

Tibet Photography Tour

BY ADU TOURS

**SMALL GROUP
TRAVEL**

OPEN TO A MAXIMUM
OF 8 GUESTS

GLAMPING

SLEEP IN YAK
KHULLU TENTS

**PICTURESQUE
LOCATIONS**

LEARN NEW
PHOTOGRAPHIC TIPS

ADU TOURS

are excited to announce their partnership with award winning photographer Karen Willshaw, to be able to offer this experience of a lifetime while working hand in hand with Norlha, a social enterprise that works with the nomadic people of Tibet.

We are offering this small group tour the chance to travel to 10,600 feet above sea level to the remote Tibetan plateau, where you will immerse yourself in the Tibetan way of life, visiting ancient monasteries and local co-operatives and even riding yaks for the more adventurous.

Sleeping under the star filled sky high on the Tibetan plateau in a traditional Yak Khulu tent and in a family guesthouse, your tour includes three locally prepared meals a day, accommodation, all ground transport, activities and guides.

The tour will start on the 20th of September and conclude on the 27th of September 2019 at a cost for this eight day tour of AU\$2,650. You would be expected to co-ordinate your flights with these dates or we can book flights for you in and out of China at an additional cost.

As there are limited places on this small group tour you will need to get in quick and we will require a deposit to hold your position on the tour.

If you are interested in joining this amazing opportunity register through the book online link on the ADU Tours website.

Karen Willshaw

KAREN AN ACCLAIMED PHOTOGRAPHER FOR OVER 10 YEARS WHO LOVES SHARING HER KNOWLEDGE.

A TEAM MEMBER OF "VIETNAM IN FOCUS" PHOTOGRAPHY TOURS BASED IN HANOI, VIETNAM. SHE HAS NOW JOINED ADU TOURS TO SHARE THE KNOWLEDGE SHE HAS GAINED OVER THE YEARS WORKING WITH SOME AMAZING PHOTOGRAPHERS HERSELF.



WE ARE ALL EXCITED TO FORM THIS PARTNERSHIP TO BRING YOU A PHOTOGRAPHY TOUR OF TIBT LIKE NO OTHER.

OVER THE PAST 10 YEARS, SEVERAL OF KAREN'S IMAGES HAVE BEEN COMMISSIONED BY AUSTRALIA POST FOR COCOS (K) ISLANDS STAMP SERIES.

IN INTERNATIONAL COMPETITIONS HELD WORLDWIDE, KAREN HAS ATTAINED MANY ACCEPTANCES AND AWARDS. TWO BEING THE HIGHEST AWARD POSSIBLE BY THE PHOTOGRAPHIC SOCIETY OF AMERICA; GOLD PSA AND SEVERAL SILVER, DIPLOMAS AND RIBBONS.

SHE HAS GAINED AFIAP DISTINCTION (ARTISTE FEDERATION INTERNATIONALE DE L'ART PHOTOGRAPHIQUE), HOWEVER HAS ENOUGH ACCEPTANCES / AWARDS FOR EFIAP (EXCELLENCE FEDERATION INTERNATIONALE DE L'ART PHOTOGRAPHIQUE) ALTHOUGH SHE WILL HAVE TO WAIT UNTIL 2020 TO APPLY FOR THAT.

THROUGH PSA (PHOTOGRAPHIC SOCIETY OF AMERICA) KAREN HAS ALSO REACHED PPSA DISTINCTION. IN ORDER TO GAIN THIS HONOUR, YOU HAVE TO SHOW CONSISTENCY WITH ACCEPTANCES OF DIFFERENT IMAGES.

KAREN IS A REGULAR CONTRIBUTOR TO OLYMPUS PASSION E-MAGAZINE, SHOWCASING HER TRAVEL PHOTOGRAPHY USING THE OLYMPUS MIRRORLESS CAMERAS AND LENSES.

KAREN SELF-PUBLISHED HER FIRST PHOTOGRAPHIC COFFEE TABLE BOOK "REFLECTIONS OF THE COCOS (KEELING) ISLANDS", IN 2008



Tour Itinerary

DAY 1: ARRIVE IN LANZHOU

We will be there to greet you at Lanzhou Airport. Once we've all arrived we will transfer by airport shuttle to our accommodation. We will spend the night in Lanzhou exploring the Chinese city before we depart the next morning for the plateau.

