

Welcome to our special Tibetan Journey to the birthplace of Tenzing Norgay
and the North Face of Everest October 2007

Tenzing's birth place Journey– Tibet 2008

Dates:	Sunday 20 September – Friday 10 October, 2008
Duration:	21 days Ex Kathmandu
Cost :	Ex Kathmandu; USD 5760.00 per person twin share Single supplement : USD 864
Number of Days on luxury: Camping	5days
Grade:	Moderate
Group size: Maximum:	12 clients plus leader
 Minimum:	6 clients plus leader
<i>Will the trip run?</i>	<i>Guaranteed to run with only 6 people .</i>
Leader:	Tashi Tenzing, Sherpa -Tenzing Norgay's grandson

Tashi Delek

In September 2007 we offer a very special Tibet tour – one that is unique and enables you to not only see the wild scenic beauty of Tibet and experience its rich and ancient culture but a tour which takes you into the small village and gumpa communities of the Everest region of south eastern Tibet.

Tashi Tenzing, grandson of Tenzing Norgay Sherpa who, with Edmund Hillary, made the first ascent of Everest in 1953, will lead the trip. Tashi himself climbed Everest in 1997 – in honour of his grandfather. Now he makes a personal pilgrimage to old Tenzing's birthplace, the small community of Moyey, Yueba near Everest's great Kangshung face. He invites you to join him and meet this arm of the Tenzing family. Tales of the old expeditions and of his grandfather's time in Tibet should make for some very interesting evenings in camp!

Add to this the opportunity to visit the fabled city of Lhasa as well as Shigatse and Gyantse and spend two days at the highest monastery in the world at Rongbuk – at the base of the breathtaking north face of Everest and you have a most extraordinary trip.

This is not a standard trip and we hope that you can be one of the few to experience this deeply spiritual and ancient culture first hand with the first family of the Himalaya.

Tashi Tenzing

A TIBETAN JOURNEY

TO THE BIRTHPLACE OF TENZING NORGAY

This unique trip takes you on a journey to the small village of Moyey near Yueba, where Tenzing Norgay Sherpa was born. His direct relatives still live there – beneath the great east face of Mt Everest. You will travel with Tenzing's grandson Tashi, who climbed Everest twice, himself in 1997 -2002– first flying from Kathmandu to Lhasa for a tour of this ancient and magical city. You then drive on to Gyantse, site of Tibet's great battle with the British Younghusband expedition of 1903/4 and one of Tibet's great fortress towns.. The great Kumbum pagoda here, crafted by artisans from the Kathmandu Valley, is remarkable. Then on to Shigatse – home of the Panchen Lama and Tashilumpo Monastery, one of Tibet's greatest and still most active.

From here you drive east towards Everest, which towers above the vast Tibetan plateau. Yueba village is located very near to Kharta, a rather substantial village on the north-astern side of Everest. You will spend three nights here, visiting the Tenzing family in Yueba and Kharta and soaking up the atmosphere of life in a remote and traditional village.

From Kharta you will drive around the massive base of Everest to the snout of the Rongbuk Glacier which flows down from Everest's north face. Camp will be made here and you will have two full days to absorb this magnificent view of Everest – easily the best aspect of the great mountain from any side. You will visit the small but most revered Dza Rongphu or Rongbuk Monastery. This remote and very austere set of buildings is highly regarded across the Himalaya and a visit here brings great blessings on those few privileged to come.

From Rongbuk you will travel by road back across the great Tibetan plateau and through the narrow and dramatic gorge of the Sun Khosi River which cuts through the main Himalayan Range and flows into Nepal. Once through the gorge you exit Tibet and drive down to cross the Sun Khosi and enter Nepal. A most scenic drive brings you to Kathmandu – the “city of wood” and your journey's end.

This trip offers a truly personal insight into Tibet, its history and culture and as a guest of the Tenzing family you will be welcomed as no others can be.

Daily Itinerary October 2007

Day 1 Sun 7 Oct Arrive in **KATHMANDU at Qatar QR 350 1625** (Altitude 1330m) You will be met on arrival and transferred to your hotel Dwarika's Heritage Hotel (www.Dwarikas.com) where a short briefing will be held regarding the program for the next couple of days. Your passport will be collected for submission for your Tibet Entry Permit. For the remainder of this day and during the following day we will take in Kathmandu's sights – Swyambunath Temple, Durbar Square, Bodhnath Stupa to name a few. For those who wish we can arrange a teaching from the head Rimpoche of Swyambunath.

