



Tibetan Dreams

24 Days

Fully Inclusive from the UK

A tough but rewarding tour for those with a spirit of adventure. Starting in picturesque Yunnan province, ascend to Tibet, traversing forested mountains and deep gorges to arrive at the roof of the world. Conditions are sometimes difficult but the scenery is always spectacular. *This tour spends 14 days above 3,000m with a maximum altitude of 5,050m.*

Fully Inclusive price includes:

- International flights and current taxes
- Domestic transportation
- Accommodation
- All meals (excluding drinks)
- Touring with Guides and entrance fees
- Visa fees for UK passport holders

Welcome to Wendy Wu Tours

China continues to amaze, fascinate and thrill our passengers, many of whom have travelled to one country in Asia with us, then another, year after year. We urge you to keep in mind all the rewards, as well as challenges of travelling in a country with a history, culture and attitude so unlike your own.

A typical day's sightseeing may include the bustle and noise of a city street, sights and smells of a local market and interacting with the locals. Travelling in China requires patience and potential delays are to be expected due to standards of service. There is a low level of English spoken throughout China, so your local guides or National Escort will be indispensable during your trip.

Almost everything will be different to what you may be used to. We have found that our passengers who embark with a sense of humour and adventure, who accept that things do not always go to plan, are those who find their experience most rewarding. It is essential that all passengers recognize the demands of factors such as basic facilities and cultural differences they may encounter in some areas.

Book now on **0844 499 3899** visit www.wendywutours.co.uk or see your preferred travel agent.

Your Tour Dossier

This document is designed to be read in conjunction with the other pre-departure information provided by Wendy Wu Tours including the tour itinerary as described in our brochure and/or website. It aims to provide a straightforward description of the physical activities involved in sightseeing or travelling during the tour.

If there are any particular challenges, from the length of time spent on your feet, the length of drives and flights, to the standard of remote accommodation; they will be explained here.

All passengers must read this document to ensure the itinerary is suitable for their interests and physical capabilities. This is not your final itinerary and therefore does not mention all the sites visited.



Tibetan Dreams - Active Paced Tour

These tours can involve long periods of sightseeing on foot, climbing of stairs and getting on and off boats, and are physically more demanding. Some easy trekking may be involved, as well as travel to remote areas and areas of high altitude, reaching up to 5,000m. These tours could involve long days of driving and overnight train journeys. These programmes require a good level of fitness.

The Tibetan Dreams is one of our most unique and adventurous group tours; travelling along one of the worlds' highest roads – the Yunnan Tibet Highway (Route 318). This is an extremely remote and undeveloped part of the world. It is essential that all customers recognise the demands of factors such as basic facilities, travelling at altitude and cultural differences. The rewards of seeing and experiencing these lands is immeasurable and can only be enhanced by an adventurous spirit. Participants need to have a good level of fitness and be able to walk over uneven surfaces without assistance. Sightseeing may involve walking and/or travelling over rough roads for extended periods. Our local guides always endeavour to provide the highest level of service and assistance, but they cannot be expected to cater for customers who are unfit to complete the itinerary.

The more difficult aspects of this itinerary involve areas of high altitude and very long driving distances.

NB Please note that times and distances listed in the tour dossier are approximate.

Days 1-2: UK/Kunming

On day 2, you will be met at Kunming airport in the arrivals hall by your Local Guide and/or National Escort from Wendy Wu Tours. Together with all other group members who may be arriving at a similar time, you will transfer approx. 1hr to your hotel. This evening, when the whole group has arrived, a tour introduction will be held in the hotel. There will not be food or drinks served at this meeting; it is simply an opportunity for your group to meet and learn more about travelling in China.

Kunming altitude 1,800ms

Day 3: Kunming

There is an early start this morning to drive approx. 45mins (25km) to the Western Hills, close to the lake and city centre. Walk from the bus park to the entrance gate and then further up the hill (nearly 300 steps). Spend approx. 2hrs here. After lunch drive approx. 1.5hrs (98km) to the Stone Forest. Sightseeing here involves approx. 2hrs walking on paths and steps to view the maze of rock pinnacles, the lake and ponds.

