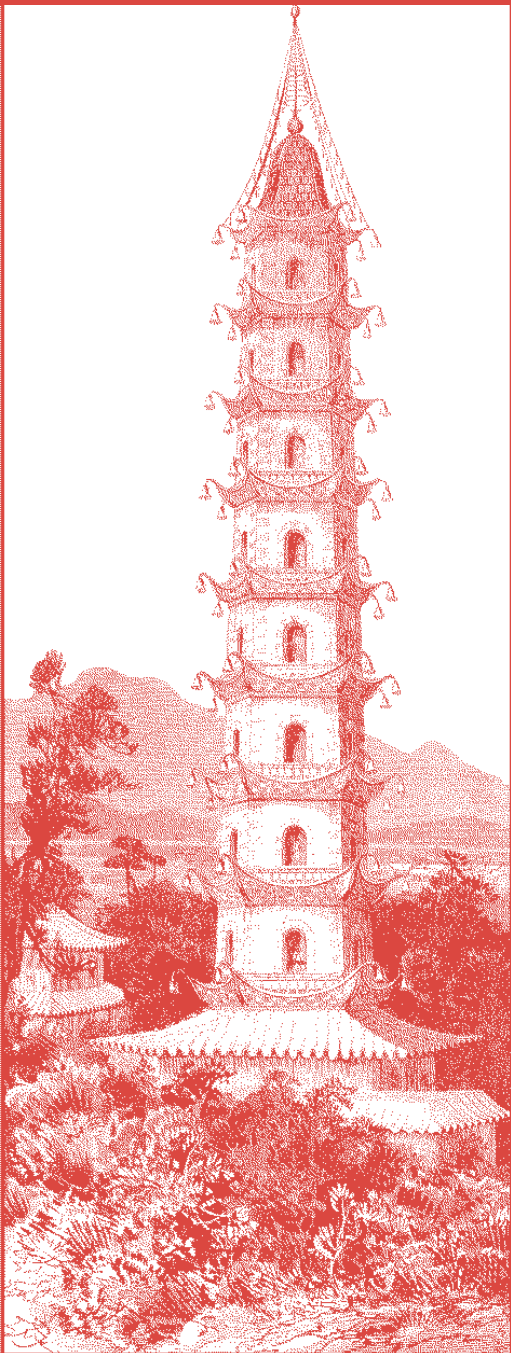


# China and Tibet

October 10 through 28, 2008

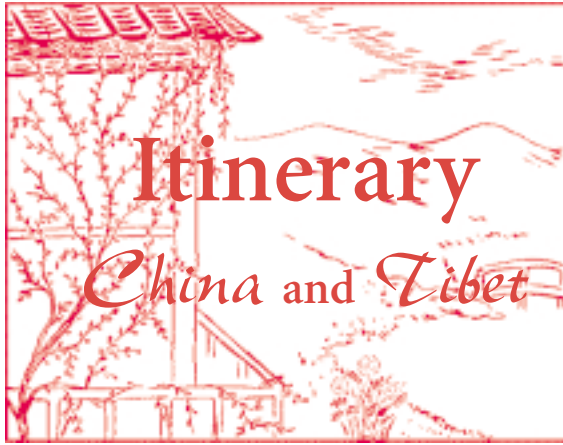


*Dear Fellow Traveler,*

*You are in for a unique and wonderful experience. Along with the palaces, gardens, temples, monasteries, and other sights that make China and Tibet so spectacular, your experience will be enhanced by meditations, healings, and other spiritual communication. The journey starts long before you set foot on Chinese soil. During the pre-trip meetings you will meet your fellow travelers and begin to prepare for the sights and energies of the places you'll be visiting. Aesclepion and Intuitive Way have designed this trip to be fun, validating, and life enriching. The tour will be led by John Fulton and David Pearce.*

*Lorren Toner*

*Tour Coordinator*



**Friday, Oct. 10 2008 USA/BEIJING**

Fly San Francisco to Hong Kong on CX #873 at 1:20 am

**Saturday, Oct. 11 2008**

Arrive in Hong Kong at 6:25am. Fly Hong Kong to Beijing on CX #6872 at 8:05 am. Arrive in Beijing at 11:25 am

Welcome to China. Upon your arrival meet your tour leader and/or local guide and transfer to the group hotel for time to relax and lunch on your own. Early evening gather for an orientation meeting to meet fellow group members. After a light dinner then it's off to bed for a well deserved sleep.