Day 2 Mon 8 Oct Day at leisure in **KATHMANDU** -

Day 3 Tue 9 Oct Fly to **LHASA /TSE DANG** (Altitude 3550m) on CA 408 at 1030 hrs This is one of the world's most spectacular flights – across the main Himalayan Range and up onto the great Tibetan Plateau. Weather permitting you will get a bird's eye view of Everest After an hour's flight you will arrive at Gonggar Airport, about 2 hours drive from Tsedang, Tibet's ancient capital.

On arrival you will be transferred to your hotel. You should then rest quietly for a couple of hours at least to help the process of acclimatisation. A little relaxed strolling on this afternoon is suggested and will be arranged for those who wish.

Day 4 Wed 10 Oct Day trip to **SAMYE**
Samye, Tibet's first monastery is located north of the Yarlong Tsangpo River, about 30 kilometres from Tsedang. The monastery, surrounded by a village, is in a green valley among barren mountains set back from the Yarlong Tsangpo. Haiburi, its small holy mountain, stands just to the east.

Samye Monastery was founded in 779 by Trisong Detsen, Tibet's 'Second Religious King', after he had invited prominent Buddhists to Tibet from India, the most famous of whom were Padmasambhava, the magician-saint, and Santarakshita, his personal tutor. The first Tibetan monk, a Yarlong aristocrat who had attended a Buddhist university in India, was ordained by Santarakshita and installed as the first abbot of Samye.

In 791 King Trisong Detsen proclaimed Buddhism the official religion of Tibet, upon which two of his five queens, and 300 other people promptly took religious vows and joined holy orders. Yet most of the aristocrats of Yarlong clung tenaciously to the old Bon or animistic faith of ancient Tibet. They hated the newly privileged class of Buddhist monks, which they saw as a mortal threat, not only to the power of the nobility but to the monarchy itself. History proved them entirely correct, and King Trisong Detsen grappled continually with the nobles.

Many translations and catalogues of Buddhist texts were produced at Samye, and much scholarly writing was done during Trisong Detsen's time..

TSEDANG

Lying at the foot of Mount Gongbori, one of Central Tibet's holy mountains, is Tsedang, capital of the ancient kingdom of Yarlong. Yarlong lies at the heart of a large administrative region south-east of Lhasa (Tibet's capital). Tibet's creation myth tells how, in a cave at the back of this small mountain, a saintly monkey and an ogress gave birth to the Tibetan people. Their early history, including the reigns of some 30 half-mythical kings, unfolded in this section of the Yarlong Tsangpo Valley. Tsedang means 'Playground', where the monkey came to frolic.

Located 183 kilometres south-east of Lhasa, at an altitude of 3,550 metres, Tsedang is an old Tibetan town surrounded by modern, utilitarian buildings of new, larger Chinese sections. It is the second largest town in the U region, and the third largest town in Tibet. The ruins of several monasteries can be seen in the old sections and the surrounding hills.

The outstanding physical features of Tsedang are the wide Yarlong Tsangpo River, flowing just to the north of the city; Mount Gongbori overshadowing it on the east; and the profusion of trees all around that make Tsedang-Nedong an oasis in a strange, high-altitude desert.

Yumbu Lhakang

The castle of Yumbu Lhakang is the oldest known dwelling in Tibet, reputedly the home of the Yarlong kings. It stands 12 kilometres south of Tsedang, perched dramatically on a pinnacle above the valley. When the monarchy ended, the castle became a small monastery, and although it was smashed to rubble in the 1960s, it has been rebuilt. Original stonework in the lower part dates back at least to the 7th century.

You will have the opportunity to walk up to the old monastery and spend time savouring the wonderful views and atmosphere.

Trandruk Monastery

Dating back to the 7th century Trandruk is one of the earliest Buddhist monasteries in Tibet, having been founded at the same time as the sacred Jokhang in Lhasa.

Trandruk has undergone numerous enlargements and reconstructions over the centuries. It was significantly enlarged in the 14th century and again under the auspices of the Fifth and Seventh Dalai Lamas. The monastery was badly damaged during the Cultural Revolution, and extensive restoration work has been carried out since 1988. Trandruk is a significant stop for Tibetan pilgrims.

