

TREK TIBET



10-21 SEPTEMBER 2005



From the lush green foothills of Nepal to the dramatic mountain scenery and harsh landscapes of the Tibetan Plateau. Join our expedition to the base of Mt Shishapangma, Tibet's highest mountain, and experience a stunning trek in one of the most mysterious and spiritual countries on earth.

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ANDREW PEACOCK/CONEY PLANET IMAGES

TREK TIBET

Tibet is a fascinating country. With an average elevation of 4,000m, it is a vast land of cold arid desert, of dramatic mountain peaks. Its people are renowned for their pursuit of religious studies, and Buddhism continues to remain vital and alive in the lives of Tibetans. Under Chinese occupation since 1950, it is now ruled directly from Beijing and his Holiness the Dalai Lama lives in exile in India.

Join us in September and discover this most spiritual, stunning and resilient country yourself as we embark on one of Tibet's best kept trekking secrets.

Day One

London – Heathrow

Night flight from London to Kathmandu.

Day Two

Kathmandu

We arrive mid afternoon and transfer to the Summit Hotel where we spend the next two nights.

Day Three

Kathmandu

After breakfast, we'll have our main trek briefing on the challenge ahead. The rest of the day is free to discover Kathmandu - a bustling, vibrant mix of markets, shops, temples and shrines. Enjoy yourself exploring the many narrow streets, either on foot or by rickshaw and bartering with street traders in Durbar Square.

Day Four

Kathmandu – Zhangmu (2,200m) – Nyalam (3,720m), Tibet

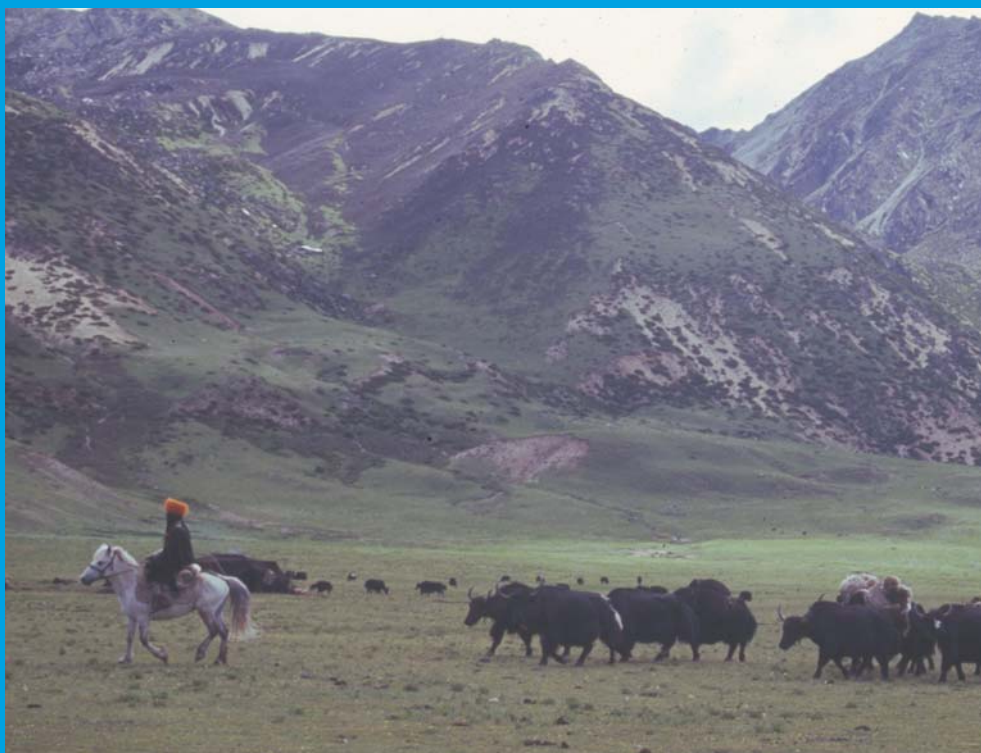
After a very early breakfast we begin a five-hour transfer through the rolling green valleys and hills of central Nepal to the border post at Kodari, a bustling

shanty town. Once customs and visa formalities are completed, we cross 'Friendship Bridge' and climb steeply to the Tibetan border town of Zhangmu for the main Chinese immigration process. After lunch, our journey continues up a huge gorge, with dramatic scenery all around, as we head towards Nyalam and the harsh Tibetan plateau. Nyalam is our first truly Tibetan town and we spend two nights camping here in order to acclimatise.

