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Travel With Us

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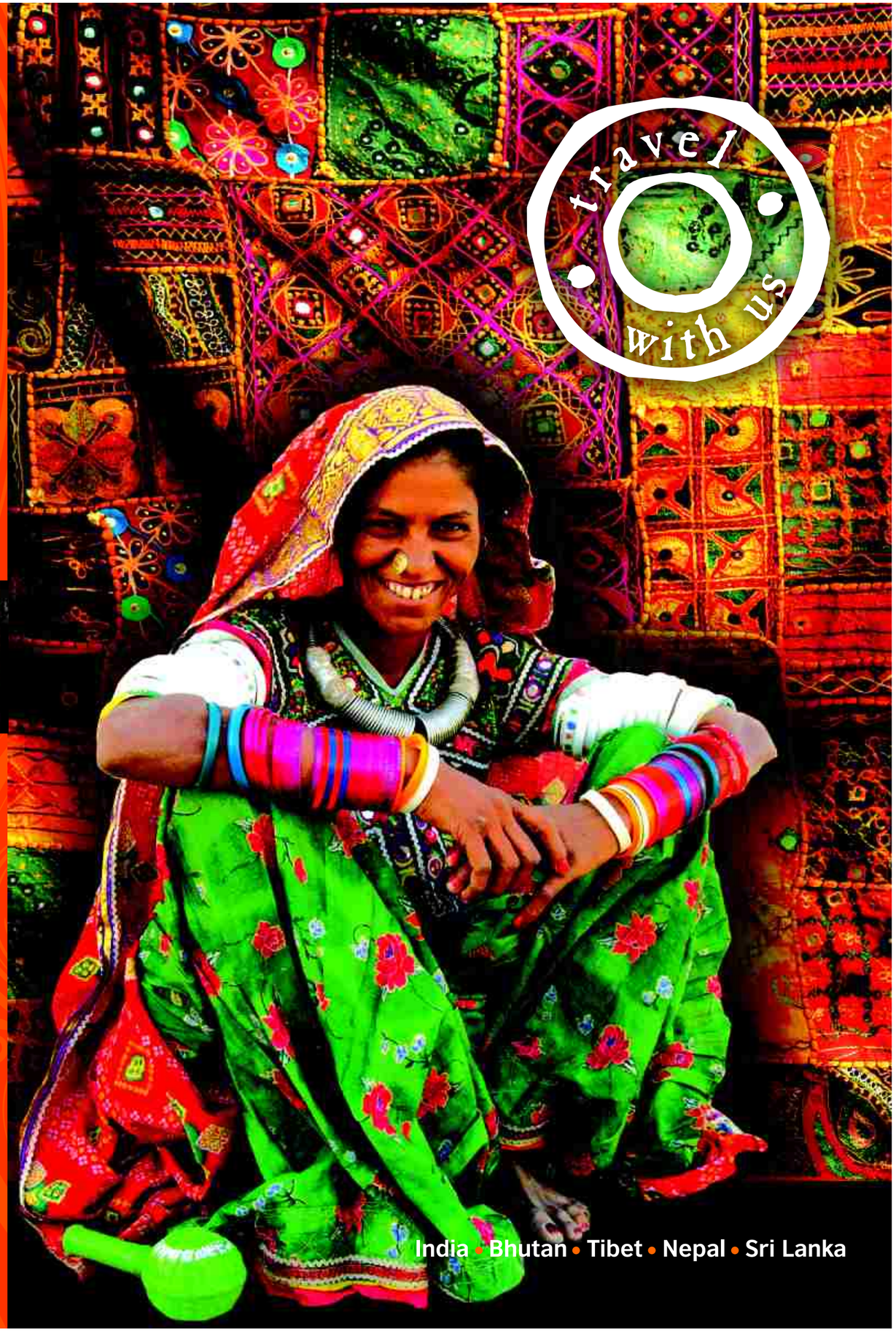

India • Bhutan • Tibet • Nepal • Sri Lanka

India
Bhutan
Tibet
Nepal
Sri Lanka

A Journey
An experience
An adventure for life

soul
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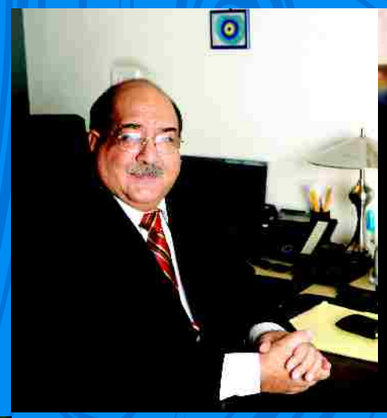


We will see the world together. The world with all its beauty and its diversity, its life and its music. The journey is endless, there are sunsets and sunrises, there are beaches and cliffs, the sky and the waters and the breeze and the stillness. All this for you.

Come with us with your mind and heart, so that we fill the experience of your travel with unforgettable emotions. The sights and sounds of the world stay with us for we have shared it as friends and companions. We care for you. Because you are with us and we are with you. Always.

Shyam M Saigal
CEO

Tread through the maze of countless wonders

In a letter to the British Queen Victoria, in the 1840s, Lord William Bentinck remarked, “This is a land of proud people. Their religions are what drive them and their age old culture is their strength”. We, at Travel With Us, invite you to unravel the endless vines of Indian culture and diversity.

An enchanting treasure-hunt, it is definitely a confluence of many languages, landscapes, culinary invitations, folklores, myths and mythologies, creativity, buildings,...all on one platter. Sand-dunes, Sun-washed mountains, the stormy Bay of Bengal in the east to the daunting rocky terrains dominating the central hinterland, the captivating lagoons of Kerala, India is more than you can imagine.

Known for its hospitality, India offers a colourful antithesis of all human comprehension. And to enhance the experience further, Travel With Us arranges theme functions that take you through some of the diversities of this land...

India

10 DAYS NORTH INDIA
DELHI/JAIPUR/AGRA/
KHAJURAHO/VARANASI/
KATHMANDU

01 ARRIVE DELHI / JAIPUR
Arrive Delhi, drive to Jaipur (235 kms, 05 hrs drive). Afternoon sightseeing tour of Jaipur, (City Palace, Palace museum, Jantar Mantar) drive through the “Pink City” and past Hawa Mahal.
Overnight.

02 JAIPUR
A morning sightseeing tour of Amber Fort - Ascend the hill on elephant back (If elephants are not available then jeeps will be provided).Visit Sheesh Mahal and other palaces within the fort.
Overnight.

03 JAIPUR / AGRA
Morning drive to Agra (265 Kms, 06 hours drive). Afternoon sightseeing tour of Agra visiting Taj Mahal (built by Mughal Emperor Shahjehan in 1630 for Queen Mumtaz Mahal). Visit Agra Fort.
Overnight.

04 AGRA / JHANSI / KHAJURAHO
Early morning depart by train to Jhansi. Shatabadi Express - Departs Agra at 0812 hrs / Arrives Jhansi at 1020 hrs. Arrive Jhansi and drive to Khajuraho (175 kms, 04 hrs drive) en route visit Orcha.
Overnight.