Day 5 Thu 11Oct Drive to **LHASA** (a short drive of 2-3 hours)

LHASA – “The Forbidden City”

Three days are scheduled to appreciate the rich cultural history of Lhasa. We include visits to the Norbulingka - Summer Palace of the Dalai Lama - established by the 7th Dalai Lama and re-built by the current Dalai Lama in the 1950's. It was from here that His Holiness fled in his escape to India in 1959. You will also visit the Jokhang Temple, the religious and geographical centre of Lhasa and the most important monastery in the world for all sects of Tibetan Buddhism. Tibetans, many of who are very old or infirm walk hundreds of kilometres to see the Jokhang and receive its hallowed blessings. It is for them a once in the lifetime experience. On reaching the Jokhang they perform their ritual circuit of its many and sacred shrines. It is a moving experience to join them in the dark hallways lit only by butter lamps.

The market area around the Jokhang is called the Barkhor and is a real slice of old Tibet. Whilst many of the goods on sale are now Chinese, those buying them are definitely not! People from all corners of Tibet come to Lhasa -including Khampas from the east with their hair plaited and caught with red braid, or pilgrims from Amdo and Chumbi. The Barkhor is the real Tibet and you could spend hour's just sitting and watching the passing parade. Be warned, however - the locals are not always pleased about having their photos taken. Be sure to ask first. While in Lhasa we also include visits to the outlying monasteries of Drepung and Sera. There is also time to allow you to just wander the alleyways and markets or to walk down to the Kyichu River and watch the locals fish from their yak-skin coracles.

A highlight of your time in Lhasa the visit to the Potala Palace. It was established during the reign of the 5th Dalai Lama and is built entirely of wood, earth and stone. The 13 storeys rise 117 m and include over 1000 rooms. Most areas are now open to visitors including the chamber housing the tombs of the former Dalai Lamas. Some of the rooms of the 14th Dalai Lama can also be visited with their commanding views across the old city and down to the Tsangpo Valley.

- | | | | |
|-------|-----|--------|--|
| Day 6 | Fri | 12 Oct | In LHASA |
| Day 7 | Sat | 13 Oct | In LHASA Day walk to Sera Monastery
Located about 5 kilometres north of central Lhasa, Sera Monastery was, along with Drepung, one of Lhasa's two great Gelugpa monasteries. It once had a huge monastic population of around 6,000 monks, but this has now been reduced to several hundred. Sera was founded in 1419 by Sakya Yeshe, a disciple of Tsongkhapa. In its heyday, Sera had five colleges of instruction, although by 1959 the colleges numbered three.
Sera was one of the most defiant of all Tibetan monasteries when Tibet was invaded in 1959 – the damage which can still be seen attests to the force with which its defiance was crushed. |
| Day 8 | Sun | 14 Oct | Drive to GYANTSE (Altitude 3800m)
The drive out of Lhasa is quite dramatic as you climb to the valley rim and look back at the broad valley with the timeless image of the great Potala Palace dominating the scene. You then drive down and along the western bank of Tibet's famed lake, Yamdrok Tso or "turquoise lake" a vast expanse of freshwater extending several kilometres. This lake is sacred and is believed to hold images of the future – notably images of the new Dalai Lama when the current one has passed on to his next life. It is Tibet's life force and its demise would mean Tibet's end. From Yamdrok you take the main road south to Gyantse, a remarkable example of a traditional Tibetan town with its whitewashed walls and mud-packed roofing. Is. The fort above the town, built in the 14 th century, guarded the main Lhasa road. In 1904 it was besieged by British forces of the famous Younghusband expedition and many accounts from veterans of this battle describe it as "the strongest fort in Central Asia" The Tibetan archers finally succumbed to British artillery but only after a fierce battle which so impressed the British that after the battle they went around giving whatever medical attention they could to the hundreds of wounded and dying Tibetans. Such was their respect for the courage of their foe. The artillery shell holes from this battle can still be seen in the walls of the Gyantse fort. |
| Day 9 | Mon | 15 Oct | In GYANTSE (Altitude 3800m)
The Gyantse Fort is well worth the climb up to see it. The ghosts of the past live here still and as you sit and look out across the vast plateau of south eastern Tibet you can "feel" Tibet's history and the power of its past.
The extraordinarily beautiful Kumbum is also a must. This stupa temple whose name means "Place of a Thousand Images" was once the centrepiece |

of Palkhor Monastery. Built in 1427 by a Gyantse prince it is the largest stupa in Tibet. The Newar artisans of the Kathmandu Valley did all the artwork and this stupa is one of the finest examples of their work in the world today. Each chamber on the spiral interior path is dedicated to a specific Tibetan deity and one wanders upward to the top which symbolises our oath toward and attaining of Nirvana. It is a remarkable experience.

