



**国际会议奖励旅游中心**

**Information for excursion to Tibet**

1. **Time:** July 13, 2010 to July 19<sup>th</sup>.
2. **Cost:** Approximate 10800RMB (\$1500)
3. **Permit to Tibet:** The agency will apply a permit to Tibet for people who are not a Chinese citizen. You need to provide the following information to us no later than **June 20<sup>th</sup>**.  
Name, Nationality, Passport number, Birth day, Occupation, Copy of the first page of your passport and Copy of your Chinese visa. (Scan everything and email it to us)
4. **Itinerary:** (Below)
5. **Travel Tips** in Tibet: (Below)

**Itinerary of the Tibet Tour**

Detailed program:

Date	Program	Meal	Hotel Accommodation
Day 1 13 Jul	06:30 you will be met at the hotel lobby, driving to the airport for the Flight CA4112 to Lhasa , departing Beijing at 09:00, arriving in Lhasa at 14:55 Upon arrival at Lhasa, you will be met by the representative of CTS MICE and transferred to your hotel. Afternoon at leisure to relax and acclimatize the high altitude. Being the provincial capital city of Tibet, Lhasa is the center of Tibetan politics, economy, culture and transportation. She is the center of the Lamasery as well.	D	4 star Jardin Secret Hotel
Day 2 14 Jul	09:00 depart from the hotel. Visit the <b>Potala Palace</b> and <b>Jokhang Temple</b>  Locating at 3700m above the sea level, covering an area of 360,000 square meters, Potala Palace is the biggest palace complex on the highest altitude in the world. Jokhang Temple was built in the year of 647 AD by King Songtsen Gampo for memorializing his marriage with Tang Princess Wen Cheng. After renovation for hundreds years, it is a huge complex with more than 20 halls.	BLD	4 star Jardin Secret Hotel
Day 3 15 Jul	09:00 depart from the hotel. Visit the <b>Norbulingka</b> , <b>Drepung Monastery</b> and <b>Sera Temple</b>	BLD	4 star Jardin Secret Hotel



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	<p>Norbulingka was built in the 40's of 18<sup>th</sup> Century. It is the biggest man-made garden in Tibet.</p> <p>Locating 5km from Lhasa, Drepung Monastery is known as the biggest and most important monastery of Gelupa in Tibetan Monastery.</p> <p>As one of the three famous monasteries in Lhasa, Sera Monastery is famed for its unique style.</p>		
Day 4 16 Jul	<p>09:00 depart from the hotel. Visit the <b>Dsa Nonnenklo</b> and <b>Ganden Monastery</b></p> <p>Das Nonnenklo is located in the city area of Lhasa. It was built in Ming Dynasty with more than 500 years history.</p> <p>47 km from Lhasa City lies the famous Ganden Monastery. It is located on the southern bank of Lhasa River and stands 12,467 feet above sea level on the Wangbur Mountain. The monastery was built in the early 15th century by Tsong Khapa in his move to reform Buddhism and rid it of the unnecessary evils while maintaining the good points. This new order came to be known as the Gelungpa and the Ganden Monastery is one of the six famous temples of this branch of Buddhism.</p>	BLD	4 star Jardin Secret Hotel
Day 5 17 Jul	<p>08:00 depart from the hotel. Drive to Gyangtse and Shigatse (420 km, 7 hours driving). Enroute, visit the <b>Yamdruk Lake</b> and the <b>Pelkhor Kumbum</b></p> <p>Yamdruk Lake is regarded as one of the three Holy Lakes with Namtso Lake and Basum Tso Lake. It is the biggest lake by Himalaya Mountain range and known for its amazing scenic view.</p> <p>Pelkhor Kunmum is a combination of temple and stupa.</p>	BLD	4 star standard Shigatse Hotel
Day 6 18 Jul	<p>09:00 depart from the hotel. Drive back to Lhasa (280 km, 6 hours driving)</p> <p>Enroute visit the <b>Tashilumpo Monastery</b>.</p> <p>Tashilumpo Monastery is the biggest Monastery in Shigatse Area. It is one of the six most important monasteries of Gelunpa.</p>	BLD	4 star Jardin Secret Hotel
Day 7 19 Jul	<p>Morning at leisure to explore the Lhasa City on your own.</p> <p>13:00 depart from the hotel to the airport for Flight CA4111 back to Beijing. Departing Lhasa at 15:50, arriving Beijing</p>	B	Own arrangement



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	at 21:30. CTS MICE will arrange the transfer from Beijing Capital International Airport to your hotel. End of Service		
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B – Breakfast, L – Lunch, D – Dinner

**Travel Tips in Tibet**

- 1、Tibet traveling is not suitable for the travelers who are suffering from pathology of Heart, Lung, Brain, Liver and Kidney and the serious high blood pressure and anemia. A doctor consultation is highly recommended if you are not sure of your health condition.
- 2、Before entering Tibet, please stop taking alcohol and cigarette to avoid the infection of the upper respiratory tract. Suggest taking Gingsen, which is helpful to strengthen the immunity system. Please do not enter Tibet until the infection of the upper respiratory tract was cured.
- 3、Please prepare Oxygen and medicine which is good for the high altitude sickness, such as Piconol, aminophylline, etc. The medicines for cold, anti-virus and Vitamins are needed as well.
- 4、Please prepare sweaters or wind-proof jacket to avoid getting cold.
- 5、A emergency medicine care is needed in case of the serious high altitude sickness. Or the patients need to be moved to the low altitude area as soon as possible.
- 6、Losing heart, chocking sensation on chest and difficulties with breath are the common symptoms of the high altitude sickness. Usually, they will be getting better or disappear after 2-4 days.
- 7、Heavy activity will be dangerous when just arrive in Tibet
- 8、Please do not rely on oxygen when suffering from slight high altitude sickness. It can be cured very soon.
- 9、Please take food of carbohydrate and easy-digested. Water, fruit and vegetable are also good for your health. Don't take too much food at supper.
- 10、Please do not be too exhausted and do not shower frequently to avoid getting cold.
- 11、Please do not walk fast, jog or doing heavy activity when just entering Tibet.
- 12、Please prepare hat, sun-block, lip-stick, sunglasses
- 13、Please do not use contact lens when you are in Tibet