

THE SOUTH CHINA SEA TO THE ROOF OF THE WORLD

VIETNAM, CHINA,
TIBET, NEPAL

with
**ENCOUNTER
OVERLAND**

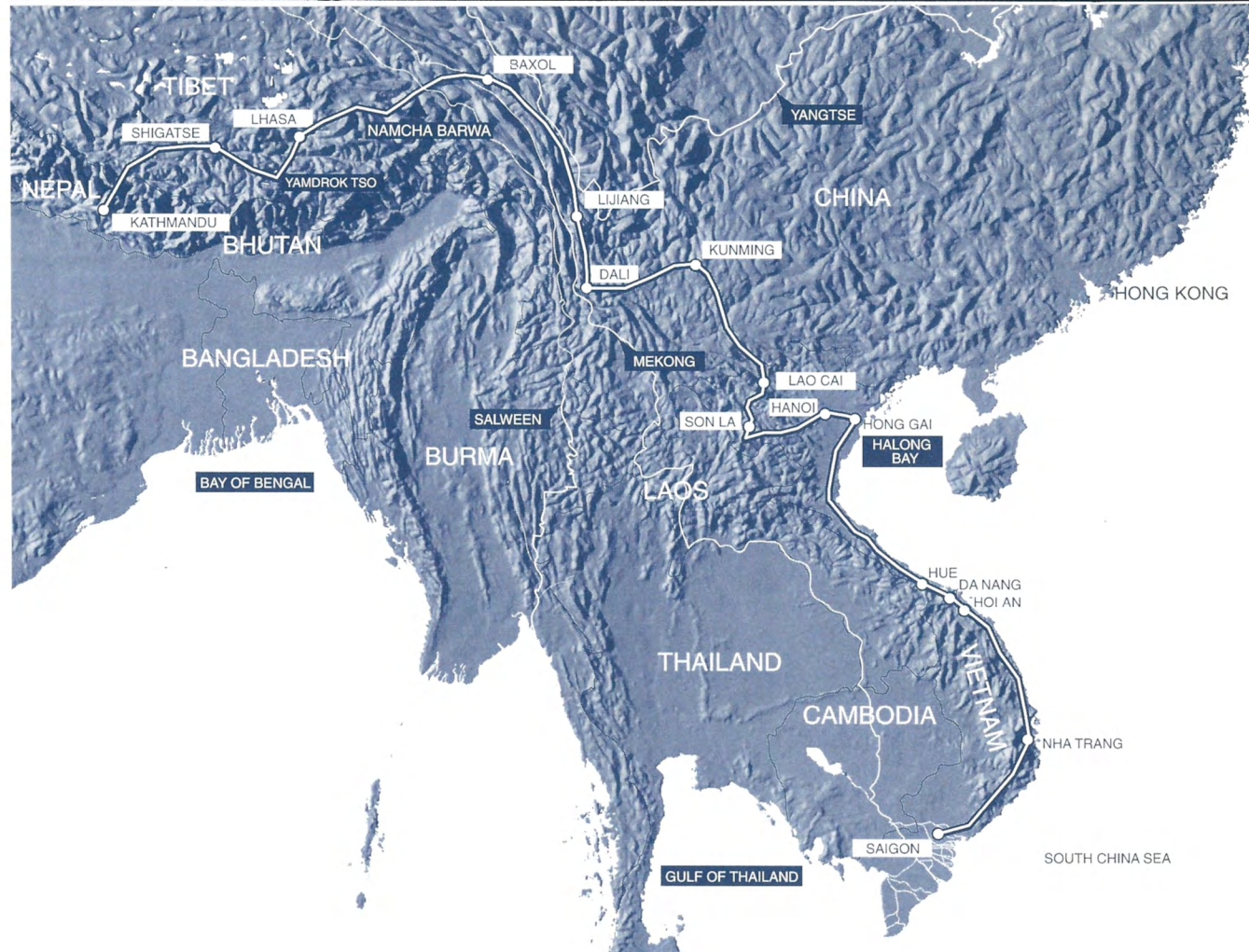
From SAIGON to KATHMANDU
8 Weeks

4400 miles/7000 kms

From HANOI to KATHMANDU
6 Weeks

3220 miles/5100 kms

DEPARTURE & ARRIVAL DATES WITH THE
PROJECT COST, AVAILABLE ON REQUEST
FROM ENCOUNTER OR YOUR AGENT.



ITINERARY GUIDELINE

From SAIGON:

Days 1 & 2: In Saigon (Ho Chi Minh City). Free time to visit Markets, pagodas & museums of an ancient and often traumatic history. Drive to Cao Dai Great Temple & Cu Chi tunnels of the Vietcong resistance. Return to Saigon (local guide). Hotel.

Day 3 & 4: Drive to the mountain retreat of Dalat, waterfalls, markets, minority people. Guesthouse.

Days 5 & 6: To & in Nha Trang. Time to relax on beaches of South China Sea, opportunity to snorkel & cruise among off shore islands. Guesthouse.

