

Qinghai-Tibet Highway ITINERARY

(THQ-001)Xining-Chaka-Dulan-Golmud-TuotuoRiver-Amdo-Nagqu-Damxung-Lhasa-Gyantse-Shigatse-Shegar-Rongbuk Monastery-Tingri-Zhangmu (17 Days)



Qinghai-Tibet Highway is the easiest highways to Tibet, and also is the busiest one, the traffic is smooth all the year around.

The Qinghai-Tibet Highway is starting from Xining actually, pre-and post travel is also tailor-made up to your requests.

Day 1/Arrive in Xining

Arrive in Xining, the capital of Qinghai Province, where is mainly inhabited with Tibetan but also a

home of Uyghur, Kazak and Hui minorities. Prepare for the road travel to Tibet via Qinghai-Tibet Highway. (D)

Day 2/Xining-Qinghai Lake

Begin today's sightseeing with the visit to **Ta'er Monastery** (Kumbum Monastery), one of the six biggest monasteries of the Yellow Hat Sect (Gelugpa Sect) of Tibetan Buddhism, and it holds plenty of precious relics and good editions of Tibetan scriptures. The famous butter sculptures, the barbolas, and the murals are considered to be the three most unique arts of superb craftsmanship. Then, head for Qinghai Lake and view of **Sun-and-Moon Mountain** on the way. Legend that Princess Wencheng left for Tubo for her marriage, she took out the Sun-and-Moon Treasure Mirror to see her homeland Chang'an (Today's Xi'an) when she past the mountain. Arrive at Qinghai Lake in late afternoon. (B,L,D)

Day 3/Qinghai Lake-Chaka-Dulan

After breakfast, visit **Qinghai Lake**, a salt lake situated in the province of Qinghai, about 100km west of Xining. Qinghai is the largest lake in China, located at the crossroads of several bird migration routes across Asia. Many species use Qinghai as an intermediate stop during migration, so it is also known as "Bird Islands" (Cormorant Island and Egg Island), which have been bird sanctuaries of the Qinghai Lake Natural Protection Zone since 1997. Then, drive to **Kaka Salt Lake**, whose bottom is covered with a layer of rock salt that is generally 5m thick, with a maximum thickness of 9.68m. The salt is naturally crystallized with big crystal, high purity and excellent taste. And it contains mineral materials, so looks dark green and hence it is called "green salt". Stay overnight in Dulan. (B,L,D)

Day 4/Dulan-Golmud

After breakfast, traverses through Tsaidam Basin to Golmud. You will enjoy the geographic landscape included Gobi desert, Yadan Landscape, maybe Mirage is possible to be seen on the way. Arrive in Golmud in late afternoon, a Mongolian word meaning "a place concentrated with rivers". (B,L,D)

Day 5/Golmud-Tuotuo River (530km)

Leave Golmud behind, and head for Kunlun Mountains regarded as the "Forefather of all Mountains", passing through Kunlun Bridge (3,400m), Budong Spring (3,776m) on Nachi Terrace, and the mighty Kunlun Mountain Pass (4,767m) where overlook Kunlun Mountains' Peak Yuzhu, 6,178m above sea level, featured modern glacier landforms on both its northern and southern slopes. Drive through Qingshuihe River Superlarge Bridge which stretches 11.7km, and enter into Keke Xili (Hoh Xil) Nature Reserve, [a paradise for wildlife](#) and inhabited by a number of valuable and rare species wild animals, such as Tibetan antelope, wild yak, wild ass and Tibetan gazelle. Pass through Wudaoliang (5,100m) known as the "Forbidden Area for Life" where the climate is extremely cold and harsh, perennial in cruel winter, finally arrive at Tuotuo River Bridge. Tuotuo River is the headstream of Yangtze River originated from the Ge La Dan Dong Snow Mountain in Tangula Mountain. (B,L,D)

Day 6/Tuotuo River-Amdo-Nagqu (420km)

Watch the sunrise on Tuotuo River Bridge. Then, cross over Tangula Mountain Pass (5,231m), meaning that mountains over which great eagles can not fly in Mongolian. Overlook Ge La Dan Dong Mountain at 6,621 meter above the sea level, the highest peak standing at the Yangtze River headwaters. Go ahead Amdo which means "Road Fork in the Rear", pass through the beautiful Qiangtang Pasture and reach Nagqu, sandwiched by the Kunlun-Tangula-Gangdise-Nyainqentanglha mountain ranges. (B,L,D)