*Overnight at the Raffles Beijing Hotel, five nights. Built in the 1900s, Raffles Beijing Hotel has long stood as an icon of Beijing's historic heritage, epitomizing the luxury of the Orient. The venue of many significant political and cultural events, it has become one of Beijing's most distinguished addresses. It is ideally situated a few minutes from the Forbidden City and Tiananmen Square.*

**Sunday, Oct. 12, 2008**

**Beijing**

This morning, visit Tiananmen Square, the heart of Beijing and the largest public square in the world. Then, under Mao's watchful eye, walk through the Gate of Heavenly Peace and enter the Forbidden City - the seat of power for emperors of the Ming and Qing Dynasties. You'll view its imperial gardens, expansive architecture, and museums filled with antiques and treasures.

After lunch at the Fang Shan Restaurant in Beihai Park, visit some Hutongs by trishaws to get a glimpse into the local life of the old city area of Beijing. Hutongs are ancient city alleys or lanes that make up old Beijing. You'll also stop at the Drum Tower, which affords a bird's eye view of the old city.

This evening, there will be time to relax before dinner at a local restaurant. Later, enjoy a classical Chinese opera, a spectacle that has captivated audiences for centuries. Meals Provided: (B L D)

**Monday, Oct. 13, 2008**

**Beijing, The Great Wall**

This morning, depart for a day excursion to the Mutianyu section of the Great Wall. Stretching from China's east coast to the Gobi Desert, the Great Wall and some of its construction dates back to the Qin Dynasty (221-207 BC). Spend 2-3 hours, or shorter, walking along the wall, enjoying the superb natural beauty of the area, amazed at how the wall climbs across the mountains as far as the eye can see. (A boxed lunch will be provided from Raffles.)

On the way back to Beijing stop at the Tong Ren Tang Chinese Herbal Medicine Pharmacy to learn a bit about traditional Chinese herbs and their use. Visit the Ancient Observatory, built in 1421. Dinner tonight will be at a nice local restaurant. (B L D)

**Tuesday, Oct. 14, 2008**

**Beijing**

This morning visit the Temple of Heaven where the emperors prayed. Then in a private garden at the Temple get a Taiji (shadow boxing) lesson with a Taiji Master, followed by a tea ceremony which will provide insight into the Chinese way to be healthy, wealthy and wise. After lunch, travel to the Summer Palace. There will be plenty of time to explore this lakeside retreat of the Royal families. Return for dinner of Imperial Cuisine at the highly acclaimed Li Family Restaurant. (B L D)

**Wednesday, Oct. 15, 2008**

**Beijing – Lhasa (Tibet)**

Early morning, transfer to the airport for our flight to Lhasa, Tibet. Fly Beijing to Lhasa on CA #4112 (09:15 - 15:05)

Welcome to Tibet. Upon our arrival we'll transfer to Lhasa and check into our hotel. *Four nights Lhasa Hotel or Brahmputra Grand Hotel Lhasa.*

Lhasa is an amazing city where devout Buddhists and the fashionable set enjoy their lives in different ways. Crowded discos vie with praying pilgrims outside the Jokhang Temple.

This afternoon (while acclimatizing) enjoy an easy tour of the new Tibet Autonomous Region Museum. Opened in 1999, it contains four galleries: Prehistoric Culture, Culture and Arts, Art of Thangka Painting, and Folklore and Culture.

Return to our hotel for dinner and an evening at leisure. (B L D)



**Thursday, Oct. 16, 2008**

**Lhasa (Tibet)**

If you have an image of Tibet, chances are you're picturing the Potala Palace, and today you'll visit this World Heritage Site and a symbol of Tibetan autonomy and seat of the Dalai Lama, the government-in-exile. Stroll through its 13 stories, housing 1,000 rooms, and see what remains of its antiquities. It is a great architectural wonder that every traveller must see and experience.

After lunch, go for a leisurely walk around Baguo Street, Jokhang Temple and Barkhor Market, right at the heart of Tibet. The surrounding streets hold a current of humanity making their clockwise circuit, called a kora, around the temple. Some pilgrims perform chaktsal, or ritual prostration, around the entire kora circuit.