Day 7: Overnight "Reunification Express" Train along the coast to Hoi An.

Days 8 & 9: In and around Hoi An—historic trading town, Marble Mountains, China Beach & Da Nang. Guesthouse.

Day 10: Drive to Hue, spectacular coastline along and over Hai Van Pass. Guesthouse.

Day 11: In Hue—by bicycle through the Imperial City & Tombs of the Emperors. Guesthouse.

Day 12: Hue, then overnight train along Gulf of Tonkin & inland to Hanoi.

Days 13 & 14: In Hanoi—capital of French Indo-China & today's Vietnam. Ho Chi Minh mausoleum, Old City & markets. Hotel.

Days 15 & 16: By road to Gulf port of Hong Gai (approx 4 hrs) & Halong Bay's striking archipelago of limestone peaks, (local guide). Guesthouse.

Day 17: Drive inland & north to Son La, through the remote highlands bordering Laos. Guesthouse.

Days 18-20: Visit villages and markets in the remote hills of the Golden Triangle, White & Black Tai & Hmong hill-tribes (Resthouses).

Day 21: Drive to Lao Cai on the Vietnam-China border, crossing to Hekou, China.

Day 22: By train or bus into China, to Kunming—capital of Yunnan Province. Hotel/Guesthouse.

Days 23 & 24: In and around Kunming—'City of Eternal Spring'. Green Lake & old city, Stone Forest at Lunan. Hotel.

Days 25-27: Drive to & in Dali—ancient home of the Bai people. City houses, famous market & pagodas. Guesthouse.

Days 28-31: Drive on to the eastern Tibetan tablelands to Lijiang—home of the Naxi people. In Jade Dragon Mountains—trek through Tiger Leaping Gorge. Guesthouses & teahouses.

Days 32-34: Drive Lijiang to Markam with night stops in Zhongdian & Dechen. We climb to altitudes of 13,700 ft/4,200m with Burma to the west and Tibet ahead—camping.

Day 35-37: Markam to Rawu. Into the heart of Khampa country and crossing the great Yangtze, Mekong and Salween divides—camping.

Day 38-39: Rawu-Bayizhen, descending through tropical forests, we join the Brahmaputra river valley and views of Jialabali Feng & Namcha Barwa, both rising above 23,000ft/7,100m—camping.

Day 40-42: Bayizhen—Namcha Barwa, Drive to the Namacha Barwa base camp. Day trek to its foot, return to Bayizhen—camping.

Days 43-44: Bayizhen—Dripung, through nomadic lands opening out onto the Tibetan plateau, Monastery and Hot Springs at Dripung—camping.

Day 45: Dripung—Lhasa

Visit Ganden Monastery then drive on to Lhasa—Hotel.

Days 46-48: In Lhasa: the Potala, Summer Palace, Jokhang Temple, Barkhor bazaar. Hotel.

Day 49: Drive to Turquoise Lake (Yamdrok Tso) & over Karo La Pass (17,000ft/5,200m) to Gyantse. (old City). Simple hotel/guesthouse.

Day 50: To Shigatse—Tibet's second city & seat of Panchen Lama: great Tashilhunpo monastery, fort & market. Hotel.

Day 51: Drive to isolated Sakya monastery, which avoided plunder and destruction of cultural revolution, some of Tibet's finest artwork & Buddhist artifacts; and to Lhaze. Basic Resthouse.

Day 52: Drive to Pang La Pass (17,000ft/5,200m)—windswept views N. faces Everest. To Tingri. Basic Resthouse.

Day 53: Over Lalung La Pass (16,500ft/5,000m) to Milarepa's Cave. Ascend steep S. Himalayan rim through jungled gorges of Bhote Kosi to border town of Zhangmu. Guesthouse.

Day 54: Zhangmu, walk across Friendship Bridge to Nepal & Kodari and to the picturesque village of Tatopani. Guesthouse.

Day 55: Drive Tatopani to Nagarkot village. Sunset views of Himalayas—Kanchenjunga to Dhaulagiri. Hill lodge at Nagarkot.

Day 56: Sunrise at Nagarkot. Drive to ancient city of Bhaktapur and Kathmandu. Afternoon arrival & end of Project.



PLEASE NOTE: The Guideline Itinerary is intended as a guide only. Whilst our intention is to adhere as closely as practical to this, it should be understood that group interests and wishes together with the constraints of weather, road conditions and local restrictions can alter our exact route, its activities and timings.

A 6 week expedition from Hanoi to Kathmandu (i.e Day 15 to Day 56 of the Guideline Itinerary) can also be booked—subject to space availability on the 8 week expedition.

HIGHLIGHTS & ROUTE

VIETNAM

Our journey starts in **Saigon**, as the centre of **Ho Chi Minh City** is still known. There is an abundance of things to do. Explore the many pagodas dating from the 18th Century

onwards, visit the museums to learn about Vietnam's often traumatic history. Barter in the lively and bustling market at Ben Thanh. The **Cu Chi** tunnels are only 30 kms from Saigon and originally stretched for hundreds of kilometres. Built during 2½ decades beginning in the late 40's, first for use in the war against the French and subsequently used by the Viet Cong whilst fighting the Americans. Close to here is the **Cao Dai Holy Temple**. The religion of Cao Dai is an attempt to create a religion which encompasses both eastern and western philosophies: Buddhism, Confucianism, Taoism, Hinduism, native Vietnamese spiritism, Christianity and Islam. The term Cao Dai means 'high tower or palace' and is used to refer to God.