Day 10 Tue 16 Oct Drive to **SHIGATSE** (Altitude 3900m)
It is only about a 2-hour drive to Shigatse, Tibet's second largest town. Here you will visit the famed Tashilumpo Monastery – monastic home of the Panchen Lamas. Situated beneath Mount Dromari it was established in 1447 by the first Dalai Lama. Although the monk population of Tashilumpo has dwindled from over 4,000 in the early 1950's to around 700 now, it is still a very active monastery and you will see the monks pursuing their very lively religious and philosophical debates in the main courtyard. Time permitting, an excursion to the local Tibetan markets is well worth while. There is not a lot to buy but the chance to watch the Tibetans bargain is always great entertainment!

Shigatse is the administrative centre of a vast area formerly called Tsang which includes most of Central Western Tibet. Historically it often rivalled Lhasa, which controlled U or Central Eastern Tibet. Shigatse stands at the confluence of the great Yarlung Tsangpo and Nyangchu Rivers and controls one of Tibet's richest farming areas. Barley, rapeseed, wheat, beans and many kinds of vegetables colour the valley – green in summer and with bright yellow in June/Juliet when the rape is in bloom.

Day 11 Wed 17 Oct Drive to **SHEGAR** via **Sakya Monastery** (a.k.a. New Tingri) –Altitude 4500m and 280 kms from Shigatse. The drive from Shigatse from Shegar takes about 5-6 hours and you will cross a vast, broad plain to this small town which used to be a major trading post for the Sherpa people from Nepal who traded between Tibet and the Khumbu Valley on the south side of Everest.

Shegar formerly had a fortress perched on the cliffs above and a monastery known as “Shining Crystal Gompa”. Now the town is comprised of an old Tibetan quarter and a larger Chinese sector. Above the old village part of the fortress wall with its tall towers marches up the mountainside from the ruins of the monastery to a bare pinnacle where the bastion's foundations remain. This beautiful spot, with a splendid view across the valley to Mt Everest, is well worth the climb.

Day 12 Thu 18 Oct Drive to **KHARTA VALLEY** (Altitude 3500m)
We drive from straight from Shegar to the Kharta Valley in one day – road conditions permitting. It is a long drive but a most interesting one, passing through small villages and crossing small streams. From Shegar divert south along the jeep track leading to the Pang La (5150 metres). From the pass you gain your first clear views of Everest.

“We came to a halt, completely overwhelmed with astonishment. The sight of Everest wiped every thought from our minds. We forgot about rocky deserts and all our longings for other forms of beauty. We uttered neither questions nor comments – but simply stood there and gazed “

-George Leigh Mallory, Everest climber and explorer, June 25, 1921 on Everest reconnaissance expedition.

You descend to the village of Phedu. Here the tracks diverge; one road heading for Rongbuk and the north face of Everest while the road to the south leads to the Kharta valley and Kharta village.

Day 13 Fri 19 Oct In **KHARTA camp**

Day 14 Sat 20 Oct In **KHARTA camp**

The area of Kharta is an oasis in the wild Tibetan desert. It is the trailhead for trekkers/climbers heading to Everest's feared Kangshung (east) face or east to Rongbuk, beneath Everest's great north face. Kharta itself is set in green surroundings near the Arun River, which is a sharp contrast to the desolate moonscape at Rongbuk.

We will camp at Kharta and spend the two days visiting the tiny village of Moyey near Yueba, where Tenzing Norgay was born. Many of his direct relatives still live here and they have wonderful memories of his early expeditions and those of other Everest explorers and climbers. It is a beautiful area and this time will provide wonderful memories of old Tibet.

Day 15 Sun 21 Oct Drive to **RONGBUK** /Everest Base Camp 5200m HOTEL

Day 16 Mon 22 Oct **RONGBUK- Day walk around base camp. HOTEL ROOM ONLY**

RONGBUK

From Kharta you drive to the Rongbuk Valley and our camp near the great Dza Rongphu monastery famed for its situation close to Everest. Situated against one of the most spectacular backdrops in the world this monastery this monastery was largely destroyed by villagers during the Cultural Revolution. It is now being restored by many of those same villagers. The first gompa at this site - a Buddhist nunnery - was established about 200 years ago. By the 1950s there were nearly 250 residents, mostly nuns. However after 1959 most fled and now there are only a handful of monks and nuns working on restoring the monastery. Since no photographs were ever taken of the wall murals and interior artwork the restoration work is being done largely from memory.