Day 4: Kunming/Dali

Transfer to the airport for morning flight to Dali (flight duration, 45mins). Transfer to the hotel and check-in. Easy sightseeing in the afternoon around Dali's ancient quarter.

Dali altitude 1,900m

Day 5: Dali

There is a morning cruise on Erhai Lake and easy sightseeing in the afternoon to Song Dynasty Three Pagodas.

Day 6: Dali/Lijiang

Drive approx. 4hrs (190km) to Lijiang and check-in at the hotel. There will be afternoon sightseeing at Black Dragon Pool and Lijiang's Old Quarter, exploring the maze of canals and cobbled alleys on foot; this involves approx. 2hrs of walking over some uneven ground.

Lijiang altitude 2,000m

Day 7: Lijiang

Visiting the Jade Dragon Snow Mountain (35km from Lijiang) is very popular with travellers to this area so, to prevent large crowds of people queuing at the same time, the local government's tourist authority allocates times to each group. This section of the itinerary is subject to change at late notice. Your Local Guide will keep you informed of any changes as he/she is made aware of them. The bus will drive to the base of the mountain; there is a 10mins ride on a chairlift from the base to Yunshaping (Cloud Fir Meadow) at an altitude over 4,000m. From the chairlift there is a wooden pathway to the meadow; this walking route takes approx. 1hr. Descend by chairlift to reboard the bus. Sightseeing at Baisha Village is leisurely but involves walking on uneven ground. There are ruthless souvenir sellers near the bus park though; be firm to avoid any hassle.

Maximum altitude today 4,500m

Day 8: Lijiang/ Zhongdian

Drive approx. 2hrs, depending on the number of photo stops, (75km) to the southern end of the Tiger Leaping Gorge. The bus will drop you off at the southern end of a walkway that follows the Gorge as far as the upper rapids. It is a new constructed, level walkway which takes approx. 1hr return. There are sedan chairs offered by local vendors, which can be organised at your own cost. Lunch today will be a simple meal as the choice of restaurants in this area is limited. Continue driving approx. 1.5hrs (50km) to Zhongdian.

N.B: Zhongdian marks the beginning of our ascent into Tibet. Please refer to the altitude section for more information.

Zhongdian altitude 3,200m

Day 9: Zhongdian/Baishui Terrace

Drive approx. 3hrs each way to Baishui Terrace. There are some uneven and slippery surfaces at the Baishui Terrace where you will need to balance, so please be cautious.

Day 10: Zhongdian/Songshanlin

Visiting the Songshanlin Monastery involves climbing the central stairs as the main academic halls and pagodas are at

the summit. Please take care here as there are hundreds of steps; everyone should take these slowly. Both Napa Hai Lake and Songshanlin Lamasery are within a 15min drive of town.

Maximum altitude today 3,300m

Day 11: Zhongdian/Derong

Drive north through the Hengduan Mountain range on a sealed road for approx. 2hrs (85km) to Benzilan, which sits on the bank of the upper Yangtze River (Jinsha Jiang). Drive along the Jingsha Valley and then descend to the town of Derong. Total distance is approx. 7hrs (160km).

Maximum altitude today 4,300m

Derong altitude 2,100m

The hotel tonight has limited electricity / no hot water

Day 12: Derong/Mangkang

NB: For the next 4 days you will ascend through the Kham region of Eastern Tibet to Lhasa. This area can be affected after heavy rains and this section of the itinerary is subject to change due to weather conditions or landslides.

From Derong you will be travelling along the Yunnan-Tibet Highway (Route 318) - one of the highest roads in the world. This morning you will change to 4WD vehicles to travel to Lhasa. Because of the geography you will be driving from significant altitude to subtropical valleys and should be prepared for sudden changes in weather – bring clothing appropriate for sun, high winds or freezing conditions with you each day. This region is largely uninhabited and lacking in any sort of tourist facilities, yet offers some of the world's most incredible scenery and is abundant in wildlife. Drive 268km from Derong to Mangkang. Here, you cross into the lands of Tibet and continue driving approx. 3.5hrs (115km) up through the Jinsha Jiang Valley ascending onto a dry plateau before reaching the town of Mangkang. Mangkang sits at the intersection of Yunnan-Tibet highway and the Sichuan-Tibet highway.

