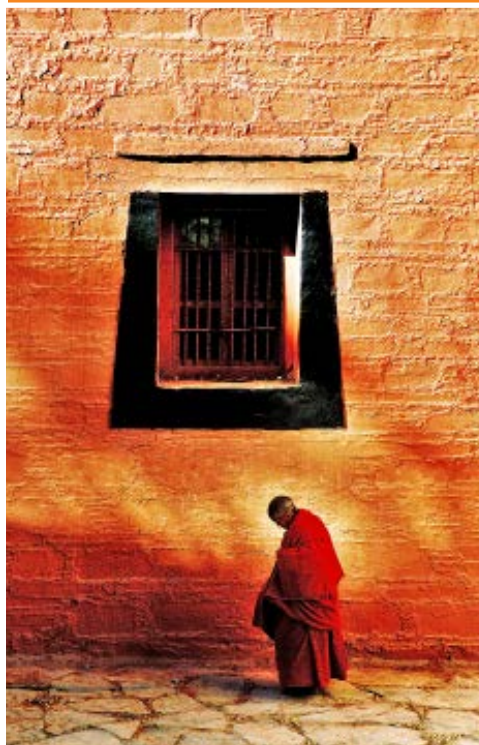


TREASURES OF TIBET



TRIP OVERVIEW

This once in a lifetime journey takes you to the mystical land of Tibet and on to Chengdu. Tibet is one of the most beautiful and special places on earth: stunning Himalayan Alpine scenery, sacred Buddhist Monasteries, and one of the most unique, spiritual and traditional cultures in the world. Finishing the tour in China you will have the rare opportunity to observe the magnificent pandas in their natural environment.

ITINERARY & DETAILS

This document aims to give you all the information that you require for a smooth and comfortable trip to Tibet. Please take the time to read this dossier to familiarise yourself with all the aspects of our tour. It includes important details such as flight details, insurance and visa requirements.

Your included meal guide:

B = Breakfast, L = Lunch, D = Dinner

DAY 1: UK to Chengdu

Depart London on your scheduled, overnight flight to Chengdu, via Shanghai.

DAY 2: Chengdu D

On arrival, you'll be met and transferred to your hotel in time for dinner.

DAY 3: Chengdu to Lhasa B/L/D

Today you will fly to Lhasa Airport in Tibet. On arrival into Lhasa you will be met by your local guide and transferred to your hotel. The rest of the day will be at leisure in order to acclimatise to the altitude.

DAY 4-5: Lhasa B/L/D

After breakfast this morning you will visit the spectacular Potala Palace, the spiritual and symbolic heart of the Tibetan nation. After lunch visit the Jokhang temple, Lhasa's other main attraction. After breakfast on day four visit the Norbulingka, which translates as the Treasure Garden and is also known as the Summer Palace. The summer palace is where the Dalai Lama would have lived and spent most of his time until he reached the age of eighteen and was ready to take on greater responsibilities. After lunch a short ride will take you to the 600 year old Sera Monastery.

DAY 6: Lhasa to Shigatse B/L/D

Today you will be leaving Lhasa and travelling by train to Tibet's second city, Shigatse, passing by rural villages, mountain peaks and rivers. After lunch on arrival you will have a chance to explore the Tashilhunpo monastery. Now home to Tibet's largest number of monks, this vast complex of buildings, temples and

prayer halls is essentially a walled town in its own right. The temple of Jampa – the future Buddha – housing the world's largest gilded statue and the Monastery's assembly hall with its stunning courtyard are not to be missed.

DAY 7: Shigatse to Gyantse B/L/D

This morning you will be travelling to Gyantse with an opportunity to visit a traditional Tibetan family's house on the way – a great insight into Tibetan culture and the central role religion plays in their lives. After lunch you will visit Pelkor Chode Monastery and the monumental Gyantse Kumbum, a chorten 35 metres high and built on six floors, filled with thousands of exquisite original paintings. The monastery, founded in 1418, is surrounded by ancient red-bricked battlements and still receives a steady influx of wondering pilgrims. It is no wonder this is one of Tibet's must see attractions.

DAY 8: Gyantse to Lhasa B/L/D

Today leave Gyantse to embark on a journey that will take you through some of the most stunning scenery in the world, Yamdrok Lake and Karo La Glacier. Make sure you bring your camera to capture some truly mesmerising photo opportunities.

