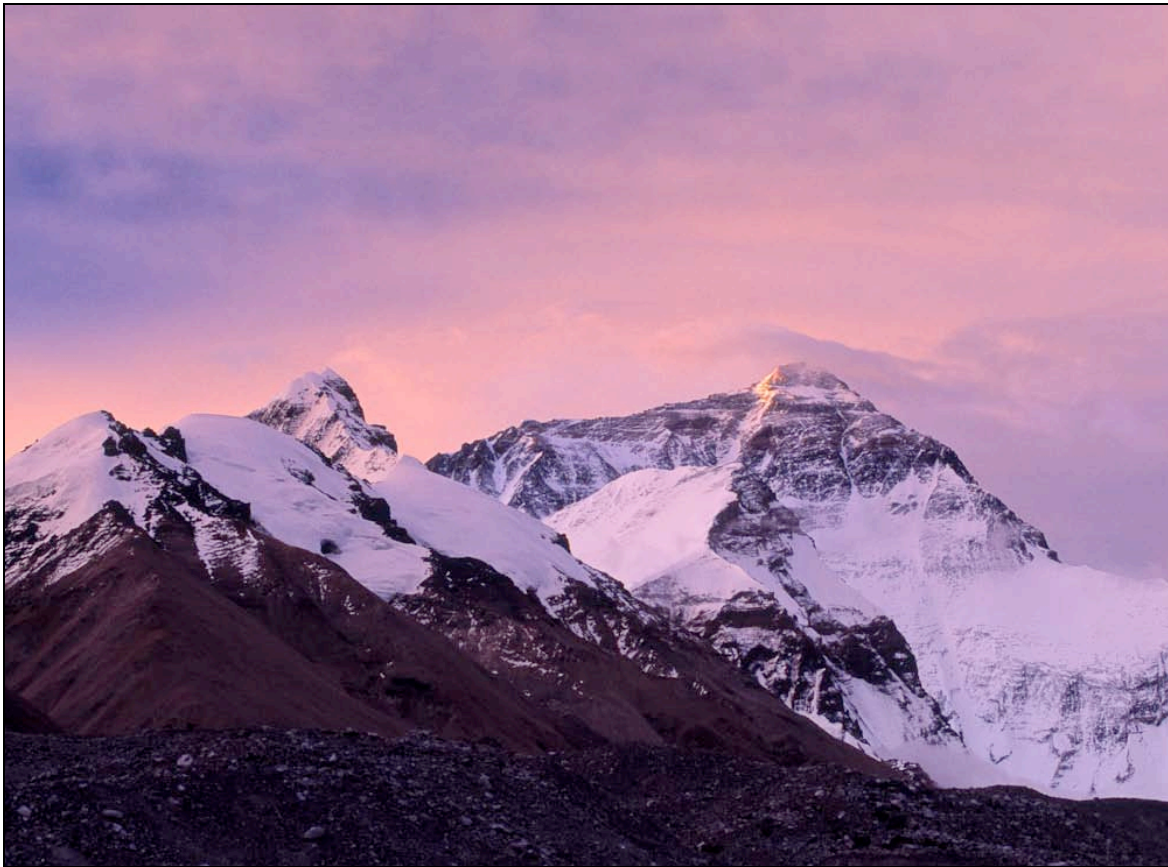


Destination Himalaya

Tours For The Adventurous Traveler

Photographer's Tibet

Overland from Lhasa to Kathmandu
via the North Face of Everest



Sunset on the North Face of Mt. Everest © Jeff Davis

A Photo Cultural Journey with Jeff Davis

May 19th – June 2, 2012

15 Days, Moderate High Altitude Touring

*"The center of high snow mountains;
the source of great rivers;
a lofty country,
a pure land."*

- Unknown Tibetan poet

On the Roof of the World. Locked away for centuries, Tibet has always held a unique place in the human imagination, conjuring an unearthly realm beyond our reach. What causes our enduring fascination with Tibet? Surely its inaccessibility, mysterious gimps, lunar landscape and tenacious people transfix us. In this isolated land cut off from the world for all but the last century, beauty and strangeness appear in equal measure. Frozen peaks and windy flatlands constitute the landscape of this high desert plateau.



Yamdrok Lake (en route to Gyantse)

Beneath an often crystal-blue sky, the Tibetan people exist in a medieval world. Since the occupation by the Chinese, their endurance has been tested both physically and spiritually. Yet despite the hardships of their daily lives, Tibetans remain tolerant and good-humored. Your encounters with these hardy people will leave you with a profound respect for the culture that binds man and women to the cosmos with such generosity of spirit. The annals of great travel writing are full of the accounts of early explorers, Father Desideri, Abbe Huc, Csoma de Koros, Sven Hedin, Fosco Maraini, Younghusband, Kingdom Ward, dazzled by what they saw, described Tibet in superlatives, just as do travelers of today.



"Travel tours with a photography element has been our major hobby for 30 years. Various Tour Companies have taken us to 17 countries in all 7 continents. None has been better than our tour with Jeff Davis and Destination Himalaya."