NB: We will be picking up additional staff to travel with us to assist in driving and in the preparation of meals. The National Escort remains with you.

Maximum altitude today 3,800m

Mangkang altitude 3,910m

Accommodation tonight is a basic guesthouse

Day 13 Mangkang/Basu

The route to the Bangda Crossroads and then west to Basu is the most difficult section for this itinerary. The total distance is approx. 360km and takes approx. 9hrs. Although there are towns along the way with other choices of accommodation it is necessary to push further to Basu to sleep at a lower altitude, and our previous customers have preferred this. You should arrive by 8pm.

From Mangkang ascend the Lao La pass at 4,338m then descend into Mekong Valley and cross the river. The road then climbs over a double pass between Mekong and

Salween (*Nu Jiang*) rivers; the Jyo La at 4,000m and the Dongda La at 5,008m, then descend more than 30km to the town of Zuogong. The altitude in Zuogong is 3,980m. After leaving Zuogong the road crosses Yu Chu, a tributary of Salween River and then climbs up to Bangda; the landscape becoming dry desert as you get higher. The altitude at the Bangda Crossroads is 4,060m - this area has high winds also so it may be a good idea to pack a scarf today to protect your face. Drive southwest to Basu along a section of road called the '99 bends' with 32km of switchback corners and steep roads. After driving 15km from Bangda ascend the Gama La Pass at 4,619m and the Zar Gama La Pass at 4,890m. Descend 40km through the Ling Chu Valley and cross the upper Salween over the Nakchu Bridge. The road from here is more level.

Maximum altitude today 5,008m

Basu altitude 3,850m

Accommodation tonight is a basic guesthouse

Day 14: Basu/Zhammu

From Basu drive along the desert plateau and ascend the Anju La Pass at 4,618m then descend through the subtropical Yarlung Tsangpo, a tributary of the Brahmaputra River. Nearby are the Rawok Tso and Ngan Tso lakes. Continue driving west to Zhammu. Total drive today from Basu to Zhammu is approx. 7hrs (220km).

Maximum altitude today 4,618m

Zhammu altitude 2,800m

Accommodation tonight is a basic guesthouse

Day 15: Zhammu/Linzhi County

From Zhammu to Bayi the road climbs to 4,565m and then descends sharply to just 1700m – this stretch is therefore especially subject to weather and road conditions. After leaving Zhammu we continue driving through the gorge to the small village of Tongme at 1,700m. Here you will see the confluence of the Rong Chu and Parlung Tsangpo which merge to form the Yarlung Tsangpo and flow south. Drive alongside the river through the Rongchu Valley, cross the river and start to ascend the Serkhyim La at 4,565m with some switchback turns. Then descend 30km to the small town of Linzhi which is capital of Linzhi County. The road then turns North West to the city of Bayi. This is actually one of the largest cities in Tibet nowadays and has developed quickly over recent years. The hotel tonight will have 3 star facilities and hot showers. Total driving today from Zhammu to Bayi is approx. 6hrs (230km).

Maximum altitude today 4,565m

Bayi (Linzhi County) altitude 3,000m

Day 16: Linzhi County/Lhasa

We will drive along the northern road to Lhasa (Route 318) alongside the Nyang Chu River. At the town of Bahel cross the bridge and drive north for 40km on an unsealed road to the lake and, after sightseeing and/or lunch here, we have to take the same road back to the highway. Continue driving west, ascend the Mi La Pass at 5,000m then descend to town of Rutok. Continue along the Gyalmashing Valley and cross

the Kyichu River. This road leads into downtown Lhasa. Total driving today via the Pasum Tso Lake is approx. 7hrs (500km).

NB: This is the end of your 4WD journey so tonight you will say farewell to the vehicles and additional staff. From tomorrow, your group will be sightseeing by coach again, with your local guide and National Escort.

