



**Great Walls :: Ancient Cultures :: Highest Mountains  
China :: Tibet :: Himalaya :: Nepal**

## **Adventure Across Asia**

Crossing Asia with friends, mei-won-te', and laughter.

This adventure that will include bragging rights. We will experience storied locations, unfamiliar cultural norms, a five tonal language, and welcoming interactions with local people. This is not a "common" tourist bus tour, this is an adventure. We'll use a private bus when needed, but whenever possible we'll walk to explore, as well as use subways, motor-rickshaws, perhaps bicycle, gondolas, train, bullet train, 4x4 suv, fly, local bus, and taxis in our travels. This style of travel will increase everyone's learning experiences, and your interaction with the many cultures and places we'll be visiting.

Try these two useful words when traveling; mei-won-te', in Mandarin this means a shrug of the shoulders or "relax, that's life." Also; ZouBa (zoe-Ba), in mandarin this means "lets go with a smile."

### ***Friends Adventure across Asia***



This is a Friends Adventure. Here is the guideline; invite others to join you who you think you would like to see at breakfast on the 20th day. Friends who think this adventure sounds fun are the best choice. We're going to travel through China and across Tibet, overnight and day hike at Mt Everest BC before continuing through the Himalaya and into Nepal all while crossing cities, villages, rice paddies, pastures, mustard seed yellow fields of flowers, mountain tops, streets, highways, foot paths, grass lands, deserts, a Friendship Bridge, and very high prayer flag covered passes. This is an active adventure and the unexpected will likely happen.

**Who is leading the next adventure?** Rusty BrennanDubbs, guru of RiAdvTvl has a 34 year career of organizing and leading adventures, including hiking, bicycling, paddling, and climbing, around our planet. Rusty has led this adventure many times since 1990. He has been everywhere this adventure is going multiple times. Also **Don Messerschmitt**, PhD for over 50 years has led numerous trips to destinations in Asia. He is a trained anthropologist, award winning writer and rural development specialist and consultant. His experience in travel, and among Himalaya cultures is an asset to all travelers.

## **Lets Begin :: Zouba (Lets Go!)**

This adventure is a balance of quality time and Zouba. Quite frankly, everywhere we are going you will wish to have another day or two to visit ... but we have a continent to cross and You Are Very Welcome to arrive early or stay after, and Rusty can advise or assist with doing so if you like. Breakfasts at our hotels are always included. Lunches and dinners in China and Nepal are ours to cover, but while in Tibet all meals are included. Orientation each evening will cover expectations for the next day.

### **Day 01 Depart the USA**

## Day 02 Arrive into Beijing

Arrive into Beijing in the afternoon. Met by your trip leader, and transferred to the historic, preserved, and protected Hutong neighborhood of Beijing. ~ *included: hotel, group airport transfer*

## Day 03 Beijing

A great breakfast and then we're gone all day. The Forbidden Palace is first, we get there by walking through the Hutong ... it's so, so cool! The walk is about an hour or so. We've two days of stuff to do today, and we'll do what our bodies and your eyelids allow. Try to soak it all in. Returning to our hotel by foot and taxi. Collapse, take a nap or explore the neighborhood. Short walk this evening to dinner at Small Lake (it is right next to Big Lake). ~ *included hotel, transportation*

## Day 04 Beijing

Early morning visit to the Temple of Heaven for exercise-viewing (wave swords, tai chi, ballroom dancing, yoga, marching, stretching, running, kung-fu, kite flying). Breakfast nearby. **Leave for the Great Wall.** This portion of the Great Wall is much less visited and is in excellent condition. There are several kilometers we can walk and a gondola to expedite our exploration and enjoyment of the Wall. Return to our hotel, collapse, relax. Walk to dinner at Large Lake. ~ *included: hotel, Great Wall, all transport and permit*

## Day 05 Beijing to Xian

Depart at 6:45am to take a 5 hour bullet train toward Xian. Easy day, but fun as the train moves at 186mph. Transfer van two hours to the town of Huashan. ~ *included hotel, transfers, bullet train*