- Marlene Werra

assembly hall during prayer time © Jeff Davis

Our award winning tour (*"Trip of a Lifetime," National Geographic Traveler, 2011*) is designed to touch the deep spiritual, natural, and cultural beauty and history of this region. We begin our photography journey of Tibet with four days exploring Lhasa, the magical capital of Tibet. Here, we visit the majestic Potala Palace, Jokhang Temple, secluded monasteries, and other fascinating sites. Leaving Lhasa, we photograph the turquoise waters of Yamdruk Lake on our way to Gyantse to explore the Kumbum chörten. Continuing via Shigatse and the monastery at Tashilhunpo, home of the Panchen Lamas, we reach the North Face of Everest. Our trip is timed to arrive at Everest on May 29, the day Sir Edmund Hillary and Tenzing Norgay first reached the summit in 1953. After spending a night near Everest base camp in a small lodge, visiting the local temple and photographing Everest, we drive down a dramatic gorge to Zhangmu on the border of Nepal. From here, we travel to the colorful city of Kathmandu, Nepal, where we end our tour.

For some people, travel and photography are inseparable. Whether you are an amateur or a professional photographer, our Photo Cultural Tours are designed to accommodate the needs of those who delight in documenting travel with photographic imagery. The sites we visit, the timing for our travel, the flexibility of our program, the size of our small travel groups, and the activities we include in our program are all intended to create unique and memorable moments for you and your camera. Trip Expert Jeff Davis is not only an excellent photographer, he is also a compelling storyteller and a skilled teacher. He will assist you in every way, enabling you to bring home wonderful memories, suitable for framing.

I T I N E R A R Y

Days 1 & 2

Saturday & Sunday, May 19th & 20th

USA to CHENGDU Departing the USA, we “lose” a day as we cross the International Date Line, arriving in Chengdu in the evening of Day 2. You will be met upon arrival and transferred to your hotel. In the evening we will have an “orientation meeting” with our trip leader – initial talk/discussion on “High Altitude Travel.”

Note on international flights: Please inform us if you would like assistance in booking your international air flights. Chengdu is connected with daily flights from all major Far East cities (Bangkok, Hong Kong, Beijing, Shanghai, Tokyo, etc.) Depending on your choice of international carrier you may be required to depart the USA a day earlier.

Shnagri La Hotel

Day 3

Monday, May 21st

TO LHASA (11,975 ft.) You have an early start to the day, as you will be picked up and transferred to the airport for your flight to Lhasa.



sea of peaks – on the flight to Lhasa

If the weather is clear, the flight (we try and obtain window seats for everyone) from Chengdu to Lhasa will offer spectacularly majestic panoramic views of the eastern ramparts of the Himalayas. China’s highest mountain peaks, the 24,783’ Minya Konka, and the mighty Namche Barwa (25,439’) loom majestically on the horizon, surrounded by countless snow capped peaks and high alpine valleys, climbing vertiginously upwards to the high-altitude Tibetan plateau.

Upon arrival at Gongkar, Tibet's international airport, we will be joined by members of our Tibetan staff for the two-hour drive to Lhasa. We cross the powerful Tsangpo River as we make our way through the beautiful countryside of Ü, the historically rich province of Central Tibet. Winding our way through the stunningly austere Tibetan landscape (first of our landscape photo ops), we finally enter the environs of Lhasa, Tibet's most populous city. There before us, standing imposingly upon its lofty precipice, is the staggeringly beautiful and instantly recognizable Potala Palace, its regal red and white façade and glittering golden gables towering over the Kyi-chu Valley.

We will have the next few days to spend in and around Lhasa, the legendary Tibetan capital. The goal of many intrepid travelers and explorers, the "forbidden city" of Lhasa will reveal its unique character and enchanting mystique as we visit many of its most significant historical and cultural sites. Upon our arrival in Lhasa, we will check in to our hotel, the Kyi Chu, located in the heart of Lhasa, near to both the Potala Palace and Jokhang Temple.

Tonight we will gather for our group Welcome Dinner.

Kyi Chu Hotel (B on flight, L, D)

Days 4 - 6

Tuesday – Thursday, May 22nd – 24th



©Jeff Davis

EXPLORING LHASA We have three full days to explore and photograph the historic capital of Tibet, while allowing our bodies to acclimate to the higher altitude.

We start with a visit to two of the area's most important Tibetan Buddhist monasteries, Drepung and Nechung. We will spend the afternoon exploring the Jokhang and Barkhor area in old Lhasa.

Drepung Monastery, beautifully situated in the unpopulated hills west of Lhasa, is a remarkable place. At one time Drepung was home to 10,000 monks, establishing it as the largest monastic institution in the world. Drepung is a large establishment and it is worth the time to explore in depth. Drepung was founded in 1416, just prior to the establishment of Sera. Notably, Drepung's Ganden Palace was home to the Dalai Lama until the construction of the Potala by the Great Fifth Dalai Lama in the 17th Century.

Drepung's many colleges, halls and temples extend up the hillside towards the peak of Gephel Ri, encouraging the visitor to wander the many byways that meander through the compound's whitewashed structures. Arguably Drepung's main attraction is the massive, two-story statue of Maitreya, the Future Buddha, which attracts pilgrims from throughout Tibet. Drepung's dramatic location offers splendid views of the Kyi-chu Valley below, including the monastery of Nechung nestled at the foot of the hill below Drepung.

