

# Tibet Discovery

Tour Code: TT

11 days, 10 nights | Beijing, Lhasa, Chengdu, Xining, Tongren

SPIRITUAL  
JOURNEY



The Tibet Discovery elevates you to the towering mountain ranges of southwest China, where you will see and experience Tibet's mystical and spiritual appeal. Experience the largest lake in the Tibet Autonomous Region, Namtso Lake. This tour provides you an option of either choosing to visit China's prized Pandas at renowned research center in Chengdu or witness the spectacular views of the Tibetan highland on a train to Xining. Whichever you choose, both are going to astound you. Embark on an exhilarating flight through beautiful mountains on your way to Lhasa, where you will visit the sacred Tibetan Buddhist Potala Palace. Enjoy a heightening experience on your Tibet Discovery to "The Roof of the World."

## Tour Highlights

### Beijing (2 Nights):

Bird's Nest, Water Cube, Yonghegong Lamasery and Temple of Heaven

### Lhasa (5 Nights):

Tibetan Highlands, Potala Palace, Barkhor Street, Jokhang Temple, Sera Monastery, Namtso Lake, Tibetan History Museum and Summer Palace of Norbu Lingka

### Option 1 - Chengdu

#### Chengdu (3 Nights):

Chengdu- Panda Research Center, Leshan- Giant Buddha, Dujiangyan

### Option 2 - Xining

#### Lhasa Train (1 Night):

Spectacular view of Tibetan highland

#### Xining/Tongren/Beijing (2 Nights):

Tibetan Medicine Museum and Tibet Thangka painting art



Entertainment: Sichuan Opera (Chengdu)

Tour Price Includes: Domestic China Airfare, Meals, Tours, Guides and Hotels



Tibetan Highlands



Namtso Lake

## Itinerary

AB: American Breakfast, B: Breakfast, L: Lunch, D: Dinner

### Day 1 Beijing

Arrive in Beijing after your flight where we will greet and escort you to your hotel.

### Day 2 Beijing (AB, L, D)

You will first visit sites of the 2008 Olympic Games such as the Bird's Nest and the Water Cube. After a short rest, you'll visit the Yonghegong Lamasery and Temple of Heaven.

### Day 3 Beijing - Lhasa (AB, L, D)

Today, board an early flight to Tibet, "The Roof of the World." Take in the breathtaking countryside as you travel from the remote airport into the city of Lhasa. The remainder of the day will be free for you to explore and adapt to the altitude.

### Day 4 Lhasa (AB, L, D)

Today, visit the 7th century Jokhang Temple and Sera Monastery. Afterwards, you will visit Barkhor Street to shop for traditional Tibetan arts and crafts.

### Day 5 Lhasa (AB, L, D)

Your first stop will be the Potala Palace, the most sacred location of Tibetan Buddhism. You then visit the Summer Palace of Norbu Lingka, former residence of the Dalai Lama. Later you will see the Tibetan History Museum. Tibetan singing and dancing performance highlights the evening.

### Day 6 Lhasa - Namtso (AB, L, D)

Today, drive to one of the Holy lakes in Tibet, Namtso Lake. After admiring the beauty of nature and its natural pure color and return back to Lhasa.

### Day 7 Lhasa (AB)

Today is a free day so you may want to set aside some time to go shopping and taste some regional cuisine while in Lhasa.

### Option 1 - Chengdu

#### Day 8 Lhasa - Chengdu (AB, L, D)

In the morning, we board our flight to the city of Chengdu, Sichuan (Szechuan) the gateway to Tibet. After checking into the hotel, we rest up before heading out to enjoy a Sichuan opera in the evening.

#### Day 9 Chengdu (AB, L, D)

Today we will make our way from Chengdu in the morning, and visit the Giant Buddha at Mt. Leshan. Afterwards we will return to Chengdu in the evening.

#### Day 10 Chengdu - Dujiangyan (AB, L, D)

Today we'll visit one of the World Heritage Site - Dujiangyan Irrigation System, which is an age-old water project completed more than 2000 years ago. This project has been functioning for over 2000 years guarding against floods and irrigating the vast Chengdu Plain. Head back to Chengdu to visit the Giant Panda Research Center.

#### Day 11 Chengdu (AB)

Enjoy your breakfast, then we will escort you to your flight back home.

### Tour Code-TT (Chengdu)

Begins - Beijing Thursday	Ends - Chengdu Sunday	*Intra-China Air + Land
Apr 13, May 18, Jun 15	Apr 23, May 28, Jun 25	\$4,099
Jul 6, Aug 17, Sep 14	Jul 16, Aug 27, Sep 24	\$4,099

### Option 2 - Xining

#### Day 8 Lhasa Train (AB)

Board a train to Xining. While traveling to Xining, enjoy the spectacular views of the Tibetan highland.

#### Day 9 Xining - Tongren (L, D)

Upon arrival in Xining, we'll experience a unique Eastern Tibetan natural view during our drive to Tongren, the hometown of Tibet Thangka painting art. Later visit a workshop of the paintings and spend the night in Tongren.

#### Day 10 Tongren - Xining - Beijing (B, L, D)

Drive to Xining in the morning. Before boarding our evening flight back to Beijing, we'll visit Tibetan Medicine museum and witness the longest Tibetan Thangka, which received an entry in the Guinness World Records.

#### Day 11 Beijing (B, L)

End your tour and we will escort you to the airport.

### Tour Code-TT (Xining)

Begins - Beijing Thursday	Ends - Beijing Sunday	*Intra-China Air + Land
Apr 13, May 18, Jun 15	Apr 23, May 28, Jun 25	\$4,099
Jul 6, Aug 17, Sep 14	Jul 16, Aug 27, Sep 24	\$4,099

Prices do not include:

- International Flights (Call us for special rates on international airfare)
- Chinese Visa
- Recommended Travel Insurance (p.42)
- Single Supplement - \$820
- Child (2-11) fare is 90% rooming with 2 adults without bed

\*Intra-China Air + Land prices include China domestic air tickets, fuel surcharges and airport taxes/fees.

This itinerary is subject to change due to circumstances beyond our control including: weather, airline schedules, etc.

For a more detailed itinerary, please visit our website.



Potala Palace at dawn, Lhasa, Tibet