## Day 06 Huashan to Xian

This morning go to the top of Mt Huashan (7078') by gondola, with a one hour hike to the summit. Enjoy the views and a box lunch. This is ***The*** most sacred of the five sacred mountains in China. We'll hike back to the gondola, ride down (avoiding the 6 hour steep hike), and then transfer 1.5 hours to Xian and a really nice hotel. We've come here to visit the 1400 ++ year old intact giant fortress walled city ... this city has been the cultural and artistic heartbeat of China for 3000 years. Xian was the capital of China for thousands of years, and is the start or finish of the famous Silk Road ... one of the other ends of the silk road being Istanbul. ~ *included hotel, round trip gondola, transport to Xian*

## Day 07 Xian

Load up our van and go to the museum/archeological dig to see the Terra Cotta Warriors. We'll visit other sites, too, as time allows (library of stellas, Banpo village, and others). We may rent bicycles and ride the medieval fortress wall and in this way "see" the whole city. Xian is worth a 3 day visit, so our visit will be action packed (ha, ha) and we'll have a great time. ~ *included hotel, transfers*

## Day 08 Xian to Xining to Train for Lhasa Tibet

We have a 1/2 hour flight this morning to hook us up with the train going to Tibet. We have 23 hour train ride to reach Lhasa, the capital of Tibet. The train is an adventure. You are in a non-smoking first class cabin that's quite comfortable. The cabins large window view provides expansive vistas, and grasslands with nomadic Tibetans camping with yak hair tents, herds of yak and sheep and goats. Then there are small Himalayan peaks (18,000 to 21,000') and tiny towns, and above are blue skies and puffy clouds. The cabin is snug for four travelers, but comfortable with great bedding and plenty of water. You are in a 1st class non-smoking train car. The bathroom is "Asian style." Drink lots of fluids (beer

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Ri is Tibetan for a high place where prayer flags flutter, where there is a view and one pauses to think or perhaps not think.

does not count); our train is going higher (about 15,000') and fluids will help you acclimate. Photography out the window is good. Expect to drink more fluids as you ascend. Food on the train is "basic" and we'll have bought some snacks in Xining to tide us over until we reach Lhasa and real food. ~ *included flight, transfers, regular train first class 4 person sleeper, all meals on the train and while in Tibet*

### Day 09 Lhasa (11,700')

Arrive into Lhasa. Drink fluids. We'll take an easy walk around the Bakkor market that surrounds the Jokhang Monastery encountering traders, monks, shop keepers and pilgrims. When we have our breath, we'll also visit the Summer Palace and medical college. We have a 3 night stay here in Lhasa. Our hotel is in the heart of the city so you may walk out the door and immediately have fun exploring. Our hotel is of simple Tibetan style, and from the roof the night time view of the Potala Palace is stunning.

~ *included hotel, entry fees, transportation and all meals while in Tibet*

### Day 10 Lhasa



An early breakfast and depart for a 1.5 hour drive and recently paved winding road up to Gangden Monastery. Gangden is a former Buddhist university and was started in 1409. This is a huge monastery and it's day held over 5000 monks. Built into a natural amphitheater with expansive views, the smell of burning incents seem to make visitors pause, and contemplative. With some luck we'll find monks going through their prayers. We may take lunch in the community cafeteria where giant pots of food are prepared for hundreds of monks. The food is steaming hot,

and very authentic. Smile. Returning to the Lhasa valley we'll head toward Sera Monastery and with a bit of luck we'll watch a debate. (nice to again be breathing "thick" air of the Lhasa) Tonight there is an optional Tibetan and European dinner and dance program. It's an outstanding program, professional and done well. ~ *included hotel, transfers entry fees, transportation and all meals while in Tibet*

### Day 11 Lhasa

This morning we have invitations to explore the Potala Palace. The Potala is the home of the Dali Lama, it dominates the valley as sits atop a sacred hill with a commanding view of the city. We'll ascend the 14th century steps up to the top and then work our way back down through audience halls, golden tombs of past Dali Lama's, temples and prayer rooms. The kora (a pilgrimage walking route) surrounding the Potala is ringed with prayer wheels and pilgrims, some of whom are on their once in a lifetime visit to Lhasa. You are welcome to spin prayer wheels too. The kora is full of photographic opportunities both for you and those around you. You may be asked to pose and take selfies with rural farmers and village people who have never seen a westerner in person, just smile, wave and engage them in a short chat.