Rongbuk Valley is the "Sanctuary of the Birds". There was a strict law on killing any animal or bird in this area. Indeed the British Everest Reconnaissance Expedition of 1921 found the animals of the valley extraordinarily tame. Even the wild blue sheep would come down to the monastery.

At that time the monastery was vibrant and alive. Pilgrims used to travel thousands of kilometres to pay their respects at this most revered spot.

The history of Rongbuk is sketchy. It is believed to have been built sometime early this century and was destroyed sometime between 1965-1975. The last abbot of the monastery fled to Nepal. The monastery was completely destroyed with only the shell remaining. The stupa, which was split in two and its treasures taken, has been reconstructed and with a lot of support from within Tibet and abroad it is hoped Rongbuk will regain its former glory and sanctity.

Your days here will be spent soaking up the stunning scenery, taking day walks up onto the Rongbuk Glacier and largely helping the monks and nuns of the monastery in their restoration work. More information on this will be provided throughout the year.

- Day 17 Tue 23 Oct Drive to **TINGRI** - From Rongbuk you will head back towards the main Lhasa highway to the small town of Tingri
overnight at Snowleopard Hotel
- Day 18 Wed 24 Oct Drive to Dhulikhel Resort via **ZHANGMU** (Altitude 2300m) You will have a stunning panorama of the main Himalayan range rising straight up from the Tibetan plateau to the south. In Zhangmu Here you will undergo Chinese immigration and customs checks before driving down the long and winding road to the Friendship Bridge which forms China's border with Nepal. Once across you go through Nepali customs and immigration and then head south to Dhulikhel Resort .
- Day 19 Thu 25 Oct Drive to **KATHMANDU**
Very short drive to Kathmandu valley about 1 hour . The rich and verdant Kathmandu Valley makes you realise what a wild and dry desert Tibet is. Transfer to Dwarikas Heritage Hotel
- Day 20 Fri 26 Oct In **KATHMANDU**

KATHMANDU

Your time in Kathmandu can be spent soaking up the "luxuries" of cappuccino, chocolate cake and other such goodies plus some shopping and sightseeing before you depart. Any Tibetan handicrafts you may have missed in Tibet can be picked up in Kathmandu very easily.

In Kathmandu also we will visit the great stupa at Baudnath – the largest in Asia.

This is a remarkable journey and a chance, which comes to few in their lifetime. As well as the sights and places mentioned in the itinerary there will be some surprises and places and people we may not expect.

If you have a love of Tibetan culture and the people of this wild and beautiful land you will gain much from this journey. And you will have the chance to contribute to them as much as you receive.

FARE WELL DINNER

- Day 21 Sat 27 Oct Depart Kathmandu trip concludes

Ex Kathmandu cost includes;

- All accommodation in Tibet 4 -5 star hotel with full board (all 3 meals) and all sightseeing in Tibet
- Private bus transport from the boarder of Nepal to Kathmandu.
- All airport and land transfers in Kathmandu
- Full board with gourmet cooking in the field service while camping in Tibet - including all meals, tents, sleeping bags, blankets or dunnas, Thick sleeping mattress, down jackets and Mess tent, sitting toilet tent and chairs.
- Pick - nick lunches with lots of fruits and salads
- 4 wheel drive land cruiser new model 4500EFI .
- Local English-speaking Tibetan guide
- All monastery entrance fees in Tibet
- Emergency first-aid kit

- Tibet visa fee.
- Your Tour leader – Tashi Tenzing
- Use of Oxygen in Tibet if needed for emergency only.
- International flight from Kathmandu to Lhasa with airport tax
- Welcome & Farewell dinner with drinks
- Travel Kit Bag.
- Accommodation in Dwarikas Heritage Hotel with bed and Breakfast basis
- Mineral water throughout the tour in Tibet .

Cost does not include –

- Airport taxes from Thailand (AUD \$25) Nepal and Tibet (US\$ 50)
- Meals other than breakfast in Kathmandu
- Items of a personal nature - eg. laundry, postage, alcohol
- Excess baggage
- Personal medical items.
- Inoculations
- Travel Insurance
- Tipping for drivers in Tibet and sherpa staff