Nechung achieved notoriety as the residence of the Tibetan State Oracle until 1959. The oracle is the medium through which Tibet's protective deity, Dorje Drakden, communicated with the Dalai Lama's, Tibet's titular heads of state, regarding matters of the utmost importance for Tibet and its people. Indeed, no important decisions would be taken without prior consultation with the Nechung oracle. The oracle left Tibet with His Holiness the 14th Dalai Lama in 1959, and now resides in the Nechung Monastery in Dharamsala, India. Nevertheless, the Nechung Monastery in Tibet is still the residence of a few monks. With its esoteric aura and sometimes-graphic murals and Nechung is certainly worth photographing.



The Potala Palace, Lhasa

Looming over Lhasa and the Kyi-chu Valley is the monumental Potala Palace. A visit to this amazing historical site is certainly a highlight of any trip to Tibet, and we will explore the many chapels, halls and tombs of the Red Palace. Based on the mythical Potala in South India, this more tangible incarnation of the palace was the home of Tibet's god-king, the Dalai Lama.

Begun by the 5th Dalai Lama in the 17th Century, the Potala was the winter residence of the Tibetan spiritual leader from the time of “The Great Fifth” until the current and 14th Dalai Lama, His Holiness Tenzin Gyatso, occupied it. Now a museum, the Potala is a treasure trove of Tibetan history, its dark and mysterious chapels luring the visitor to discover its many secrets.

We will make a pilgrimage to the Jokhang, Lhasa’s sacred religious temple. While the Potala Palace played host to Tibet’s affairs of state, Lhasa’s second great historic site, the Jokhang temple, is the religious heart and soul of Tibetan Buddhism. The Jokhang, arguably Tibet’s holiest religious shrine, was constructed in the 7th Century CE under the guidance of the indomitable King Songtsen Gampo. As legend has it, Songtsen Gampo’s Chinese and Nepalese brides brought the Dharma to Tibet, as well as the holiest Buddhist relic in Tibet, the “Jowo Rinpoche.” This golden, bejeweled statue of the Buddha Shakyamuni is the highlight of any visit to the Jokhang. The roof of the Jokhang, with its wonderful golden gables and carvings, offers a magnificent view of the Potala and the busy Barkhor markets below.



Pilgrim walking the Kora at Jokhang, Lhasa © Jeff Davis

The Barkhor, where we will spend many an hour, is a maze-like warren of shops, stalls that surrounds the Jokhang and a great place for people photography. Join the Tibetans who travel here to pay homage to the Jokhang as they circumambulate the sacred shrine. Pilgrims journey from throughout Tibet to make prostrations and to complete this ritual kora. Join with these amazing pilgrims as they make their way around this venerable site, and lose yourself amongst the vibrant sites, fantastic smells, and distinctive sounds of the bazaars of the Barkhor. You can also do some shopping and enjoy bartering with the friendly Barkhor merchants.



Monks debating in Sera Monastery

We will also visit Sera Monastery, located to the north of Lhasa, which is perhaps most famous for the renowned and always lively sessions which take place in the Debating Courtyard. Sera was founded in 1419 by a student of the legendary Tsongkhapa, and was once home to several thousand Gelugs monks.

Although the monastery is populated by far fewer monks these days, Sera, like many other Tibetan monasteries, is reemerging as a prominent center of Tibetan Buddhist studies. After exploring the Main Assembly Hall and many colleges, it is arguably the highlight of any visit to Sera, to relax beneath the shady canopy of the Debating Courtyard's many trees and revel in the sights and sounds as Sera's monks energetically argue the finer points of Buddhist philosophy.

Kyi Chu Hotel (B, L, D)

Day 7
Friday, May 25th

TO GYANTSE (13,050 ft) Today is a landscape photography day as we start our drive along the old trade route over high passes, by the turquoise waters of Yamdrok Lake to Gyantse. Yamdrok is known as the "scorpion lake," (*photo on page 2 of itinerary*) due to its twisting shoreline, which, as the moniker suggests, resembles a scorpion. Yamdrok is one of the four sacred lakes of Tibet, and is a major pilgrimage site in its own right, with a kora path ringing its shores. The lake will be our companion for a good portion of our drive to Gyantse and we will stop at various vantage points for photography. From the rushing waters of the Tsangpo to the high mountain passes of Kamba-la and Karo-la, festooned with prayer flags, the drive from Lhasa to Gyantse is a breathtaking and photogenic journey.

Early evening we arrive in Gyantse, situated in the fertile and agriculturally productive Nyangchu Valley with the impressive Gyantse Dzong (fort) sitting stolidly atop its lofty perch. We will check in to our hotel and unwind from the drive, and perhaps take in some of the sites in Gyantse.

Gyantse Hotel (B, L, D)



Kumbum detail

Day 8
Saturday, May 26th

EXPLORING GYANTSE / TO SHIGATSE The highlight of our time in Gyantse will be a visit to the city's most famous site, the sublime Kumbum chörten, located at the Pelkor Chöde Monastery. At one time, both the Gelugs and Sakya sects had monasteries at Pelkor Chöde. As with most of Tibet's great monastic institutions, Pelkor Chöde suffered greatly during the Cultural Revolution, but is nevertheless enjoying a period of revival. Of course, the highlight of a visit to Pelkor Chöde is the Kumbum, a massive chörten, from which the protective eyes of the Buddha survey the surrounding countryside. The Kumbum (which means "100,000 images" in Tibetan), is blessed with a plethora of amazing Buddhist murals, frescoes and statuary. You will also see many devout pilgrims completing the short kora around the Kumbum, spinning prayer wheels as they circumambulate the mystical Gyantse Kumbum, protected by the ever-watchful eyes of the Lord Buddha. After photographing the Kumbum and the marketplace we return to our hotel to checkout and have lunch.