In Tibet one place that is more sacred and revered than any other; the Jokhang Monastery. The Jokhang is just a 5 minute walk from our Tibetan style hotel and we're now going to go in. The passion of

the Tibetan people is very evident. They are transfixed and stare in awe at the relics, and most sacred features of their religion. Tibetan peoples devotion here is very moving. The Jokhang is a treasured moment of the adventure. ~ *included hotel, transfers entry fees, transportation and all meals while in Tibet*

### Day 12 Lhasa to Gyangze

Depart for Gyangze and its magnificent monastery, and rammed earth cliff side Dzong fortress. Gyangze is not on the typical route to Everest and Nepal but is well worth the visit. Gyangze is famous in modern times for stopping the 1909 the trade mission ("invasion" actually) of British Colonel Younghusband and then as the besieged city was surrounded during winter, the citizens came from behind their stout walls to rescue the starving and frozen British soldiers and kept them alive. ~ *included hotel, meals, vehicle, permits and fees are included*

### Day 13 Gyangze to Xigatse

Three hour drive from Gangden to Xigatse, the home of the Panchen Lama (secular leader). Explore the huge Dzong in Xigatse, home to the Panchen Lamas for many centuries. Hundreds of monks now occupy the monastery which is filled with temples, debating halls and the tombs of past Panchen Lamas.

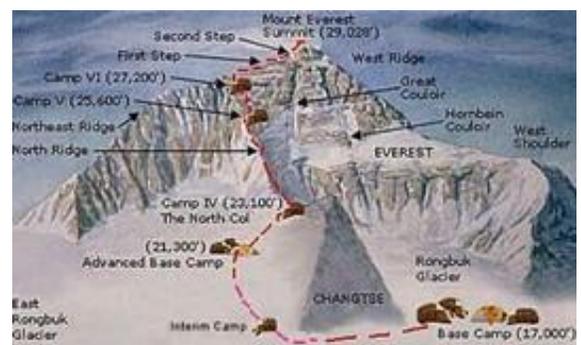
Nearby the monastery is a large open market, ready for bargaining with passers-by. There is also a renown Tibetan carpet making factory. Exploring the streets and people watching is also fun. ~ *included hotel, meals, vehicle, Tibet travel permits and fees are included*

### Day 14 Xigatse to Xegar Dzong

We will stay in a simple hotel here in Xegar. Our scenery each day since Day 13 will include a high 16,000 to 17,000' passes as we go high and sleep low. Shrubbery, dramatic geological formations, mid-evil fortress ruins cling to rocky spires, small villages, wild flowers, yak herds, yellow mustard seed fields, prayer flags, Tibetan nomads, sheep, alluvial flood plains, sand dunes 300 to 1000 feet high, active monasteries, barral blue sheep, and perhaps endangered black necked cranes will be seen, as well as "small" Himalayan Peaks. On one pass, with clear skies Mt Everest will show its self. If possible, we'll drive off route two hours to visit Sakya Monastery and the black hats (one of the three Buddhist sects). Not always open to visitors, it's a special place and we'll see if we can visit. ~ *included hotel, meals, vehicle, Tibet travel permits and fees are included*

### Day 15 Xegar to Mt Everest

This is a photogenic day of ancient ruins, huge views of 5 of the world's highest mountains including Mt Everest. We'll pass through two check-points leading to Mt Everest National Park. China has just finished a paved road to the Mt Everest area. The day ends as we reach our destination - Rungbuk Monastery (16,400') near the base camp of Mt Everest. We'll be staying in a tented camp. The yak wool and canvas tents are huge in size with a large stove and thick comforters for sleeping. We are staying two nights to allow time to watch the mountains, the wildlife and explore the monastery and nunnery. We'll walk slowly, drink more fluids, eat well, and explore. The tented camp is operated by local villagers and is a gentle two miles walk to Mt Everest Base Camp. We will be day hiking the surrounding valley. ~ *included tents, permits, transportation and meals*