DAY 9: Lhasa to Chengdu B/L/D

After breakfast transfer to the airport and take your flight to Chengdu. On arrival take a tour of the city including the People's park and the Wide and Narrow alleys.

DAY 10: Chengdu B/L/D

Today takes you to experience a once in a lifetime trip to the Chengdu Panda Breeding and Research Centre, home to one of China's largest habitat of pandas. In the evening enjoy a delicious Sichuan dinner.

DAY 11: Chengdu to UK or Extension B

After breakfast, transfer to Chengdu International Airport for your flight back to the UK, via Shanghai, or continue on to your chosen extension.

If you have chosen an extension this will start on day 10 of the tour, with your final night in Chengdu at the end of your extension.

ACCOMMODATION DETAILS & MAP

Hotel information

Chengdu (1 night): 4★ DaDING Days Inn Hotel
Address: No.298 Tianren South Street, Chengdu, China
Telephone Number: 0086 28 69098888

Lhasa (4 nights): 4★ Fourpoint by Sheraton Hotel
Address: No. 10, Bo Linka Road, Lhasa, Tibet (Xizang), China, 850000
Telephone Number: 0086 89 1634 8888

Shigatse (1 night): 4★ Shigatse Hotel
Address: 13 Shanghai Middle Rd, Shigatse, Xigaze, Tibet, China, 857000
Telephone Number: 0086 892 882 2525

Gyantse (1 night): 4★ Yeti Garden Hotel
Address: No 11 Wei Guo Lu, Gyantse, Tibet, China
Telephone Number: 0086 892 8175555

Chengdu (2 nights): 4★ Tibet Hotel
Address: 10 North People's Road Chengdu 610081, China
Telephone Number: 0086 28 8318 3388



Accommodation

All accommodation is 4★ and features an en suite bathroom, air-conditioning/heating, TV and coffee making facilities. Mercury Holidays has visited and inspected all of the hotels to ensure that they meet the high standards of service which we require for our clients. If the hotels detailed are not available, alternatives will be used of a similar standard.

Please note: the hotels listed are provided for guidance only and final confirmation of your accommodation will be sent in a document, along with your final flight information, approximately 10 days before you travel.

Meals

Breakfast is always western style and served in the hotel each morning. Lunch and dinner will be taken in local Tibetan and Chinese restaurants and served with either one beer or soft drink. A variety of restaurants are visited giving you the chance to experience a range of dishes and flavours.

ON YOUR ARRIVAL

On your arrival in Tibet you will be met by a representative from our local agent, **China Travel Service**, holding a sign displaying: "Mercury Holidays". The Mercury Holidays/China Travel Service rep. will show you to your transfer vehicle. Your national guide will be on hand 24 hours a day should you have any queries. However, if you need to contact China Travel Service during your stay the details are:

Head office address

China Travel Service Head Office (Beijing) co. Ltd
15F CTS (HK) Grand Metropark Hotel Beijing,
No.338 Guang'an Men Nei Street,
Xicheng District, Beijing, China
Tel: 0086 10 85908336 / 0086 10 85908341

Emergency contact information

Please find below the emergency contact details for China Travel Service:
During Office Hours: 0086 10 85908336
0086 10 85908341
After Office Hours: Ms. Linda Liu (Mobile): 0086 61 3911043036
Ms. Shine Cao (Mobile): 0086 61 8284532334

WHAT YOU NEED FOR YOUR TOUR

Visas

You will require a visa for entry into China. We work closely with The Travel Visa Company who will be able to arrange your visa for you on your behalf. Please call them on 01270 250 590 and quote "Mercury Holidays". The cost of the visa is approximately £199.00, when calling the Travel Visa Company they will advise you of the most up to date fees. The visas take around 10 working days to issue and are valid for unlimited trips to China for 2 years from the date of issue. We therefore recommend that you apply for your visa 3 months before travel, however please be aware that your passport will be required for the application so make sure that you will not need it during this time. You will require a visa for entry into Tibet. If you have a British passport we have included the cost of the visa in your tour and this will be arranged for you by our team in China. **Important: in order for us to process your visa for Tibet you must provide us with a colour photocopy of your passport.** Therefore, you do not need to organise a visa for Tibet before you travel. Please note: we can only arrange a visa for British passport holders, all other nationalities are on request and you must check with us prior to booking.

