ancient street and just few minute walk to Bai Hua Tan Park. If we are fit might go for birding around the park area or simply stroll around and recover from High altitude!

Accommodation: Hotel Wenjun

Meals: Breakfast, Dinner



Day 13: Panda Breeding Centre/City Park

Today we will check out early in the morning to visit the famous Panda Breeding Center. The giant pandas are not only a Chinese national treasure but are also beloved by people the world over. They are found only in Sichuan, Shaanxi and Gansu provinces. In total there are fewer than 1000, of which 80% are distributed within the territory of Sichuan province. Therefore, when visitors from home and abroad come to Chengdu, Sichuan Province one of their main objectives will be to see the giant pandas for themselves.

The Chengdu Panda Breeding Research Center has been created and imitated the pandas' natural habitat in order that they might have the best possible environment for rearing and breeding. The Center cares also for other rare and endangered wild animals. The Research Center covers an area of 560 mus (92 acres), 96% of which is verdure. Giant pandas, lesser pandas, black-necked cranes, white

storks as well as over 20 species of rare animals are fed and bred there throughout the year. Verdant bamboo, bright flowers, fresh air, a natural hill scene and a beautiful artificial view are merged ingeniously at the base.

Accommodation: Hotel Wenjun

Meals: Breakfast, Dinner

Day 18: Depart Chengdu

Transfer to airport for your homeward-bound flight.

Meal: Breakfast

Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Twin-Sharing accommodation in all Hotel/Inn as mentioned
- Daily breakfast throughout the trip, other meals as mentioned in the itinerary
- Beijing-Xining train fare
- All sightseeing and long distance transportation in private air-condition vehicle
- Entrance fees & permits as needed for monuments & monasteries,
- All applicable government taxes

Excludes

- International flight tickets
- Visa fee
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing and equipment
- Tips for trip leader/guide, driver, hotel staff and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, and other unforeseen expenses
- Items/services not listed in "included"
- Extra expenses/payment for 'Optional' activities/programs if participated

Accommodation

Royal Phoenix Beijing

For travelers who want to take in the sights and sounds of Beijing, Royal Phoenix Hotel Beijing is the perfect choice. Its convenient location right in the city center allows you more time to see all that Beijing has to offer. Experiencing the best of the city's culture is easy since we are located merely 2.1 km from Forbidden City-The Palace Museum.



Jinjiang Inn, Xining

Jinjiang Inn is located in Chengdong Qu, a neighborhood in Xining. Tibetan Plateau Wildlife Zoo is a local attraction and the area's natural beauty can be seen at Xining Nanshan Mountain and Xining Nanshan Park.

Kyichu Hotel, Lhasa

The Kyichu Hotel is named after the Kyichu River, which in Tibetan is known as "the river of happiness". A tributary of the Yarlung Tsangpo (also known as Brahmaputra), and the cradle of the ancient Tibetan civilization, the river meanders through the fertile valley in which the fabled and formerly forbidden city of Lhasa is situated.

Gyantse Hotel

You can't get more central and convenient than the well-established Gyantse Hotel. The imposing Gyantse Dzong, one of the best preserved dzongs in Tibet, is within walking distance, and Gyantse's iconic 15th century monastery, Pelkor Chode is less than two kilometres away. Views over the medieval town, the

dzong and surrounding scenery can be enjoyed from the hotel's upper floors.

Shigatse Hotel

Shigatse Hotel is located in the south of the Shigatse town, on the Middle Shanghai Road and about to Tashilhunpo Monastery. It is a good base to explore the surrounding scenic spots including the Sakya Temple, Tashilhunpo Monastery and the Qomolangma Natural Protection Area. It is built in typical Tibetan architecture and inside decorated in popular Tibetan tradition with modern equipment.

Wenjun Hotel Chengdu

Wenjun Courtyard Hotel Chengdu is located 2.6 km from Kuanzhai Alley and offers a restaurant, a sun deck and a sunbathing terrace. Situated in Qingyang district, this resort is 20 min. walk from the centre of Chengdu. For your convenience, the rooms offer sound-proofed windows, cable channels and smoke



detectors.

Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/tour partner will look after your transfers to and from the airport and will be around to answer other questions you may have about your trip.

Accommodation - Hotel, Resort

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a fine



heritage hotel in another or a family-run guesthouse or lodges in a smaller town. Accommodation in remote areas tend to be basic and may not have western amenities.

Single Accommodation

Single (room) supplement is provided on request (single supplement charge applies) and are subject to availability.

Food & Transport

All breakfasts and 10 dinners are included.

Food is cheap in China and you can avoid the spicier regional food if you wish. The cuisine on this trip is fantastically varied with lots of new flavours and 'things' to try.

Gastronomically the trip can be divided into two parts: 'tourist hotels' and 'local hotels'. In tourist hotels the breakfast is normally a buffet, with a huge spread of Chinese and western food, including coffee, juice, breads, cakes, fruit, eggs, bacon and a wide variety of noodle and stir-fried dishes. Dinners are normally taken in the hotel or local restaurants, serving rice with assorted vegetables, pork, fish, chicken and duck dishes. In the local hotels, breakfast includes rice porridge, dumplings, eggs, noodles, etc., however, we tend to augment this with fruit and cakes where available. Lunches and dinners are taken in local restaurants where the food is heavily flavoured with ginger, garlic bamboo shoots and chilli.

Vegetarians are well catered for but please inform us before departure of any special dietary requests. Please note that in China the availability of certain specialized products for restricted diets, e.g. glutenfree or dairy-free, is minimal or non-existent and we strongly recommend you bring these specialized dietary items from home. Strict vegetarians may find the diet rather limited to stir fried vegetables and eggs as all the soups are made with meat stock.

For airport, sightseeing transfers, and for long drives we use a private air-con car, jeep, van depending upon group size. Internal flights are based on economy class, with reputable airlines.

Weather

The north and northwest of China has warm (25 deg C), quite humid summers, and cold dry winters. If you travel between June and August, it will be hot more or less everywhere, except in the mountains. Some rain must be expected, possibly heavy. If you travel in September/October, you will probably get less rain and the temperatures will be fairly warm (around 20 deg C) everywhere. The winter months in China are cold, so if travelling in March/April be prepared for temperatures to drop, below (10 deg C), at night, but with almost guaranteed dry sightseeing.

Generally, Tibet has a cold and dry climate with low humidity and strong sunshine due to the high altitude and clear skies. The weather in Tibet varies greatly between regions and seasons. In general, the summer months of June to August are the warmest and most humid, with temperatures ranging from 15°C (59°F) to 25°C (77°F). The winter months from December to February are the coldest, with temperatures ranging from -10°C (14°F) to 10°C (50°F). Tibet also experiences a rainy season from June to September, with the heaviest rainfall in July and August. However, due to Tibet's high altitude, the amount of rainfall is relatively low, and the region is generally considered to be quite dry.

Baggage Allowance

At time of writing the standard weight limit is one checked baggage is 25kg (55lb) and hand baggage 7kg (15lbs). We recommend packing only one piece of checked baggage. Luggage allowances for both hand and checked luggage are subject to change, we suggest you check the airline's website for the latest information prior to your departure.

ESSENTIAL/PRACTICAL INFORMATION

Passport & Visas

All nationalities require a passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, in accordance with the regulations of the country you are to visit.

The information below is primarily for EU passport holders, but nearly all nationalities require a visa to enter China, which must be obtained prior to departure. For Tibet a Tibet Travel Permit (TTP) is required, which is a separate document issued by the Tibet Tourism Bureau. In order to obtain a TTP, you must first obtain a Chinese visa and then apply for the TTP through a registered travel agency in China. It's important to note that the visa application process can take several weeks, so it's recommended to apply well in advance of your planned travel dates.

We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Please note: Visa regulations can change without notice, therefore please check the current regulations or contact us.