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### **Day 16 Mt Everest (29,035' feet high)**

"Free day" today. This does not mean there is nothing to do; there is a lot to do ... slowly, scrambling, walking, and enjoying our unique location. We may see blue barral sheep, Himalayan woolly hare, or fox. A hidden Red Hat Buddhist Nunnery and a hermitage are possible to visit and explore depending on how your head feels. Mt Everest and the Mallory route are right in front of you, as is the Hornbein Couloir. This is where Reinhold Messner did his solo climb of the peak. Climbers only are allowed to stay at the actual base camp. (Climbing season is April/May and September) ~ *included tents, permits and meals*

### **Day 17 Everest to Tingri to Zhangmu**

An early, early departure from Mt Everest. We'll drive by villages with tiny goats, Tibetan mastiffs, and views of Cho Oyo at just over 26,000 feet. Our goal today is the Tibet/Nepal border town of Zhangmu. This is the Biggest, Coolest, most Amazing Himalayan mountain scenery of the entire trip with Makalu Mt. Everest, ChoOyo, Shishmapangma, and dozens of "little" mountains to be seen along our route. It's an all-day drive, stunning, alllll-day scenery. We cross two 17,100' passes, and then descend to the ferns and waterfalls of Zhongmu at 7300'. This is a "must-push-day," rather long, but an incredible day. The air at Zhangmu will be rich and thick. smile ~ *included hotel, permits, transportation and meals*

### **Day 18 Zhangmu to Kathmandu**

Drive a three miles to the border and then walk across the Friendship Bridge into Nepal. We will be met by many of Rusty's long time Sherpa friends. The drive to Kathmandu will be 5 hours or more depending on conditions. The road condition can be easy or a challenging adventure due to landslides. Tonight we'll sleep in Kathmandu at one of our favorite locations for fun. Have a great shower, wonderful dinner, and bed. ~ *included hotel, transfer, breakfast*

### **Day 19 Kathmandu**

Sleep in. Have tea or coffee with classical music in a garden, then a breakfast of Any Thing you want. This is a flex day in case of challenges previously in the adventure.

Sightseeing - Rusty can lead a bicycle sightseeing tour into the organized chaos of Kathmandu before returning to the sanctuary of our hotel's garden. Lots of camera work available. RiAdvTvl has a 36 year history in Nepal and depending on time and your interests we'll explore as much as is possible. We have markets to visit as well as UNESCO World Heritage sites and simply walking the streets of Kathmandu is indescribably interesting as a melting pot of 5 religions, 38 cultural traditions, Hindu shrines, Buddhist temples and stupas, palaces for princes and kings, bazaars for metal, beads, vegetables, meats, pottery, etc.. There is dentist street, gold street, fabrics street, religious street, copper/brass and metals street, etc.. Kathmandu is both a valley and a city. Consider extending your travel and remain in Nepal. ~ *included hotel, breakfast*



### **Day 20 Fly out of Kathmandu**

We've completed our adventure. You may begin returning home, stay in Nepal longer, visit India and the Taj Mahal, visit Thailand, Bhutan, or Myanmar for more adventures ... or, or, or. If you would like to do something other than return home, please feel free to ask Rusty for ideas or arrangements.

## The Fine Print

China, Tibet and Nepal are developing countries and though we will do our best to follow the itinerary, there are many reasons why alterations beyond our control may occur. You will find [Reservation & Release Trip Application](#) on the Ri Adventure Travel website. Among these materials is your trips **Terms And Conditions And Release Of Liability Form** for Ri Adventure Travel LLC, please read through them, and ask questions when you have them. Your signature on this document is required for participation in this adventure.

