



**INDIAN AMERICAN MEDICAL
ASSOCIATION, ILLINOIS**
CME TOUR APRIL 2026



Dr. Meher Bala Medavaram
President, Indian American Medical Association Illinois

KAILASH MANSAROVAR

Lhasa Route 15 Nights / 16 Days

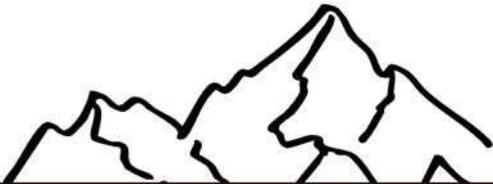
Travel Date: 04 June – 19 June



USD \$3999 per person
Double Occupancy

OPTIONAL TOURS

- ★ **Parikrama Tour USD \$499 per person**
- ★ **3 Nights Beijing Tour: \$699 per person**



Book Now By Contacting: EZ2Travel



732-986-5867



reservations@Ez2travels.com



Overnight Flight	02 Nights
Lhasa	03 Nights
Shigatse	01 Night
Saga	01 Night
Lake Mansarovar	01 Night
Darchen	01 Night
Saga	01 Night
Shigatse	01 Night
Lhasa	01 Night
Beijing	03 Nights

Day
01-02
Thursday | Friday
04 - 05 June 2026

DEPART USA

Depart the United States on your overnight flight to Lhasa. Onboard the flight.



Day
03
Saturday
06 June 2026

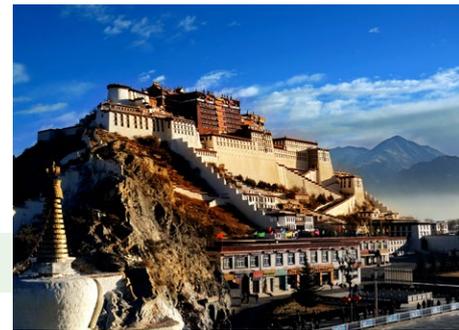
ARRIVE LHASA

Upon arrival at Lhasa Gonggar Airport, you will be greeted by our Tours representative and assisted with your transfer.

Check in to your hotel.

The rest of the day is dedicated to rest and acclimatization at high altitude. Enjoy the serene atmosphere of Tibet's spiritual capital.

Overnight stay at the hotel in Lhasa.



Potala Palace

Day
04
Sunday
07 June 2026

LHASA CITY TOUR

After **breakfast**, proceed for a **full-day guided sightseeing tour**:

Potala Palace

A UNESCO World Heritage Site and the most iconic landmark of Tibet. Explore its chapels, grand halls, and historical treasures as you learn about the legacy of the Dalai Lamas.

Jokhang Temple

Considered the holiest temple in Tibet, home to the revered statue of Jowo Rinpoche. Pilgrims from across Tibet walk the Kora around the temple.



Jokhang Temple

Barkhor Bazaar

A vibrant traditional market perfect for observing local culture, buying souvenirs, and experiencing Tibetan street life.

Overnight stay at the hotel in Lhasa.

 Breakfast, Lunch, Dinner



Barkhor Market

Day
05

Monday
08 June 2026

LHASA – MONASTERY TOUR

After **breakfast**, visit two major monasteries that highlight Tibet's rich monastic traditions :

Sera Monastery

Famous for its debating monks, where philosophical debates are held in the courtyard—a unique Tibetan Buddhist practice.

Drepung Monastery

Once the largest monastery in the world, offering insight into monastic life and excellent views of the valley below.

Overnight stay at the hotel in Lhasa.

 Breakfast, Lunch, Dinner



Drepung Monastery

Day
06

Tuesday
09 June 2026

LHASA – GYANTSE – SHIGATSE

365 KM / 6–7 HRS DRIVE

After **breakfast**, **check out** and drive through stunning Himalayan landscapes, turquoise Yamdrok Lake and snow-capped peaks to Gyantse.

In Gyantse, visit:

- **Kumbum Stupa** : A multi-tiered chorten with exquisite murals and chapels.
- **Palcho Monastery** : Known for its fusion of all three major sects of Tibetan Buddhism.
- **Old Gyantse Town Walk** : Discover the charm of Gyantse's traditional Tibetan settlement.

Continue onward to Shigatse.

Overnight stay at the hotel in Shigatse.

 Breakfast, Lunch, Dinner



Yamdrok Lake



Kumbum Stupa

Day
07

Wednesday
10 June 2026

SHIGATSE – SAGA (455 KM / 7-8 HRS DRIVE)

After **breakfast, check out** and visit:

Tashilhunpo Monastery

Seat of the Panchen Lama and an important spiritual centre housing the massive statue of **Maitreya Buddha**.

Explore the local Tibetan market and later drive towards Saga, passing quaint villages, plateaus, and distant mountain ranges.

Overnight stay at the hotel in Saga.

 Breakfast, Lunch, Dinner



Future Buddha (Maitreya)

Day
08

Thursday
11 June 2026

SAGA – LAKE MANSAROVAR (4,510 M)

After an early **breakfast, check out**.

Today's drive is filled with natural beauty.