05 KHAJURAHO / VARANASI
Morning sightseeing tour of Khajuraho - Built by Chandela kings between 950 and 1050 AD. Afternoon transfer to an airport to connect the flight to Varanasi. Arrive Varanasi. Afternoon sightseeing of Varanasi which is considered to be one of the oldest living cities of India. The places of interest include visit to the Bharat Mata Temple.
Overnight .

06 VARANASI / KATHMANDU
Early Morning Boat Excursion on the holy river Ganges to see the bathing Ghats and cremation site important ones being the Harishchandra and Manikarnika Ghats where the funeral pyres burn 24 hours. After boat ride walk in the narrow lanes of the city. Transfer to airport to connect the flight to Kathmandu. Assistance upon arrival and check-in at the hotel.
Overnight in Kathmandu.

07 KATHMANDU
Morning sightseeing tour of Kathmandu visiting Durbar Square, Hanuman Dhoka, Temple House of Kumari. Walk around the local bazaars. Also visit Swayambhunath. Afternoon sightseeing tour of Bhadgaon, Durbar square, temple of Natyapole. Pashupatinath - The Varanasi of Nepal.
Overnight.

08 KATHMANDU / DELHI
Morning sightseeing tour of Bodhnath - This collosal Stupa is one of the largest in the world. Transfer to airport to connect the flight to Delhi.
Overnight.

09 DELHI
Morning sightseeing tour of Old Delhi - drive past Red Fort to continue to Jama Masjid. Finally visit the cremation sites of Mahatma Gandhi and Jawahar Lal Nehru. Afternoon sightseeing tour of New Delhi - visiting Qutub Minar and India Gate. Drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place, main commercial centre of Delhi.
Overnight.

10 DEPART DELHI
Transfer to International airport to connect the flight onward destination.

7 DAYS GOLDEN TRIANGLE & VARANASI
DELHI/JAIPUR/AGRA/VARANASI

01 ARRIVE DELHI / JAIPUR
Arrive Delhi, drive to Jaipur (235 kms, 05 hrs drive). Afternoon sightseeing tour of Jaipur, (City Palace, Palace museum, Jantar Mantar) drives through the “Pink City” and past Hawa Mahal.
Overnight.

02 JAIPUR
A morning sightseeing tour of Amber Fort. Ascend the hill on elephant back (If elephants are not available then jeeps will be provided). Visit Sheesh Mahal and other palaces within the fort.
Overnight.

03 JAIPUR / AGRA
Morning drive to Agra (265 Kms, 06 hours drive). Afternoon sightseeing tour of Agra visiting Taj Mahal (built by Mughal Emperor Shahjehan in 1630 for Queen Mumtaz Mahal). Visit Agra Fort.
Overnight.

04 AGRA / DELHI / VARANASI
Early morning drive to Delhi (204 kms, 04 hrs drive). Arrive Delhi to connect the flight to Varanasi.
Afternoon sightseeing of Varanasi which is considered to be one of the oldest living cities of India.
The places of interest includes visit to the Bharat Mata Temple.
Overnight .

05 VARANASI / DELHI
Early Morning Boat Excursion on the holy river Ganges to see the bathing Ghats and cremation site, important ones being the Harishchandra and Manikarnika Ghats where the funeral pyres burn 24 hours. After boat ride walk in the narrow lanes of the city. Transfer to airport to connect the flight to Delhi.
Overnight.

06 DELHI
Morning sightseeing tour of Old Delhi - drive past Red Fort to continue to Jama Masjid. Finally visit the cremation sites of Mahatma Gandhi and Jawahar Lal Nehru. Afternoon sightseeing tour of New Delhi visiting Qutub Minar and India Gate. Drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place.
Overnight.

07 DEPART DELHI
Transfer to International airport to connect the flight for onward destination.

7 DAYS KASHMIR
SRINAGAR

01 ARRIVE DELHI
Arrive Delhi. Afternoon sightseeing tour of Delhi (Combined) drive past Red Fort to continue to Jama Masjid. Visit the cremation sites of Mahatma Gandhi and Jawahar Lal Nehru. Onwards drive to Qutub Minar and India Gate. Drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place.
Overnight.

02 DELHI / SRINAGAR
Transfer to airport to connect the flight to Srinagar. Evening Shikara ride on Dal Lake.
Overnight.

03 SRINAGAR
Full day Excursion tour of Gulmarg a mountain resort of exceptional beauty- it also has the highest green golf course in the world, at an altitude of 2,650 m, and premier ski resort in the winter.
Overnight .

04 SRINAGAR
Full day Excursion tour of Pahalgam The area has breath taking natural beauty s and is also prime resort in Kashmir. There is a Shiva temple here dating to the 5th century.
Overnight.

05 SRINAGAR
Morning site seeing tour.

06 SRINAGAR / DELHI
Transfer to airport to connect the flight to Delhi.
Overnight.

07 DEPART DELHI
Transfer to International airport to connect the flight to onward destination.

13 DAYS RAJASTHAN
DELHI/JODHPUR/JAISALMER/UDAIPUR/JAIPUR/AGRA/VARANASI

01 ARRIVE DELHI
Arrive Delhi. Afternoon sightseeing tour of Delhi (Combined) drive past Red Fort to continue to Jama Masjid. Finally visit the cremation sites of Mahatma Gandhi and Jawahar Lal Nehru. Drive to Qutub Minar and India Gate. Drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place.
Overnight.

02 DELHI / JODHPUR / JAISALMER
Morning transfer to airport to connect the flight to Jodhpur.
Arrive Jodhpur and drive to Jaisalmer (298 kms, 07 hrs drive).
Overnight.

03 JAISALMER
Morning sightseeing tour of Jaisalmer - Visiting the fort which is famous for its intricately carved facades of havelis. Also visit Jain temples within the fort.
Overnight.

04 JAISALMER / JODHPUR
Morning drive back to Jodhpur (298 kms, 07 hrs drive).
Overnight.

05 JODHPUR
Morning sightseeing tour of Jodhpur - visiting Mehrangarh Fort, Jaswant Thada. Afternoon visit Mandore - 8 kms from Jodhpur.
Overnight .

06 JODHPUR / UDAIPUR
Morning transfer to airport to connect flight to Udaipur.
Afternoon sightseeing tour of Udaipur. The City Palace is overlooking Lake Pichola. Part of the Palace is still the home for the royal family and a part of it is a museum. Other places of interest include Sahelion-ki-Bariand the Jagdish Temple built in 17th century.
Overnight in Udaipur.

07 UDAIPUR
Morning sightseeing tour of

Udaipur Eklingji & Nagda which is 20 kms from Udaipur and dates back to 8th century. A kilometer further is the ruins of Nagda Jain temples. Overnight.
from Udaipur and dates back to 8th century. A kilometer further is the ruins of Nagda Jain temples.
Overnight.

08 UDAIPUR / JAIPUR
Morning transfer to airport to connect the flight to Jaipur.
Afternoon sightseeing tour of Jaipur, (City Palace, Palace museum, Jantar Mantar) drive through the “Pink City” and past Hawa Mahal.
Overnight.