After lunch we travel on the modern road that traverses the fertile green fields and dun-colored hills of the Nyang-chu Valley to Shigatse. This afternoon we will have the opportunity to photograph farming communities and small villages. On arrival at Shigatse we check into our hotel before going (time permitting) on a walk along the bazaar.

Shigatse Hotel (B, L, D)



Pilgrim © Jeff Davis

Day 9
Sunday, May 27th

EXPLORING SHIGATSE Founded in 1447 by another disciple of the great Tsongkhapa, Tashilhunpo was the resting place of the 1st Dalai Lama, but since has come to be identified with the Panchen Lamas, the second most important spiritual reincarnation in Tibetan Buddhism (after the Dalai Lamas). Although the original manifestation of the Panchen Lama was identified by the “Great Fifth” Dalai Lama, a rivalry between the two great figures developed over the course of the following centuries. Controversy continues to shroud the identity of the current Panchen Lama, the subject of much speculation and contention over the past several years between the Chinese government and the Tibetan government in exile.

Tashilhunpo is an intriguing place to visit. It is a very large complex and, like Drepung, rewards the visitor who takes the time to explore the wander the monastery’s byways. Tashilhunpo is an active monastery with a fairly sizeable contingent of monks in residence. The highlight of a visit to the monastery is the massive, 75 foot-plus gilded statue of Maitreya.

We will also have time to visit and photograph in the “Tibetan Free market.”

Shigatse Hotel (B, L, D)

Day 10
Monday, May 28th

TO SHEGAR (14,268 ft.) Leaving Shigatse, we drive due west through spectacular landscapes, crossing the Jia Tsuo La, 17,121 foot high pass before descending to the small town of Shegar (at 14,300 ft. Just as the early Everest expeditions took a break at Shegar, so shall we before heading to Everest’s base camp at the crack of dawn tomorrow morning.

Shegar Hotel (B, L, D)

Day 11
Tuesday, May 29th

TO RONGBUK & EVEREST NORTH FACE BASE CAMP (16,700 ft.) A pre-dawn departure from Shegar finds us on the top of Pang La (a 17,000ft pass) at sunrise.



View from Pang-la

Braving the cold we will be afforded an unparalleled photographic opportunity as we see the rising sun light up the vast panorama of Himalaya peaks spread in front of us from Makalu (27,817') to Everest (29,028') and Lhotse (27,916') to Gyachung Kang (25,980'), to Cho Oyu (26,714'), and to the west, Shisha Pangma (26,286').

We will photograph the rising sun light-up the summit of Everest on this auspicious day. Fifty nine years ago today, at 11:30 am, Ed Hillary and Tenzing Norgay reached the summit of Everest – the first ascent of Everest. Leaving Pang-la, the road snakes down to the Zakar River Valley and branches off southwest to the Rongbuk Valley. We arrive at the base camp by late morning. In *Everest 1933* Hugh Ruttledge wrote of coming at last into the storied valley:

The approach was dramatic. At the moment we were walking up the rough, snow-covered track, in the valley, which seemed to lead to nowhere in particular. At the next moment a last corner was turned and there was the monastery, with its great chorten; and beyond, the wind-torn but still impenetrable mists behind which we knew was Mount Everest.

Until the Tibetan backcountry was opened to outsiders in the early 1980s, few westerners had ever seen Rongbuk. Almost all were members of the seven British climbing expeditions that attempted climbing Everest's Northface from Rongbuk base camps during the 20's.



First light on Everest © Jeff Davis

The Dza-rong monastery (to give it its little-known correct name) was largely destroyed during the madness of the Cultural Revolution (or perhaps before), but a small nunnery and temple is being built on the site and prayer flags again fly in the clean air in the shadow of Chomolungma, Goddess Mother of the World. Lots of landscape photography opportunities as the views here are simply spectacular and unbelievably profound. Many other peaks cast their shadows on the exquisitely barren and beautiful valley. Every climber who has gone up to Rongbuk has looked up at the hall of inviting mountains lining the valley and wanted to get up there and begin climbing, for the joy of it, for the unique views, and for the history. Weather permitting, we have the whole afternoon, as well as sunset to photograph Everest. As night falls we prepare for the coldest night of our trip.