Within Barkhor Market, which surrounds the temple, hundreds of merchants sell their wares to the innumerable pilgrims. One can buy everything from incense and prayer scarves to yak butter and religious icons. While rubbing shoulders with the local Tibetans, it becomes clear why these people are renowned throughout the world for their good humor and gentle, gracious ways.

Visit the 7th Century Jokhang Temple which combines architecture from the Tang Dynasty as well as Indian Buddhist temples. It houses many historical relics from the Tang Dynasty including statues of King Songsten Gampo, Princess Wencheng of China and Princess Bhrikuti of Nepal. Daily, the temple hums with pilgrims

saying prayers and spinning prayer wheels amidst the smoke of yak butter lamps. Return to your hotel late afternoon for dinner and an evening at leisure. (B L D)

**Friday, Oct. 17, 2008** **Lhasa (Tibet)**  
Today, visit the Drepung Monastery, the largest monastery in Tibet. This monastery has one of the largest concentrations of historical relics, Buddhist scriptures, and arts and crafts in Tibet.

At the time of the Chinese takeover, Drepung housed over 10,000 monks in their individual colleges and residences. There is plenty of art, armor and an extensive library. A peek into the gigantic, medieval, smoke-filled kitchen will reveal boiling pots of noodles and monks tending the fires. Returning to Lhasa, we'll have lunch in town before free time. (B L D)

**Saturday, Oct. 18, 2008** **Lhasa (Tibet)**  
This morning visit the third great monastery of Tibet along some of the most scenic roads in Tibet. The monastery of Ganden is the smallest of the trio, housing approximately 3,000 monks at one time. Founded in 1409 by Tsongkapa, he became the first Abbot of the monastery. Ganden is the heart of the Gelunpa Buddhist sect and is famous for its classical studies. During the "Cultural Revolution", the Ganden suffered the severest destruction, being completely leveled to the ground. At present, through public and private donations, the monastery is being rebuilt, though on a much smaller scale than its original city-size layout.

After lunch, visit the 14th Dalai Lama's former Summer Palace, Norbulingka, a tranquil and shady retreat. In 1959, the Dalai Lama escaped disguised as a Tibetan soldier from the Norbulingka.

This afternoon visit Sera Monastery, situated on a mountain slope north of the city. This monastery belongs to the Gelugpa sect and is one of the three great monasteries of Tibet. Founded by Sakya Yeshe in 1419, it is the second largest monastery in Tibet and once harbored over eight thousand monks. The most intriguing part of our visit to this monastery is observing the monks in the debating courtyard. Return to your hotel late afternoon for dinner and an evening at leisure. (B L D)

**Sunday, Oct. 19, 2008** **Lhasa - Yangtze River Cruise**  
This morning we'll transfer to the airport for our flight to Chengdu. Fly Lhasa to Chengdu on CA #4402 leaving at 10:30 am. Upon your arrival in Chengdu at 12:10 pm you will be met by a private driver and guide and drive to the city of Chongqing.

On arrival, enjoy dinner at a local restaurant, then you'll board the MS East King for a 4 day/3 night voyage of discovery down the Yangtze River and through the famed Three Gorges. The cruise departs this evening at 22:00. Over the next three days, you'll travel along a majestic and spectacular 125 mile stretch of the Yangtze River. (B L D)



*The MS East King river cruiser is a 5-star ship. It is dedicated to the Three Gorges region of the Yangtze River and offers the largest passenger cabins available on the Yangtze. Large picture windows in each beautifully appointed stateroom offer lovely views of the scenery along the river. Note: While on the cruise there will be various lectures regarding local customs and the landscape encountered over the three days, however, these lectures are not fixed subjects and will vary, depending on the cruise guide. All touring while on the cruise will be on a join-in basis with other cruise passengers. The daily agenda is subject to change. Three nights on MS East King (Deluxe Cabins).*

**Monday, Oct. 20, 2008** **Yangtze River Cruise**  
This morning, enjoy an excursion to the 'Ghost City' of Fengdu. It is easy to see how Fengdu, with its over 700 temples depicting statues of ghosts or devils, acquired its unusual nickname. The many scenic spots, legends and places of interest make Fengdu a delight to all who visit it. Then the cruise will pass by Shibaozhai Pagoda and Wanxian County with a shore excursion to one or both of these sites. (B L D)

