



A Photographic Adventure in Nepal & Tibet

We have designed this 17-day adventure in Nepal and Tibet to enable you to travel in comfort and provide you with some incredible photographic opportunities.

Our adventure begins with several days exploring the Kathmandu and staying in the exquisite Heritage-style Dwarika's Hotel. Kathmandu itself offers superb photographic opportunities with superbly photogenic sacred temples and colourful bazaars. *(The Trip will be led by Garry Hunter who is a renowned photographer and has visited Nepal, Tibet & other parts of Asia) several times.*

From Kathmandu we fly west to the beautiful Pokhara valley and stay in the award winning Tiger Mountain Pokhara Lodge that provides spectacular mountain vistas.

We then return to Kathmandu and then take a magnificent flight across the Himalayan chain where several days are spent exploring the 'forbidden' city of Lhasa, including a visit to the Potala Palace, the former winter residence of the Dalai Lama. This is followed by an overland drive across the Tibetan plateau, the highest country in the world, visiting ancient monasteries and seldom-visited villages, to the Nepal-Tibet border.

The trip will be led by Garry Hunter who is a renowned photographer and has visited Nepal several times.

Note: Whilst this trip is labelled as a photographic adventure it should be noted that it is perfectly acceptable to bring non-photographic partners along. The group will be limited to a maximum of 16 persons, including partners.

Duration : 16 nights/ 17 days – 2 night Kathmandu, 2 nights Tiger Mountain Pokhara Lodge, 1 night Kathmandu, 9 nights Tibet/ Lhasa, 2nights Kathmandu.
 Grade : relatively easy
 Accommodation : Deluxe Heritage Hotel in Kathmandu, comfortable Lodge in Pokhara, basic hotels throughout Tibet.

The price based on a minimum of 10 persons travelling on a sharing basis the cost is US\$ 3400.00 per person.

US\$ 800.00 single supplement for those persons preferring single room accommodation

Dates: Monday, 31st July 2006 – Wednesday, 16th August 2006

Price Includes:

- ◆ All transfers, sightseeing and long drives in private non-air-conditioned vehicles
- ◆ 5 nights bed and breakfast accommodation at the Dwarika's Hotel
- ◆ Dinners and Lunches as mentioned in the itinerary
- ◆ ½ day sightseeing of Kathmandu city
- ◆ Domestic flights Kathmandu/Kathmandu by scheduled air services
- ◆ X2 nights at Tiger Mountain Pokhara Lodge including all meals
- ◆ Private vehicle throughout with an English speaking guide
- ◆ All monasteries entrance fees/All the necessary permits
- ◆ All the sightseeing tours as per the itinerary
- ◆ Kathmandu/Lhasa/Kathmandu airfare

Price Excludes:

- ◆ personal insurance
- ◆ price rises beyond our control (e.g.; increase airfares etc)
- ◆ charges for unexpected expenses
- ◆ personal expenses such as beverages, gratuities, laundry etc.
- ◆ personal clothing and equipment
- ◆ domestic & international departure airport tax
- ◆ Nepal & Tibet visa fees
- ◆ International airfare to/from Nepal (except KTM/Lhasa/KTM)

Garry Hunter

Garry has had 25 years photographic experience (since age 16) and has won multiple awards for both his commercial and fine art images.

He divides his time between London and New York and has worked in forty US states and thirty countries. Garry is Core Tutor on the CP3 Professional Photographic Practice course at Photofusion Gallery, London, a visiting lecturer at the Academy of American Studies, Long Island City, New York and was Education Officer on the SS Robin School of Photojournalism, in London's Docklands during its initial year, 2004. 'His conceptual imagery is distributed by Getty Images, where he also has an advisory role.'

Recent awards include:

Wellcome Trust Biomedical Imaging Award of Excellence, July 2005

Photo District News, New York, Best of Advertising Award for Sony Billboard Campaign, May 2005

Photo District News, New York, Extraordinary Award for the fine art book 'Trip_Transporting Grain', October 2004

UK Publishing Awards, Gold for Magazine Cover of the Year, 2002.

www.garryhunter.com/closer

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Monday, 31st July 2006: **Arrival in Kathmandu**



Upon arrival you will be met and assisted by an Escape2Nepal representative and transferred to award winning Dwarika's Hotel which is located 5 minutes from the airport and 15 minutes from the tourist district of Thamel.

Upon arrival a briefing about Kathmandu and your forthcoming trip will be conducted in which maps and other general information will be distributed. This will also offer you the ideal opportunity to ask any last minute questions that you may have.

Tuesday, 01st August 2006: **Kathmandu**

Today a half-day sightseeing tour will also be arranged.

In hidden corners of fabled Kathmandu, the ancient past lingers on in a maze of narrow streets crowded with turmeric sellers, small golden temples, wandering cows, and traditional workshops. Our half-day exploration takes us to places such as in to the old part of the Kathmandu City and to the 2000-year-old Bhoudanath Stupa.