*Maximum altitude today 5,000m
Lhasa altitude 3,650m*

Days 17-18: Lhasa

Over the next 2 days you will be able to explore some of the most sacred places and sights in Tibet, amongst the procession of pilgrims and bustle of the capital city. Sightseeing at all of the monasteries and palaces involves climbing steps and walking over uneven surfaces in dim light.

NB: In late 2006, the Tibetan Government imposed a new system of allocating entrance tickets to the Potala Palace. To limit the number of tourists inside at any one time tickets must be bought in advance and are valid for a set time of day. Our local office will buy the tickets for our customers, so you do not have to queue for them. Please note that this may affect the order of the rest of your sightseeing in Lhasa too.

Day 19: Lhasa/Shigatse

Drive south along Kyichu River to the town of Chushul and then cross the Yarlung Tsangpo and ascend the Karo La Pass at 5,040m. From here you can see spectacular views of the Yamdrok Tso Lake and Nojin-Kangtsang Glacier. Enjoy a simple picnic lunch prepared by the hotel this morning, or at a local restaurant. Drive back up to the Northern Friendship Highway and drive further 220km to Shigatse and check into your hotel. Shigatse is a major town which has been developed by the Central Government to become the second largest city in Tibet. However, it still retains an interesting local market and one of the largest functioning monasteries in Tibet. Driving today via Yamdrok Lake takes approx. 7hrs (370km).

*Maximum altitude today 5,050m
Shigatse altitude 3,900m*

Day 20: Shigatse/Gyantse

This morning explore the Tashilhunpo Monastery, which is a significant and active place of study as well as the seat of the Panchen Lamas. It is a very large complex so you will be able to spend plenty of time here. From Shigatse we drive through the Nyang-Chu Valley to Gyantse. Visit the Pelkor

Monastery and ruins of the Old Fort – sightseeing here involves the coach driving you half way up the hill to the parking lot then you must climb stairs approx. 15mins. Check into hotel. Total driving is approx. 2hrs (90km).

*Maximum altitude today 4,300m
Gyantse altitude 4,000m*

Day 21: Gyantse to Lhasa

It is the last day of lengthy drives today, as the road is closed between here and Lhasa you will need to return to Shigatse and then drive back along the Northern Friendship Highway to Lhasa. Driving today via Shigatse is approx. 7hrs (360km).

*Maximum altitude today 4,300m
Lhasa altitude 3,650m*

Day 22: Lhasa to Chengdu.

Drive approx. 2hrs (95km) south of the city to the airport to catch the morning flight to Chengdu (flight duration 2hrs). Transfer to the hotel and check-in. The Panda Reserve is located only 10km from the city centre. It cannot be guaranteed that you will be able to see the feeding of the younger pandas, as this only happens at the start and end of each day. Sightseeing involves approx. 1.5hrs walking. There are electric carts offered by private vendors and can be organised at your cost.

Chengdu altitude 500m

Day 23: Depart Chengdu

Transfer from your hotel to Chengdu Airport for your flight to the UK. Depending on your chosen airline, some flights to the UK will arrive the same day, whereas others will arrive the following day.

Day 24: UK

Arrive Home.

Land Only

If you are travelling on a land only basis, then you will need to make your own way to the starting hotel in Kunming on Day 2. On Day 23, you will checkout from your Chengdu hotel, and continue as per your own arrangements.

Please refer to the Wendy Wu Tours brochure and/or website for details on departure dates, prices, itineraries, inclusions and tour extensions available as well as full booking conditions.

ADDITIONAL INFORMATION

Before You Leave

Itinerary Changes - The order of events and sightseeing may vary according to local conditions or for operational purposes. The schedules of the domestic airlines in China are subject to frequent changes. For this reason, we have indicated approximate times only. Your Local Guide or National Escort will inform you of any schedule changes as they are informed of them. Roads in China have generally been improved over recent years, but some road construction and/or weather conditions may still lengthen the driving times. Our intention is to adhere to the day to day itinerary as printed; however order of events and sightseeing may vary according to local conditions.

