

[Tour Code: CT-TER004] Beijing-Chengdu-Lhasa-Xining-Shanghai (13 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-Chengdu

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. After lunch, drive to airport. Take the flight of CA4108 (14:00 / 16:25) from Beijing to Chengdu. Meet you upon arrival at airport. Transfer you to Sichuan Hotel which is located in the central city and business center of Chengdu. Have a short rest in the hotel and then transfer to visit ancient **street Jinli** and appreciate the **Sichuan Opera and Face Changing performances** there. Have Sichuan **Hot Pot** dinner. (B-L-D)

Day04 Chengdu

After breakfast, leave hotel and drive to visit Chengdu **Giant Panda Base** which is located in the suburb of Chengdu. Appreciate the giant pandas playing vigorously in the grassplot. During this season, it is a time of spring warming and flower blossoming in Chengdu. In the suburb of city, a widespread of golden flowers is in full-blown. That's very amazing. Ending appreciating giant pandas, drive to visit "**Hibiscus Ancient Town**" in the country: step on battlement to appreciate flower fields; stroll in the ancient town and experience

the Sichuan folk custom and local culture; have “nine bowls” flavors dinner in the farmyard and enjoy rural custom there.

Day05 Chengdu-Lhasa

In the morning, leave hotel at 05:30 and drive to the airport. Take the flight of CA4401 (07:40 / 09:20) from Chengdu to Lhasa Gongga Airport. Meet you at airport with guide and bus. Hold a small welcome ceremony to presenting Hada to each. Then, transfer to hotel to have a rest for plateau acclimation.

In Lhasa, the hotel we chose for you is a courtyard and Tibetan style resort running by Nepali. All the waiters in the hotel are of foreign nationality or the Tibetan and speak in excellent English. The service quality has reached international levels no matter the facilities or services (please see the hotel pictures attached to you yesterday).



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-Xigatse

Drive 440km from Lhasa to Xigatse. Pass by **Yamdrotso 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)

Day08 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)

D09 Lhasa-Xining

After breakfast, drive from hotel to Qinghai-Tibet Railway Lhasa Station. Visit **plateau station**, take the train of T28 to leave Lhasa at **08:32**. The train first drives from Lhasa to Nachu. In this portion, appreciate the grassland landscape of northern Tibet, terrestrial heat at **Yangpachen**, the wild animals (Tibetan Antelopes) appearing in the Gobi desert and grassland in **Damxung** and the Tibetan herdsman tents villages on train. Then, the train drives (12:40-20:00) from Nachu to Ge'ermu. Appreciate the sceneries along the way on train are as following: the magnificent peaks of Thangula Mountain, the spectacular view of **Yanshiping landforms**, **Tsona Lake**, Dandong large Snow Mountain Ranges at the source of Yangtze River and the natural scenery of **Jade Pearl Peak**. You also can see a wonder of a high bridge established at Nachitai of Qinghai-Tibet Railway, which is 690 meters long with 20 piers and each of them is more than 40 meters long. Afterwards, the sky turns to dark. Train starts to drive at night. On D10, the train will drive into Qinghai Lian Lake area during wee hours and reach Xining at 09:48. In this portion, appreciate the natural sceneries of **Kuerleike Lake**, Tuosu Lake and **Qinghai Lake** and the waved salt-hills landform along the way on the train.



D10 Xining

The train will arrive in Xining at **12: 19**. We will meet you at the train station and transfer you to visit Tibetan Buddhism Monastery—Taer Monastery.

D11 Xining-Shanghai

Drive to airport, take the flight HU7807(08:00-12:05) from Xining to Shanghai. Transfer to your hotel, which is central located in Shanghai. Visit the

Bund. Enjoy the Shanghai Acrobatic Show in the evening.

D12 Shanghai

Full day visit the **Yu Garden** of oriental custom and the Buddhism holy land—the **Jade Buddha Temple**. You could have swing in prosperous **Nanjing Road** and **Huaihai Road**.

D13 Return from Shanghai

After breakfast, transfer to the Putong Airport for exit flight to your home country. (B)

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

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.