09 JAIPUR
A morning sightseeing tour of Amber Fort. Ascend the hill on elephant back (If elephants are not available then jeeps will be provided). Visit Sheesh Mahal and other palaces within the fort.
Overnight .

10 JAIPUR / AGRA
Morning drive to Agra (265 Kms, 06 hours drive). Afternoon sightseeing tour of Agra visiting Taj Mahal (built by Mughal Emperor Shahjehan in1630 for Queen Mumtaz Mahal). Visit Agra Fort.
Overnight .

11 AGRA / DELHI / VARANASI
Early morning drive to Delhi (204 kms, 04 hrs drive). Arrive Delhi to connect the flight to Varanasi.
Afternoon sightseeing of Varanasi which is considered to be one of the oldest living cities of India.
The places of interest include visit to the Bharat Mata Temple.
Overnight.

12 VARANASI / DELHI
Early Morning Boat Excursion on the holy river Ganges to see the bathing Ghats and cremation site, important ones being the Harishchandra and Manikarnika Ghats where the funeral pyres burn 24 hours. After boat ride walk in the narrow lanes of the city
Transfer to airport to connect the flight to Delhi.
Overnight.

13 DEPART DELHI
Transfer to International airport to connect the flight to onward destination.

07 DAYS MUMBAI/GOA

01 ARRIVE MUMBAI / GOA
Arrive Mumbai by International flight and transfer to domestic airport to connect the flight to Goa. Assistance upon arrival and check-in at the hotel.
Overnight in Goa.

02 GOA
Morning sightseeing tour of Goa which is famous for some of India's finest beaches. The Basilica of Bom Jesus is a world renowned church as it contains the body of St. Francis Xavier. The church's facade is the richest in Goa and is least Goan in character. Other important places include the St. Cathedral Church. The convent of St. Francis of Assisi

houses the archeological museumm.
Overnight.

03 GOA
Day at leisure.
Overnight.

04 GOA
Day at leisure.
Overnight.

05 GOA / MUMBAI
Morning transfer to Airport to connect flight to Mumbai.
9W480 – Depart Goa at 0810 hrs / Arrive Mumbai at 0910 hrs.
Assistance upon arrival and check-in at the hotel. Afternoon sightseeing tour of Mumbai (Bombay) - and is the home of Bollywood. The sights include the Gateway of India; Prince of Wales museum; Hanging Gardens and Kamla Nehru Park. Drive on the Marina Beach, through the Crawford Market and Flora Fountain areas.
Overnight.

06 MUMBAI
Morning sightseeing tour of Mumbai Elephanta Caves - Excursion across the harbour to the world famous,1200 years old Elephanta Caves. Known for its rock carvings. The famous sculpture signifying the trinity of the Creator, the Preserver and the Destroyer is located here.
Overnight.

07 DEPART MUMBAI
Transfer to International Airport to connect the flight to onward destination.

06 DAYS BANGALORE

BANGALORE/HASSAN/ MYSORE/BANGALORE

01 ARRIVE BANGALORE
Arrive at Bangalore. Afternoon sightseeing tour of Bangalore visiting Lal Bagh gardens, the Parliament Building Vidhan Soudha and the Visvesvaraya Industrial and Technological Museum.
Overnight.

02 BANGALORE / HASSAN
Morning Drive to Hassan (187 Kms / 4 hours) enroute visiting Sravanabelagola, 17 meter high statue of Bahubali.
Overnight.

03 HASSAN
Morning sightseeing tour of Belur visiting Channekeshava Temple and Halebid visiting Hoyasaleswara temple. Overnight.

04 HASSAN / MYSORE
Morning drive to Mysore (160 kms / 4 hours). Sightseeing of Mysore visiting the Maharaja Palace, the Art Gallery, later drive up to Chamundi Hill.
Overnight.

05 MYSORE / BANGALORE
(155 kms/4 hours)
Morning drive to Bangalore enroute visit Srirangapatnam and proceed to Bangalore.
Overnight

06 DEPART BANGALORE
Transfer to International airport to connect flight for onward destination.

10 DAYS SOUTH INDIA
COCHIN/KUMARAKOM/ PERIYAR/MADURAI/TRICHY/ PONDICHERRY/CHENNAI

01 ARRIVE COCHIN
Arrive Cochin. Afternoon sightseeing tour of Cochin visiting St. Francis Church where Vasco Da Gama was buried. The Mattencherry Palace. One of the oldest Jewish Synagogue. Chinese fishing nets.
Overnight.

02 COCHIN / KUMARAKOM
Morning drive to Kumarakom (83 kms, 03 hrs drive). Afternoon boat ride on the backwaters.
Overnight.

03 KUMARAKOM / PERIYAR
Morning drive to Periyar (130 kms, 05 hrs drive). Afternoon Boat Cruise on Lake Periyar. The sanctuary was set up in 1934 and extends to 800 sq. km. Wildlife can be seen whilst cruising.
Overnight.

04 PERIYAR / MADURAI
Morning drive to Madurai (146 kms, 04 hrs drive). Afternoon sightseeing tour visiting Meenakshi Temple. Inside the temple, the 1000 pillared

hall has exquisitely carved columns and there is a cluster of 5 musical pillars carved out of a single rock which produce musical note when tapped.
Overnight.

05 MADURAI / TRICHY
Morning drive to Trichy (128 kms, 03 hrs drive). Afternoon sightseeing tour of Trichy, visiting the magnificent Rock Fort that dominates the city. At a lower level along the rock is the Tayumanaswamy temple dedicated to Lord Shiva. Later visit Srirangam temple on an island in the Cauvery.
Overnight.

06 TRICHY / PONDICHERRY
Morning drive to Pondicherry (231 kms, 05 hrs drive). and check-in at the hotel. Afternoon at leisure.
Overnight in Pondicherry.

07 PONDICHERRY
Morning sightseeing tour of Pondicherry - it is famous for the Sri Aurobindo Ashram. Auroville or the 'City of Dawn'. The town has number of heritage buildings, Catholic churches and temples.
Overnight.

08 PONDICHERRY / CHENNAI
Morning drive to Chennai (168 kms, 03 hrs drive). Afternoon sightseeing tour of Chennai (Madras) drive past the High Court which was built in late 19th century, through the local markets; visit the Museum which houses one of the world's finest collections of South Indian bronzes.
Overnight.

09 CHENNAI
Morning full day sightseeing tour of Mahabalipuram and Kanchipuram - The seashore of Mahabalipuram is famous for ancient rock temples built in early 7th century. Kanchipuram, famous for its high quality silk, is the city of a thousand temples which date from the 2nd century. The important ones are the Ekambaresvara Temple (non Hindus not permitted entry); Kailasantha temple with intricately carved panels depicting legends about Siva.
Overnight.