About Kathmandu: Once a traditional medieval city of breathtaking Newari architecture, Kathmandu is now fully grown into an urban capital with a population of half-million people. Nevertheless, it has not lost its magic, especially in the ancient, narrow streets and in countless temples and shrines where Buddhist and Hindu iconography mix in fantastic ways. Bodha is a 1,400-year-old stupa that attracts pilgrims from across Buddhist Asia. At Bodha, we see pilgrims circling the stupa to make a *kora*, turning the stupa's giant prayer wheels as they go. With new monasteries sprouting up all around it, Bodha is rapidly becoming a world centre of Tibetan Buddhist study. Swayambu is an ancient Buddhist temple with commanding views of the valley. We make a steep climb of 300 steps to reach this stupa. Swayambu was established as a shrine around 500 BC and by the 13th century AD, had become an important centre of Buddhist learning. Its eyes, painted on four cardinal points, keep watch over the Kathmandu Valley. Pashupatinath, with its triple-roofed temple, burning ghats, and wandering sadhus (holy men) along the sacred Bagmati, is one of four major sites of Shiva worship on the subcontinent. Its temples and ghats are set along the Bagmati because the waters of this river eventually river flow south to join the mighty Ganges, holy river of India. Entrance to Pashupatinath's inner temple precinct is for Hindus only, but from the outside, we are able to see the huge structure of Nandi, the bull, and a smaller statue of Hanuman.



Overnight at Dwarika's Hotel.

Wednesday, 2nd August 2006: **Kathmandu – Pokhara - Tiger Mountain Pokhara Lodge.**

After breakfast transferred to the airport for the 30 minute flight to Pokhara. On arrival you will be met for the half hour drive to the award winning Tiger Mountain Pokhara Lodge.



Tiger Mountain Pokhara Lodge is situated on a hilltop ridge, a thousand feet above Pokhara Valley. It has spectacular, panoramic views of Machhapuchhare (Fishtail Mountain), and three of the world's 8,000m peaks, Daulagiri, Manaslu, and Annapurna.

The nineteen elegant and spacious rooms are arranged around the hilltop in thirteen individual hand cut stone bungalows, blending naturally into their surroundings. Sited to maximize the breathtaking vistas and set in private gardens, each room has a private verandah, adjoining bathroom and is furnished with twin or super-king sized beds.

Activities available from the Lodge include a ridge top walk visiting local villages; a full day Gurung Village trek circuit exploring the picturesque communities of Tulaswor, Chiteipani, and Lankachhar; naturalist-guided nature and bird watching walks; or relaxing in Col. Jimmy's Library reading about some of the more famous mountain expeditions. A beautiful swimming pool is located in a strategic site at the end of the ridge and reflects the high mountains which drop away to the Bijaypur river far below.

Thursday, 3rd August 2006: *Tiger Mountain Pokhara Lodge*.
Relax, or take optional day hikes from the Lodge.

Friday, 4th August 2006: *Tiger Mountain Pokhara Lodge – Kathmandu*.

After a leisurely early breakfast you will be transferred to the Pokhara airport for the 25 minute flight to Kathmandu.

Upon arrival met and transferred to the Dwarika's Hotell. Rest of the day at Leisure.

In the evening we will visit the area of Thamel for dinner.

Saturday, 5th August 2006: *Kathmandu- Lhasa, Tibet*



Transferred to the International airport for the flight to Lhasa. This spectacular flight, on a China Southwest Airlines Boeing 757, takes us right across the main Himalayan range and provides us with magnificent mountain views.

After landing at Gonggar Airport and meeting our Tibetan guide, it is a further 2 hour drive by Land cruiser jeep to Lhasa where we will check in to the Hotel Kyichu located in the city centre.

It is advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude.

Sunday, 6th August 2006: *in Lhasa*

Today will be spent visiting several of Lhasa's many monasteries in the company of a guide-interpreter. One of these is the Sera Monastery, one of the best preserved monasteries in Tibet. Within its white-washed walls and golden roofs, several hundred monks live and study.

After lunch we'll visit the Norbulingka, the summer palace of the Dalai Lama, as well as the Jokhang Temple. This temple is the most sacred shrine in Tibet and there is always a procession of devout Tibetans through the complex. Surrounding the Jokhang is the Barkor - a maze of narrow cobbled streets which is the central market of Lhasa.

Monday, 7th August 2006: *in Lhasa*

This morning we visit the Potala Palace which dominates the city of Lhasa. A spectacular building, it contains the private quarters of the Dalai Lama as well as numerous grand state rooms and many important chapels. There has been a palace on this site since the 5th or 6th century, but the present palace was constructed in the 17th century.

A Visit to the Drepung Monastery this afternoon will complete a truly awe-inspiring day. Founded in the 14th century, this monastery was once the largest in the world. with a population of around 10,000 monks. These days that figure is down to several hundred, but there is still much here of interest as it was left relatively unscathed during the Cultural Revolution.