**Tuesday, Oct. 21, 2008** **Yangtze River Cruise**  
Unforgettable experiences begin today as you cruise through the first of the fabled Three Gorges – Qutang. Its towering rock formations have names reflecting their bizarre shapes such as 'Hanging Monk Rock' or 'Rhinceros Looking at Moon.' The ship continues its sailing toward the second gorge - Wu Gorge, celebrated for its lofty Twelve Peaks, almost blotting out the sky. Later today, drift along Shennong Stream where you will be poled by local boatmen. (B L D)

**Wednesday, Oct. 22, 2008** **Yangtze River Cruise - Hangzhou**  
This morning, enjoy a shore excursion and tour of the Three Gorges Dam Project. Then re-board the ship and cruise downstream to Yichang where you will disembark. Here you'll be met and transferred to the airport in Wuhan for flight to Hangzhou. Fly Wuhan to Hangzhou on CZ #3541 leaving at 4:00 pm.

Upon arrival in Hangzhou at 5:20 pm, transfer to the hotel which overlooks West Lake and the hills beyond. There is an old Chinese saying, "up there is heaven, down below is Hangzhou." Hangzhou has long been a leisure destination and was a favorite of Marco Polo on his many journeys into the Middle Kingdom.

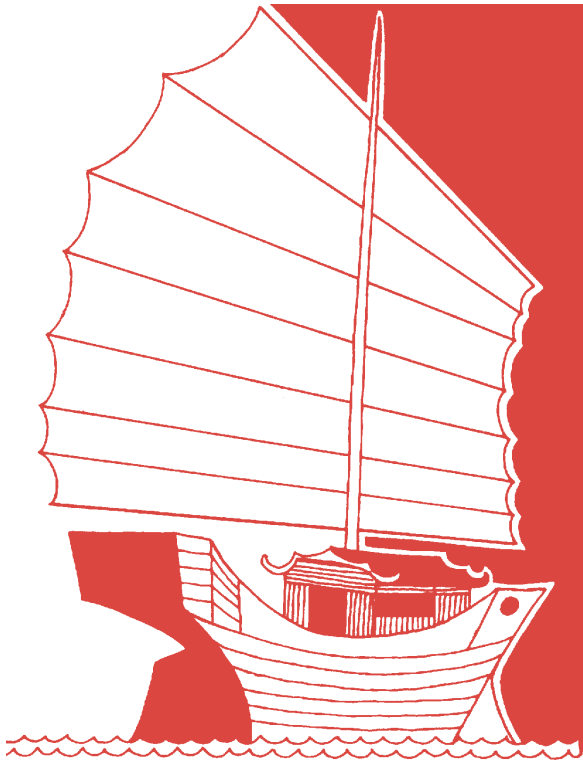
*Overnight at the Shangri La, three nights. The Shangri-La Hotel Hangzhou, Southern China's Zhejiang Province's most famous and historical hotel, stands on the north shore of the famous West Lake. Located five minutes from downtown, the hotel occupies 40 acres of rolling hills and lush greenery, overlooking Solitary Hill Island and the graceful Xiling Bridge.* (B L D)

**Thursday, Oct. 23, 2008** **Hangzhou**  
This morning hike up Diamond Hill passing through Baochu Pagoda, and Yellow Dragon Caves, while enjoying a panoramic view of the West Lake. After lunch, drive to Nine Creeks, and then hike along the valleys of the picturesque Longjing tea plantations. We will end the hike at the Tea Museum, where we can sample the famous green tea of the area.

Next is a private tour of the China Silk Museum. The Museum is a specialized state museum, exhibiting the history, culture, relics and products of silk. It includes exhibits that explain the 5,000 year history of silk production in China. The rest of the afternoon is free to relax and explore on your own. (B L D)

**Friday, Oct. 24, 2008** **Hangzhou**  
Today we will continue our tour of Hangzhou. Begin the day with a cruise on the West Lake, considered to be one of China's most beautiful lakes, and for the Chinese, a lake laden with literary and historic association. Afterwards, spend the afternoon exploring the city's gardens and parks including Lingyin Si, "The Temple of the Soul's Retreat" and the Dragon Well Tea Plantation. After, visit the tomb of general Yue Fei. The rest of the afternoon is free to relax and explore on own. (B L D)

*(continued next page)*



... and on to

# Hong Kong

**Saturday, Oct. 25, 2008**

**Hangzhou – Hong Kong**

Early morning, transfer to the airport for our flight to Hong Kong. Fly Hangzhou to Hong Kong on KA #623 departing at 8:10 am. Upon arrival in Hong Kong at 10:25 am we meet our driver for a private transfer to our hotel. The remainder of the day is at leisure.