Insurance

We strongly recommend that you and all members of your party are suitably insured as soon as you book your holiday. It is a condition of booking that you must have suitable travel insurance. It is important that you purchase travel insurance that suitably covers your participation in whatever activities you may undertake at the time that you make your booking. To assist you with this, we have arranged travel insurance in partnership with Holiday Extras. To arrange your travel insurance with Holiday Extras, please call 0800 781 4237 and quote 'WK830' for preferential rates. Please ensure you provide us with the name of your insurer, policy number and their 24 hour emergency contact number as soon as possible. Mercury Holidays will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

Health and Vaccinations

It is your responsibility to check any health and vaccination requirements applicable to your booked arrangements. We can only provide general

information about this. Health and hygiene facilities and disease risks vary from country to country. You should take health advice about your own needs as early as possible and in good time before your departure. Sources of information include; www.fco.gov.uk, www.travelhealthpro.org.uk, www.hpa.org.uk, your General Practitioner or a specialist clinic.

Physical Accessibility

This tour is accessible to most people with an average level of fitness and normal mobility. It involves full days of sightseeing, often on foot, and includes some climbing of stairs and getting on and off coaches. This tour is not suitable for anyone with walking difficulties.

Group Size

The minimum number of travellers in your group will be 10, and the maximum will be 18. If in the unlikely event there are less than 10 people booked on your tour date then you may be asked to change to a different date. A full refund will be made available to you should this alternative not be suitable.

Tour Guides

This is a fully escorted tour with local guides throughout ensuring that you have first-hand knowledge at all times.

Currency Exchange - IMPORTANT

The currency in China and Tibet is the Renminbi, known as RMB or CNY. It is often referred to as the yuan. We recommend that you exchange your currency before you leave the UK. US Dollars are widely accepted in China and Tibet should you wish to keep an alternative currency on you.

Tipping

It is customary to tip your local guide and driver approximately £4.00 (CNY35.00) per person per day. For your convenience your local guide will collect tips at the end of each city visited, approximately £45.00 (CNY400.00) per person for the total duration. Tips are collected in Chinese Yuan.

Personal Expenses

You will need to take money with you to cover any personal purchases such as souvenirs, laundry and extra drinks and snacks. Approximately £200 per person will be sufficient for the duration of the tour.

Credit Card information

As normal practice you will be asked for your credit card details on check-in at the hotel in order to cover any extras incurred during your stay. If you do not have a credit card you may be asked for a cash deposit. American Express, Diners Club, MasterCard and Visa are widely accepted in hotels.

Itinerary Changes

The order of events and sightseeing may vary according to local conditions or for operational purposes. For this reason, we have indicated approximate times only. Your local guide will inform you of any schedule changes as they are informed of them. Some road construction and/or weather conditions may lengthen the

driving times. Our intention is to adhere to the day-to-day itinerary as printed; however order of events and sightseeing may vary according to local conditions.

Altitude Sickness

Altitude sickness is a fairly common condition that can occur when you ascend to a high altitude (generally higher than 2,500 metres above sea level) quickly. The decrease in atmospheric pressure can make breathing more difficult as the body is not able to take in as much oxygen. Most cases are mild with symptoms that can include: headache, nausea, dizziness and exhaustion. Several of the places in Tibet are located at high altitude (over 2,500 metres above sea level) including Lhasa, Shigatse and Gyantse. Therefore, you may find you experience some symptoms at this altitude. It is advised that at these high altitudes, you keep hydrated and avoid alcohol. If you do experience symptoms of altitude sickness during your tour, ensure you tell your guide immediately who will be able to advise the best thing for you to do. You can contact your GP before you travel for advice on medication for altitude sickness.

WHAT TO PACK

- Warm clothing and thermals in winter
- Comfortable walking shoes
- Camera & charger
- Loo paper for public WCs

- An electric plug converter - the voltage in China & Tibet is 220 Volts. It is advisable to bring a multi-adaptor.
- Personal first aid kit containing travel pills, rehydration powder, plasters, stomach settlers, antiseptic creams, aspirin, etc.

Please note; Lighters are not allowed on planes, trains or sights of special interest, such as Tiananmen square, Forbidden city, The Temple of Heaven, Terracotta Warriors, Three Gorges Dam, Wild Goose Pagoda.