**Trip Dates:**                    **June 01 -- 20 2016**                    **September 11 -- 30 2016**  
**Reservation deposit:** \$600                    per person  
**Land Cost:**                    \$4675                    (4 to 12 travelers) per person double occupancy  
**Single Traveler:**                    \$695                    Requesting your own room for 20 days is available. Single Option below.

**Included:** Accommodations from 5, 4, 3 star hotels and a tent camp, Lhasa Train First class 4 person sleeper, all meals while in Tibet and on the train, bullet train ticket 2nd class (very nice), breakfasts while in China at our hotel (nice), gondola ride Huashan, all major transport, group airport transfers, permits and passes for all sites (Forbidden Palace, Potala, Terra Cotta Warriors archeological site, Xian Wall, Great Wall, Temple of Heaven, monasteries in Tibet, all locations as noted in the itinerary. Tibetan travel permits. Drinking water kept in our vehicle(s) for all to use at anytime. Kathmandu hotel and breakfast, transportation in Nepal and group airport transfers, porters as needed at the Tibet/Nepal border.

**Not Included:** Lunches and Dinners in China and Nepal, soft drinks, alcohol, taxi's or subways we may choose to spontaneously use. Bicycles, peddy cabs, yaks, camels, or elephants that we may choose to ride. Airport transfers if your flight into China is not close to the majority of Travelers. Photography permits in Tibetan Monasteries. Things of a personal nature or that have not been described as included in the itinerary. Your Visa for China and Nepal.

## Reserving Your Adventure

Call Ri Adventure Travel LLC at **307.460.4404** and make your deposit by Visa or MasterCharge credit card. Or mail your check to:

## Ri Adventure Travel LLC, 5700 100th St SW #330-256, Lakewood Washington 98499

If you are sending a check, please call or email Ri Adventure Travel LLC that you are doing so. We'll pencil in your name and hold your place on the trip for a week. We'll also notify you the moment your check arrives.

## Reservations

print the [Reservation & Release Application](#).

Your reservation deposit: \$600 check per person.

Trip balance is due at 70 days prior to departure.

If you prefer to use a major credit card, please call us at 888.460.4404pst to provide those details; Visa or Master/Charge. If you prefer to use a credit card, then we'll add 3% to your deposit or balance.

## Cancellation Schedule

91 or more days prior to departure, deposit refunded

61 to 90 days prior, the deposit is forfeited.

31 days and prior, 50% of the Trip Cost is forfeited.

30 days or less, 100% of Land Cost is forfeited.

Cancellation notice is based on when it is received in writing by mail or email.

**Included:** Accommodations from 5, 4, 3 star hotels and a tent camp, Lhasa Train First class 4 person sleeper, all meals while in Tibet and on the train, bullet train ticket 2nd class (very nice), breakfasts while in China at our hotel (nice), gondola ride Huashan, all major transport, group airport transfers, permits and passes for all sites (Forbidden Palace, Potala, Terra Cotta Warriors archeological site, Xian Wall, Great Wall, Temple of Heaven, monasteries in Tibet, all locations as noted in the itinerary. Tibetan travel permits. Drinking water kept in our vehicle(s) for all to use at anytime. Kathmandu hotel and breakfast, transportation in Nepal and group airport transfers, porters as needed at the Tibet/Nepal border.

**Not Included:** Lunches and Dinners in China and Nepal, soft drinks, alcohol, taxi's or subways we may choose to spontaneously use. Bicycles, peddy cabs, yaks, camels, or elephants that we may choose to ride. Airport transfers if your flight into China is not close to the majority of Travelers. Photography permits in Tibetan Monasteries. Things of a personal nature or that have not been described as included in the itinerary. Your Visa for China and Nepal.

### Optional Fun

- ☞ India: The Taj Mahal and Jaipur and New Delhi ( allow three to seven days ).
- ☞ Myanmar / Burma has just opened to the West. The highlights can be experienced and invitations provided for typically five, or nine or eleven days in length.
- ☞ Additional days in China or in Nepal are also an option prior to or after the adventure. Call 307.460.4404, ask for Rusty to chat about options, ideas and costs.