10 DEPART CHENNAI
Transfer to International airport to connect the flight to onward destination.

17 DAYS TRIBAL TOUR
VISHAKHAPATNAM/
RAYAGADA/
NAMANBASTER/KANKER/
RAIPUR/KAWARDHA/
KANHA/BANDHAGARH/
KHAJURAHO/DELHI

01 ARRIVAL
Vishakhapatnam/Rayagada (250kms /06hrs) Must be on Tuesday
Arrive and drive to Rayagada which is home to many tribal communities.
Overnight.

02 RAYAGADA
Excursion to the weekly Tribal Market of Dongariya Kondh Tribes (Wednesdays only).
Overnight.

03 RAYAGADA
Excursion to visit the Bonda tribe's market (Thursday only) and Gadaba villages.
Overnight.

04 RAYAGADA / JAGDALPUR / NAMANBASTER
Drive to Jagdalpur enroute visit Paroja Tribal Villages and Tribal Market (Friday only).
Overnight.

05 JAGDALPUR - KANGER VALLEY NATIONAL PARK. Visit Kanger Valley National Park. Explore the limestone caves, Tiratgarh Fall and tribal people.
Overnight.

06 JAGDALPUR / BASTER / KONDAGAON / KANKER. (160 KMS / 04 HRS) Drive to Kanker, enroute visiting thick woods of Keshkal Ghat bordering Bastar. Kondagaon and Narayanpur, famous for exquisite handicrafts. Visit Kanker Palace.
Overnight.

07 IN & AROUND OF KANKER
Visit the Gond tribal villages and the ancient rock paintings. Visit the tribal BIDI making village.
Overnight.

08 KANKER / RAIPUR
(160 KMS / 04 HRS)
Morning drive to Raipur. Afternoon city tour whose major tourist attractions Mahant Ghasidas Memorial Museum, Hatkeswar Mahadev temple, Mahakoshal Art Gallery, Dudhadhari Monastery
Overnight.

09 RAIPUR / KAWARDHA
(116 KMS / 03 HRS)
Morning drive to Kawardha,
Overnight.

10 KAWARDHA
Full day sightseeing tour visiting its magnificent palace, Saroda Reservoir and famous Bhoramdeo temples. Later visit the Baiga and Gond tribal villages.
Overnight

11 KAWARDHA / KANHA.
(130 KMS / 04 HRS)
Morning drive to Kanha famous for its Tigers and other wildlife.
Overnight.

12 KANHA
Morning and evening Jeep Safari to see the wild life. Also afternoon Elephant ride.
Overnight.

13 KANHA / BANDHAVGARH
(250 KMS / 07 HRS)
Drive to Bandhavgarh.
Overnight.

14 BANDHAVGARH
Morning and evening jungle safari.
Overnight.

15 BANDHAGARH / KHAJURAHO
(270 KMS / 06 HRS)
Drive to Khajuraho.
Overnight.

16 KHAJURAHO / DELHI
Visit the Eastern and Western group of temples. Built during the reign of the Chendela Kings from 950-1050. Later transfer to airport to connect the flight to Delhi.
Overnight.

17 DEPART DELHI
Transfer to International airport to connect the flight to onward destination.

13 DAYS SIKKIM / BHUTAN
DELHI/DARJEELING/
GANGTOK/KALIMPONG/
PHUNTSHOLING/THIMPHU/
PARO/DELHI

01 ARRIVE DELHI
Arrive Delhi. Afternoon sightseeing tour of Delhi (Combined) drive past

Red Fort to continue to Jama Masjid. Finally visit the cremation sites of Mahatma Gandhi and Jawahar Lal Nehru. Onwards drive to Qutub Minar and India Gate. Drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place.
Overnight.

02 DELHI / BAGDOGRA
Morning transfer to airport in time to connect the flight to Bagdogra. Arrive Bagdogra and drive to Darjeeling (90 kms, 04 hrs drive).
Overnight.

03 DARJEELING
Morning sightseeing tour of Darjeeling famous for “Darjeeling Tea”. Visit Himalayan Mountaineering Institute. The zoo has some species of the Himalayan wildlife including pandas, Siberian tiger, snow leopard etc. Visit a tea estate and witnessing the process of making the famous tea.
Overnight.

04 DARJEELING / GANGTOK
Morning drive to Gangtok (97 km, approx. 4 hrs drive), the capital and principal town of Sikkim. Situated in the eastern Himalayas, it offers excellent view of the mountains on a clear day.
Overnight.

05 GANGTOK
Morning visit Enchey monastery, one of the most important monastery in Sikkim. The Orchid Sanctuary which has more than 500 varieties of orchids. Afternoon at leisure.
Overnight.

06 GANGTOK / KALIMPONG
Morning excursion to the famous Rumtek Monastery rebuilt in the 1960s. Later drive to Kalimpong (77 km, 3 hrs drive). Evening visit the Monastery belonging to the Gelugpa school of Dalai Lama.
Overnight.

07 KALIMPONG / PHUNTSHOLING
Morning drive to Phuntsholing (170 km, 5 hrs drive) (The gateway of Bhutan). After completing the visa formalities at the India / Bhutan border drive to Phuntsholing.
Overnight.

08 PHUNTSHOLING / THIMPHU
Morning proceed to Thimphu (180 km, 5 hrs drive). Enroute visit Kharbandi monastery. Shortly before entering Thimphu city, visit to Simtokha Dzong, the oldest fortresses of the Kingdom.
Overnight.

09 THIMPHU
Morning sightseeing tour of Thimphu capital of Bhutan. Thimphu's most impressive building is Tashichhodzong, the home of National Assembly. Memorial Chorten is town's another landmark. Afternoon sightseeing tour of Art School, Traditional Medicine Institute.
Overnight.

10 THIMPHU / PARO
Morning drive to Paro (55 km, 3 hrs drive). Afternoon at Leisure.
Overnight.

11 PARO
Morning sightseeing tour of Paro. Visit Rinpung Dzong it houses Paro monastic school and office of civil administration. Above Rinpung Dzong is Ta Dzong or national museum. A short drive north is Kyichu Lhakhang, one of the oldest and most sacred shrines of Bhutan. Further ahead, lies Drukgyel Dzong, which commemorates early victory.
Overnight.

12 PARO / DELHI
Morning transfer to airport to connect the flight to Delhi.
Overnight.

13 DEPART DELHI
Transfer to International airport to connect the flight to onward destination.

Bhutan

Stretch your imagination to newer boundaries

Popularly called Druk Yul or "The Land of the Thunder Dragon" Bhutan offers a variety of climatic contrasts and ecosystems to its visitors. Its rigid mountains and its maneuvering rivers enhance the biological richness of this Himalayan kingdom. It is here in these valleys that the compelling legend of the Yeti or the Abominable Man runs from person to person.

Surprisingly, Bhutan is washed by rivers which have flown along the unchanged and formidable courses for the last 25 million years. And as their waves cut ever deeper into the gorges and valleys, they provide the main means of contact between the humans and a strangely diverse wildlife. Animals like wolves, brown bear and rose finches abound in these cold and otherwise uninhabitable terrains.