*Overnight Kowloon Shangri-La - Superior City View Rooms, four nights. The award-winning Kowloon Shangri-La is the landmark on Tsimshatsui East's waterfront, affording panoramic views of Victoria Harbour and the Hong Kong Island skyline. The hotel is home to the renowned shopping and entertainment district of Kowloon. All its elegant and spacious rooms have majestic city or harbour views, featuring high technology setup. Complementing its exemplary services are state-of-the-art fitness facilities and a range of fine restaurants and bars enhanced by our warm and caring people. (B)*

**Sunday, Oct. 26, 2008**

**Hong Kong**

This morning, enjoy a half day Hong Kong highlight tour before a free afternoon to relax and explore on your own. The highlight tour will include visits to The Peak, Aberdeen and Stanley Market. Few cityscapes are as spellbinding as the view of Hong Kong from the Peak (552 meters), the green-swathed mountain that looms above the city's tight-packed ranks of skyscrapers. The area has long been one of the city's most exclusive retreats: the former

British Governor had a summer residence here, and the handful of grand houses scattered across the slopes are by far the city's most coveted. We'll ride up on the famous Peak Tram, built in 1888, for a steep but wonderful way to reach the Peak Tower, a small complex of shops and cafes. Aberdeen lies tucked away on the southern reaches of Hong Kong Island. Two centuries ago it was a refuge for pirates. Later it became a center for incense production. Later still, its name - Heung Gong, or Fragrant Harbor, was anglicized and applied to the whole city. Today, Aberdeen is modern, with streets of high-rise buildings, and a vibrant waterfront, home to the yachts of Hong Kong's rich and famous. Back at the hotel, the afternoon is your own. (B L)

**Monday, Oct. 27, 2008**

**Hong Kong**

Meals Provided: B D

Today is free to relax, explore and shop in this fascinating and cosmopolitan city. In the evening a Farewell Dinner. (B D)

**Tuesday, Oct. 28, 2008**

**Hong Kong**

Your day is free until our private transfer to the airport for our flight home. Fly Hong Kong to San Francisco on CX #872 departing at 4:25 pm. Arrive in San Francisco at 1:50 pm (B)

An insert should be included with this brochure with the Terms and Conditions, Pricing Schedule, and a Registration Form. If it is missing or you have any questions, you may contact me at 415-453-6196 or 800-318-8784, by email at "hello@aesclepion.com", or in the halls of Aesclepion.

Lorren Toner  
Tour Coordinator

Over the past three months, as we fine tuned and customized the itinerary and negotiated the costs, we compared pricing on many other tours. We factored in the variables...most tours quote without airfare...don't include Tibet ...no meditation workshops...the quality of the hotels...and pricing that says "from" (lowest price usually means the trip is during the monsoon season)..., and are quite happy with the results. We see this as a wonderful (in the 18th century sense of full of wonder) trip that you will remember for lifetimes.

FOR EXAMPLE: (after estimating the airfare and other factors)

Aesclepiion/Intuitive Way	19 day China trip including airfare	\$8400 (\$ 440 per day)
Commonwealth Club	11 day China trip NOT including airfare	\$6995 (\$1000 per day)

PRICING PER PERSON IN DOUBLE

The cost of this trip includes:

- Meditative workshops before, during, and after the travels
- All airfare, both international and domestic (in China)...from San Francisco to China (round trip)
- Transfers to and from all airports in China
- Deluxe hotels and deluxe cruise accommodations (Yangtze River Cruise)
- Most meals (shown in itinerary as B L D). Total for trip 45, plus meals on planes.
- Transportation to and from all sites, restaurants, and tours
- Admission to all sites
- Private national and local tour guides (national tour guide travels with us city to city)
- Services of Cosmopolitan Adventure Tours and associates in China (*We've used Christina at C.A.T. for all of our trips. She will guide us through paperwork, visas, permits, separate airfare requirements, and as we near the trip she will attend the meetings. A trained clairvoyant, she is very grounded. She has been in the travel business for many years and uses reliable, high end sources.*)