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- Napa Hai Lake outside Zhongdian - The water levels drop dramatically during Oct/Nov (autumn) and may not be worth visiting. In this case, your local guide or National Escort will arrange a visit to Zhongdian old town or perhaps a Tibetan village home.
- Potala Palace in Lhasa - In late 2006, the Tibetan Government imposed a new system of allocating entrance tickets to the Potala Palace. To limit the number of tourists inside at any one time tickets must be bought in advance and are valid for a set time of day. Our local office will buy the tickets for our customers, so you do not have to queue for them. Please note that this may affect the order of sightseeing for the rest of Lhasa too.
- Traffic / Road Construction - There are on-going road works between Zhongdian to Deqing and Deqing to Mangkang to seal the old, sandy surface of the highway.

Visas - A visa is required for entry into China. A standard visa processing service is included in your tour cost. We will require your passport, completed visa application form, and 1 passport photo, taken within the last 6 months, to process your visa. We will require all this information eight weeks prior to departure. As per our standard visa processing service, we will have your passport for at least 4 weeks. In rare cases you may be required to provide further information or documentation to the Chinese embassy and or be required to attend an interview at the embassy in London. If this is the case we will notify you as soon as possible.

A Tibetan permit is required for entry to Tibet. Our office in China requires a copy of your Chinese visa and the photo page of your passport to obtain the Tibetan permit. If our office is processing your visa we will pass these along. If you are processing your own visa you will need to provide us with this documentation.

Please note that if you intend to arrive more than 24 hours before your tour commences or intend to stay in China after your tour has ended and **you are NOT staying in a hotel** you will need to register with the local Public Security Bureau. If you are staying in a hotel, registration is done on your behalf as part of the check-in process.

Vaccinations and Your Health - We recommend that you contact either your GP or a travel doctor for advice on vaccinations and travel health. www.fitfortravel.nhs.uk is a comprehensive website that you may also find useful

Climate - Please refer to our website for detailed temperature charts.

Insurance - It is a condition of booking with us that you take out suitable travel insurance. You must provide us with the name of your insurers and their 24 hour emergency contact number when you book with us or as soon as possible thereafter. Wendy Wu Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

What to Expect on Tour

Development - Although China is developing quickly, it still lacks international standards of civil infrastructure and therefore tourist facilities. For example, you may see a hole in the road without a warning sign or safety barricade; concepts of personal responsibility are different to those in the UK. Consequently, tourist and public facilities may not uphold the same safety standards as in the UK. However, all of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense as well as refer to notices and follow advice from your National Escort/Local Guides.

Group Size – All our group tours are guaranteed to run subject to a minimum number of 8 travellers and a National Escort will accompany each group of over 10. The maximum group size varies depending on the tour, but is usually no more than 28 passengers.

Accommodation - Your accommodation is selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family run guesthouse in a smaller town. In more remote areas, accommodation may be of a lower standard and may not have all western amenities. Hotels are generally rated as local three to four star standard, but please note that there is no international classification system for hotels and differences in facilities and quality do exist between the UK and China. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs.

Accommodation in remote areas - Between Deqing (Day 11) to Zhammu (Day 14) we will be driving through an extremely remote area, with villages, nomadic settlements, truck stops and small towns, but no 2 or 3 star hotels. To enable us to complete this amazing overland journey we will stay at simple guesthouses in the towns. These will provide basic but comfortable accommodation and are usually run by families. There are four nights staying at a 'basic guesthouse'. Owing to the remote locations, this accommodation will be booked only a few days before you commence driving from Zhongdian – our guides need to visit the guesthouses and make arrangements in person and will do this as they drive the 4WD vehicles from Lhasa.

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Toilets - Most of these guesthouses have been built fairly recently and facilities seem to be improving greatly. Most have had western style toilets installed but some will only have squat style toilets. Please keep in mind that this is one of the most undeveloped areas in the world, so facilities are adequate for local people who will be offended if you demand the standards you may be used to at home. If you expect a tiled, disinfected bathroom for example, you will be disappointed.

Beds and Linen - You will usually have twin rooms, rather than the dormitory style rooms which were all that was available in the past. Bed linen will be provided and is adequate for the night temperatures – you do not need to bring a sleeping bag, although a “sleep sheet” insert is a good idea to use under the guesthouse’s linen.