### Single Traveler

If you wish to be a single traveler there is an additional charge of \$695. If you are single, but would like to have a roommate, we will assign a same gender roommate, first come, first serve. If there is no roommate available at 60 days of departure we will contact you for the single fee. Should we later find a roommate, we will promptly return those funds to you. There is usually a limit of two singles. If you wish to be a single, we will accommodate you if at all possible.

### Trip Cancellation Insurance

This is a fantastic trip! And it takes place in an exciting and interesting destination, but it's also a significant investment. We highly recommend that all travelers purchase trip cancellation insurance which includes provisions for emergency evacuation, trip delay and luggage challenges. Ri Adventure Travel LLC will be happy to provide advice and/or get you signed up for your travel insurance choice. You may purchase trip insurance at **RiAdventureTravel.com**, **click on Reservations**, and you may link to the **TravelEx Trip Insurance** site. The TravelEx website is user friendly, though if you have any questions please call us or **TravelEx 800.819.9004**.

### Trip Rating :: Caloric Burn Level 2

What is an "active adventure?" We enjoy walking trails, and going into the back-country so as to experience the best features of the streets, fields, villages and mountains. That means the adventure is going to be physically active with *frequent walking up to 3 or so miles*, and medical facilities may be many hours or days away. This adventure across China/Tibet/Nepal takes place between 500 and 17,100 feet. There is quality time allowed for most travelers' bodies to acclimatize. Further information about being at moderate to higher elevations will be sent with your Prep-To-Go departure information. The CDC is also an excellent resource, as is consulting with your physician. Physical conditioning and consistent exercise prior to the trip is essential. You will be burning calories while exploring temples, negotiating stone steps, monastery ladders, walking trails that are muddy, or over hilly or uneven terrain. For a description of Trip Levels and Qualifications, please refer to our website and Reservations page on RiAdventureTravel.com.

**Friends?** Inviting friends to join the adventure is huge fun. We always have friends on this adventure. Friends are travelers who you would enjoy seeing on the 20th breakfast, that's who friends are. This is a longish adventure in cultures we're not used to, where English is not always spoken, where the food is different (very good and authentic) and the elevation will slow everyone's movement until a few days have passed and some acclimatization has occurred. Driving across Tibet, stopping where we wish, and actually arriving at Mt Everest is Amazing. Feel free to have interested friends contact Rusty with questions.

### You've Made Your Reservation, What Happens Next

When you reserve your trip with a deposit, then an invoice confirming your reservation is promptly sent to you. A Prep-To-Go planning information package is mailed to you that includes; suggested travel logistics, a complete gear list, visa and health information, as well as a suggested reading list. Prep-To-Go documents will answer many questions you have about the logistics, and some of the options of your adventure.

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Thirty days prior to departure you will receive trip final documents package with confirmation details, last minute hints and common "horse sense" reminders about travel, emergency contact numbers in Bhutan, a trip roster of other travelers joining you on your adventure to the Kingdom of Bhutan.

### General Information :: Traveler Terms and Conditions

Once you have made a deposit for a trip, you agree to be bound by all our Terms and Conditions included in the Traveler Terms and Conditions and Release of Liability Form. Please read this information carefully. You will find this form on our website in **Reservation Form Materials**. Your participation in this active adventure tour is contingent on your signature on the full list of terms and conditions specified in the Reservation Application Form Materials. (RiAdventureTravel.com/forms.pdf).

### Ready To Go?

Asking questions or reserving your adventure is easy; just give a ring to Ri Adventure Travel LLC, **888.460.4404**. Or fill out the online trip application and mail or email it to [traveler@rustytraveler.com](mailto:traveler@rustytraveler.com) to confirm availability and your reservation. Just ask, with over 33 years experience throughout Asia, and most especially in Nepal, Bhutan, and Tibet, we're sure to be an asset to your great adventure.

We look forward to having you join us for the trip of a lifetime! Why wait? Reserve your adventure today.

... **Tashi Dalek** ...

Please call or email RiAdvTvl or Rusty with any questions you may have. 307.460.4404



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