PRICING OPTIONS:

A. Beijing to Hong Kong (19 days):	\$8400
B. Beijing through Hangzhou: (16 days):	\$7600
C. Beijing through Yangtze River Cruise (13 days):	\$7000

Travelling with Aesclepiion and Intuitive Way Priceless

Price reductions: Take \$100 off for paying by check. Take \$100 off if you were on the China 2000 or Greece/Istanbul/Florence 2002 trips. Single Supplement pricing available upon request.

## Registration Form

Please complete this form (print), sign and return to Aesclepiion (see address below), **including a copy of your passport's first page with your deposit**. Registration will not be accepted unless we receive this form. DEPOSIT to hold your space is \$1500 per person and is non-refundable (see cancellation insurance section). Second payment of \$2000 per person due on November 30, 2007. Third payment of \$2000 per person due on March 29, 2008. Remainder (based on trip option) or FINAL PAYMENT DUE ON July 1, 2008. Note: Your deposit shows acceptance of conditions set forth in this program. Signups after 7/1/08 may incur a substantial rush surcharge and may not be able to be accommodated.

I choose option: A. Beijing through Hong Kong \_\_\_ B. Beijing through Hangzhou \_\_\_ C. Beijing through Yangtze River Cruise \_\_\_

NAME: (exactly as it appears on your passport) \_\_\_\_\_

(Please ensure that your passport has minimum of 3 blank pages and is valid for at least 6 months after arrival date in China)

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: Home (\_\_\_\_) \_\_\_\_\_ Cell or Work (\_\_\_\_) \_\_\_\_\_ email \_\_\_\_\_

Request: Single \_\_\_ Share \_\_\_ (not guaranteed unless you specify companion) Companion \_\_\_\_\_

Window: \_\_\_ Aisle: \_\_\_ Smoker: \_\_\_ Departing Airport if other than SFO: \_\_\_\_\_

CC# (Visa/MC only) \_\_\_\_\_ exp. date: \_\_\_ 3 digit code \_\_\_\_\_

Name as it appears on Card: \_\_\_\_\_ or Check # \_\_\_\_\_

Trip Cancellation/Emergency Medical Insurance (brochure and costs to be provided): Yes \_\_\_ I decline \_\_\_

Signature \_\_\_\_\_ (I have read and understand the Terms and Conditions)

Send all paperwork to: Lorren Toner at Aesclepiion, 1314 Lincoln Avenue, San Rafael, CA 94901. Checks are payable to Aesclepiion Worldwide.

# A journey through *China and Tibet*

## Terms and Conditions

**Costs include:** Accommodation based on twin occupancy; Domestic air and surface transportation within China and Tibet; International trans-Pacific air on Cathay Pacific for San Francisco-Beijing/Hong Kong-San Francisco; Privately guided sight-seeing as conducted by local, English speaking guides; Meals as indicated in day-by-day itinerary; Airport transfers as indicated; admission fees; The full services of Cosmopolitan Adventure Tours (CAT) and our associate offices throughout China and Tibet (ATJ) before and during your trip; Document packet including itinerary, hotel list, practical travel information and reading list. Meditations and healings. Note: All government taxes are subject to change without notice.

### Deposits & Payments

A deposit of \$ 1500.00 is due upon booking. Final payment is due July 1, 2008. Please send a reservation information to Lorren Toner at Aesclepiion, 1314 Lincoln Avenue, San Rafael CA 94901. As soon as we process your deposit we will send your confirmation package. Your cancelled check will be your receipt. Payments can be on credit card.

**Cancellation Fees:** If applicable, reimbursement of refunds will occur only after received from abroad. These conditions also apply to extensions and deviations. ALL CANCELLATIONS MUST BE RECEIVED IN WRITING by cancellation deadline. **Medical:** For this trip you are expected to be in good health. CAT/ATJ, Aesclepiion, and Intuitive Way do not assume any responsibility for medical care. Please consult with your physician if you have any questions. Please read cancellation insurance for medical conditions covered. After your deposit has been received medical reasons will not be considered as exceptions to cancellation clauses.

