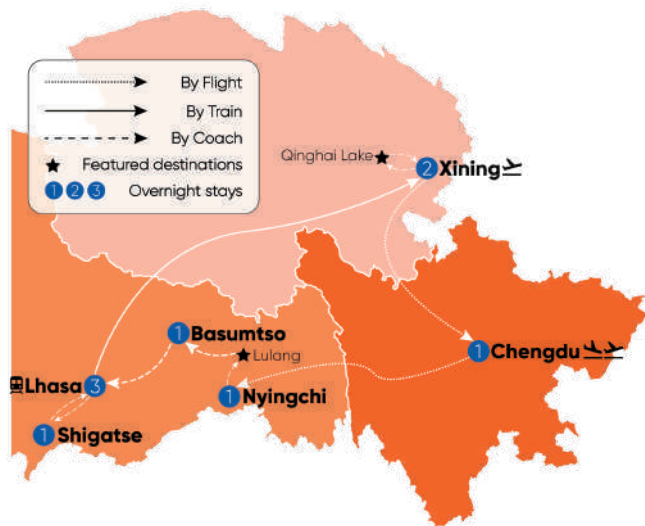




# 11D LHASA/SHIGATSE/NYINGCHI/ QINGHAI LAKE/QINGHAI-TIBET PLATEAU TRAIN

Validity Period: 01Apr 2023- 31Dec2023

CNTB11



## Tour Highlights

- **CHENDU** - Chunxi Road
- **NYINGCHI** - Buju Lamalin Temple, Biri Sacred Mountain , Karding Ditch Waterfall, Linzhi Tibetan Southeast Cultural Heritage Museum , Giant Old Pine, Lulang forest Observation Deck, Basumtso Lake , Tsozong Gongba Monastery, Bangjietang Grassland, Mila Mountain
- **LHASA** - Potala Palace, Jokhang Temple, Barkhor Street, Yaowang Mountain Stone Carvings, Yamdrok Lake, Carola Glacier, Tibetan home Visit
- **SHIGATSE** - Tashilhunpo Monastery
- **QINGHAI-TIBET PLATEAU TRAIN**
- **XINING** - Qinghai Lake, Shuijingxiang pedestrian street , Ta'er Monastery
- **SPECIAL MEALS:**  
Stone pot chicken, Tibetan Pork Cuisine, BaHeFish cuisine, NiEr Cuisine, Tibetan Cantonese flavor, Tibetan flavor Wild Mushroom Hotpot, Korean BBQ, Halal flavor, Herb Hot Pot

### Day 1

SINGAPORE ✈️ CHENGDU  
Meals on Board

- Check in at Singapore Changi Airport for your flight to Chengdu
- transfer to your hotel for ample rest in order to acclimatize to the high altitude

Accommodation: 5\* Holiday Inn Express Chengdu Tianfu Airport

### Day 2

CHENGDU ✈️ NYINGCHI  
Breakfast, Lunch, Dinner

- take the domestic flight to **Lingzhi** (Nyingchi), 3100 meters above sea level
- **Buju Lamalin Temple** - is the largest and most important Tibetan Buddhist site in Nyingchi
- **Biri Sacred Mountain** - Located in Bayi Town, Nyingchi, Tibet, the scenery of Sacred Mountain is beautiful. The country's second largest Tibet-based animal and plant living specimen museum with the theme of natural resources is the best place for visitors to learn about rare animals and plants in Tibet. It is like an encyclopedia of Linzhi
- **Southeastern Tibet Cultural Heritage Museum** - It is the first large museum in the history of cultural relics in the Nyingchi region. It has 14 exhibition halls, which showcases the unique traditional culture of the various ethnic groups in southeastern Tibet.