The Bhutanese have borrowed a lot from their Northern neighbour, Tibet. The glimpses can be found in the premier languages of Bhutan - Dzonkha and Sharchop. The local dress also is close to the Tibetan Chuba blouse. What's more, this last Shangrila also follows the same religious pattern as the people north of it - the Mahayana form of Tantric Buddhism. The everyday life of Bhutanese is influenced by Tibetan religious beliefs and practices. Every district is dominated by a huge Dzong or high-walled fortress that serves as the religious and administrative centre of the district. The architecture of these fortresses also bears a Tibetan influence. In many ways, it presents a perfect balance between the people and the vegetation at large. This both astounds and surprises the visitor in more ways than one.

8 DAYS BHUTAN
THIMPHU/TRONGSASA/ BUMTHANG/PUNAKHA/ PARO

01 ARRIVE PARO/THIMPU
Arrive Bhutan and transfer to Thimphu (55 km, 2 hours), capital town of Bhutan.
Overnight.

02 THIMPHU
Sightseeing of Thimphu valley visiting National Library, Painting School, Traditional Medicine Institute,.Textile and Folk Heritage Museum. Memorial Chorten, Trashichhodzong.
Overnight.

03 THIMPHU / TRONGSA
(200 KM, 6 HOURS)
Drive to Dochula pass (3,050m). arriving Wangduephodrang town for lunch. Proceed to Tongsa across Pelela pass (3,300 m). Stop enroute at Chendbji Chorten.
Overnight.

04 TRONGSA / BUMTHANG
(68 KM, 3 HOURS)
Morning visit Ta Dzong and drive to Bumthang. Afternoon visit Kurje Lhakhang, Jambey Lhakhang, Tamshing Monastery, the Jakar Dzong and Swiss Farm House.
Overnight.

05 BUMTHANG / PUNAKHA
(205 KM, 6 HOURS)
Morning drive to Punakha enroute explore Bumthang. Stop at Trongsa for lunch and before arriving Punakha visit Wangduephodrang Dzong and town enroute.
Overnight.

06 PUNAKHA / PARO
(125 KM, 4.1/2 HOURS)
Morning visit Punakha Dzong and drive to Paro. En route visit Simtokha Dzong.
Overnight.

07 PARO
Morning after breakfast excursion of Taktshang Monastery (5hrs hike) It is one of the most famous of Bhutan's monasteries, perched on the side of a cliff 900m above the Paro valley floor. On the way back visit Drukgyel Dzong and Kyichu.
Overnight.

08 PARO DEPART
After breakfast drive to the airport for flight to onward destination.

Unravel the mystery of the Roof of the World

Welcome to Tibet, the land of mysteries and legends situated so high on the Himalayas, that it is called the "Roof of the World". According to one belief, the only survivor on the side of the defeated Kauravas in the Mahabharata fled to Tibet and formed his own dynasty at the beginning of Kaliyuga. The year, which according to some legends was 3010 BC, strangely corresponds with Indian myths.

Early documentation of Tibet shows that Buddhism came to Tibet in 7th century AD. Buddhism influences every aspect of daily life and is evident in the ubiquitous shrines, monasteries, offerings and traditions that decorate the otherwise simple lifestyle of the people.

With the picturesque Mt. Kailash and Mansarovar Lake in its bosom, a world heritage site in the majestic Potala Palace, monasteries that elevate and inspire, Tibet is just the place to explore and unravel new and unforgettable experiences.

Tibet

7 DAYS KATHMANDU/ LHASA

01 ARRIVE KATHMANDU
Arrive Kathmandu. Afternoon sightseeing tour of Kathmandu - Visit the Durbar Square, Hanuman Dhoka, Mahadev and Parvati Temple, Machhender Bahl - (a royal place for the Buddhists and Hindus). Temple House of Kumari. Walk around the local bazaars.
Overnight.

02 KATHMANDU
Morning sightseeing tour of Swayambhunath - a 2500 years old site. Bhadgaon - A newar city of 9th century.Durbar square. Afternoon sightseeing tour of Pashupatinath- (non Hindus are not permitted inside). Bodhnath - This collosal Stupa is one of the largest in the world.
Overnight.

03 KATHMANDU / LHASA
Morning transfer to airport to connect the flight to Lhasa. Arrival at Ganggor airport. After clearing immigration and customs it will be a two hour drive to cover the 93 km. Lhasa which is situated at an altitude of 3650 m. Rest of the day at leisure.
Overnight.

04 LHASA
Morning sightseeing tour of Jokhang Monastery. The monastery which is facing west is a building complex and was built in the mid-seventh century. The ceremony for the reincarnation of the Dalai Lamas and the Panchan Erdeni is held in front of the statue of Sakyamuni. Afternoon sightseeing tour of Sera Monastery which lies at the foot of a mountain on the northern outskirts of Lhasa.
Overnight.

05 LHASA
Morning sightseeing tour of Potala Palace which covers an area of 41 hectares. The 13 story main building 115.703 meters in height consists of the white place and the red place with 100 rooms. It is a relic and has been put on the list of the world cultural heritage. Afternoon sightseeing tour of Drepung Monastery - it was built in 1416 AD.
Overnight.

06 LHASA / KATHMANDU
Transfer to airport in time to connect flight to Kathmandu. Assistance upon arrival and check-in at the hotel.
Overnight.

07 DEPART KATHMANDU
Transfer to International airport to connect the flight to onward destination.

11 DAYS TIBET
KATHMANDU/ZHANGMU/ XEGAR/SHIGATSE/ GYANGTSE/LHASA

01 ARRIVE KATHMANDU
Arrive Kathmandu. Afternoon sightseeing tour of Kathmandu - Visit the Durbar Square, Hanuman Dhoka, Mahadev and Parvati Temple, Machhender Bahl - (a royal place for the Buddhists and Hindus). Temple House of Kumari. Walk around the local bazaars.
Overnight.

02 KATHMANDU
Morning sightseeing tour of Swayambhunath - a 2500 years old site. Bhadgaon - A newar city of 9th century. Durbar square. Afternoon sightseeing tour of Pashupatinath – (non Hindus are not permitted inside). Bodhnath - This collosal Stupa is one of the largest in the world.
Overnight .

03 KATHMANDU / KODARI / ZHANGMU
Breakfast at the hotel and drive 114 kms (appx. 5 hours). After immigration formalities on Nepal side, walk 5 minutes to the other side of Friendship Bridge (1750 m) and complete immigration formalities in Tibet side and drive 8 kms (30 minutes) to Zhangmu (2300 m).
Overnight.

04 ZHANGMU / XEGAR
Breakfast at the hotel and drive to Xegar (4350 m) 244 kms (aprox. 8 hours).
Overnight.

05 XEGAR - SHIGATSE
Breakfast at the hotel and drive to Shigatse (3950 m). 244 kms (approx 8 hours).
Overnight.

06 SHIGATSE - GYANGTSE
Visit Tashilhunpo Monastery, famous for its giant statue of Buddha Maitreay (26m tall) and drive to Gyangtse (3900 m) 90 kms. Upon arrival in visit Palkhur Choide (the only monastery which contains different Tibetan Buddhism sects in Tibet) & Kumbum.
Overnight.

