



11D TIBET NYINGCHI + QINGHAI Railway Tour

人生是一段旅程, 在中美与你结伴同游
Life Is A Journey, Let Us Be Your Guide

Tourist visas (single or multiple entries) may be required.
Please refer to our tour consultants for more details.

HIGHLIGHTS (Tour Code: LZYX)

- **World's Highest Qinghai-Tibet Railway**, (Exclusive: Guarantee Soft-bedded 4-berth Cabin)*
- **Tibetan Themed Dinner** - Taste Tibetan cuisine and listen to sounds of nature

DELICACIES:

- ✓Lurong Chicken Stone Pot ✓Tibetan Tsampa
- ✓Buffer Tea ✓Yogurt ✓Yak Meat ✓Barley Wine

DAY 1: SINGAPORE → CHENGDU

Assemble at Singapore Changi Airport for your flight to Chengdu. Upon arrival, transfer to the hotel to rest.

D2: CHENGDU → NYINGCHI (B/Lunch/Dinner)

After breakfast, transfer to Chengdu's airport for your flight to **Nyingchi**. Upon arrival, receive a welcome **Hada**, then proceed to the hotel for a rest so as to better acclimatize to the high altitude. Evergreen Nyingchi is renowned as "Switzerland of the East" and "Jiangnan of Tibet", which lies at an average altitude of 3000 meters above sea level and boasts of lush greenery and fresh blooms. Going eastward from **Bayi Town**, pass through the mountain of **Serjila**, **Lulang Forest** (Lulang means Dragon King Valley in Tibetan). The landscape is particularly beautiful with snow mountains, glaciers, forests, villages and rivers - like heaven on earth! Next, visit the 2,500-year-old **Nyingchi King of Cypress** and the **Giant Cypress Nature Reserve**. Then, coach on to **Baiyizhen**.

D3: NYINGCHI → MT. MILA → LHASA (B/L/Dinner)

After breakfast, coach to the most beautiful lake in Tibet, **Basong Lake**, also known as "The Alps of Tibet". Surrounded by snow-capped mountains and lush forest, Basong Lake has another name, **Tsokou Lake**. This is one of the **Holy Lakes in Tibet**. It is calm and clear and its serenity and provides a peace that is hard to find in a world of hustle and bustle. Upon arrival at **Basong Lake**, proceed to visit **Huxin Immortal Island**, located at the centre of the lake. Thereafter, traverse across the 5,230m high Miki Mountain and pass by Maizhokunggar County and Dagze Plain on your journey to **Lhasa**. En route, view Jiamia Township (Songtsan Gambo birthplace), Taizhao City, Ngapoi Village and Bangjie Tong Grassland. Upon arrival in Lhasa, rest yourself in order to acclimatise to the high altitude.

★Tibet Lhasa Upgrade:
1-night to 5* Hotel:

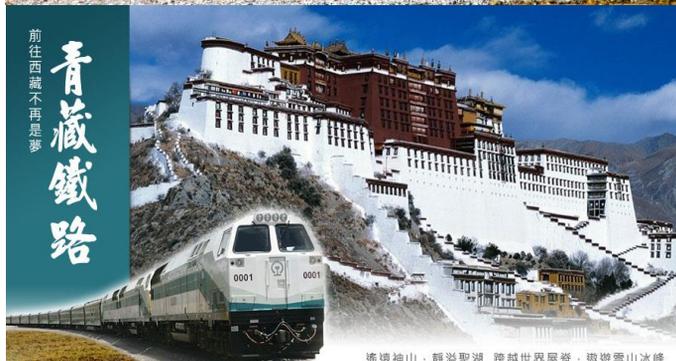
Intercontinental Lhasa Paradise Hotel

★Enjoy Lhasa Qinghai Train Ride

Exclusive: Guarantee Soft-bedded 4-berth Cabin*

★Free bottles of Oxygen provided on the coach

★Tibetan Highland doctors consultation service in Lhasa hotel*



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DAY 4:LHASA (Breakfast/Lunch/Dinner)

Tibet is also known as the "sun-lit city", as daylight hours are long. **Lhasa** means "Land of the Gods" and is over 1300 years old. Visit **Potala Palace**, a UNESCO World Heritage site. A winter palace of the Dalai Lama since the 7th century, it symbolizes Tibetan Buddhism. The complex, comprising the White and Red Palaces with their ancillary buildings, is built on the Red Mountain in the centre of Lhasa Valley, at an altitude of 3,700m. Next, visit **Jokhang Temple** (Jokhang Monastery), the 'House of Buddha'. It is the spiritual center of Tibet and the holiest destination for all Tibetan pilgrims. It is listed in the World Cultural Heritages with Potala Palace and Norbulingka. Explore **Barkhor Street**, a vibrant pedestrian street in Lhasa. Browse and buy unique, hand-made handicraft by the various minority tribes.