Accommodation: 4\* Linzhi Pearl Hotel or similar

### Day 3

NYINGCHI – LULANG(1H) – BASUMTSO(3H)  
Beakfast, Lunch, Dinner

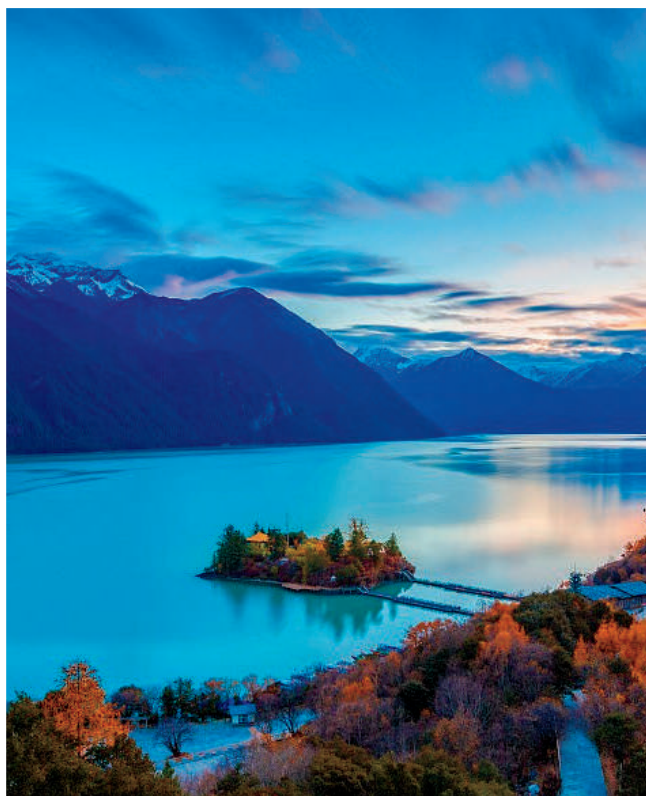
- **Kading Ditch Waterfall** - Located in the Khanding Valley, 24 km from Bayi Town, Nyingchi County is a typical canyon landscape. The waterfall with a drop of nearly 200 meters flows straight down, majestic, and a naturally-formed Buddha in the waterfall.
- **Giant Old Pine (Before 15 April will be replaced by Gema Taohua village, along 318 to view wild peach blossoms)** - known as the "World's giant Old Pine", located in the valley. Has an altitude of 3,000 meters to 3,400 meters.
- **Lulang forest Observation Deck** - Travels east for more than an hour (about 80 km) on the 318 National Road. The scenery is charming along the way. After the 4,720-meter-high above sea

## Meals

9Breakfasts | 8 Lunches | 8 Dinners

## Accommodation

Local 4+ 5\* Hotel or similar



📍 BASUMTSO



 **Potala Palace**

level. you can reach the Lulang Forest Observation Deck at an altitude of 4,300 meters. It should be regarded as the highest altitude forest in the world.

- **Proceed to Basumtso**

**Accommodation: 4\* Linzhi Himalaya Ba Songcuo Resort (Lakeside Hotel in Scenic Area) or similar**

**Day 4** | *BASUMTSO – LHASA (5H)*  
Breakfast, Lunch, Dinner

- **Basumtso Lake (Ba Songcuo Lake)** - Tibetan is the meaning of "green water". The lake is more than 3,700 meters above sea level. It is a famous Shenhu and holy land of the Red Church. In 2000, it was awarded the national 4A level scenic spot.
- **Tsozong Gongba Monastery** - About 370 kilometers from Lhasa. The temple was built in the late Tang Dynasty. (can enjoy wild peach blossoms during April).
- **Bangjietang Grassland** - Bangjietang Grassland is the first pure grassland scenery of Linzhi. At an altitude of 4,700 meters, the grassland area is about 15 square kilometers.
- **Mila Mountain** - Mila Mountain at an altitude of 5018 meters (prevent altitude sickness and avoid oxygen deficiency), this is the boundary mountain between Lhasa and Nyingchi, and the watershed of the Niyang River system in the southeast and the Lhasa River system in the northwest.

**Accommodation: 5\* Lhasa Intercontinental Hotel or similar**

**Day 5** | *LHASA*  
Breakfast, Lunch, Dinner

- **Potala Palace** - It is the world's highest altitude, a magnificent building integrating palaces, castles and monasteries. It is an outstanding representative of Tibetan ancient architecture and the essence of the ancient Chinese architecture. The main building is divided into two parts, the White Palace and the Red Palace. The palace is more than 200 meters high. After the reconstruction of the Potala Palace in 1645 (the second year of Qing Shunzhi), it became the residence of the Dalai Lama's Winter Palace. In December 1994, UNESCO listed it as a World Cultural Heritage; in January 2013, the National Tourism Administration listed it as a national 5A-level tourist attraction.
- **Jokhang Temple** - It is a Tibetan Buddhist monastery. It was built by the Tibetan king Songtsan Gambo. The Jokhang Temple has a history of more than 1,300 years and has become a thousand classical models of Tibetan religious architecture. The Jokhang Temple is the most splendid building of the Tibetan period in Tibet, and it is also the earliest civil structure building in Tibet.
- **Barkhor Street** - it is the famous turn-by-turn and commercial center of Lhasa, which preserves the traditional features and

living style of the ancient city. Barkhor Street is a polygonal street ring consisting of Bajiao East Street, Bajiao West Street, Bajiao South Street and Bajiao North Street. The circumference is about 1000 meters.

