



With an average altitude in excess of 3500m, Tibet can truly be described as the roof of the world. Lying to the north of the great Himalayan range which separates it from its neighbours India, Nepal and Bhutan, much of the country is high-altitude desert. With its spectacular mountain scenery and rich Buddhist culture, Tibet is a remarkable place to visit.

Inspiring landscapes and mountain views combined with its rich Buddhist history and culture, make visiting Tibet a truly unforgettable experience.

Day 1 / Singapore ✈ Chengdu (L/D)

Fly to Chengdu, the guide will meet you and take you have sightseeing in Chengdu city, covers **Wuhou Temple** and Culture Village. Overnight in Chengdu.

Day 2 / Chengdu ✈ Xining (B/L/D)

Taking Domestic flight to Xining (2200M of altitude) - visit the birthplace of Zongkaba founder of Gelug (Yellow) sect of Tibetan Buddhism, ---**Tare Monastery**, enjoy "Three Uniques"---- Frescoes, embossed embroidery and Butter sculpture. Then drive to "The Hometown of Rainbow"--- **Huzhu** Tu Nationality Autonomous County. Visiting Tu Nationality Folk Customs Garden, appreciate "Lunziqiu" and "Anzhao Dance". Tasting the local food and highland barley wine. Back to Xining,

Day 3 / Xining – Qinghai Lake



After breakfast, drive to **Riyue Mountain** (3500M of altitude) which a well known legendary relates Princess Wencheng. Visit the Sun and Moon pavilions and "Daotang River" Drive to **Qinghai Lake**, which is the biggest

Train to Roof of the World

11 Days Qinghai ~ Tibet Plateau

inland salt lake in China. Continue to **Caka . (B/L/D)**

Day 4 / Caka – Golmud (B/L/D)

After breakfast, visit **The Caka** (meaning the sea of salt in Mongolian language) Salt Lake covers an area of 105 square kilometers, and is a typical chloride salt lake. Continue to Golmud.

Day 5 / Golmud - Lhasa (B/D) – Train

Golmud is the starting point for the new 1,149 km 'roof of the world' line to Lhasa. From here it will take approximately 13 hours to reach the Tibetan capital. – **Lhasa**



Day 6 / Lhasa (B/L/D)

You'll have a whole day of sightseeing in the holy city: in the morning, visit Lhasa's landmark - **Potala Palace**, a structure that deserves a place as one of the wonders of eastern architecture. In the afternoon, visit **Jokhang Temple** - the most revered religious structure in Tibet, and the surrounding area - Barkhor, Lhasa's pilgrimage circuit. This area is both the spiritual heart of Lhasa and the main commercial district for Tibetans. Overnight in Lhasa.

Day 7 /Lhasa–Gyangtse-Shighatse

Transfer to Gyangtse. Stop off at the Yamdrok Yumtso Lake. Continue to visit the PalKhor Monastery - also named Palcho Monastery, is very different from other monasteries. and the Gyangtse Old Street. Overnight in Shighatse. (B,L,D)

Day 8 / Shigatse - Lhasa

After breakfast will visit **Tashilhunpo Monastery**, Tashilhunpo is associated with the Gelugpa order and is one of the six great Gelugpa institutions along with Drepung, Sera and Ganden in Lhasa and Kumbum and Labrang in Amdo. It is probably the largest functioning monastic institution in contemporary Tibet and an impressive place to explore. Overnight in Lhasa. (B,L,D)

Day 9 / Lhasa - Lyingchi

In the morning, drive to Nyingchi area. On the way, you will drive to Lake Basum-Tsu is also rich in its products with its gorgeous and enchanting sights. Overnight in Nyingchi. (B,L,D)

Day 10 / Lyingchi - Lhasa

After breakfast, you'll visit an old pine tree which is about 2500 years old. Then return to Lhasa, on the way you can enjoy the great landscape en route. Overnight in Lhasa. (B,L,D)

Day 11 / Lhasa ✈ Chengdu ✈ Singapore

Pack your luggage, and get ready for leaving. The guide will transfer you to the airport, and help you board the plane. Say goodbye to Tibet. (B/L)

TOUR COST PER PERSON

**Min. 6 persons:
S\$2388.-**

Single Room Supplement

S\$300.-

**Departure Date :
01 Apr – 31 May , 2007**

Tour Cost Includes

- Return airfare from Singapore to Chengdu – Xining //Lhasa – Chengdu – Singapore by Air China
- Guided sightseeing tours with all entry fees
- Travel permit, Tibet visa &
- Airport transfers

Tour Cost Excludes

- Airport Taxes/Fuel Charge/War Insurance
- Travel Insurance
- Tips & gratuities
- China Visa (Not necessary for Singaporean Passport Holders visiting China for more less 15 days)

Hotels and itinerary are subject to change based on the actual situation in China.I