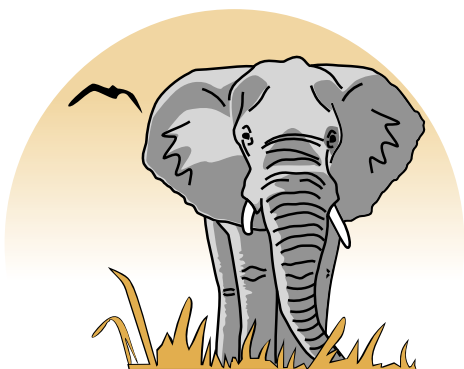
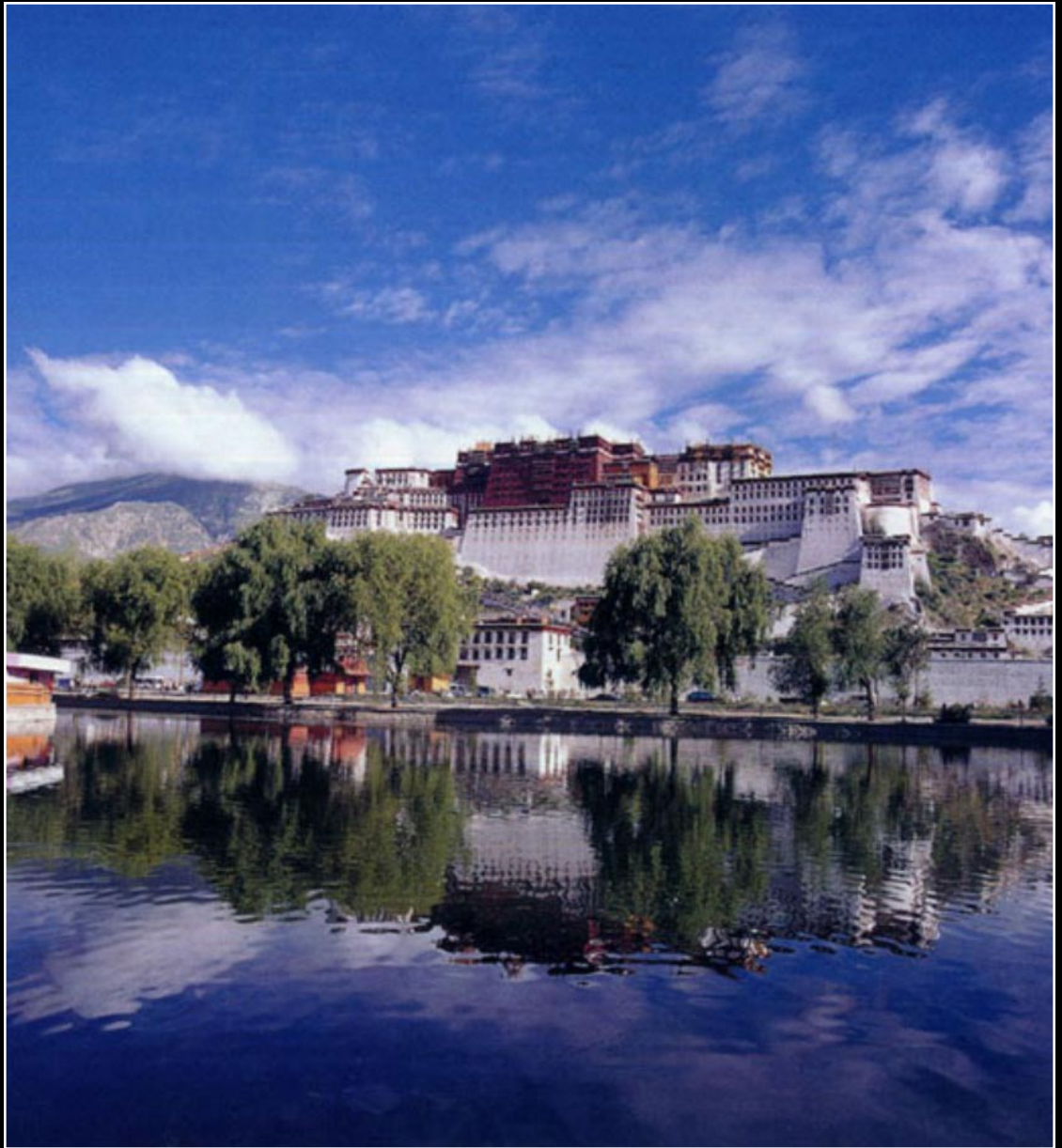
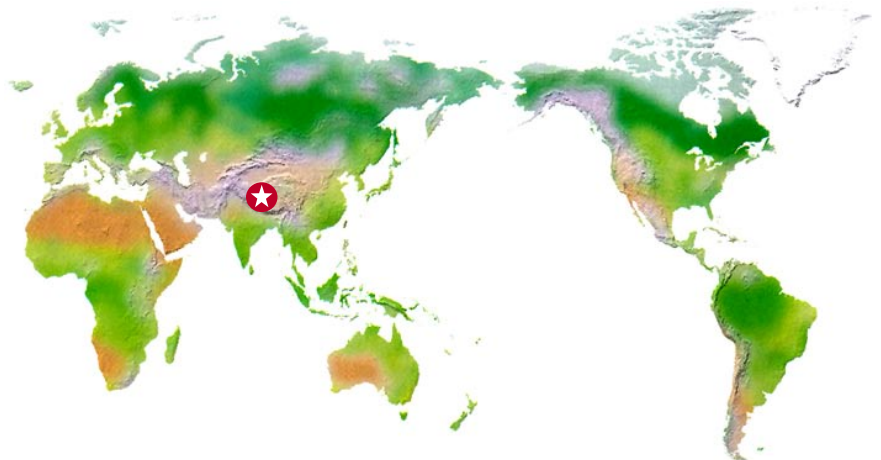