Leaving the bustle of Saigon we drive north into the southern highlands to the spa town of **Dalat**, set on a plateau below the Lang Biang mountains. The town has always been a retreat for holiday makers and was an escape for the French from the heat & humidity of Saigon. There is still today a distinctive colonial air to the town and region, villas and lodges set amongst forested hillsides and scenic trails leading to waterfalls, lakes and minority villages. The central market is a colourful sight with an abundance of fruit, vegetables & flowers—coffee is also one of the region's main exports.

A half day drive down through the Belle-vue pass to the coast and resort town of **Nha Trang**.

Here is perhaps the nicest municipal beach in Vietnam. It is the ideal place for the lazy sort of beach holiday that Caribbean resorts are famous for. The turquoise waters are ideal for fishing, snorkelling and scuba diving.

Our journey resumes now by overnight train to **Hoi An**, the historic trading town which in its heyday was the equivalent of Macau and Malacca. Close by are the marble mountains. These consist of five hillocks made of marble and each one is said to represent one of the elements. Over the centuries Buddhist sanctuaries and Hindu shrines have been built among them.

From here there is a view to the China Beach—during the Vietnam War American soldiers were airlifted here for 'R & R', before being returned by helicopter into combat. Danang is the second largest city in Southern Vietnam and was the scene of utter chaos after the Saigon government forces were forced to abandon Hue and South Vietnam was cut in two.

The drive to **Hue** follows a spectacular coastline over the Hai Van Pass and a welcome stop at **Lang Co**, with its seemingly never ending beach beneath the backdrop of the



Central Highlands. Hue was Vietnam's political capital for nearly a century and a half till 1945. The main attractions are the splendid tombs of the Nguyen emperors, as well as several notable pagodas and the remains of the Citadel. The walled Imperial City, slowly being restored, is composed of sumptuous palaces and decorative pavilions. Having been the scene of many battles during the Japanese, French & American occupations much of its former glory has been destroyed. The women of Hue are renowned for their great beauty.

The overnight train takes us through the Ngar Son Corridor & along the Gulf of Tonkin and then inland to **Hanoi**. Hanoi is the capital of Vietnam, and is a charming city. The city centre is an architectural museum piece, its blocks of ochre buildings retain the air of a provincial French town of the 1930s.

Ho Chi Minh Mausoleum is close to the Citadel near to which are many of the embassies in beautiful old mansions.

The Temple of Literature, set on the site of Vietnam's original university and school for the sons of the State, contains Stelae engraved with achievements of historical Scholars.

It is only four hours drive to **Hong Gai**, one of Vietnam's important seaports. Near by **Halong Bay** is one of the country's most popular seaside resorts and the striking archipelago of nine peaks are known as the nine Dragons. There are some 3,000 islands, which are composed of hardened dolomite, forming a splendid panorama and a photographers dream.

Our return to Hanoi takes us through intensive farmland where rice paddies are still tended and harvested by very basic methods.

We now choose 4WD jeeps to travel into the remote and spectacular northwest provinces of **Son La, Lai Chau** and **Hoang Lien Son**. The region is home to some 15 different minority groups, some numbering only hundreds or several thousand. Many originate from **Laos, Thailand, Burma** and **China**—but are usually based on the main linguistic groups of the **Hmong Zao, Thai** and **Tay**. They are all unique in style of dress, design of houses and methods of farming.

Our journey over 3 days will visit various villages and markets, through some of the most dramatic scenery experienced anywhere in Indo-China.

Sa Pa, the old French hill station in the "Tonkin Alps" set at 5,200 ft/1,600m is in view of Vietnam's highest peak—Fan Si Pan—at 10,200 ft/3,140m. Today the town is an important market centre for the local **Hmong, Black Thai, Zao** and **Giay** minorities—a day hike into the surrounding valleys give us great opportunity to visit their hamlets and communal farms. **Lao Cai**, the frontier town on the Red River is our crossing point to China and the fascinating Yunnan Province.

CHINA YUNNAN

Yunnan Province is situated in south west China, a province of immense beauty lying on the Yunnan-Guizhou plateau. It has a peculiar climate and

is the most varied of all China's provinces, having widely divergent terrain from tropical rainforest to icy Tibetan highlands. It is the home of a third of all China's ethnic minorities and half of all China's plant and animal life.