Monastery Guesthouse (B, L, D)

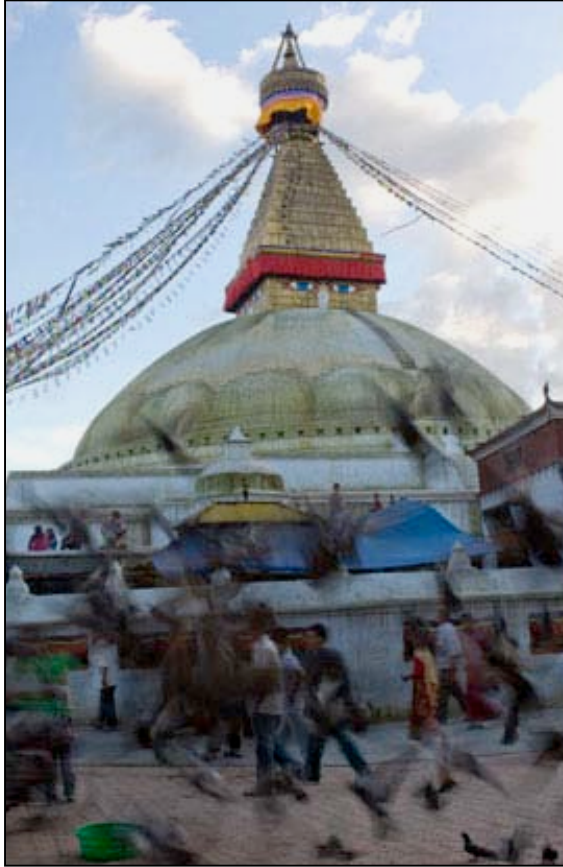
Day 12

Wednesday, May 30th

DRIVE TO NEPAL BORDER - ZHANGMU – (7,544 ft.) Today will be another spectacular “landscape” photography day. We will wake up early to photograph Everest at sunrise, before making our drive through the Himalaya, from the barren Tibetan Plateau to the lush foothills of Nepal. Leaving the Base Camp we first cross the rolling meadows of Tingri with our last views of Everest, to reach our first pass of the day Lalung-la (16,564’) offering spectacular views of Langtang Peaks that are also visible from Kathmandu. Continuing onto Thong-la we are afforded views of Shisha Pangma - 26,390’ the fourteenth highest mountain in the world and the Langtang Himal.

A steep and dramatic descend past the town of Nyalam (12,300’), we reach the Nepal border at Zhangmu by late afternoon. Zhangmu is a bustling and colorful border town built on the side of a dramatic Bhotia Khosi gorge. From our hotel we will be able to see the “Friendship Bridge” leading to Nepal that we will cross tomorrow.

Zhangmu Hotel (B, L, D)



Day 13
Thursday, May 31st

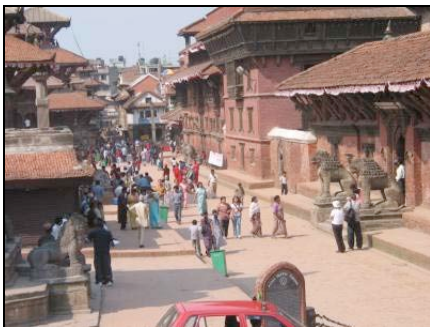
TO KATHMANDU (4,265 ft.) As all of China is on Beijing time (here we're three normal times zones away from the Chinese capital), as we across the Friendship Bridge to Nepal, it will be two hours forty-five minutes earlier! We pass through customs/immigration just before the bridge and then walk across to Nepal, while our porters will carry our baggage. Once we have cleared the entry formalities on the Nepal side, we will make the drive to legendary Kathmandu, Nepal's capital city.

Like Tibet, the legendary locale of Kathmandu conjures images of the ultimate mysterious and exotic travel destination. Located in Central Nepal, the Kathmandu area is the center of Nepali cultural and political life. Indeed, the Kathmandu Valley has been a hub of civilization for over two millennia. Kathmandu is living history, where the modern and ancient continue to mingle. It is an unforgettable experience to wander the mysterious bazaars of old Kathmandu.

“Namaste” is the greeting you will receive from the friendly Nepalese people, a traditional Hindu greeting, derived from Sanskrit, which means “I salute the soul (God?) within you.” We will check in to our hotel, the classic Yak & Yeti, before spending the afternoon taking in some of the sites of Kathmandu, including Durbar Square, Hanuman Dhoka, the ancient palace of the Gorkha Kings and the old bazaar.

This evening we will gather for a special Farewell Dinner, as we bring our incredible journey to a close.

Yak & Yeti Hotel (B, L, D)