Tuesday, 8th August 2006: **Drive Lhasa - Gyantse (3950m) 261 km**

Today we start our overland journey towards Kathmandu. Travelling by Land cruiser along the Friendship Highway we cross the Khamba La (4794m) from which there are stunning views across the waters of Yamdrok-tso (lake) to the snowy summit of Nazin Kang Sa 7252m. We continue westwards over another high pass, the Karo La 5045m, where we are treated to the spectacular sight of a huge glacier tumbling down to within a few hundred metres of the road.

After passing through beautiful valleys and colourful Tibetan villages we arrive in the town of Gyantse. Our overnight accommodation is at the Gyantse Hotel.



Wednesday, 9th August 2006: **Drive Gyantse - Shigatse (3900m) 90km**

Before leaving Gyantse we have time this morning to visit the Gyantse Dzong and Gyantse Kumbum. The Dzong is a fort dating from the 14th century from which there are amazing views of both Gyantse itself and the surrounding Nyang Chu Valley. The Kumbum is a large gold-domed stupa and its many small chapels house an impressive array of Tibetan Buddhist murals.

We then continue on to Shigatse, a short drive of only 90kms, arriving in time for lunch. Shigatse is the second largest city in Tibet and after exploring the local market we will make a detailed visit to the Tashilhunpo Monastery. This monastery is one of the largest functioning monasteries in Tibet and there is much to explore within its high surrounding walls. Our overnight accommodation will be at either Shigatse Hotel or Shandong Mansion.

Thursday, 10th August 2006: **Drive Shigatse - Shegar (New Tingri: 4050m) 244km**

Today we continue along the Friendship Highway, marvelling once more at the barren yet spectacular landscape of Tibet. Beyond the small town of Lhatse we cross the highest pass on our journey, the Gyamtso La, 5220m. From here we descend to the plains, passing lonely monasteries and the camps of nomadic herders, en route to Shegar and our overnight accommodation at Hotel Quomolongma (the Everest Hotel).

Friday, 11th August 2006 : **Drive Shegar - Rongbuk (5000m) 68km**

Shortly after leaving Shegar, we turn off the Friendship Highway and head south over the Pang La 5150m towards the main Himalayan range. The view from the top is incredible with uninterrupted views stretching from Makalu to Shishapangma. Below the pass, Everest initially is hidden from view, but as we turn the corner into the Rongbuk Valley it reappears, more impressive than ever. We stay overnight at the Gompa Guest House.

Saturday, 12th August 2006: **Drive Rongbuk - Tingri (4350m) 65km**

This morning we have the opportunity to explore Everest Base Camp 5200m. The base camp itself is dry and barren, but the views of Everest more than compensate for this. It is a truly awe-inspiring place with the sheer north face of the highest mountain in the world towering above us.



After lunch, we return to the Friendship Highway and drive to Tingri where we will stay overnight at the Snow Leopard Lodge.

Sunday, 13th August 2006: **Drive Tingri - Zhangmu (2300m) 181km**

Leaving Tingri, we cross another two high passes, the Lalung La 5124m and the Shung La 5200m. Once more we are rewarded with magnificent views of the surrounding peaks of Shishapangma, Cho Oyu, Menlungtse and Gauri Shankar.

Now we begin our descent from the arid Tibetan Plateau to Zhangmu on the Nepalese border. After Tibet, it appears an incredibly lush and green town and we stay overnight at the Zhangmu Friendship Hotel.



Monday, 14th August 2006: *Drive Zhangmu - Kodari - Kathmandu (1400m) 123km*

From Zhangmu we drive a few kilometres to the Friendship Bridge which spans the Bhoté Kosi River and marks the Chinese - Nepalese border. We say goodbye to our Tibetan guide and driver and walk to Nepalese Immigration Control in Kodari where we will be met by our Nepalese staff. After completing the re-entry formalities we continue the drive to Kathmandu which, depending on road and weather conditions, should take about 5 hours.

Overnight Dwarika's Hotel.

Tuesday, 15th August 2006: *in Kathmandu*

Morning free followed by lunch at Shivapuri Heights Cottag. Overnight Dwarika's Hotel

Wednesday, 16th August 2006 : *International departure*

Transferred to the International airport for your international departure.

Note: Road conditions between Nepal and Tibet may deteriorate at certain times of the year resulting in routings having to be revised which may entail additional costs.

Note: If you would like to extend your stay in Kathmandu after the tour ends then please let us know and we make the necessary arrangements.

Price excludes film and materials although Garry will demonstrate large format 5x4" and panoramic landscape photography in the form of workshops using Polaroid proofing, as well as still life and portrait sessions - some personal tuition will also be available along the way.

Digital imaging is not discouraged but ensure enough fully charged spare batteries and storage cards are brought along, for the remote areas. Ensure that waterproof protection is in place for all camera although we will supply personal waterproof bags that can hold a limited amount of equipment and waterproof drums for any remaining equipment.

Additional details will be sent out at the time of booking

For more information and reservations please contact:

Escape2Nepal
Kathmandu

info@escape2nepal.com
www.escape2nepal.com

Note: We are also pleased to put you in touch with Garry directly to discuss the trip in more detail if you would like more information.