Accommodation: Hotel

Meals included: Nil

DAY 2: TRAVEL TO TIBET

Up early for our private vans to transport us the 4.5 hour scenic drive up onto the Tibetan Plateau. We will pass through the large Chinese city of Lanzhou, the capital of the Gansu province. During our ascent we will pass through small Hui Muslim areas and villages, with picturesque mosques interspersed among the trees. After reaching the Kanlho Tibetan Autonomous Prefecture, we enter the beginnings of the Tibetan Plateau and the remote region of Sangkok Valley – home to Norden Camp, stopping along the way to take photos of the picturesque scenery.

Accommodation: Yak Khulu Tent

Meals included: Breakfast. Lunch, Dinner

DAY 3: LABRANG MONASTERY

We begin our first full day on the Plateau with a visit to Norden's neighbor and the spiritual heart of the Kanlho region - Labrang Monastery. So many great photo opportunities here; today, Labrang Monastery is one of the largest and most vibrant monasteries left on the Tibetan Plateau with over 1,000 monks, 18 halls and hundreds of monks' residences. You will be transported back in time to witness an ancient culture and tradition rarely experienced in modern times.

After lunch at Norden Café we'll hunt for souvenirs in the small town of Labrang, where you can pick up every prayer flag you can imagine. Keep your camera ready to shoot photos of the locals in this quaint little town.

Accommodation: Yak Khulu Tent
Meals included: Breakfast. Lunch, Dinner

DAY 4: LUNGTA CO-OP VISIT

This morning, a short drive through the surrounding nomad pastures will bring us to a traditional Tibetan grassland nomad encampment and the Lungta Cooperative. The Co-op is an innovative new enterprise finding alternative ways for nomads to use their skills, bringing together several nomadic families and their 140 yaks. . Here we are invited to observe nomad lives without any staging as we are all about conscious, authentic travel in Tibet. If you're up for it you may even milk or ride a yak.

Back at the camp, we'll treat you to a horse ride on the local nomadic horses through the grasslands.

Accommodation: Yak Khulu Tent
Meals included: Breakfast. Lunch, Dinner



DAY 5: TRANSFER TO RITOMA

After breakfast we'll make our way across to Ritoma Village, home of Norlha Textiles, stopping at Tzu on the way to photograph the local monastery there. Norlha another ground breaking social enterprise on the Tibetan Plateau is internationally known for its innovation with yak textiles and its inclusion of local nomads in the whole process of transforming the yak. Here will be our home for the remainder of our immersion, with lodging in a modern family guesthouse.

Accommodation: Local Guesthouse

Meals included: Breakfast. Lunch, Dinner

DAY 6: NORLHA TEXTILES VISIT

A visit to Norlha's Atelier, visiting the different sections: dying, weaving, sewing, felting, product development and the outlet, and meet many of Norlha's 125 Tibetan staff. Once we've taken our fill of the gorgeous artworks created by Norlha,, we'll treat you to a tour of the local monastery where you'll build up your portfolio as well as complete your circumambulations and build up your karma.

Accommodation: Local Guesthouse

Meals included: Breakfast. Lunch, Dinner

DAY 7: BUDDHIST CAVE VISIT

Today you're in for a real treat. We'll be driven along with our picnic lunch by private van to a part of Tibet most never get to visit. Set amongst the hills is a small Buddhist cave used by monks for generations to meditate. You can decide to trek up to the cave and take advantage of the sweeping viewpoints or just take photos of the amazing valley at ground level.

All this exercise will make you hungry so lucky we brought along that picnic lunch to share at the bottom of the mountain.

Accommodation: Local Guesthouse

Meals included: Breakfast. Lunch, Dinner

DAY 7: DEPART RITOMA

We will start early in our luxury van descending down the mountain enjoying all the sights and reminiscing on the way to Lanzhou Airport. You won't be in a hurry to rush back home so feel free to stay an extra night in Lanzhou, we'll even help you book your accommodation for a cost..

Meals included: Breakfast

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