07 GYANGTSE-LHASA
Breakfast at the hotel and drive to Lhasa (3650 m) via Yamdrok. 259 kms approx 8 hours.
Overnight.

08 LHASA
Breakfast at the hotel and visit Potala Palace (winter Palace of Dalai Lama, now more a museum than a palace), Drepung Monastery, the largest Gelugpa sect monastery. It has plenty of historical relics, Buddhist scriptures, arts and crafts, & explore Barkhor market, a bustling bazar.

09 LHASA
Breakfast at the hotel and visit Sera Monastery (the second biggest monastery in Tibet, famous for its horse-necked Hayaqriva), Jolkhang Temple (the most sacred and oldest temple in Tibet, built particularly for the enshrinement of the Sakyamuni image) & Norbulingkha Palace (Summer palace of Dalai Lama where it is possible to visit his private apartment).

10 LHASA - KATHMANDU
Breakfast at the hotel and drive to Gonngar airport (3400 m) and fly back to Kathmandu.

11 DEPARTURE KATHMANDU
Breakfast at the hotel and departure transfer for onward journey.

Nepal

Travel to challenge the real adventurer in you

Nepal offers a variety of surprises, all well-preserved for thousand of years. It derives its name from Nepa or Newar. Bordered by India and China, Nepal formed an integral part of a central Asian trade route during the olden times. Today, it is the youngest federal republic of the world.

Nepal is a country of highly diverse and rich geography, culture and religions. Ordained by beautiful Temples and Pagodas, Nepal conveys religious brotherhood and harmony. It is home to Lumbini, the birthplace of Lord Buddha and a world heritage site, as also to the largest Shiva temple in the world.

The rich flora and fauna make Nepal a nature lover's paradise. It is also well known the world over for the daunting challenges it throws open to adventurers. Nepal is home to eight of the world's ten highest mountains, including Mount Everest, the world's highest mountain peak. Dense jungles, gargantuan glaciers and frothing rivers offer abundant thrills to those who wish to rough it out.

8 DAYS NEPAL
Kathmandu / Pokhara / Chitwan

01 ARRIVE KATHMANDU
Arrive Kathmandu. Afternoon sightseeing tour of Kathmandu - Visit the Durbar Square, Hanuman Dhoka, Mahadev and Parvati Temple, Machhender Bahl.. Temple House of Kumari. Walk around the local bazaars.
Overnight.

02 KATHMANDU
Morning sightseeing tour of Swayambhunath.. Afternoon sightseeing tour of Pashupatinath – (non Hindus are not permitted inside). Bodhnath.
Overnight.

03 KATHMANDU / POKHARA
Morning Drive to Pokhara 210 Kms / 6 hours. It is one of the most scenic valley in Nepal. Evening boating at Phewa Lake.
Overnight.

04 POKHARA
Sightseeing of Pokhara covering Lakeside, Seti river Gorge, Bindevasini temple Gupteshwar cave, Devi's fall & Pokhara Mountain Mueseum & Tibetan Welfare center.
Overnight.

05 POKHARA – CHITWAN
Morning drive to Chitwan (Approx 160 KMS/5 hours). Afternoon village/jungle walk. Evening Culture Show (Tharu Stick Dance) OR Slide Presentation.
Overnight.

06 CHITWAN
Morning Elephant Safari. Afternoon Canoeing at Rapti River.
Overnight.

07 CHITWAN – KATHMANDU
Morning. Jungle walk. Later drive to Kathmandu (Approx 210 Kms/6 hrs).
Overnight.

08 Transfer to international airport to connect flight for onward destination.

EVEREST BASE CAMP - TREKKING
Kathmandu / Phakding / Namche / Khumjung / Tengboche / Dingboche / Loboje / Phortse / Namche / Lukla

01 Kathmandu - Lukla 2835m – Phakding 2635m.
Morning flight to Lukla. High-altitude trek to Phakding. This day trek is about 3 hrs.

02 Phakding - Namche 3445m.
Ascent to Namche Bazaar which is the largest town in the Khumbu. This day trek is about 5-6 hrs.

03 Namche - Khumjung (3,780m).
This day trek is about 1-2 hrs. This day is like acclimatization to adjust to the rarefied atmosphere.

04 Khumjung - Tengboche (3863m).
Descend to the Dudh Khosi and climb at the top of the hill to Tengboche. This day trek about 6-7 hrs.

05 Tengboche - Dingboche (4412m).
Walk through forest to Deboche and onwards to Dingboche. This day trek is about 5-6 hrs.

06 Dingboche – Rest / acclimatization day.
Attempt one of two hikes. The shorter option to Periche. The longer option is to Island Peak.

07 Dingboche - Loboje (4931m).
Climb to Periche . Steep ascent to Khumbu glacier to arrive at Loboje, This day trek is about 6-7 hrs.

08 Lobuje - Kala Pattar (5545m) - Loboje.
This day trek to Kala Pattar. Everest, Lhotse peaks can be seen. This day trek is about 6-7 hrs.

09 Gorakshep
Trek to Lobuche This day trek is about 7-8 hrs.

10 Lobuje - Phortse (3847m).
Descend Pangboche, and trek Sherpa village of Phortse. This day trek is about 5 hrs.

11 Phortse - Namche (3445 m).
Descend to the Dudh Kosi and continue to Khunde and Khumjung. This day trek is about 5-6 hrs.

12 Namche - Lukla 28350 m.
Trek towards Lukla. This day trek is about 7-8 hrs.

13 Lukla - Kathmandu. flight in the morning and transfer to Hotel.

Sri Lanka

Get mesmerised by an exotic pearl in the ocean

Since eternity, Sri Lanka has inspired voyagers who gave it numerous names. This tropical tear drop shaped island in the Indian Ocean presents a wonderful amalgamation of a unique richness and virgin beauty. Once the mighty Ravana's kingdom, Sri Lanka today thrives with modernism, while retaining its natural splendour and cultural character.

Sri Lanka has a multi-ethnic and multi-religious population. The country has the longest continuous history of Buddhism in any predominantly Buddhist nation. This, along with harmonious co-existence with other religions and ethnicities has added to the rich cultural fabric of the nation.

Sri Lanka is a veritable paradise for those who want to live it up in the lap of nature. The country abounds in vast tropical forests, splendid beaches and spectacular landscapes. No wonder, it is an immensely popular destination, attracting tourists from the world over.

9 DAYS SRI LANKA
COLOMBO/DAMBULLA/ KANDY/NUWARA/TISSA/ BENTOTA

01 AIRPORT / COLOMBO
Arrive Colombo. Afternoon sightseeing tour of Colombo. Gangarama Buddhist Temple, Wolfendall Kirk, Town Hall, Bandaranaike Memorial International Conference Hall, Zoological Gardens and the new Parliamentary Complex are some attractions in Colombo.
Overnight.

02 COLOMBO / PINNAWELA / DAMBULLA
Morning proceed to Dambulla or Sigiriya en route visiting the Elephant Orphanage at Pinnawela. Arrive and check-in at the hotel. Evening: visit the Dambulla Rock Cave Temples. It has been designated as a 'World Heritage site'.
Overnight.