- **Yaowang Mountain Stone Carvings** - Stroll down the unique red brick warehouses restored to a chic dining and shopping area next to the waterfront.

**Accommodation: 5\* Lhasa Intercontinental Hotel or similar**

**Day 6** | *LHASA – SHIGATSE (4H)*  
Breakfast, Lunch, Dinner

- **Yamdruk Lake** - One of the three holy lakes in Tibet, like a coral branch, so it is also known as the "coral lake above" in Tibetan. About 70 kilometers southwest of Lhasa, together with Namtso and Mabianocuo, it is called the three holy lakes in Tibet. It is the largest inland lake in the northern foothills of the Himalayas. The lake is 4,441 meters above sea level. From Lhasa to Yanghu, you need to cross the 5030-meter Gambashan Pass.
- **Carola Glacier** - About 71 kilometers from Jiangyan County, it is one of the three major continental glaciers in Tibet and is the source of the eastern part of the Nianchu River.
- **Tibetan home Visit**

**Accommodation: 5\* Qiaomulanong Hotel or similar**

**Day 7** | *SHIGATSE – LHASA*  
Breakfast, Lunch, Dinner


- **Tashilhunpo Monastery** - It is the largest temple in Shigatse. It is the "four great temples" of the Gelug Sect of Tibetan Buddhism, together with the "Three Great Temples" of Lhasa, Ganden Temple, Sera Monastery, and Drepung Monastery. Tashilhunpo Temple is one of the six famous Yellow Temples in China. National 5A level tourist attraction.

**Accommodation: 5\* Lhasa Intercontinental Hotel or similar**

**Day 8** | *LHASA – XINING*  
Breakfast

- **Qinghai-Tibet Plateau Train** - After breakfast, take the Qinghai-Tibet Plateau train with the highest altitude in the world to Xining, Lhasa – Dangxiong – Naqu – Ando -TuoTuohe – Geermu - Xining. Own expenses for meal on board (there will be food sold in the train). Along the world's highest altitude, the longest mileage, and the most spectacular plateau railway, we walked through the Qiangtang grassland, Cuona lake, the Tanggula mountain, the KeKeXiLi, the Kunlun Mountains, the Qinghai Lake, and the Gobi Red River Yangtze River. The Qinghai-Tibet Railway Lhasa to



 **Yamdruk Lake**



📍 Qinghai Lake

Xining is 1972 kilometers long. It will depart in the morning and arrive in Xining the next day. The journey will take about 22hrs. In view of the special operation status of the Qinghai-Tibet Railway, the train schedule and travel time will be based on the specific ticket on the day of the train ride.

**Accommodation: On the train (soft sleeper, 4 pax per cabin)**

Day 9 | *XINING – QINGHAI LAKE – XINING(4H)*  
Lunch, Dinner

- **Qinghai Lake (Battery Car included) (Exclude Cruise RMB200-300/pp)**
- **Shuijingxiang pedestrian street**

**Accommodation: 5\* Sanyu Hotel or similar**

Day10 | *XINING ✈️ CHENGDU*  
Breakfast, Lunch, Dinner

- **Ta'er Monastery (including battery car):** - One of the six major monasteries of the Gelugpa. The Ta'er Monastery is the highest institution of the Buddhist College of Qinghai Province.
- Take domestic flight back to Chengdu.
- **Chunxi Road**

**Accommodation: 5\* Holiday Inn Express Chengdu Tianfu Airport**

Day 11 | *CHENGDU ✈️ SINGAPORE*  
Breakfast, Meal on Board

- After breakfast, heading to the airport for your flight back to Singapore. We hope you enjoyed your trip.

## NOTES

- Minimum 10 passengers to move, 20 to have a tour leader.
- For any changes in flight details and itinerary, please refer to airline and local land operator for the most accurate arrangements.
- The company is not responsible for any compensation or replacements in the event of natural disasters, unpleasant weather conditions and political issues in the country.
- Tour is conducted in Mandarin unless otherwise specified. Different airlines might be formed into a group
- In the event of discrepancy between the Chinese and English itineraries, please refer to the **Chinese** version for ethnicity.
- All hotel ratings are based on local standards. In the event that accommodation in the stated hotel is unavailable, it will be replaced by another hotel of similar standards. For Triple sharing, hotels in China will only provide an extra folding bed
- **Recommended Tour : (RMB380 - 580/PAX)**
  - Princess Wencheng's large-scale live show

## Tipping Guidelines

- **Guide and driver – RMB330/Per Person**
- **Tour leader (if any) - SGD \$55/ per person**



📍 Nyingch peach blossom