FLIGHT INFORMATION

Your flight is to **Chengdu & Lhasa Airport** with **China Eastern (MU)** via **Shanghai**, departing from **London Heathrow Terminal 4**.

IMPORTANT: Final flight details will be confirmed on your e-ticket and final documentation which will be sent to you approximately 10 days before departure.

Baggage Allowance

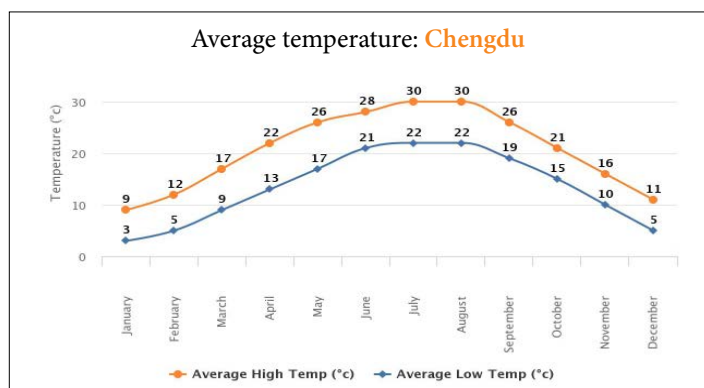
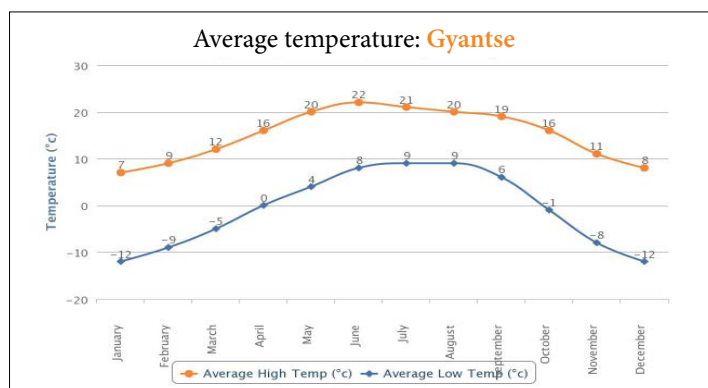
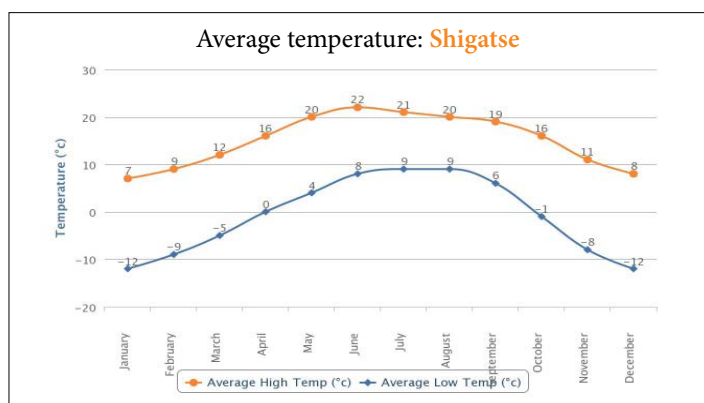
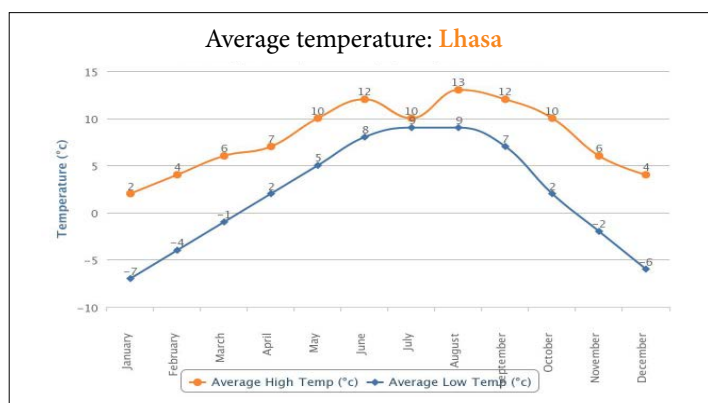
Baggage allowance (per person): Each passenger is entitled to 23KG of hold luggage plus 1 item of hand luggage not exceeding in size and 1 personal item such as a handbag, briefcase or laptop case. Weight restrictions will be finalized on E-ticket receipt. Should you wish to take additional luggage you will need to pay extra at check-in. Check-In should be at least 3 hours before departure.