School Trip Itinerary

China & Tibet



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CHINA & TIBET SAMPLE ITINERARY

Day 01/02

You will be departing Calgary late in the evening for the connecting flight to Beijing (via Vancouver). With the time changes you will arrive into Beijing the next day.

Day 03

Upon arrival in Beijing you will be met and transferred to the hotel. You will spend the remainder of the day sightseeing China's greatest capital, a truly remarkable city that was already in its first glorious Golden Age when Marco Polo visited during the 14th century. Stroll around Tiananmen Square and see the grandeur of the Imperial Palace (Forbidden City), where "24 Sons of Heaven" ruled from the Dragon Throne during China's imperial glory days. Visit the Temple of Heaven, a masterpiece of 15th century architecture, and the Summer Palace, a former imperial retreat with a lake and classical gardens.

Day 04

Today you will visit the Great Wall and walk along a portion of the 3,700 mile wonder of the world. Climb the mighty ramparts and view the Wall's incredible length winding along the hilltops. In the afternoon walk along "Sacred Way", a boulevard lined with great stone statues before heading back to the city where in the evening you will enjoy a special Peking opera.

Day 05

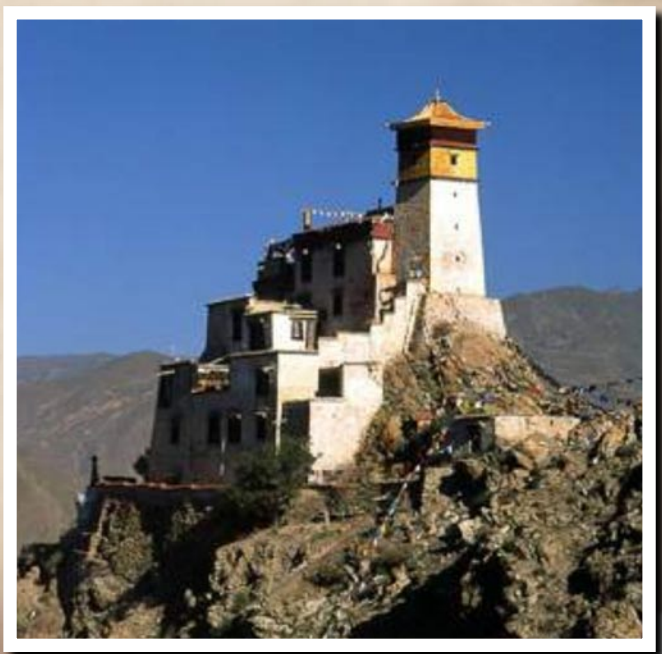
In the morning take a rickshaw tour of the narrow streets of the old quarter and spend time visiting traditional Hutong homes. There you will be taught the art of making dumplings! Later in the day you will tour the Summer Palace before enjoying a Peking Duck dinner.

Day 06

After breakfast you will catch a flight from Beijing to Lhasa, where you arrive at Gongkar Airport. Upon arrival you will be met by your local guide and transferred to Tsedang (3550m) an approximate 2 hr drive. Once checked into the hotel you will take in a tour that includes:

Trandruk Monastery: The monastery is one of the earliest Buddhist monasteries in Tibet, having been founded at the same time as the Jokhang in Lhasa. Dating back to the 7th century reign of Songtsen Gampo, it is one of the "Demoness Subduing" temples of Tibet. The monastery is a significant stop for Tibetan pilgrims, and the monks are genuinely glad to welcome foreign visitors and show them around. It is really a lively place and well worth a brief visit en route to Yumbulakang.

The First Castle Yungbulakang: It is the palace for the 1st Tubo King Niechi in the Yalong River Valley. It is also called "the Mosher and Song Holy Hall". Yungbulakang is standing on the top of a hill on the east bank of the Yalung River in the southeast of Naidong county. The castle can be divided into two parts. The front part is a 3-storey building, while the back part is a castle like tall building. Enshrined in the shrine are the statues of Thiesung Sangjie Buddha, King Niechi, King Srontsan Gampo and the Tobu Kings after them. The legend goes that the "mysterious object" was on the roof of the castle, so Buddhists regard this as the holy land.