- The stunning Saga valley between the Himalayan and Gangdise ranges
- Crossing Mayomla Pass (5,112 m)
- Magnificent distant views of Mt. Naimonanyi (7,694 m)

Arrive at the sacred **Lake Manasarovar**, revered in Hinduism and Buddhism.

Overnight stay at the hotel near to Lake Manasarovar.

 Breakfast, Lunch, Dinner



Lake Manasarovar

Day
09

Friday
12 June 2026

LAKE MANSAROVAR – DARCHEN (53 KM)

After **breakfast, check out** and begin your day with spiritual rituals and worship on the banks of Manasarovar.

Later, drive to **Darchen**, the base camp of Mount Kailash.

On arrival, **check into** your hotel and relax. Enjoy views of the holy mountain and prepare for next day's visit to Yamadwar.

Overnight stay at the hotel in Darchen.

 Breakfast, Lunch, Dinner



Mount Kailash



Kailash Darshan from Manasarovar

Day
10

Saturday
13 June 2026

DARCHEN – YAMADWAR – SAGA (425 KM / 5-6 HRS)

Drive 7 km to **Yamadwar**, the Gateway of the God of Death and a significant spiritual point for pilgrims. Perform puja and rituals here.

Continue your return journey from Darchen back to Saga, retracing the beautiful landscapes of Western Tibet.

Overnight stay at the hotel in Saga.

 Breakfast, Lunch, Dinner



Yamadwar

Day
11

Sunday
14 June 2026

SAGA – SHIGATSE (350 KM)

After **breakfast**, **check out** and drive to Shigatse.

Enjoy the scenic plateau drive.

Check into the hotel and relax on arrival.

Overnight stay at the hotel in Shigatse.

 Breakfast, Lunch, Dinner



Saga

Day
12

Monday
15 June 2026

SHIGATSE – LHASA (371 KM)

Drive back to Lhasa following the Brahmaputra River valley, one of the most beautiful stretches of the Tibetan landscape.

Overnight stay at the hotel in Lhasa.

 Breakfast, Lunch, Dinner



Brahmaputra river

Day
13

Tuesday
16 June 2026

DEPART LHASA – ARRIVAL IN BEIJING

After **breakfast**, transfer to the Lhasa airport for your onward journey to **Beijing, China** marking the end of your spiritual Tibetan journey.

Upon arrival at Beijing Airport, you will be met by your guide and transferred to your hotel for **check-in**.

On route **Lunch** at Indian Restaurant

In the evening, experience an exciting **Acrobatic show** in Beijing. This 1-hour performance showcases impressive skills, blending traditional Chinese circus acts with modern performances.

After the show, take some time to stroll around Wangfujing Street, one of the most famous shopping areas in Beijing.

Dinner at Indian Restaurant

Overnight stay at the hotel in Beijing.

 Breakfast, Lunch, Dinner



Acrobatic show

Day
14

Wednesday
17 June 2026

BEIJING CITY HIGHLIGHTS

After **breakfast** at the hotel.

Begin your **city tour** with a visit to **Tiananmen Square**, one of the largest public squares in the world. This iconic site is surrounded by important landmarks, including the Gate of Heavenly Peace and Mao Zedong Memorial Hall.

Next, visit the **Forbidden City**, the largest ancient palace in the world. Once the home of China's emperors, the Forbidden City is a sprawling complex of courtyards, temples, and halls, all with rich historical and cultural significance.

After the Forbidden City, head to the **Temple of Heaven**, a stunning example of ancient Chinese architecture and a UNESCO World Heritage Site. This sacred complex was used by emperors for annual ceremonies to pray for good harvests.

In the afternoon, explore **Houhai Lake** and the nearby **Hutong Alley**. This area gives you a glimpse into old Beijing life, with narrow lanes, traditional courtyard homes, and vibrant lakeside cafes.

Lunch and Dinner at Indian Restaurant.

Overnight stay at the hotel in Beijing.

 Breakfast, Lunch, Dinner



Temple of Heaven



Houhai Lake

Day
15

Thursday
18 June 2026

GREAT WALL OF CHINA & NATIONAL OLYMPIC PARK

Breakfast at the hotel.

After breakfast, travel to the **Great Wall of China**. Depending on your preference and physical condition, you will visit either the Mutianyu or Badaling section with round trip cable car facility.

Lunch at Local restaurant.

Post-lunch, visit the **Summer Palace**, an imperial garden that showcases China's classical landscape architecture.

In the late afternoon, visit the **National Olympic Park**, built for the 2008 Beijing Olympics. Here, you'll have the chance to take photos of the **Bird's Nest Stadium (National Stadium - Outside)** and the **Water Cube (National Aquatics Center - Outside)**, two of the most iconic Olympic structures.

Dinner at Indian Restaurant

Overnight stay at the hotel in Beijing.

 Breakfast, Lunch, Dinner



Summer Palace

Day
16

Friday
19 June 2026

DEPART BEIJING

Today after **breakfast**, **check out** from the hotel.

NOTE : Standard check out time at the hotel is after 1100 hours.

