

[Tour Code: CT-TER001] Beijing-Xining-Tibet-Chengdu-Shanghai (14 days)**Day01 Arrive in Beijing**

Arrive in Beijing in the early morning, the capital of China. Meet your guide upon arrival and be transferred to your comfortable hotel.

Begin the day's activity with a visit to **Tian'anmen Square**, the largest urban square in the world. Then, move on to visit the Imperial Palace, also known as the "**Forbidden City**", the biggest palace complex in the world. In the afternoon, visit **Temple of Heaven** where the emperors of Ming and Qing Dynasties worshipped heaven and prayed for good harvest. (L-D)

Day02 Beijing

Today's highlight is your visit to **the Great Wall**, one of the "Seven Wonders of the World" and a symbol of Chinese civilization. Just like a gigantic dragon, the Great Wall winds up and down across mountains.. The Ming Tombs area is for deceased emperors of the Ming Dynasty. Visit the **Chang Ling Tomb**. A **Peking Duck Dinner** concludes your full day activities. (B-L-D)

Day03 Beijing-Xining

Visit the enchanting **Summer Palace**, one of China's largest and best-preserved royal gardens, where you can have a walk along the famous Long Corridor. In the afternoon, you will visit the **Yonghe Lama Temple**, the biggest Tibetan Buddhist Lama Temple in Beijing, and the most renowned in China (outside Tibet itself). Take an evening flight to

Xining, the capital of Qinghai province. (B-L-D)

Day04 Xining

After breakfast, you will drive to visit **Qinghai Lake**. Qinghai Lake, lying 180km from Xining and 3200 meters above, is the biggest salt lake in China. Then, pass by the **Sun-and-Moon Mountain** which is the nature boundary of Agriculture region and Pasture region in Qinghai province. (B-L-D)

Day05 Xining/Lhasa

You will visit **Ta'er Monastery** (Kumbum Monastery), one of the six biggest monasteries of the Yellow Hat Sect (Gelugpa Sect) of Tibetan Buddhism, and it is rich in fascinating arts. The famous butter sculptures, the barbolas, and the murals are considered to be the three most unique arts of superb craftsmanship. In the afternoon, visit the **grand Mosque** and the **folk custom Museum** in Xining.

Take train to Lhasa by **N917(20:07-22:30+1)** with soft sleeper, first class in China, 4 person cabin. (B-L-D)

Day06 on the train-arrive in Lhasa

Today is on the train. The train will lead you to traverse the one of the biggest basins – Chaidamu Basin, the oasis in the desert – Golmud, zigzag through the Kunlun Mountain which is known as the “forefather of all mountains”; then, enter into the China biggest desolate area - Hol Xil (Kekexili); cross the Tuotuo River Bridge which is



famous as the first bridge of Yangtze River Headwaters; cross over the Tanggula Mountain Pass – the highest mountain on the way; pass by Damxung Grassland, the cenotaph of Gesar King's Soldiers, Qiangtang Grassland, Holy Mt. Nyainqentang Iha. You will arrive in Lhasa at 22:30. Welcome dinner in Lhasa. Be transferred to the hotel for rest. (D)

Day07 Lhasa

The first day of sightseeing starts from Lhasa's cardinal landmark- **Potala Palace**, a structure of massive portions. Its towering image already appearing on various occasions, but your first sight of the Potala will still be an awe-inspiring moment. It takes at least a good 2-hour to visit those rooms, halls and chapels. Some 2km to the east of the Potala is the most revered religious structure and the holiest temple in Tibet – **Jokhang Tempel**(. Bustling with worshippers and redolent with mystery, the Jokhang is an unrivalled experience. The quadrangle of streets surrounding the Jokhang is the **Barkhor Market** – Lhasa's most interesting pilgrimage circuit. This area of the Old Town is both the spiritual heart of Lhasa and the main commercial district for Tibetans. Stay overnight in Lhasa. (B-L-D)

Day08 Lhasa-Xigatse

Drive 440km from Lhasa to Xigatse. Pass by **Yamdroktso Sea** (the holy lake) and the **Karola Glacier**. Visit the **Tashilhunpo Monastery**, the new Palace of Panchen Lama. Miles away from Xigaste, you can already see the gold tops of Tashilhunpo Monastery shinning under the sun. While Tashilhunpo's magnificent outside may make you gasp in admiration, its inside just offers you more religious tranquility and sincerity. Xigatse is the second largest city of Tibet. (B-L-D)