D5:LHASA ⇄ NAMTZO LAKE ⇄ LHASA(B/L/D)

After breakfast, coach through the Qinghai-Tibet railway and Nagenla Snow Mountain to **Namtso Lake**, the saltwater lake with the highest altitude in the world at 4718m. It is one of the 3 sacred lakes of Tibet and also renowned as a holy lake in Tibetan Buddhism. With its good quality of pastures along the lakeside, it is a natural ranch. On the return journey, see the peak of Mt Tanggula, covered with snow all year round.

Note: In the event that we are unable to visit Namtso Lake due to weather conditions, it will be replaced by Derpung Monastery and Post Dalai Lama's treasured park—Norbulingka Palace.

D6:LHASA ⇄ GYANTSE ⇄ SHIGATSE(B/L/D)

Travel across snowy **Mount Gangbala** which stands at 4,900m above sea level. View Gangbala radar station in the distance. Continue to view the **Kanoia Glacier** and tour **Yamdruk Tso Lake's** before visiting **Gyantse**. Next, visit **The Palkor Monastery**, a Tibetan Buddhist Monastery where the 3 most influential sects of Tibetan Buddhism coexist harmoniously. View its beautiful wall murals and sculptures. Thereafter, visit the British resistance fort at Mount Zong. Then, coach to **Shigatse**.

D7:SHIGATSE ⇄ LHASA(B/Lunch/Dinner)

Visit **Tashilhunpo Monastery**. Founded in 1447 by the 1st Dalai Lama, it is a historic monastery in **Shigatse**, the second-largest city in Tibet. See the **Stupa-Tomb of the Tenth Panchen Lama** here. En route, visit **The Park of Oriental Miraculous Mastiff**. Tibetan Mastiff are also known as "Miraculous Beast", "Number One Dog" and "Antique Dog" and they originate from the highland of Tibet. Thereafter, coach back to Lhasa and appreciate the art of Tibetan Thangka. **Enjoy a charming night stroll at the Potala Palace Square.**

D8:LHASA-QINGHAI-TIBET RAILWAY(B)

Stay overnight in a communal 4-berth train cabin. After breakfast, proceed to Lhasa Railway Station to board the world's highest railway, Qinghai-Tibet Railway, to Xining. It will pass through **Lhasa-Dangxiong-Naqu-**



-Anduo-Tuotuo River-Xining , Ge'ernu, and Xining.

During the train journey, feast your eyes on the beautiful scenery along the way. You may view Qinghai Lake, Mt.Kunlun, Kekexili, Gebihongliu Changjiangyuan, Mt.Dangla, Cuona Lake and Changtang Grassland. You may also get the chance to view galloping Tibetan antelopes, wild yaks and other wildlife.

D9:QINGHAI-TIBET RAILWAY-XINING(L/D)

The train will pass through China's largest inland saltwater lake, spanning from Qinghai to **Xining**. Upon arrival in Xining, proceed to visit the famous **Kumbum Monastery**, one of the six major monasteries of Tibetan Buddhism. Then, visit **Great Mosque**, one of the four major mosques in the northwest.

Day 10:XINING→CHENGDU(Breakfast)

Continue to visit the four gems of Chinese medicine, **Chinese Wolfberry Health Scenic Spot**. As a treasure house of biological resources, the Qinghai-Tibet Plateau is favoured by the world for its unique natural and geographical advantages. Thereafter , transfer to the airport for your flight to Chengdu.

D11:CHENGDU →SINGAPORE(Breakfast)

After breakfast, transfer to the airport for your flight back to Singapore.

Remarks:

- *Due to unforeseen circumstances, the sequence of the itinerary is subject to change with/without prior notice.
- *Tour is conducted in Mandarin unless otherwise specified.
- *Passengers with high blood pressure or heart health problems and elderly are advisable to consult doctor before joining four
- *Diplomats and reporters will need special arrangement for the Tibet Entry Permit.
- *The facilities and meals offered at Tibet highland are simpler and may not be compared with other part of China , appreciate your kind understanding. Tibet meals do not provide beverages .
- *2 Shopping stops: Tibetan health centre, Tibetan Dzi Beads
- *Tour groups on different flight schedule may be merged.
- *Hotel ratings are based china reference on local terms. If hotel is pending certification from the relevant body, comparable standard hotels will be use.
- *Additional Tour Package:*Tibetan Performance + Zongliao Lukang Park + God of Wealth Temple=RMB580/Adult, RMB460/Child below 1.12m height
- *Chengdu Optional tour (if Xining/Chengdu flight is before noon) :*Qingyang Palace + Health Hot Pot =RMB 250/ Adult , RMB200/Child below 1.12m height
- *Xining Optional tour (if Xining/Chengdu flight is after noon) :Nanchan Temple Ancient Building + Shuijingxiang Market + Halal Cuisine = RMB 250 Adults , RMB200/Child below 1.12m height