03 DAMBULLA / POLONNARUWA / DAMBULLA
Morning sightseeing tour of Sigiriya. A well-planned monastic complex and Asia's oldest surviving landscaped gardens. Continue to Polonnaruwa which was the medieval capital of Sri Lanka.
Overnight.

04 DAMBULLA / MATALE / KANDY
Morning drive to Kandy. Evening witness a Cultural performance. Later visit the Temple of the Tooth Relic of Lord Buddha.
Overnight.

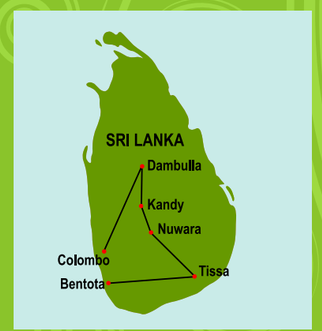
05 KANDY / PERADENIYA / NUWARA ELIYA
Morning sightseeing tour of the City of Kandy. Visit is the Royal Botanical Gardens in Peradeniya. Afternoon drive for Nuwara Eliya en route visiting a tea plantation and a factory. Upon arrival check-in at the hotel. Later sightseeing tour of Nuwara Eliya.
Overnight.

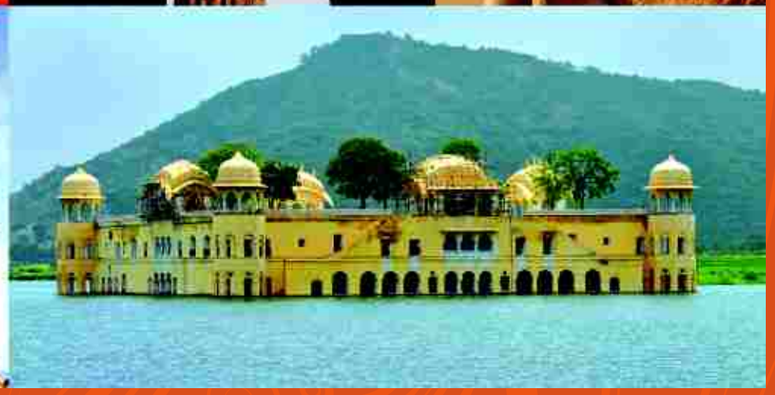
06 NUWARA ELIYA / TISSA OR KATARAGAMA
Morning drive for Tissa, checkin at the hotel. Late evening: visit the city of Kataragama.
Overnight.

07 TISSA / YALA / BENTOTA
Early morning drive to Yala National Park for a Jeep Safari with picnic breakfast. Herds of elephants, species of deer are frequently seen. Later drive to Bentota or Beruwela en route visiting the Galle city which has been declared a `World Heritage City'. The Dutch Museum, Groote Kerk (Great Church) and the National Maritime Museum are two famous tourist attractions. Arrive in Bentota.
Overnight.

08 BENTOTA OR BERUWELA
After breakfast, full day is at leisure on the beach or by the pool.
Overnight.

09 BENTOTA OR BERUWELA / AIRPORT - DEPARTURE
Proceed to Bandaranaike International Airport to connect the departure flight.





Guaranteed Departure for North India

Explore. Discover. And get enchanted, time & again.

01 ARRIVE DELHI / JAIPUR
Arrive Delhi by International flight and drive to Jaipur (235 kms, 05 hrs drive). Assistance upon arrival and check-in at the hotel. Afternoon sightseeing tour of Jaipur visiting City Palace, museum, the Observatory, Jantar Mantar. Drive through the “Pink City” and past the Hawa Mahal.
Overnight.

02 JAIPUR
Morning sightseeing tour of Amber Fort - Ascend the hill on elephant back (If elephants are not available then jeeps will be provided). Visit the Sheesh Mahal, Jai Mahal and other palaces within the fort.
Overnight.

03 JAIPUR / AGRA
Morning drive to Agra (260 kms, 06 hrs drive). Afternoon sightseeing tour of Agra visiting world famous Taj Mahal, Agra Fort.
Overnight.

04 AGRA / DELHI
Morning drive to Delhi (204 kms, 04 hrs drive). Afternoon sightseeing tour of Delhi (Combined)- which includes drive past Red Fort, visit Jama Masjid, Rajghat, Qutub Minar, India Gate and drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place.
Overnight.

05 DEPART DELHI
Transfer to International airport to connect the flight to onward destination.

EXTENSION – VARANASI

04 AGRA / DELHI / VARANASI
Early morning drive to Delhi (204 kms, 04 hrs drive). Arrive Delhi and transfer to domestic airport to connect the flight to Varanasi. Assistance upon arrival and check-in.

05 VARANASI / DELHI
Early Morning Boat Excursion to see the bathing ghats and cremation site. Later sightseeing tour of Varanasi visiting Bharat Mata Temple, drive through Benaras Hindu University. Walk in the narrow lanes of the city passing the Vishwanath Temple (non Hindus not permitted entry). Transfer to airport to connect the flight to Delhi.
Overnight.

06 DELHI
Morning check-out from the hotel and proceed to sightseeing tour of Delhi - drive past Red Fort, visit Jama Masjid, Rajghat, Qutub Minar, India Gate and drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place. Late evening transfer to International airport.

07 DEPART DELHI

EXTENSION-VARANASI / KATHMANDU

04 AGRA / DELHI / KATHMANDU
Early morning drive to Delhi (204 kms, 04 hrs drive). Arrive Delhi and transfer to International airport to connect the flight to Kathmandu.
Overnight.

05 KATHMANDU
Morning sightseeing tour of Kathmandu - Visit the Durbar Square, Hanuman Dhoka, Mahadev and Parvati Temple, Machhender Bahl, Temple House of Kumari and restal virgin or the living goddess. Visit Swayambhunath - a 2500 years old site. Afternoon visit Bodhnath and Bhadgaon.
Overnight.

06 KATHMANDU / VARANASI
Transfer to airport to connect the flight to Varanasi.
Ic752 – Depart Kathmandu at 1410 hrs / Arrive Varanasi at 1450 hrs. (Flight operates only 04 days in a week on every Tuesday / Thursday / Saturday & Sunday).
Overnight.

07 VARANASI / DELHI
Early Morning Boat Excursion to see the bathing ghats and cremation site. Later sightseeing tour of Varanasi visiting Bharat Mata Temple, drive through Benaras Hindu University. Walk in the narrow lanes of the city passing the Vishwanath Temple (non Hindus not permitted entry). Transfer to airport to connect the flight to Delhi.
Overnight.

08 DELHI
Morning check-out from the hotel and proceed to sightseeing tour of Delhi - drive past Red Fort, visit Jama Masjid, Rajghat, Qutub Minar India Gate and drive past the President's Estate and Parliament buildings, through Diplomatic Enclave and Connaught Place. Late evening transfer to International Airport.

09 DEPART DELHI

BOMBAY / AURANGABAD

01 ARRIVE MUMBAI / AURANGABAD
Arrive Mumbai and transfer to domestic airport to connect the flight to Aurangabad. Afternoon sightseeing tour of Aurangabad visiting Bibi - ka - Maqbara, Pah Chakki.
Overnight.