streets of Kathmandu

Day 14
Friday, May 1st

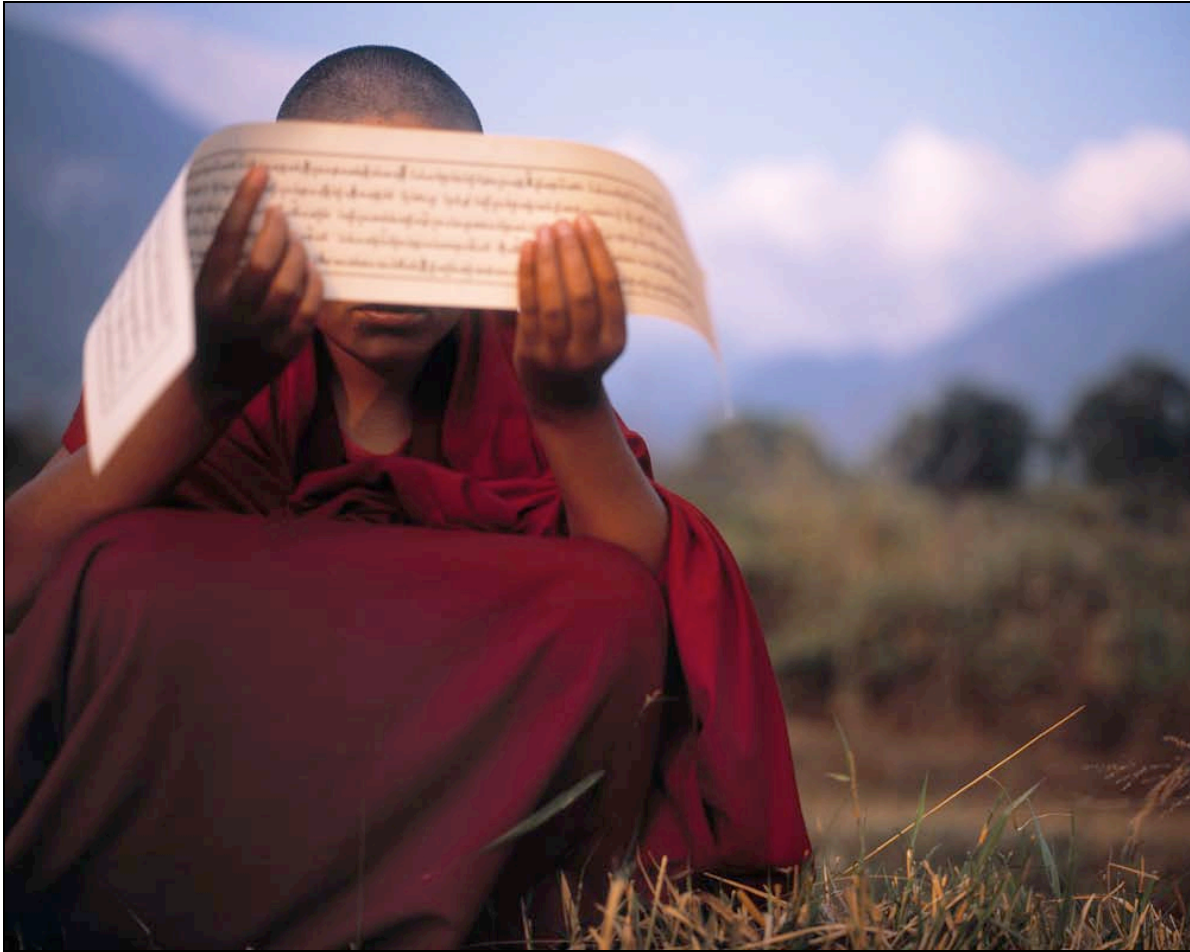
KATHMANDU TO BANGKOK / OTHER TRANSIT CITY TO CONNECT TO USA We will be transferred to Kathmandu's airport for flights to our respective Asian transit cities for connecting return flights to the USA.

Note: Please let us know if you wish to extend your stay in order to explore Kathmandu valley and we will be happy to make the additional arrangements for your extension.

(B)

Day 15
Saturday, June 2nd

RETURN TO USA Depart Bangkok or other transit city and arrive in the USA the same day.



2012 LAND COST

(per person, twin share)

6 - 7 participants \$5880

8 - 12 participants \$5400

Single Supplement \$650

Internal China Airfare

Chengdu – Lhasa: \$266.00

(subject to change by airline)

INCLUDED IN TOUR COST

- All accommodations based on double occupancy in hotels listed in the above itinerary
- All taxes and service charges
- All special events listed in the itinerary
- All transportation using non air-conditioned vehicles within Tibet (*mini bus for touring Lhasa & 4-wheel drive SUV for overland from Lhasa to Nepal border – driver & three travelers per vehicle*)
- All meals after arrival in Tibet through Nepal (Breakfast Day 3 to Breakfast Day 14)
- Special “Welcome and Farewell” dinners
- All arrival/departure airport/hotel transfers
- All entry fees at all temples, museums and monuments on sight seeing excursions
- Tips/gratuity to local staff (guides, drivers, bell boys, etc.)
- Services of Photography Expert, Jeff Davis
- Services of Destination Himalaya Tibetan Tour Manger
- Destination Himalaya’s Medical (\$25,000), Accident and Evacuation Insurance (\$500,000) and Assistance Plan

NOT INCLUDED IN TOUR COST

- International airfare to China (Chengdu) and return from Kathmandu
- Internal China airfare (Lhasa from Chengdu)
- Lunches and dinners in Chengdu or other en route cities
- Items of a personal nature, such as alcoholic beverages, laundry, phone calls, etc.
- Movie or video camera fees
- Tips/gratuity to Tour Leader
- Trip cancellation, travel delay or baggage insurance.
(Note: This optional coverage is highly recommended and can be purchased through Destination Himalaya)
- Charges incurred as a result of delays beyond Destination Himalaya control

WHY TRAVEL WITH DESTINATION HIMALAYA?

Commitment To Intelligent Travel

At Destination Himalaya, our primary mission is to successfully fulfill our “Commitment To Intelligent Travel.” We are committed to ensuring travel that is both ecologically responsible and culturally sensitive. Out of respect for the natural environment and the people of the regions in which we operate, we uphold the highest standards of low-impact and sustainable tourism. Our goal is to ensure a mutually beneficial encounter between our clients and the proud people of Asia, and to help preserve the pristine beauty of this special land by continually striving to exceed “industry-best standards.”

Our “Commitment to Intelligent Travel” stresses education and understanding. We do our utmost to educate our clients about the destinations they will visit prior to their departure, during their time in Asia, and after they return home. Our goal is to integrate the best parts of travel - exposure to culture, art, geography, history and recreation - with the best part of human nature - the desire to connect and improve each other’s lives.