Kunming means "City of Eternal Spring" and this booming city is so temperate that flowers bloom all year round. Time can be spent at the Green Lake and **Stone Forest**, a maze of grey pinnacles and peaks, the larger formations having wonderful names such as Everlasting Fungus, Baby Buffalo, Moon-gazing Rhino, and Baby Elephant. The site would enthral a surrealist painter. Speaking of surrealist painters, the ancient city of **Dali** is the next port of call. Embracing Erhai Lake in the east and adjoining Cangshan Mountain in the west this walled city is famed for its beauty, a perfect place to relax for a while. It is home to the Bai people and here on the lake the local fishermen fish with the help of cormorants.

North of Dali bordering Tibet is the town of **Lijiang**. This is the home of the Naxi people, who are descended from Tibetan nomads and live in a matriarchal society.

Lijiang is a small city in a beautiful valley. Soaring above Lijiang is the Jade Dragon Snow mountain (5,500m/18,000 ft). The main attraction for us in the surrounding area—**Tiger Leaping Gorge**—is spectacular, narrowing to only 30 metres width at one point and from the highest point to the river there is a drop of 3,900m/12,795 feet.





(This is an optional two day trek and well worth the effort). From here the route goes through increasingly dramatic scenery as we climb to the Tibetan Plateau.

TIBET:

Leaving the southern reach of the Yangtze we cross into "what was" greater Tibet, to the frontier town of Zhongdian. Yet officially Tibet, as it is today, is some 350 kms to the north—historically the Tibetan Kingdom took in much of northern Yunnan, Sichuan and Qinghai provinces which now border the "autonomous region" as it is referred to by the Chinese. Up through the narrow **Yangtze** divide we enter the restricted Dechen area bordering Burma. Special permission must be obtained to travel here and even with it, local authorities are skeptical of our presence.

The **Kham** region of Eastern Tibet has seen very few foreign travellers, yet the reception we receive from the indigenous Khampa people is shy but incredibly warm & quite unique. In a matter of days we will cross 5,000m passes before descending through the chasms of the upper **Mekong** and **Salween Rivers** as they carve their course down into Burma and their eventual deltas to the east and west of the Siam Peninsula.

Forested mountains, snowcapped and glaciated peaks, alpine lakes and remote but fertile and intensively farmed river valleys—these are the dramatic features of eastern

Tibet. Regrettably, Chinese led deforestation could and probably will change this balance before very long. We enter the great Brahmaputra river valley on its long meandering course from west to east before it disappears through the Himalayas down onto the plains of India. The **Brahmaputra** provides a natural lifeline to much of southern Tibet and many of the historical settlements and monasteries have forever been dependent on it.

Namcha Barwa (the Torch in the sky) rises from its solitary massif to 24900ft/7650m, the highest peak in the eastern Himalaya. From a small village base camp we can take a day trek to its foot, giving us an awesome view of the entire massif. Nomadic Khampa, herds of yak & Dhzou (a hybrid of yak & cattle), flocks of sheep & goats are common

along the Gongpa Giamda route into Ü Province. We visit the hidden away Drigung Til monastery and nearby Tridum Nunnery—and a welcome bath in natural hot springs. **Ganden Monastery** at 14,630 ft/4500m and 40 kms east of Lhasa, was once the "headquarters" of the powerful Gelugpa Order which ruled much of central Tibet. The Chinese invasion of Tibet brought about the virtual total destruction of Ganden—in 1966 artillery fire from the red guards left it in a depressing state of ruination. Yet today an almost zealous state of reconstruction is taking place where much of its former glory is being restored.

Finally to **Lhasa**. The **Potala Palace** of the Dalai Lama dominates the valley & city. Like the Taj Mahal or other pinnacles of mankind's achievements, no picture or representation adequately expresses the enormity & majesty of its structure when seen face to face. Above the zig-zag stairway a warren of corridors lead to 1,000 monk's rooms, prayer halls, treasure rooms, dungeons & shrines. Outer walls are 5 metres thick, strengthened in construction by molten copper poured between the layers of stone.

Only the resident monks know the full complexity of the passages, steering pilgrims and

visitors according to their whim & inclination. High on the rooftops the Dalai Lama's quarters remain empty. City life below revolves around the **Jokhang Temple & Barkhor** bazaar. Flagstones around the temple are worn smooth by pilgrims crawling prostrate round this holiest of Buddhist places. A press of peoples, a sea of faces, a colour of dress & nomad's plaincloth, and the murmuring voices of tantric chants fill the square.

In the alleys of the bazaar, yak meat & rice beer provide sustenance to the circling pilgrims. Carpets hang alongside stalls of crusted ornaments & daggers, silver & wooden eating bowls, coins & earrings, purses, tinder boxes & the family treasures of peoples from the furthest mountains of Asia. Religion still has its price. **Norbulingka** was the Dalai Lama's Summer Palace, kept just as he left it in 1959. The meeting & throne rooms are decorated in historical murals & Thangka religious paintings.

From the pale greens & poplar trees of the **Brahmaputra valley** we climb again into the lonely heights, to Yamdrok Tso and silent empty rock shores, turquoise & mirror still waters of this beautiful lake. Prayer flags flutter at 17,000ft/5,200m in the cold Himalayan winds of Karo La pass. **Gyantse** was once on the main commercial route to India, through Sikkim & Darjeeling, and was the centre for trade in wool. Its livelihood is now farming but the town retains its original character and an atmosphere of distant connections to another world beyond the mountains.





