

**[ Tour Code: CT-TER003 ] Beijing-Lhasa-Shanghai (10 days)****Day01 Arrive in Beijing**

Arrive Beijing in the morning. 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. A **Peking Duck Dinner** concludes your first full day activities in China. (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**. (B-L-D)

**Day03 Beijing-Lhasa**

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 the train T27\(21:30—20:58+2\) to Lhasa with soft sleeper. The train will drive 47 hour 28 minutes.](#) (B-L-D)

**Day04 On the train**

Whole day on the train. Meals by yourselves.

**Day05 Arrive in Lhasa**

Today is also 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 20:58. Have your welcome dinner in Lhasa . Be transferred to the hotel for rest. (D)

### Day06 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)

### Day07 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)

### Day08 Lhasa-Chengdu-Shanghai

Take the flight to Shanghai. Stop in Chengdu. 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-D)



### Day09 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)

### Day10 Return from Shanghai

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

#### Hotel (or the same standard):

Standard A

Beijing: \*\*\*\* Sunny Capital Hotel

Lhasa: \*\*\* Hotel Kychu

Shanghai: \*\*\*\* Shanghai Hotel

Standard B

Beijing: \*\*\* Bullion Hyatt Hotel Beijing

Lhasa: \*\*\* Hotel Kychu

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
- Travel Permit to Tibet

**Exclude:**

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

**\*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.