



**Visas:** You will need to apply for a visa in advance. You will either need to use a visa service (<http://www.zvs.com/home.aspx?Login=72314>) or appear at an embassy in person. If you use ZVS, be sure to use the Myths and Mountains account number - 72314 - to receive a discount. The link to the Chinese Embassy website is <http://www.china-embassy.org/eng/hzqz/zqgz/t84246.htm> which has the appropriate forms and instructions.

### **B. TIBET NOTES**

1. Those **entering Tibet from any part of China**, will need to get a Chinese Visa here in the States. Our operators in China will get your special permit for Tibet. When you fill out a Chinese visa application in the States for a trip that includes travel to Tibet, **do not mention that you will be traveling to Tibet in your Chinese visa application.** Indicate on the Chinese visa application that you will be visiting Beijing, Shanghai and the like. The permission for Tibet will be obtained for you by our operators abroad. Be sure to fax a copy of the front page of your passport to Myths and Mountains for your Tibet visa.
2. Those **entering Tibet from Nepal**, will need valid passports and visas for entry. Our people in Kathmandu will get your Chinese visa and Tibet permit. You will simply need to fax a copy of the front page of your passport to Myths and Mountains.
3. Note that you will need to bring 3-4 passport sized photos

**Immunizations:** For Tibet and other parts of China, you should be sure that your tetanus, typhoid, and polio vaccines are up to date. You might also want to consider Hepatitis A & B, meningitis and malaria vaccines. For current information, check directly with the Center for Disease Control and Prevention (CDC), a traveler's clinic or other medical authority. Visit <http://www.cdc.gov/Travel/destinationList.aspx#P>.

**Tippling Guideline:** Drivers - \$5-\$8 pp per day  
Mainland guides - \$10-\$20 pp per day  
*For trekking trips:* Cooks - \$4pp per day  
Porters and other trekking staff - \$3pp per porter per day

**Budget:** You will need to analyze your spending habits and decide how much extra money to bring for alcoholic beverages, soft drinks, gratuities, souvenirs, and laundry. For a ten day trip, budget at least \$200 - \$300pp, above and beyond tips, for additional expenses. A rule of thumb: take half the clothing and twice the money you thought you would need!

**Dialing Code:** 86

**Time Zone:** GMT/UTC + 8

**Electricity:** 220V ,50Hz

**Additional Country Information:** More country specific information can be found on our website. Go to the Travel Center page (<http://www.mythsandmountains.com/2000/travel/center.cfm>) and then scroll down to the bottom of the page. There you will find links to various websites from the CIA Factbook to travel films.

"A mind that is stretched by a new  
experience can never go back to its  
old dimensions."  
-Oliver Wendell Holmes

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See the Longitude Books website:

<http://www.longitudebooks.com/> for more book ideas.

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