Day 07

Today you will drive to Lhasa (3600 m) but enroute you will have the opportunity to visit Samye Monastery. This was Tibet's first monastery, built over 1,200 years ago by Trisong Detsen under the auspices of the two Indian teachers, Padmasambhava and Shantarashita. Here, Buddhism was formally inaugurated as the state religion and Tibet's first monks were trained and ordained by the Abbot Shantarashita. The design of the monastery, like most monasteries and temples, is symbolic. Samye is a mirror of the Buddhist universe, with the main temple as Mount Sumeru, the mythical monument at the center of the cosmos. Side chapels represent the four continents and subcontinents. Samye has been damaged over time by fires and the Cultural Revolution. Nevertheless, it was not totally destroyed and one can sense its long history and appreciate the paintings and statues.

Once in Lhasa you will check into your hotel before meeting your host and having a welcome dinner. Afterwards you will be taken for a walk to a nearby Internet café for an opportunity to check in on your emails and send a note home.

Day 08

After breakfast at the hotel you will begin a sightseeing tour of the Potala Palace, Norbulingka and visit Barkhor Market.

Potala: The Potala Palace, winter palace of the Dalai Lama since the 7th century, symbolizes Tibetan Buddhism and its central role in the traditional administration of Tibet. It is built on Red Mountain in the centre of Lhasa Valley, at an altitude of 3,700m, a vast white and ochre fortress soaring head and shoulders over this, one of the world's highest cities. The Potala dominates the Lhasa skyline and was the residence of Dalai Lamas.

Norbulingka: The Summer Palace of the Dalai Lamas is a short distance away in the western part of town; and in Lhasa's low lying surrounding hills are the important Gelungpa monasteries of Sera and Drepung. In the palace there are many splendid murals painted by a Fourteenth Dalai Lama's painter. The topics of the murals are vast, including: Tibetan officials, Sakyamuni preaching under a Bodhi tree, Tibetan history.

Barkhor Market: The word Barkhor refers to the middle of the three concentric holy circuits around the Jokhang. The Barkhor Circuit runs through the heart of the old city where life has changed little down the centuries and it gives you a curious sensation of having slipped through time into a medieval carnival. It is an area unrivalled in Tibet for its fascinating combination of deep religiosity and pushandshove market economics. This is both the spiritual heart of the holy city and the main commercial districts, being the center of the Tibetan capital's trade for centuries.

Day 09

Another day of sightseeing that will take you to see the Drepung, Jokhang temple and Sera Monastery. The day will end at the Jokhang Monastery to witness the evening prayers.

Drepung Monastery: The Drepung (Drepung) Monastery is one of the 3 biggest monasteries, located on the slope of Mt. Guopei. The Monastery is so big that it resembles a town. It was built by Zongkaba's disciple Jianguang Qujie in 146. The Monastery consists of a number of grand halls chambers, and the Dalai Lamas' palaces. The Drepung Monastery used to nourish a lot of scholars of Buddhism in Tibet.

Jokhang Monastery: It has been a place of pilgrimage for centuries. It is the spiritual center of Lhasa and stands in the heart of the old city. It is the most sacred and active exceptional Buddhist temple of Tibet. Its buildings and decoration reflect the high quality of Tibetan art in the 7th century and again in the 15th-16th centuries, and also demonstrate cultural interchange between Tibet and its neighboring countries. It is the most famous of Lhasa's pilgrimage circuits and probably the best introduction to the old town for newcomers.

Sera Monastery: The Sera Monastery nestles at the foot of the Wu Du Hill in the northern suburbs of the Lhasa city. It got its name from the sera flowers (wild rose) on the hill. The Monastery was built under the supervision of Zongkaba's disciple Xiajia Yixi. Enshrined in the Monastery are the 16 Arhats carved out of sandalwood from the Ming Emperor, over 10,000 golden copper Buddhist statues, the holy prayer scripture ganzhuer written in cinnabar etc.

Day 10

Today you will have a chance to experience a different side of Lhasa than the average person who visits the city. You will be spending the next two days working at a local orphanage and interacting with the children. You will be involved in teaching English classes, helping with music and art projects and in general playing games with these children.

Day 11

After breakfast you will be departing Lhasa on a flight to Shanghai. Upon arrival you will be met and transferred to the hotel. Later that day you will be taken for a stroll along the historic "Bund". This waterfront area was once known as Shanghai's Wall Street and the centre of commerce for the Orient. Enjoy the markets and the vendors as you have dinner in this exciting area before returning to your hotel.

Day 12

For your final day in China you will be taken for a sightseeing tour of this booming city that includes the Old Town, the Yuyuan Gardens and the Children's Palace. For your last evening you will be taken to an exciting Acrobatic Show.

Day 13

You depart Shanghai this morning for the flight home via Vancouver. Your arrival in Calgary will be late in the afternoon of the same day.

Includes:

- Round trip air fare from Calgary with Air Canada and China Air
- All domestic flights
- All accommodations and meals based on double occupancy
- All transfers and local transportation
- Local guides plus a National tour guide and gratuities
- All sightseeing and entrance fees as per the itinerary
- All taxes
- Medical insurance

Does not include:

- Cancellation insurance (optional cost must be purchased at time of deposit)
- Items of a personal nature