The beautiful **Khumbum stupa** is decorated in gold & ornaments, a gilded parasol tops the four corners of all-seeing eyes and there is a pilgrim's circuit around the walls to the thangkka tower & fortress vantage point over the city. Tibetan carpet weaving still continues here, and there is an interesting market.

Shigatse is Tibet's second city and seat of the Panchen Lama. The magnificent Grand Monastery of **Tashilhunpo** dominates this mediaeval town. Built in 1447 by the first Dalai Lama, it once had over 4,000 monks in attendance. It survives as one of the few active monasteries in the land, its original glory faded but its hopes strong.

The isolation of **Sakya Monastery** saved it from the plunder & destruction of the Red Guards in the 1950's. Practically every hamlet & settlement in this part of Tibet has the ghost & jagged ruins of a monastery in the hills above. Sakya was founded in 1075. Rows of tree trunk pillars support the main hall, its walls lined with Buddha statues, vases, vessels & books that represent the last surviving remains of some of the country's finest artistic achievements.

Tingri—a windswept huddle of low built houses looking across the plain to the snows of Everest. Xegar is now a Chinese settlement, starting point for expeditions to Everest's north flanks. On the small hill above town are the ruins of the once famous "Shining Crystal" monastery, victim along with so many in the plunder & destruction of Mao's 'Cultural Revolution'. We detour south along a rock strewn track to the cold Yak pastures of **Pang La**

(17,000ft/5,200m), and stunning close-up views onto Everest's snow & ice. Irvine & Mallory started from here toward the summit in 1924 and never returned. It is believed they reached it, but only the gods of the mountain really know.

Across arid and breath sapping heights to Lalung La Pass (16,500ft/5,000m) & a small monastery at Milarepa's cave where the revered 11th century Tibetan poet spent years 6 years in hermit repentance & the path to enlightenment for invoking the dark demons over a family feud.

Treeless horizons and gravel hills of the trans-himalayan highland change rapidly to tropical greenery and hanging vegetation as we descend through the southern flanks of the mountains. Zhangmu village is just above the small Friendship bridge connecting Tibet with Nepal. It is a terraced jumble of Nepali shops

and traders, wild looking Tibetan nomads & Han Chinese austerity.

NEPAL

Almost every year the upper 20 miles/30 kms of the narrow road from Zhangmu through **Tatopani** to the lower valleys is cut by the monsoon swollen Bote-Kosi (Tibet River). Deforestation in the hills has caused more water to reach the river faster, which can literally slice up to 100 metres into the mountain slopes, in turn causing massive landslips. And every year in the dry season Nepali engineers do an incredible job in rebuilding the road again. If we are lucky we may be able to drive the entire way. It is more usual to have to hike several miles of this stretch over the worst areas of land slip, with porters carrying equipment & packs. In the intervening sections of undestroyed road, stranded trucks & taxis run a "shuttle" service.

We join our chartered mini-bus at the uppermost permanent roadhead and drive through the lower valley to Dolalghat and the hill village of **Nagarkot** on the rim of Kathmandu valley, a welcoming mountain lodge—and unbelievable sunset/sunrise views across 350 miles/550 kms of Himalayan peaks. From Kanchenjunga in the east

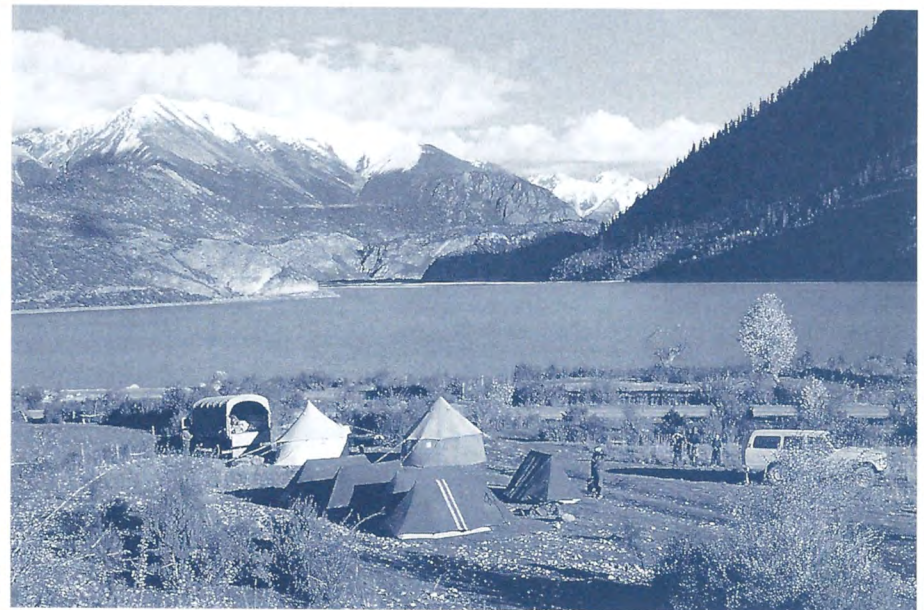
to the distant south faces of Everest, the towering Langtang & Ganesh Himal, to the Annapurnas & Dhaulagiri in the west. Bhaktapur is a beautifully preserved and restored city of the Malla dynasties who ruled the Kathmandu valley from the 15th to 18th centuries. 40 minutes across the wide valley floor waits the warm welcome of Kathmandu.