Phone - You should be prepared to be out of contact during some parts of this section, as there are unlikely to be landline phone facilities, and you may encounter poor mobile phone reception.

Laundry - If you need to do washing you can request a large basin of hot water from guesthouse staff.

Electricity - Most buildings will only have a few hours of electricity each day, from either the town’s supply or a diesel generator. The supply of electricity can be unreliable and the voltage is often unsteady and not advised for charging. We recommend that you rely on electrical devices (cameras, shavers, etc.) with replaceable batteries. Shops and markets in this region will not stock reliable or genuine batteries, so it is better to bring batteries from home. We recommend you bring a torch, as electricity is usually turned off during the night.

Hot Water and Showers - Whenever there is limited electricity supply, this will mean limited hot water supply also. In unusual cases, you may not be able to shower at all, however, you can request a large basin of hot water from guesthouse staff for a ‘bird bath’ wash. There are sometimes bathhouses too which you can enjoy for a small extra cost.

Altitude - AMS (Acute Mountain Sickness) occurs in some people when they travel to altitudes over 3,000m [9,840 feet]. Mild symptoms of AMS include dizziness, fatigue, nausea or loss of appetite, breathlessness or headache. These usually develop over the first 36 hours at altitude and not immediately on arrival. AMS symptoms are experienced by people of varying ages and levels of fitness, and usually the symptoms will subside after a day or so. If symptoms worsen, you should seek medical advice and descend in altitude immediately.

It is recommended to drink more (water, non-alcoholic and non-caffeinated drinks) and avoid exertion after arriving over 3,000m. These are some of the most effective methods of acclimatising to increasing altitude. This itinerary reaches an altitude of 3,200m on Day 8 when we arrive in Zhongdian. We will spend a period of 14 days above 3,000m from Day 8 to 22, driving over several passes that are above 4,500m and sleeping above 3,000m. If you have an existing respiratory, vascular or coronary condition, we recommend checking with your Doctor before undertaking this tour.

Meals - This itinerary travels through a region of China where far fewer foreign, especially western tourists visit. Hence the hotels and restaurants are unaccustomed to catering for western travellers. Once you travel west from Lijiang you will find there are few restaurants and little variety in food produced. Mutton and yak are often the only meats available. Meals are usually simple vegetable noodle soups called *thugpa* or dumplings called *momo*. Very simple Chinese restaurants are becoming more common but even in the larger towns your local guides/cooking staff will need to find a suitable kitchen and instruct or assist in preparing your lunch and dinner. This can obviously mean that you may need to wait a while after arriving in a town before being served.

In the other areas of China; more often visited by western tourists, the hotels serve some western dishes for breakfast. In this region there will be few if any western dishes for breakfast. Chinese and Tibetan breakfast dishes include cold vegetable/pickle dishes, bean curd noodles, soups, *congee* (a rice porridge), steamed buns with pork or sweet red bean and green tea. You may also be served fruit, a fried egg, or toast – although the bread tends to be very sweet and unlike the bread we have in the UK. Black tea and coffee are not always served, but can usually be requested. Fresh milk is not generally available. Also, some restaurants don’t serve alcohol and it is inappropriate to bring your own. Your [Suggested Packing List](#) lists some snacks that you may like to bring with you from the UK. There are also some small supermarkets in Chengdu and Kunming where you can buy similar items (except UHT or powdered milk, which is best bought in the UK).

Sichuan cuisine (or Szechwan as it is still known in the West) is distinguished by its use of ginger, chilli and the “Sichuan peppercorn” called *fagara*. Each meal will usually have some mild dishes for those who don’t enjoy eating hot or spicy food, but please bear in mind that the majority of local specialty dishes will be hot. If your group finds there are not any mild dishes served, please inform your National Escort/Local Guide so that they may resolve the problem for the next meal. Please note that long driving distances or road conditions may delay/alter your mealtime.