Satisfied past clients include the National Geographic Expeditions, National Geographic Committee for Research & Exploration, American Museum of Natural History, Grace Family Foundation, Wharton Business School, Goldie Hawn, to name a few.

Commitment To Safety

Not only do we do everything in our power to see that our trips operate safely, but we try and stack the deck in our favor. All of our trip leaders have First Aid training and majority of them are WFR (Wilderness first Responder) certified. DH staff actively monitors the political situation of our destinations on a daily basis. Along with USA Department of State, DH also monitors: advisories from the Canadian Department of Foreign Affairs and the Foreign and Commonwealth Office of the United Kingdom. When it comes to personal health, we require that for certain trips (such as those involving trekking or high-altitude destinations) clients get clearance from a medical doctor in order to be accepted on the trip. In addition, every client who travels with Destination Himalaya is automatically covered by our medical and evacuation insurance. This coverage includes \$25,000 for medical expenses, \$500,000 for emergency medical transportation, \$750 for a trip delay, and \$300 for a baggage delay.

Commitment To Giving Back

From our inception and initial involvement with the SOS Tibetan orphanage in Chuglamsar, Ladakh in 1989, Destination Himalaya, along with our clients and partners in Asia, has made “giving back” to local communities paramount. Dealing exclusively with small, local organizations, our goal is to be highly involved in our chosen projects. This hands-on approach amounts to much more than just giving money. We become actively involved in each project and maintain that involvement over time.

Every year our staff and our Asian partners visit the communities and institutions we sponsor, to monitor the status of our projects. This creates an invaluable atmosphere of trust and understanding as a long-term relationship develops between Destination Himalaya and our beneficiaries. For more on the specific projects we support, please visit our website, destinationhimalaya.net.

We employ only locals in all of our overseas operations and when required we have invested time and finances to educate and train locals to become valued members of our field staff e.g.: in Tibet, from drivers to management we only employ Tibetans; similarly in Nepal our entire staff is Nepalese.

Commitment To Sustainable Tourism

Long before the global notion of “sustainable tourism” arose, Destination Himalaya understood the sometimes-fragile qualities of the landscapes and cultures of South Asia. For this reason, we are dedicated to travel that is both ecologically responsible and culturally sensitive. Destination Himalaya feels that the tenets of Sustainable Tourism necessitate interaction with the people and traditions of our host countries. We never disturb prayer or rituals, yet we are always open to communicating. We enter each situation with a willingness to learn and a desire to share our own ways in a respectful manner. Our clients taste indigenous cuisine, experience traditional dance and music, and revel in the glorious art and architecture that permeates the South Asian lands. As travelers, we are in a position to share what we have witnessed - be it the deteriorating condition of a monument, the disappearance of traditional life due to harmful incursions of modernity, or the endangerment of an ecosystem. Our clients become empowered through our trips, and we encourage them to communicate what they have seen and learned to others at home.

Additionally, Destination Himalaya’s Bay Area office and all of its India ground operations are now carbon-neutral. We worked with Stone Valley Partners to calculate our carbon impact and are offsetting it by supporting carbon reduction projects (Thar Desert Wind Farm, Jaisalmer and Panchpatta Wind Power, Maharashtra). We carefully choose hotels with environmentally sensitive policies; in the backwaters of Kerala, our clients enjoy the Sauvar Nigam, the region’s first eco-friendly houseboat as it is outfitted with solar panels for power and hot water and a state-of-the-art septic system to prevent wastewater leakage.

DH’s commitment to sustainable practices continues at home, as the company brings these sensibilities to its US operations. All our marketing (including color brochure) and other company materials are printed locally on 100% recycled paper using soy-based ink. DH hires and buys only in the local arena, and strives to exceed environmental standards at home, as well as abroad.

OUR TOUR MANAGERS

We have developed a team of well-educated, knowledgeable and sensitive locals who have guided and traveled extensively all over South Asia (and the world, for that matter). Their versatility enables them to lead groups or individual travelers both in the mountains as well as in any cultural destination. As well as English, our tour managers often speak at least two Asian languages with a fluency that leaves little to be desired. Over the years they have led cultural tours, trekking trips, mountaineering expeditions, rafting trips, wildlife safaris, and desert camel and jeep safaris. Each of our leaders has a minimum of ten years of outdoor travel experience and is obligated to undergo an annual leadership refresher course. Be it the Himalayan mountains, the Tibetan plateau, the waterways of Kerala, or the Taj Mahal, these highly capable and communicative individuals show their travelers an Asia that is only possible through the eyes of a native.

Tibet Tour Managers:

Tsering Dundrub: Tsering was born into a farming family in Amdo, Eastern Tibet (this eastern province of Tibet was also the birth place of His Holiness the Dalai lama.) After completing his primary and secondary education in a local school, Tsering went to India to pursue his higher education. There, he studied English, and graduated in Buddhism and Tibetan Literature from the Tibetan University, Varanasi.

In 1993, Tsering returned to his homeland and joined a travel company in Lhasa as a tour guide. Since then, he has led numerous treks and cultural tours all over Tibet and specializes in overland tours through the provinces of Amdo and Kham.