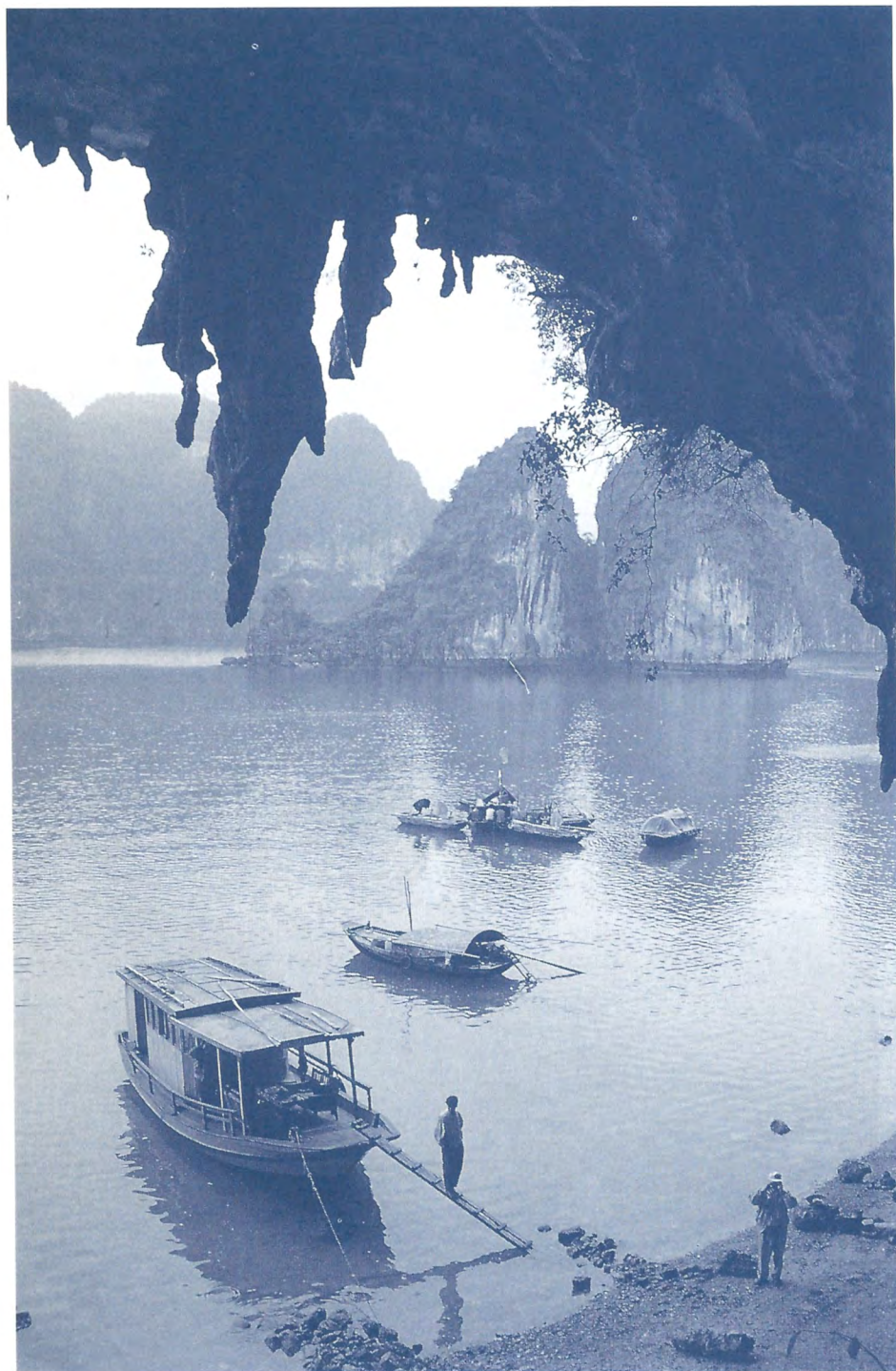
GROUP SIZE & STAFF

15 max. including EO leader. Plus local drivers in Vietnam and Yunnan. Tibetan guide & drivers for the entire journey through Tibet.

PHYSICAL DEMANDS

This is a challenging project requiring a sound level of physical fitness & stamina. Heat and high humidity through Vietnam can be debilitating. Conditions throughout Tibet, particularly east of Lhasa are very basic. Twenty days in Tibet are spent at altitudes of 12-17,000ft/3,700-5,200m and some of the more uncomfortable effects of altitude sickness and oxygen deprivation will be felt by everyone. There is an opportunity to trek into Tiger Leaping Gorge in Yunnan Province of China but this requires previous trekking experience. The trail is very narrow & exposed and requires a head for heights as well as a good sense of balance. (Day treks in the hilltribe region of N. Vietnam are not difficult. While trekking you need carry no more than a light day-pack).