Vaccination & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no mandatory vaccination requirements for China/Tibet. However, recommended vaccinations are: hepatitis A, hepatitis B, typhoid, Japanese encephalitis, rabies, meningitis, polio, measles, mumps, and rubella (MMR), Tdap (tetanus, diphtheria, and pertussis), chickenpox, shingles, pneumonia, and influenza. The risk of malaria is slight, but you may wish to consult your GP or travel health clinic for further advice. You will also need a yellow fever vaccination certificate if

you're arriving from a country with risk of yellow fever transmission or transiting for more than 12 hours through a country with risk of yellow fever transmission. Please confirm your vaccine recommendations and requirements with your doctor or travel clinic.

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Dengue (a tropical viral disease spread by daytime biting mosquitoes) risk is present throughout the country at elevations below 2300 m. There is currently no vaccine or prophylaxis available, so take the usual precautions to avoid mosquito bites.

Local Time

UTC/GMT + 6 hours.

Electricity

China operates on 220V and 50 Hz. There are three plug types in China – A, C, & I. Plug type A has two flat parallel pins whereas C has two round pins. And plug I has three flat pins in triangular pattern.

Money

The official currency in China mainland and Tibet is Renminbi (RMB) or Chinese Yuan (CNY). Yuan is the basic unit and is divided into 10 jiao/mao or 100 fen. There are banknotes in denominations of 1, 2, 5, 10, 20, 50, and 100 yuan and coins in demonstrations of 1 yuan, 1 and 5 jiao, 2 and 5 fen. At the time of this publication (May 2023) the approximate exchange rates are 8 Yuan for one Euro and 7 Yuan for 1 US\$.

ATM | Credit Cards

Throughout the major cities/towns of China/Tibet you will find ATMs. Many (but not all) ATMs accept

Visa/MasterCard that will allow you to withdraw money from your account at home.

Please do not rely wholly on ATM machines while in abroad sometimes they are broken or run out of cash.

Credit cards are still not widely accepted/used in China except in larger shops, handicraft stores and hotels in major cities.

You may want to notify your bank before leaving home and tell them where you plan to travel. They should put a note/remark on your account so that any withdrawal transactions would not be flagged as fraudulent.

Extra Expenses & Spending Money

You will need to bring some extra money to cover drinks, laundry, souvenirs and any other personal expense, plus any additional sightseeing that may be offered to you. Though it totally depends on individual but generally an approximate amount of US\$200 per person, per week should be sufficient (more if you enjoy a few beers); however, for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount. Or if you are the one frugal with money probably allocating less would also be suffice.

Optional Tours may be offered in some city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available. Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each optional tour/activity will be arranged locally by our local partner/guide, participation and tipping for optional excursions is completely at your discretion.

Tipping

Tipping in China is not a traditional practice, and it is not expected in most situations. It's generally uncommon and can even be considered rude or embarrassing in some circumstances so when taking a taxi, enjoying a refreshing drink or tucking into a delicious meal there's no requirement to leave any gratuities.

However, tipping has become more common in recent years, especially in areas frequented by tourists or in upscale establishments or your guide, driver. So if you do want to leave a tip, a small amount of cash is sufficient, and it should be given discreetly and graciously.

Itinerary Change

In case of some unusual events/incidents the order of programs (sightseeing, excursions etc.) might have to change in order to accommodate the local situations. In these circumstances we will make the best possible arrangements while maintaining the overall integrity of your trip.

The domestic airlines may change their schedule frequently and, in such cases, our local partner/guide will inform you about the changes.

Travel Insurance

We highly recommend to choose/get an insurance plan/policy that covers your needs. And please make sure to keep/carry a hard-copy of your travel insurance documents on your person while on tour. It's prudent to check thoroughly the inclusions and procedure to file claims prior to purchasing insurance coverage. *travel-to-nature Asia* will not be responsible for any costs incurred by you due to your failure to purchase appropriate travel insurance from the date of booking.

Important Information

On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.