Depending on your flight schedule you will be transferred to the airport for your onward journey.

 Breakfast



Water Cube (National Aquatics Center)

HOLIDAY PRICE

Cost Per Person On Twin Sharing

USD 3999

****Rates are based on 50 Adults travelling together, if there is any change in the passenger count, price will change****

HOTEL SUMMARY

CITY	CHECK IN	CHECK OUT	NIGHTS	HOTEL
USA - Beijing	04 June 2026	06 June 2026	02	Overnight Flight
Lhasa	06 June 2026	09 June 2026	03	Intercontinental
Shigatse	09 June 2026	10 June 2026	01	Shiga Yangcha Hotel
Saga	10 June 2026	11 June 2026	01	4★ Hotel
Manasoravar	11 June 2026	12 June 2026	01	4★ Hotel
Darchen	12 June 2026	13 June 2026	01	4★ Hotel
Saga	13 June 2026	14 June 2026	01	4★ Hotel
Shigatse	14 June 2026	15 June 2026	01	Shiga Yangcha Hotel
Lhasa	15 June 2026	16 June 2026	01	Intercontinental
Beijing	16 June 2026	19 June 2026	03	Sheraton Grand Beijing Dongcheng Hotel 5★

✓ TRIP INCLUSIONS

- ✓ **24/7 on-call Support**
- ✓ Accommodation as per above mentioned hotels / guest house as per itinerary
- ✓ **Transportations** – Private transportation by bus
- ✓ **Permit / Visa – Tibet travel permit, Kailash permit, EBC permit**
- ✓ All sightseeing & monastery entrance fees
- ✓ Daily breakfast, lunch & dinner prepared by Indian Chef
- ✓ English-speaking Tibetan guide

✗ TRIP EXCLUSIONS

- ✗ **International airfare : USA – Lhasa // Lhasa – Beijing – USA**
 - 04 June : USA - Lhasa
 - 16 June : Lhasa - Beijing
 - 19 June : Beijing - USA
- ✗ Domestic airfare
- ✗ China Tourist visa
- ✗ Travel insurance
- ✗ Yak & Yak man during Kora
- ✗ Porterage at Airport & Hotel
- ✗ Gratuities to drivers and guide
- ✗ Any personal expenses such as drinks, laundry, Telephone Calls, Laundry, optional trips or unmentioned items

KAILASH MANSAROVAR KEY POINTS

DOCUMENTS REQUIRED

- Passport scan copy at least 30 Days before of travel Date
- Original Passport at least three (Official Days) days before of travel date
- Passport-size photo (white background, within 6 months)

ESSENTIAL PACKING LIST

(Accommodation, weather & trek conditions considered)

Clothing:

- Thermal layers, down jacket, wind/waterproof pants, trekking pants, quick-dry T-shirts, gloves, woollen socks, trekking boots, camp shoes.

Gear:

- Daypack (30–40L), trekking poles, sunglasses, sunscreen 50+, headlamp, power bank, universal adapter.

Toiletries:

- Biodegradable soap/shampoo, toothbrush, toothpaste, hand sanitizer, tissue rolls.

Health:

- Personal medications, altitude medication (prescribed), high-energy snacks.

Documents & Cash:

- Insurance details, cash in small denominations, ID copies, extra memory cards.

IMPORTANT NOTES

- The above price is valid for travel dates from **04 June 2026 – 19 June, 2026**.
- **100% payment is required at the time of booking.**
- Passport should be valid 06 Months prior to departure date
- The above tour prices are based on our current transportation rates. Increasing petrol rates might affect our transportation and boat fees, in which case we reserve the right to revise our current rates.
- As a general rule, after “free time” or “time at leisure” passengers are free to visit the city and return to the hotel at their own time and by their own means. Whenever a “Evening Transfer” & “night transfer” is indicated, this usually means a transfer from and to the hotel to grab dinner. If the passengers are not back at the hotel for this service, they may ask the guide for the meeting time and place for the return to the hotel after the night transfer.
- If a certain hotel is not available at the time of booking, then we will gladly make alternative suggestions in the same category
- Passengers can carry small hand luggage's inside the bus, included the laptop carry bag, but not for luggage stroller. Hand luggage is the sole responsibility of the passenger throughout the trip, look after your property at all times. We shall have no liability for any loss, theft or damage occurring to any hand luggage or item placed in the coaches or in hotels.
- All the above points of interest are open for visit based on current updates. In case of closure for construction or any other reason, we will replace with a similar point of interest
- No early check in or late check out is included except those indicated in the program. Generally, the check in time is 15.00 pm and check out time is 12.00 pm
- Our standard transfer service is based on all guests arriving and departing at the same time. If there are variations in arrival or departure times requiring additional transfers, please note that an extra charge will apply.
- If you are confirming any optional tours directly, kindly update us in advance, a minimum of 6 days prior to the date of the tour.
- All Package travel dates are very dynamic so please don't book the flight ticket till we give you the confirmation of the Seats.
- There would be no refund for unutilized / partially utilized services.
- Under exceptional circumstances **we** reserves the right to modify the sites visited, the orders of the visits or the stages of the itineraries