There are almost no medical facilities through northwestern Yunnan Province and inside Tibet. Any emergency medical evacuation would take several days. Accommodation & facilities in rural Tibet are basic and spartan.

INCLUDED IN PROJECT COST

All Transport, Accommodation—Hotels & Resthouses, camping equipment & supplies.

Food; 3 meals a day (Except as noted under MEALS IN CENTRES).

Activities as detailed from day 1 until arrival in Kathmandu on day 56.

Local & regional guides as noted, museum & site entrances as noted.

THERE ARE NO KITTIES OR LOCAL EXTRA PAYMENTS

PROJECT COST DOES NOT COVER

International flights between home and Saigon or Hanoi, Kathmandu back home.

Transfers into Saigon (or Hanoi) and to Kathmandu airport at the end of the project. Airport taxes.

Meals in Saigon, Dalat, Nha Trang, Hoi An/Da Nang, Hue, Hanoi, Kunming, Dali, Lijiang (including Tiger Leaping gorge) and lunches in Lhasa & Shigatse—these total 23 days of all meals and 4 days of lunches, see MEALS IN CENTRES.

Vaccinations, visas, visa validation for special passes/border controls, personal travel insurance, malaria prophylaxis, laundry, snacks, drinks, tips where & if required, personal clothing/equipment & items of personal nature. Individual entry fees to some museums/sights not stated in SITES & ENTRANCES. Accommodation in Kathmandu on day 56.

SITES & ENTRANCES

Most museums, sites and optional excursions are of minimal cost. We provide entrances to—3 Emperors Tombs, Imperial City Museum in Hue, Ho Chi Minh Mausoleum in Hanoi. Excursion by boat to the islands and grottoes of Halong Bay. Entrance to the Stone Forest near Kunming. Entrance to the 3 Pagodas in Dali. Entrance to Monasteries of Ganden & Drepung, near Lhasa, Potala Palace & Norbulingka Summer Palace in Lhasa. Entrance to the Pelkor Chode Monastery in Gyantse, the Tashilhunpo Monastery in Shigatse and Sakya Monastery. Entrance to the medieval town of Bhaktapur in Nepal.

EQUIPMENT SUPPLIED

Camping and cooking equipment throughout the entire journey as required. Portable First Aid Kit.

WHAT YOU NEED TO BRING

A minimum of a three season sleeping bag, a backpack and a small daypack, rain and cold weather jacket, personal clothing and strong footwear. (Detailed list supplied in pre-departure information).

TRANSPORT

Overnight sleeper trains, Nha Trang to Hoi An/Danang, Hue to Hanoi. Day train Hekou—Kunming. Chartered minibus for road sections in Vietnam, China, Tibet and Nepal. Due to the road conditions in northwest Vietnam and eastern Tibet, the use of 4 wheel drive vehicles will be required. On foot on day treks in Hilltribe region of northern Vietnam, optional trek in Tiger Leaping Gorge in Yunnan province. Day treks in Tibet.

ACCOMMODATION

Travellers' budget hotels and guesthouses throughout Vietnam, China, Tibet and Nepal. However due to the remoteness of eastern Tibet, the project will camp for 10-12 days in Tibet, all east of Lhasa.

MEALS COOKING & FOOD

Local restaurant/cafe and market stall meals will be provided throughout the duration of the project. Camp cooked meals with the groups assistance will be provided during the 10-12 day camping sector from Dechen, China to Lhasa, Tibet.

MEALS IN CENTRES

Due to the nature of our time spent in the following cities and towns it is more practical and indeed preferable for



the group to provide their own meals. The local dishes throughout Vietnam and Yunnan Province are wonderful, so it presents a great opportunity to investigate local delicacies in your own time.

There are 23 days set aside in the following places: Saigon (Ho Chi Minh), Dalat, Nha Trang, Hoi An/Da Nang, Hue, Hanoi, Kunming, Dali, Lijiang (including Tiger Leaping Gorge). In addition lunches in Lhasa and Shigatse will be at your own expense whilst city sightseeing.

You should allow \$8-10 per day, approx US\$190-230 in total for these meals over and above your personal spending money.

PASSPORTS & VISAS

You will need a passport that is valid for not less than 6 months after the end of the project, and which contains not less than 6 blank pages.

All nationalities require visas for Vietnam, China and Nepal which should preferably be obtained before you leave home. Their costs vary according to your nationality. EO or your agent can advise you of up to date visa details & their costs applicable to you. We can also help you in obtaining one.

INSURANCE & MEDICAL

Everyone must have individual personal travel insurance. Various policies are available, but they must include a minimum of £20,000 or US\$30,000 for medical, hospital and additional expenses including emergency repatriation.