Day Five

Nyalam 2-3 hours trekking

Our Tibetan trek finally begins! To help us acclimatise, we explore several trails around Nyalam, absorbing the rarefied Tibetan atmosphere as we meet yak herders and observe village life. There will be an opportunity to visit the Phegyeling Monastery, also known as Milarepa's Cave. Milarepa, the great poet and mystic adored throughout Tibet, lived for many years in the cave. His religious teachings still influence Tibetan life and his presence and many songs are said to echo throughout the hills surrounding Nyalam.



Day Six **Nyalam – Draabochaan** **(4,110m) 5–6 hours** **trekking**

After loading our yaks, we leave Nyalam, passing a mani wall which marks the start of the trek to Shishapangma Base Camp. Following the Tsongde Pgu Chhu River we hike for a couple of hours, then break for lunch. Continuing our trek, we finally emerge on a meadow marked by a large rock known locally as Draabochaan. Camp overnight.

Day Seven **Draabochann 4–5 hours** **trekking**

Acclimatisation day. Today we have an opportunity to follow a steep pilgrimage route to the sacred emerald lake Tara Tsho. According to legend, the lake formed from a piece of ice brought here by a lama from Mt Kailash, and the shoreline is dotted with piles of stone offerings and fluttering prayer flags. If time permits, we can also trek up to see the glacier. Overnight at Draabochaan camp.

Day Eight **Draabochaan – Shingdip** **(4,560m) 4–5 hours trekking**

We break camp and climb across boulder fields and scrub vegetation until our trail reaches a ridgeline. It feels like we could almost touch the mountains surrounding us in this harsh, arid landscape, as we follow the ridge to the Pandiy La Pass. If we are lucky we may spot the rare Blue Tibetan sheep – or perhaps the even rarer snow leopard. Finally we reach the village of Ngora and it's just one more hour of trekking to our meadow campsite at Shingdip.

Day Nine **Shingdip – Shishapangma** **Base Camp (5,135m) –** **Shingdip 8 hours trekking**

Today we trek to the base of Mt Shishapangma, at 8,046m the highest mountain in Tibet and the last of the great 8,000m peaks to be climbed. The trail continues up the main valley before climbing on to a ridge at the end of the moraine. It's a tough trek, but nothing can spoil this day or our appreciation of this vast, unspoiled country. Behind us, to the south, tower the mighty Jugal Himal, while ahead lies Mt Shishapangma – 'Range of Crest

above the meadow'. A boulder plateau one hour above base camp gives us a wonderful view of the mountain before we trek back to the Shingdip camp.

Day Ten **Shingdip – Nyalam 7 hours** **trekking**

Prepare yourself for a tough hike as we retrace our steps back to Nyalam. Although a long day, it's a welcome chance to reflect on our achievements with newly made friends and a second opportunity to absorb the breathtaking views all around. Overnight camp.

Day Eleven

After a very early breakfast we transfer by coach back to Kathmandu. It's a spectacular drive through the Bhote Kosi gorge as we say a fond farewell to Tibet and return to Nepal. Tonight we celebrate our expedition success with a special gala dinner at the Summit Hotel.

Day Twelve

Early morning flight back to the UK. Arrive London early evening.

This is a complex itinerary and may be subject to change.

Join us on a journey of enlightenment as we trek in that most spiritual of countries – Tibet. From the lush green foothills of Nepal we cross over the border to experience dramatic mountain scenery and the high, barren landscape of the Tibetan Plateau. Trekking to the base of Mt Shishapangma, our route is one of Tibet's best kept trekking secrets.

WHAT'S PROVIDED

- Scheduled international return flights London–Kathmandu
- All transfers throughout the event
- Tent accommodation for seven nights. The first two and last nights will be spent in a hotel
- Full board throughout, except lunch on Day Three
- English-speaking guides, medical back-up, professional support staff and porters

WHAT'S NOT

- Registration fee of £199 (optionally refunded if sponsorship of £3,900 or more is received)
- Gratuities
- Personal expenses
- Personal travel insurance
- Lunch on Day Three
- Nepal visa (approximately £22)
- Tibetan visa (approximately \$45)
- Airport departure tax in Nepal and UK (approximately £46)
- Recommended vaccinations (some GP surgeries charge for this service)
- Your own kit



For more information contact:

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