**Increased Expenses:** Costs are based on current rate of exchange and on a minimum of 12 passengers traveling together. CAT/ATJ reserves the right to make alternative arrangements, substitutions of equal value or to pass the increase(s) in cost to each participant in the unlikely event that changes occur.

No inoculations are required for this trip but each member should consult with their doctor for specific needs.

### Cancelation/Medical Insurance:

We recommend that all passengers take out a comprehensive travel insurance policy incorporating full medical coverage and cancellation/curtailment coverage which is available upon request.

Cancellation insurance will cover preconditions only if purchased within 14 days of depositing on the trip.

We recommend you carry insurance to cover loss of baggage and personal belongings. Some homeowners' policies cover this. Make sure the insurance covers you in the country(s) in which you will be traveling. We will make a travel insurance policy, covering all of the above hazards, available to you.

Aesclepiion World Wide, Intuitive Way and Cosmopolitan Adventure Tours, Inc. (CAT), ATJ and/or their agents act only as an agent in securing hotels, transportation, lodging or other travel services to be provided. Neither Aesclepiion World Wide, Intuitive Way, CAT/ATJ nor their agents shall be liable for any personal injury, property loss, act of terrorism or other damages sustained on the tour whether arising out of or incident to the tour or otherwise, nor delay or irregularity which may be occasioned either by reason of defect in any vehicle or for any reason whatsoever, or through the acts or default of any company or person engaged in conveying the passenger or in carrying out

the arrangements of the tour. The right is reserved to substitute hotels of similar category for those indicated and to make changes in the itinerary where deemed necessary or caused by changes in air schedules. CAT/ATJ, reserves the right to withdraw without notice any part or all of the tour, in which case full refund of moneys paid will constitute full settlement to the passenger. CAT/ATJ nor their agents are responsible for expenses incurred by trip members in preparing for the trip, such as air payments, visa fees, etc. The carriers concerned are not to be held responsible for any acts, omissions or event, during the time passengers are not aboard their crafts. The passenger tickets in use, when issued shall constitute the sole contract between carriers and passengers. Payment of the initial deposit shall be considered as acceptance by the client of all conditions and responsibility and are acknowledged and understood.

**Waiver:** By your signature you expressly waive any and all legal or equitable rights that may otherwise exist, express or implied by law, against Aesclepiion World Wide, Intuitive Way, CAT/ATJ, their employees, agents related to any property or physical loss that may occur while participating in the tour.

### Trip Members' Rights and Responsibilities:

Trip members are responsible for comprehending the conditions stated and implied in the trip itinerary and selecting a trip that is appropriate to their interests and abilities; for disclosing in writing any potentially relevant medical or health conditions; for preparing for the trip by reading the trip itinerary and supplemental trip information supplied; for bringing appropriate clothing and equipment; for following normal standards of personal hygiene and personal safety, as advised by the trip leader or local guides, in order to lessen the risk of travelers' diseases or injuries; for adhering to the reasonable directives of the tour leader; for acting in an appropriate social manner with fellow trip members; for acting in an appropriate and respectful manner in accordance with the customs of the places visited; and for completing the trip itinerary on group programs.

### Seller of Travel Clause:

This transaction is covered by the California Travel Consumer Restitution Fund (TCRF) if the seller of travel was registered and participating in the TCRF at the time of sale and the passenger is located in California at the time of payment. Eligible passengers may file a claim with TCRF if the passenger is owed a refund of more than \$50 for transportation or travel services which the seller of travel failed to forward to a proper provider or such money was not refunded to you when required. The maximum amount which may be paid by the TCRF to any one passenger is the total amount paid on behalf of the passenger to the seller of travel, not to exceed \$15,000. A claim must be submitted to the TCRF within 12 months after the scheduled completion date of the travel. A claim must include sufficient documentation to prove your claim and a \$35 processing fee. Claimants must agree to waive their right to other civil remedies against a registered participating seller of travel for matters arising out of a sale for which you file a TCRF claim. You may request a claim form by writing to: Travel Consumer Restitution Corporation, P.O. Box 6001, Larkspur, CA 94977-6001. To be eligible passengers must reside in California. California law requires certain sellers of travel to have a trust account or bond. This business has a trust account where deposits are held till sent abroad.

Please initial that you've read the Terms and Conditions: \_\_\_\_\_