Within monasteries - The interior of all Tibetan monasteries is quite dark and usually lit by yak butter candles. Please remember to walk slowly and carefully, let your eyes adjust to the darkness and watch your step. Always walk in a clockwise

direction along pilgrim circuits, around shrines, alters, temples and prayer wheels. If you are unsure of suitable and respectful behaviour within such places, please ask your local guide's advice.

Money - Banks and hotel exchange desks in Chengdu, Kunming, Dali and Lijiang will recognise and accept cash in Sterling currency. In other towns, banking facilities are less reliable and they refuse to deal with currency they are unfamiliar with. Your Local Guide will recommend a place to exchange or withdraw enough money for the period of travel between Zhongdian to Lhasa; however we strongly recommend in advance ensuring you have cash in local currency with you.

Different names of towns - Many places in China have several different names, including some of those which we have used in our brochure, maps and itineraries. You may find it confusing when researching your tour but please remember the fact that there are so many languages and cultures in this region. For example, one town may have five different names used in the Chinese (Mandarin), Uyghur, Tibetan, Kham and Indian languages. The Tibetan name is frequently spelt phonetically when used by English speakers, so 'x' becomes 'sh'. The result could be six different names for one place.

Here is a list of some places along the Tibetan Dreams route and their alternatives:

- Zhongdian / Gyalthang
- Songshanlin Monastery / Sumsatling / Songzanlin
- Deqing / Derchen / Dagze / Tag'tsher
- Mangkang / Markham / Gartok
- Zuogong / Wangda / Shaba Dzogang
- Bangda / Pomda
- Basu / Baxoi / Baimu / Pasho
- Zhammu / Pome / Bomi
- Linzhi / Lintse / Nyingchi
- Pasum Tso Lake/Draksum Tso/Bagsum Bahel / Namse
- Chushul / Quxu
- Shigatse / Xigaze
- Tashilhunpo / Zhanshilunbu Si
- Gyantse / Jyantse
- Pelkor Monastery / Palkhor Chode
- Tibet / Xizang
- Mekong River / Lancang Jiang / Dza Chu
- Yangtze River / Jinsha Jiang
- Salween River / Nu Jiang
- Brahmaputra River / Yarlung Tsampo
- Fort / Dzong
- Monastery / Gompa
- Shrine / Chorten / Stupa

Tippling - As with most countries, tipping is a way of life in China. For our passengers' convenience we ask for a compulsory amount to be paid at the beginning of our group tours to cover tipping for guides, drivers, restaurant staff etc. Approximate tipping amounts can be found in our brochure and/or website; however exact tipping amounts will be stated in your final documentation pack.

Optional Extras - Our tours are planned to be as fully inclusive as possible. However, from time-to-time your National Escort or Local Guide may suggest optional tours/sightseeing in addition to the standard sightseeing planned for that city. Such options are at an additional cost, with prices ranging from 100-300 Yuan per person (payable in local currency). If you do not wish to take part in any optional extras, you will have the option of enjoying some free time at leisure or to return to the hotel.

Luggage - Each passenger is limited to two pieces of luggage:

1. Main luggage – with limited space during the 4WD section of this tour, this must be small, with a maximum weight of 20kg. You may need to carry your own luggage in remote places. On previous trips, our passengers have found either a plastic, hard shell case OR a soft case (such as a backpack or canvas bag) suitable for the rigorous driving and dust of this route. If you are using a soft suitcase, you will need to protect the contents with a waterproof cover, which are available at camping and adventure stores, or simply wrap your contents in plastic bags before packing them in your suitcase. You may also want to consider bringing a soft bag that fits inside your main luggage, which you can use as an overnight bag – this way you will not need to take your main luggage inside every night during the overland journey.
2. Daypack – a smaller bag to carry with you during the day, holding all the items you need to access during the day – both while driving and sightseeing such as drinking water, hat, sunscreen, toilet paper, insect repellent, camera, jacket etc.

After Your Booking

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice followed by deposit documentation, which includes a visa application form, help sheet, and a China travel guide. Your final documentation pack will be sent to you approx. 2 weeks prior to departure, and will include a travel wallet, badge, lanyard, suggested packing list and a phrase book, along with your final itinerary and international etickets.

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