Insurance must also cover 'cancellation and curtailment' and personal effects loss. EO or your agent can direct you to, or provide you with, responsible insurance underwritten for adventurous travel.

No vaccinations are required for Vietnam, China & Nepal but a few are strongly recommended. Their up to date details are given in our pre-departure information. You will also need to

obtain a small supply of malaria tablets. The most effective types for this area, as recommended by the UK Tropical Disease authorities are also detailed in our pre-departure information.

Malaria is on the increase worldwide and you should adopt a strict regime of tablets. We take a portable first aid kit but it is a good idea to bring along your own small supply of band-aids, aspirin, insect-repellent, lip salve etc. If you have not had a dental check up for a long time, we would suggest getting one before you leave.

PERSONAL SPENDING MONEY

This is needed to cover personal day to day expenditure—drinks, snacks, occasional small souvenirs, individual museum entry fees etc.

Also you should budget approx US\$190-230 for meals in the main centres. You should budget an additional £25/\$40 per day that you spend in Saigon or Hanoi and Kathmandu before and after the project to cover hotel, meals & incidentals.

Bear in mind that there will be tempting goods & handicrafts en-route. Good buys can include textiles, wood-carvings, bronzes & statues, Buddhist prayer wheels, religious items & tang paintings, jewellery, Tibetan carpets. Small & interesting 'treasures' need not cost much at all.

Other than the above, EO has no hidden expenses, funds or kitties to surprise your spending money.

There is approximately US\$12 international airport departure tax when flying out of Kathmandu.



ARRIVING AT START OF THE PROJECT

There will be a pre-departure meeting at our Saigon hotel at 6.00pm on the evening before Day 1. If joining in Hanoi there will be an informal meeting at 6 pm the evening before joining the group on their Day 15, i.e. your Day 1.

LEAVING AT END OF THE PROJECT

Arrangements end in Kathmandu on the afternoon of Day 56. There are many activities in Nepal, rafting, trekking etc. that can be organised through our Kathmandu office.

INTERESTING READING

Tales from the South China Seas (Charles Allen), The Snow Leopard (Peter Matthiessen), Tiger for Breakfast (Michel Peissel), Trespassers on the Roof of the World (Peter Hopkirk), Seven Years in Tibet (Heinrich Harrer).

OTHER COSTS/EXPENSES:

Return international flights	
Visas & Permits	
Vaccinations	
Insurance	
Personal Spending Money	
TOTAL	

AGENTS STAMP

CLIMATE:

Chart is for Vietnam & south west China. Temperatures slightly cooler in north, with much less rain Oct/Nov

VIETNAM		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CELSIUS	High	32	33	34	35	33	32	31	31	31	31	31	31
Daily Average	Low	21	22	23	24	24	24	24	24	23	23	23	22
FAHRENHEIT	High	89	91	93	95	92	89	88	88	88	88	87	87
Daily Average	Low	70	71	74	76	76	75	75	75	74	74	73	71
Relative Humidity		61%	56%	58%	60%	71%	78%	80%	78%	80%	80%	75%	68%
Rainfall in mm		15	3	13	43	221	330	315	269	335	269	114	56

SOUTH WEST CHINA		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CELSIUS	High	20	22	25	28	29	29	28	28	28	24	22	20
Daily Average	Low	8	9	12	16	18	19	19	19	18	15	12	8
FAHRENHEIT	High	68	71	77	82	84	84	83	83	82	76	71	68
Daily Average	Low	46	49	54	60	65	67	67	67	64	59	53	46
Relative Humidity		55%	53%	48%	50%	57%	64%	69%	70%	66%	67%	67%	56%
Rainfall in mm		8	18	28	41	127	132	196	198	97	51	56	15

Climate chart is for Lhasa at 12,000ft/3,700m. Colder at higher altitude. (e.g.—at 17,000ft/5,000m in mist or cloud cover, subtract 8°C/15°F from the above readings). Night temperatures can drop to—8°C/16°F.

TIBET PLATEAU		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CELSIUS	High	7	9	12	16	19	24	23	22	21	17	13	9
Daily Average	Low	-10	-7	-2	1	5	9	9	9	7	1	-5	-9
FAHRENHEIT	High	44	48	53	60	67	75	74	72	70	62	55	48
Daily Average	Low	14	20	28	33	41	49	49	48	45	34	23	16
Relative Humidity		71%	71%	72%	67%	59%	64%	71%	72%	71%	64%	71%	71%
Rainfall in mm		0	13	8	5	25	64	122	89	66	13	3	0

Climate chart is for Nepal.

NEPAL		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CELSIUS	High	18	19	25	28	30	29	29	28	28	27	23	19
Daily Average	Low	2	4	7	12	16	19	20	20	19	13	7	3
FAHRENHEIT	High	65	67	77	83	86	85	84	83	83	80	74	67
Daily Average	Low	35	39	45	53	61	67	68	68	66	56	45	37
Relative Humidity		70%	68%	53%	54%	61%	72%	82%	84%	83%	81%	78%	73%
Rainfall in mm		15	41	23	58	122	246	373	345	155	38	8	3