

Tibet Spiritual Tour

BY ADU TOURS

**SMALL GROUP
TRAVEL**

OPEN TO A MAXIMUM
OF 8 GUESTS

GLAMPING

SLEEP IN YAK
KHULLU TENTS

**ANCIENT
MONASTERY**

GUIDED TOURS OF
ANCIENT
MONASTERIES

ADU TOURS

are excited to offer this experience of a lifetime working hand in hand with Norlha, a social enterprise working 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, channelling your inner peace through mediation and yoga, and even horseback riding for the 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 10th of September and conclude on the 17th 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 of the ADU Tours website.



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.

After settling in to our Yak Khullu tents, we will enjoy a special Dinner to welcome us into the local community and our first yoga session.

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. 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. Here, we are transported back in time to witness an ancient culture and tradition rarely experienced in modern times. We will be guided through the daily routine of these monks with visits to the six colleges including tantric study, medicine and Kalachakra.

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. Who knows you may even pick up an ancient treasure or two.

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

Start your morning with early morning yoga and meditation. After breakfast we'll make our way across to Ritoma Village, home of Norlha Textiles. 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 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. After your trek up the mountain, deep in the depths of the caves, we'll all sit to meditate as the ancient and present day, monks do.

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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