Day 7/Nagqu-Damxung-Namtso Lake-Yangbajing-Lhasa (330km)

After breakfast, drive to Dumxung, famed as the "A Chosen-Out Wonderful Place", and in the heart of Qiangtang Grassland. Continue to head for **Namtse Lake**, lying at the foot of Nyainqentanglha Mountain, is the highest lake in the world, considered as the holy lake in Tibet. Then, visit **Yabajing Thermal Spring**, enjoying the **hot spring** and greeting with the beautiful scenery of Tibetan northern grassland. then, drive to Lhasa for overnight. (B,L,D)

Day 8/Lhasa

The first day of sightseeing starts from Lhasa's cardinal landmark- **Potala Palace**, a structure of massive portions. Its towering image has already appeared 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 Temple**. 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. The rest of day is free. (B,L,D)

Day 9/Lhasa

Sightsee of 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. (B,L,D)

Day10/Lhasa

Today is at leisure. (B)

Day11/Lhasa-Gyantse (261km)

Drive from Lhasa to Gyantse (at 4,040 meters above sea level), and pass by **Yamdroktso Lake** for sightseeing. Yamdroktso Lake is one of the four holy lakes of Tibet, and legend has it that if the lake ever disappears, it will mark the end of Tibet. In Gyantse, visit **Palkor Monastery**, the symbolic architecture of Gyantse. On one side of the Palkor Monastery stands a white tower - **Kumbum Stupa**. It is said that there are altogether more than 100,000 Buddha statues engraved on the tower; hence the name "One Hundred-Thousand-Buddha Tower". (B,L,D)

Day12/Gyantse-Shigatse (90km)

Proceed to Shigatse and visit **Tashihunpo Monastery**, the traditional seat of the Panchen Lama to perform their political and religious tasks. Tashihunpo's magnificent outside may make you gasp in admiration, its inside just offers you more religious tranquility and sincerity. This monastery houses the world's largest copper Buddha figure which is decorated with numerous luxurious jewels. (B,L,D)

Day13/Shigatse-Shegar (250km)

After breakfast, drive to Shegar. Pay a visit to **Sakya Monastery**, the principal monastery of the Sakyapa Sect of Tibetan Buddhism, which is famed as the "Second Dunhuang" due to its colossal collection of numerous Tibetan Buddhist scriptures, murals and Thangkas. (B,L,D)

Day14/Shegar-Rongbuk Monastery (68km)

Drive to visit Rongbuk Monastery after breakfast. Today's highlight is the visit to **Rongbuk Monastery**, the highest among all the temples in the world. The monastery was built in 1899 by a local lama, as a Nyingmapa monastery. Rongbuk Monastery is the red building standing out from the colorless surroundings as a sore on a clear skin. Monks and nuns live in the same monastery and celebrate the Buddhist festivals together. (B,L,D)

Day15/Rongbuk Monastery-Tingri (65km)

Today's highlight is a visit to **Mt. Everest Base Camp**. Mt. Everest, also called Qomolangma, a part of the Himalaya range in High Asia, is the highest mountain on earth, as measured by the height of its summit above sea level, which is 8,848 metres (29,029 feet). Mt. Everest Base Camps are used by mountain climbers during their ascent and descent. Enjoy the magnificent scene of Himalaya Range. Then, drive to Tingri and stay overnight here. (B,L,D)

Day16/Tingri-Zhangmu (65km)

After breakfast, drive to Zhangmu, a custom town and port of entry located in Nyalam County on the Nepal-Tibet border, which is absolutely embraced by wondrous mountains, flexural rivers, lush pines and flourishing flowers almost all the year round. Walk around **Nyalam Town** (situated at 3,750 meters (12,300ft) above sea level), a town of stone buildings and tin roofs, it is nicknamed "The Gate of Hell" by the Nepalese traders because the trail between Nyalam and the Nepalese border was so treacherous to negotiate. (B,L,D)

Day17/Zhangmu-Kathmandu (123km)

Drive to the border of Nepal-Tibet. TOUR ENDS! (B)