02 AURANGABAD
Full day excursion to Ajanta Caves –which date back from about 2nd centutry BC to 7th century AD. These caves have some remarkable murals and frescoes. Ellora Caves - Total of 34 caves, 12 Buddhist caves,17 Hindus caves and 5 Jain caves.
Overnight.

03 AURANGABAD / MUMBAI
Morning transfer to airport to connect the flight to Mumbai. Afternoon sightseeing tour of Mumbai (Bombay)-visiting the Gateway of India, Prince of Wales museum, Hanging Gardens and Kamla Nehru Park.
Overnight.

04 MUMBAI
Morning sightseeing tour of Mumbai Elephanta Caves – Excursion across the harbor to the caves, the temple cave is dedicated to Lord Shiva representing his various forms.
Overnight.

05 DEPART MUMBAI
Transfer to International Airport to connect the flight to onward destination.

Travel With Us

Travel With Us is a company that embodies all the flavors of India and the regions around it, so that every visitor can experience the vastness and the richness of the Indian sub-continent and its surrounding regions. Our integrated services are designed to make excursions with Travel With Us a pleasant experience.

Based on the philosophy that traveling can never be confined to just a mere visit, we have been going to great lengths to bring to you complete and fulfilling experiences, no matter where you desire to move across the globe. To enhance every excitement, we have created itineraries that cover a wider spectrum of the land you are going to visit, especially when it comes to India and the regions around it.

Backed by a group of professionals, Travel With Us provides professional and personalised services through a carefully chosen network of associates who share our philosophy and values. This is what makes our services the best and most sought after, in a stiffly competitive scenario.

With regular and complete attention to every detail and a strong network, we are equipped to bring to you the best in travelling anywhere in the world. To top it all, our entire team makes sure that your sightseeing with us is unique, safe and unequivocal, every time that you are with us. Further, backed by an effective and continuous flow of information, we keep every guest assured by providing complete updates on what they are going to get. So the next time when you come to us, you know that you are in absolutely safe hands.

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Conference With Us is an offshoot of Travel With Us, a leading name in the travel industry. At Conference With Us, we understand that each conference is unique and we need to lend it the best of our expertise, both imaginatively and intelligently. We make sure that each conference is novel and has a very specific approach and that it provides a direction for future processes. At Conference With Us, we have made it a point to stay focused and inspired to provide you with the best of facilities, so that you achieve your desired goals every time.

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Association With Us is an extension of Travel With Us that manages administrative functions, customer relationships and information management to enhance the client's association with operatives in various sectors. The related fields could be technology, healthcare, et al. The company provides affordable services, backed by a high degree of professionalism in areas of management expertise and technology through the concept of shared resources. The gamut of its services includes providing customised staff activity to meet association needs and ensuring the continuity of business operations during changes in leadership and staff.

INDIA - Do's and Don'ts

Do's

- Exchange money only through authorized banks or money changers.
- Insist on a receipt when exchanging money.
- Retain all receipts to facilitate reconversion of unspent money on departure from India.
- Export of most wildlife and their products is either banned or strictly regulated. Export of the few permissible items even as passengers' personal luggage is allowed only under an export permit.
- Insists on getting a certificate for the legitimate sale of a particular animal product and permission for its export to avoid inconvenience on departure.
- Taxis and auto-rickshaws have meters hence do insist on the meter being flagged in your presence. If the driver refuses to co-operate, seek the assistance of a policeman. Always use a pre-paid taxi while travelling from airport to city.
- In addition, the above fares change from time to time and so will not always conform to readings on the metres. To avoid confusion, insist on seeing the latest fare chart and pay accordingly.
- If you wish to visit any prohibited or restricted areas, check with the nearest Government of India Tourist Office to ascertain details of the formalities required.
- Check with the nearest Government of India Tourist Office the rules regarding photography at archaeological monuments.
- It is obligatory to cover your head before entering Sikh shrines.
- In case of any difficulty contact the nearest tourist office or police station.

Don'ts

- Don't get lured by shopping bargains on the street.
- Don't exchange money except with an authorized money changer.
- Don't purchase travel tickets through strangers or unauthorized travel agents or tour operators.
- Don't encourage beggars by giving them money or other articles.
- Don't buy silver/ivory articles or peacock feathers in bulk.
- Don't wear any footwear inside Hindu, Muslim, Sikh or Jain places of worship. Some temples do not permit leather articles to be taken in.
- Don't wear shorts, sleeveless tops or revealing clothes in places of public worship.

Health Regulation

- Yellow fever: Any person (including infants) arriving by air or sea without a certificate is detained in isolation for a period up to 6 days if arriving within 6 days of departing from an infected area.
- Malaria risk exists throughout the year in the whole country excluding parts of the States of Himachal Pradesh, Jammu & Kashmir and Sikkim. No certificate required, but a course of anti-malaria pills is recommended.
- Drinking water: Bottled water is available and usually provided in flasks in hotel rooms. For people with delicate digestive systems. It is advisable to use bottled mineral water, this is widely available.
- Facilities: It is advisable to bring specific medicines. There are state operated facilities in all towns and cities and private consultants and specialists in urban areas.

Language

- The official language is Hindi. English is widely spoken.

Tip

- It is usual to tip waiters, porters, guides and drivers. Tips are not included in the bill.

Money

- India's currency is the Rupee, abbreviated as Rs. One Rupee is equal to 100 Paise. Coins are in denominations of 10, 25 & 50 Paise & I, 2 & 5 Rupees. Notes are in denominations of Rs.1, 2, 5, 10, 20, 50, 100, 500 and 1000.
- A growing number of hotels, restaurants and shops are beginning to accept credit cards, the well known and more accepted ones being American Express, Access or Mastercards, Diners Club and Visa.

Time

- GMT + 5 ½ hours.

Electricity

- Voltage in most places is 220 volts AC, 50 cycles, although some areas also have DC supplies.

Special advice for TIBET

Altitude sickness

Tibet is the highest land in the world. It is a common for most visitors in their first days of arrival in Tibet to experience some of the lighter symptoms of altitude sickness such as headache, occasional light nausea and sleeplessness these symptoms usually go away as the body acclimates.

Take it easy

The first day in Tibet should be taken easy. This is perhaps the most important piece of advice. Travelers whose lifetime dream has always been to visit Tibet, are often overcome with excitement their first day in Tibet. One needs to consciously take it easy that the first day. This is the day to write post card and read. If you wake up at night feeling shortness of breath that is normal. So is sleeplessness, if you find it hard to go back to sleep, sit up a while, with your back straight to make it easier for extending lungs capacity and concentrate on your breathing and posture. Breath deeply. Remember, the reason why your body is going through all these changes is because there is less oxygen. For this reason light activity rather than total horizontal rest is the optimal practice because with activity comes increased respiration. That is why, even though you may suffer from some sleeplessness, you should avoid all sleeping pills and sedatives and any other medication that reduces respiration.

Like all tours in high attitude it is advisable to consult your Doctor before undertaking the journey.