

# Mongolia & Tibet: Steppes to the Roof of the World

TRADITIONS OF MYSTIC TIBET AND NOMADIC MONGOLIA



photo: Marath Kihemba

The thousand-room Potala Palace dwarfed by the surrounding mountains

The peoples of the Mongolian steppe and of the Tibetan Plateau have much in common. Both espouse Tibetan Buddhism and unfurl painted silk *thangkas* on festival days. Both were originally nomads, the Mongolians relying on the horse and the Tibetans on the yak for sustenance. From the “Roof of the World” to the Gobi Desert, dive deep into both enduring cultures.

**Days 1-3: Beijing** The journey begins with a two-night stay in Beijing, exploring the classic sites, including the Forbidden City. Fly to the Tibetan Plateau and drive to Tsetang.

**Day 4: Tsetang, Yarlung Valley** Explore the cradle of Tibetan civilization in the beautiful Yarlung Valley. Visit the 8th century Samye Monastery, its three floors presenting the different styles of Tibetan, Indian and Chinese Buddhism.

**Days 5-6: Lhasa** Drive to the “City of the Sun,” Lhasa, Tibet’s nearly 12,000-foot-high capital. Explore the UNESCO-listed Potala Palace, and the Jokhang Temple, Tibet’s most sacred site. Encircling the Jokhang is the traditional Barkhor Market, Lhasa’s central trading area for hundreds of years.

**Days 7-12: UlaanBaatar, Gobi Desert** Fly to the Mongolian capital of UlaanBaatar with an en route overnight in Beijing, and on to the Gobi Desert. Motoring across lands once roamed by Genghis Khan’s mounted warriors, admire the sand dunes, Yol Valley and the Flaming Cliffs. At a nomadic family’s ger, perhaps taste yogurt made from camel’s milk.

**Days 13-14: UlaanBaatar** Back again in UlaanBaatar, explore the Gandan Monastery and attend a concert of Mongolian throat-singing before celebrating the journey from the mountains to the steppe at a farewell dinner.

## SMALL GROUP TOUR



### 14 Days

#### Cultural Series Land Tour

\$4,995 per person, double occupancy

Plus internal air \$1,700

(economy class, subject to change)

Single supplement \$995

Comprehensive tour inclusions listed on page 103

**Group Size** 6-16 travelers

#### 2012 Land Tour Dates

May 26-June 8 • August 18-August 31

**Stay a little longer...** Extend your stay in Mongolia to visit Kara Korum, or come early to explore more of Beijing. Contact us for details.



photo: Michel Behar

At the foot of Khongoryn Els, the Gobi’s “Singing Sands”

### MIR Signature Experiences

- Spin the sacred bronze prayer wheels in Tibet’s remote monasteries
- Sip tea in a traditional nomadic ger with a local Mongolian family
- Witness first-hand the unique art of camel milking in the Gobi