Airport Extras

If you wish to arrange Airport car parking, lounges or accommodation at preferential rates, we recommend you book this in advance with Holiday Extras - Tel. 0871 360 2000, quoting HX313.

WEATHER AND CLIMATE

Weather can vary quite considerably throughout the year, so please familiarise yourself with the climate charts below.



SHANGHAI CITY STAY EXTENSION

If you have not yet booked this fabulous extension, there is still time to do so. Please contact 0843 224 0723



TRIP OVERVIEW

Known as the 'Paris of the East', Shanghai is China's largest city with futuristic skyscrapers and a fascinating heritage. Take a stroll along the waterfront Bund, the dazzling jewel in East Asia's pre-war crown, with views across the river to the towering skyscrapers of Pudong and a new Shanghai.

ITINERARY & DETAILS

Please note this extension will start on day 9 of the tour, with your final night in Chengdu at the end of your Shanghai extension.

Shanghai (2 nights)

Your stay will take place at the 4★ Ocean Hotel on Bed and Breakfast. The recently refurbished Ocean Hotel is conveniently located at the bustling North Bund shopping zone. Guests can enjoy a range of facilities including a fitness centre, indoor swimming pool and Spa at the Ocean Hotel.

Meals

Breakfast is included every day and is western style and served in the hotel each morning. No other meals are included for your add-on.

Hotel Information:

4★ Ocean Hotel - 1171 Dongdaming Rd, Hongkou, Shanghai, China, 200082. Contact number: 0086 21 6545 8888

If you have booked another hotel, other than the one featured above, this will be shown on your invoice.

Currency

The currency in China is the Renminbi, known as RMB or CNY. It is often referred to as the yuan. We recommend that you exchange your currency before you leave the UK. US Dollars are widely accepted in China should you wish to keep an alternative currency on you.

Personal Expenses

You will need to take money with you to cover any lunches and dinners, as well as personal purchases, such as souvenirs, laundry and drinks.

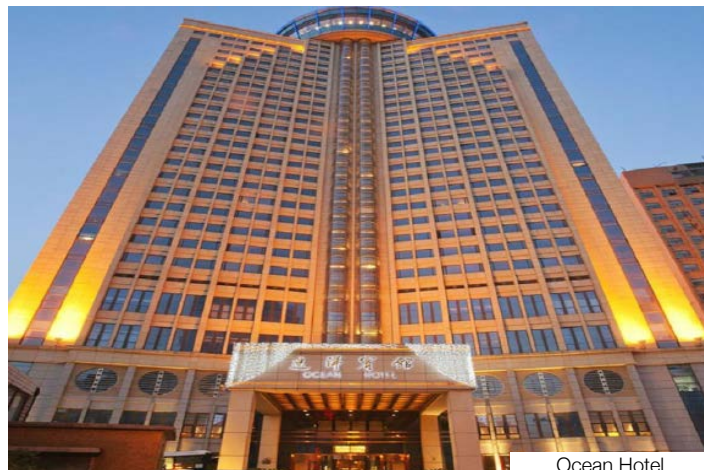
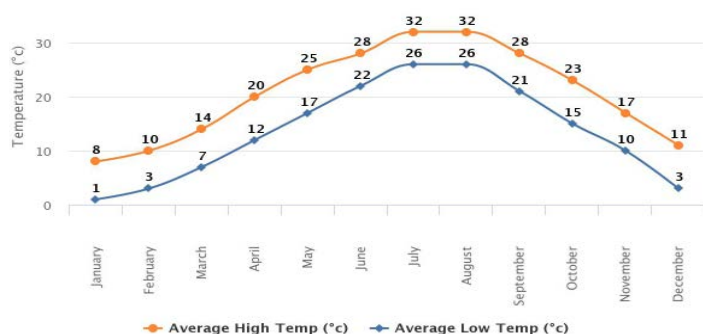
Tour Guides

Your stay in Shanghai is not escorted by a tour guide and your time will be free to explore the area at your own pace.