Day09 Xigatse-Gyantse-Lhasa

In Gyantse, visit **Kumbum Monastery** which also be called "Ten Thousand of Buddha Stupa", the Kumbum Stupa designed by architects from Nepal. Drive back to Lhasa. (B-L-D)

Day10 Lhasa

Sightseeing the Drepung Monastery, Sera Monastery and Norbulingka in Lhasa. **Drepung**



Monastery, the largest and richest monastery in Tibet, was founded in 1416 by a disciple of Tsong Khapa under the patronage of a noble family and later enlarged by the Fifth Dalai Lama. Nowadays it stands as Tibet's most important and largest monastic

university in Tibet. **Norbulingka Park** (Treasure Garden) was built in the 1740s during the reign of the seventh Dalai Lama. Later it was renovated and enlarged and became the Dalai Lama's Summer Palace. **Sera Monastery** is located a few miles to the north of Lhasa, is one of the three largest monasteries. Stay overnight in Lhasa. (B-L-D)

Day11 Lhasa-Chengdu

Be transferred to the flight to Chengdu. Then, take an excursion to **Panda Research Basement** to get a behind-the-scenes look at the current work underway to preserve the Chinese panda. Meet with Chinese and international experts to learn how they are making efforts to save this endangered species. Return to Chengdu in the evening. (B-L-D)

Day12 Chengdu-Shanghai

In the morning, pay a visit to the magnificent **Sanxingdui Archaeological Museum**. Then,

take a flight to Shanghai, the bustling commercial heart of China, known as "Paris of the East". Visit **the Bund**, at the west shore of the Huangpu River, the Oriental Pearl TV Tower and the Jin Mao Tower can be seen on the opposite side. The splendid row of early 20th century Europe buildings remains the quintessential Shanghai sight. (B-L-D)

Day13 Shanghai

Visit fascinating **Yuyuan Garden**, a well-restored Suzhou-style garden, and take a walk through the Old Town filled with antique markets and specialty stores. Then, move on to check out the **St. Ignatius Cathedral** (Xujiahui Cathedral) built in 1846. Wander around the former French Concession represented by the leafy **Fuxing Park** and the architecture in the area. Then pay a visit to the **Jade Buddha Temple** where two rare jade statues of Sakyamuni Buddha are treasured. You will have some free time in the afternoon to explore the city. A fabulous **Acrobatic Show** concludes today's activities in Shanghai. (B-L-D)

Day14 Return from Shanghai

Be transferred to the airport, and prepare for boarding on your homebound flight. (B)

Note: B(breakfast) L(lunch) (D)dinner

Hotel (or the same standard):

Standard A

Beijing: **** Sunny Capital Hotel

Lhasa: *** Hotel Kychu

Chengdu: **** Tian Ren Grand Hotel

Xining: *** Xining Hotel

Xigatse: *** Shan Dong Hotel

Shanghai: **** Shanghai Hotel

Standard B

Beijing: *** Bullion Hyatt Hotel Beijing

Lhasa: *** Hotel Kychu

Chengdu: ***Tian You International Hotel

Xining: *** Xining Hotel

Xigatse: *** Shan Dong Hotel

Shanghai: *** Zhong Ya Hotel

High Season: Apr., May, Sep., Oct., 1st Nov.-15th Nov.

Shoulder Season: Mar., July, June, Aug., 16th Nov.-30th Nov.

Low Season: Dec., Jan., Feb.

For the air ticket booking and Travel Permit for Tibet , we need following info: Name (on the passport), Sex, Nationality, Passport No., Birthday of all passengers.

Include:

- Twin sharing accommodation with buffet breakfast
- Domestic flights in economic class and its airport tax

- Overnight train with soft sleeper (first class in China, 4 persons sharing one cabin), because the train ticket to Lhasa is difficult to get, so if we could not get the train ticket with soft sleeper, we'll offer the hard sleeper and give the price difference the clients back.
- Lunch and Dinner as mentioned in the itinerary in good local restaurant. A glass of soft drink or beer is included in the main land China. (No guarantee lunch and dinner in the hotel which the clients over night.)
- (first) Entrance fee mentioned in the itinerary
- English speaking accompanying guide through out program on all days with excursions.
- All Transfers specified in the itinerary by air-conditioned coach

Exclude:

- International Flight and airport tax
- Tips, personal expenses
- Transfer , guide service for “day at leisure”
- Guide service during the plane, train

***We preserve the right to make reasonable adjustments of the itinerary and quotation according to the particular circumstances.**

- For the group during 1.Mai, 1 Oct and Chinese Spring Festival, F1 Period in Shanghai (05—07 Oct. 2007), we keep the right to change the price.