Sonam Badol: One of our most experienced Tibetan leaders, Sonam completed his primary and secondary education in a local school (Lhasa) before heading off to India in order to pursue higher studies.

After having spent ten years studying in Mussoorie, India, he returned to Tibet in 1996 and started work in the tourism industry. Sonam worked for two major Tibetan travel companies (TIST & CITS), and a NGO (One Heart) in Lhasa before joining Destination Himalaya's Lhasa office in 2005. Sonam speaks Hindi, Tibetan, Mandarin and English, and has led numerous tours and treks all over Tibet, including treks around Mt. Kailash.



Trip Expert Jeff Davis

Jeff is a professional photographer, award-winning PBS producer, documentary filmmaker, teacher, and advocate. He has traveled and worked in roughly fifty countries. Recent projects took him to Africa, China, Guatemala, Japan, India, Canada, and Iceland. On previous expeditions in the Himalayan region, Jeff explored the east, west, and north side of Mount Everest and traveled through major sections of Tibet and Bhutan.

“Jeff.....thank you for offering such a valuable experience. Marjan and I will be reaping the benefits for the rest of our photography lives.”

- Kirk Bergstrom

His imagery is presented in galleries, museums, web sites, calendars, and a range of publications. Exhibits of Jeff’s travel and editorial photography took place at San Francisco International Airport Museum, Stanford University, Washington University, The MOAT Gallery in Vancouver, San Francisco City Hall, and Banff Mountain Centre. In 2010 and 2011, Jeff designed and taught a series of five successful digital photography workshops in San Francisco. Beyond art, media production, and travel, Jeff serves in management roles, most recently as CEO for Edgewood, a large non-profit.

Endurance athletics remain a passion. Jeff rode his bicycle across the United States twice – from the east coast to the west coast and from Canada to Mexico – and completed IronMan triathlon events three times. Jeff holds an engineering degree with honors from Stanford University and a MBA from Harvard University.

Trip Grade Demanding High Altitude Touring

This itinerary is a long overland journey on rough mountain road. On some days, the drives may be as long as 6-7 hours. Because of the nature of mountain roads (subject to closures due to landslides) it may be necessary to revise our schedule before or during the trip. We will keep all members advised to the latest information we obtain. Bathroom facilities during these long drives are frequently nonexistent and limit your privacy to a nearby tree or rock. Anyone who would be uncomfortable in such a situation should not consider this trip.

High Altitude

Please note that we will reach altitudes of more than 16,000 feet as we drive over high passes with sleeping elevations consistently above 11,500 ft. This tour is subject to mountain weather

(snowfall, storms, ice, rain, wind) and other high mountain hazards. Unlike most other Himalayan regions, emergency evacuation by helicopter in Tibet is not possible.

In the event of an emergency during the tour, rescue or evacuation will be carried out by the tour leader and local staff.

Anyone with a medical history of cardiac or respiratory issues, should consult a doctor before considering this tour. The overnight at Everest North base camp area will be cold with wind chill temperature possibly down to the teens.

A release of liability and a medical certificate, signed by a physician will be required from all participants. Flexibility, a good sense of humor and an adventurous spirit are essential on this tour.

Visas

A China Tourist Visa is required for all foreigners traveling to China/Tibet. China Visa is NOT granted on arrival and must be obtained prior your departure from the USA. Destination Himalaya will obtain the group's "Tibet Travel" permit and any special permits required for the overland journey.

Immunizations and Health Matters

No immunizations are required for entry into China or to return to the USA from China. Several immunizations shots are recommended by the Atlanta Center for Disease Control. A copy of the CDC recommended immunization list and additional health information is included in our "Pre-Departure" packet.

Refunds for Unused Portions of Trip

All our pricing is based on group rates and no refunds can be made for any accommodations, services, or features not taken. Please see our "Terms & Conditions" for detailed cancellation and refund policy.

Important Note

Destination Himalaya and its representative in China/Tibet and Nepal will attempt to adhere to this itinerary as far as possible. Because of the nature of adventure travel, it may be necessary to make changes due to weather, road conditions, government restrictions and other variables beyond our control. Destination Himalaya and its representatives in Tibet/China and Nepal reserve the right to alter this itinerary as necessary. We will attempt to inform all participants of changes as far in advance as possible. No refund will be given for changes in the field due to the above conditions. **Costs incurred by such changes will be the responsibility of the participant.**

Please review all Terms of Booking and Details in our current application packet.

CONTACT INFORMATION

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<p>DH – India 66 LGF Charmwood Plaza, Eros Garden Faridabad, 11009 India Email: info@DHIndia.com</p>	<p>DH – Tibet Room 306, Hubei Hotel, No. 54 Beijing Zhonglu, Lhasa, Tibet 850000 PR of China Email: info@DHTibet.com</p>

Destination Himalaya is committed to ensuring travel that is both ecologically responsible and culturally sensitive. Ever respectful of nature and of the cultures and communities in which we operate, we maintain the highest standard of low-impact tourism. Our goal is to ensure you receive a warm and heartfelt welcome from the proud people of the Himalayan countries and to help preserve the pristine beauty of nature. Our guiding principle is to show respect for the people, their religions and cultural beliefs, and for the environment in which they live.

Recent Accolades



India, Tibet, Nepal, Sri Lanka



Itinerary Updated – January 10, 2012