WEATHER AND CLIMATE

Weather can vary quite considerably throughout the year, so please familiarise yourself with the climate charts below.

Average temperature: Shanghai



Ocean Hotel

FLIGHT INFORMATION

Please note: Final hotel and flight details will be confirmed on your e-ticket and final documentation which will be sent to you approximately 10 days before departure.

For any further enquiries or for more information call us on 0843 224 0723

HONG KONG CITY STAY EXTENSION

If you have not yet booked this fabulous extension, there is still time to do so. Please contact 0843 224 0723



TRIP OVERVIEW

Add on 3 nights, 4 days in Hong Kong and you'll have the chance to visit one of the Far East's most iconic cities. Part of the British Empire for over 100 years, its fusion of Eastern and Western culture waits to be explored.

ITINERARY & DETAILS

This document aims to give you all the information which you will require during your extension in Hong Kong.

Guide to meals included:

B = Breakfast, L = Lunch, D = Dinner

DAY 10: Shanghai to Hong Kong

Depart Shanghai in the morning and fly to Hong Kong. You will find your shared coach transfer at B18 at the arrival hall (see map), operated by Airport Shuttle and will be transferred to your hotel.

DAY 11: Hong Kong B

After breakfast, you will embark on a half-day tour of the city with an English-speaking guide, where you can visit some of the city's most famous sights. The afternoon is left to you to spend at your leisure, exploring fascinating Hong Kong.

DAY 12: Hong Kong B

Enjoy a day at leisure to experience Hong Kong at your own pace. Why not visit the outlying island of Lantau, home to the 34m-tall bronze Tian Tan Buddha statue, or take a ferry to the gambling mecca of Macau?

DAY 13: Hong Kong to the UK B

You will be picked up at your hotel in the morning for your return flight to the UK, via Shanghai.

Hotel information

4★ The Cityview

Hotel address: 23 Waterloo Road, Kowloon, Hong Kong
Phone: 00852 2783 3888

If the hotel listed is unavailable an alternative will be used of a similar standard.

Personal Expenses

You will need to take some extra money with you to cover any meals not included, drinks and personal purchases such as souvenirs, laundry, and any extra snacks.

Currency

The currency in Hong Kong is the Hong Kong Dollar (HKD). We recommend that you exchange your currency before you leave the UK; however, ATMs are available throughout Hong Kong.

Tour Guides

This add-on to Hong Kong is not escorted. Whilst you will be accompanied by an English speaking guide on your half day city tour on day two, the rest of your time in Hong Kong will be at your leisure.

Group Size

The minimum number of travellers in your group will be 2, and the maximum will be 10.

Emergency contact information

Please find below the emergency contact details for **HK Target Travel**:

Mon-Fri: 09.00 - 17.30, Sat: 09.00 - 13.00

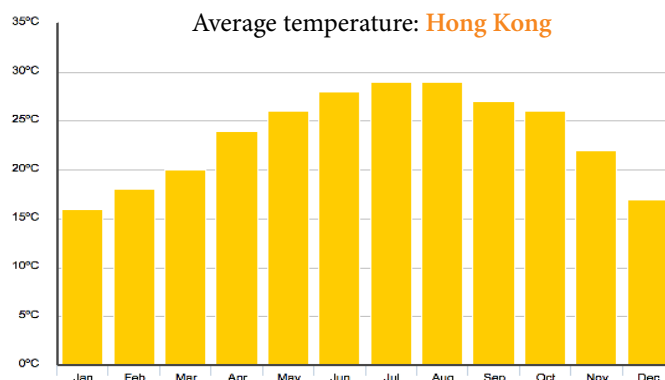
Closed Sunday and Hong Kong public holidays

Office: 00852 2312 1812

Emergency: 00852 9432 5300

WEATHER AND CLIMATE

Weather can vary quite considerably throughout the year, so please familiarise yourself with the climate charts below.



FLIGHT INFORMATION

Please note: Final hotel and flight details will be confirmed on your e-ticket and final documentation which will be sent to you approximately 10 days before departure.

For any further enquiries or for more information call us on **0843 224 0723**

HONG KONG CITY STAY EXTENSION

Please see below a map to show the location of the Airport Shuttle desk at B-18 in Hong Kong International Airport.

After immigration & customs clearance, proceed to the arrival hall, counter B-18 for your arrival transfer

