

# G Tibet Adventure (By Train) + Minority Discovery

Beijing, Xining, Qinghai-Tibet Train, Lhasa, Gyantse, Xigaze, Shangri-La, Lijiang, Kunming, Stone Forest, Shanghai 18-Day Tour

(Tour No: TKG)



## Day 1 Hometown / Beijing

Your adventure begins with a flight from your hometown to Beijing by Japan Airline (via Tokyo) or Air Canada (direct). Your Canadian tour guide will accompany you from Vancouver to Beijing

## Day 2 Arriving Beijing

Arrive in Beijing, the capital city of China. You'll be greeted by your local guide and transferred to your hotel. Relax or explore Beijing at your leisure.

**Hotel: Chang An Grand Hotel (5 Star)**

## Day 3 Beijing

After breakfast, a coach ride takes you to **Great Wall at Simatai**, a section without extensive restoration, to see what the wall originally looks like during Ming Dynasty. On the way back to Beijing, you'll have a close look at the **2008 Beijing Olympic Stadium (The Bird's Nest & The Water Cube)**. Also you'll take a look at the **National Grand Theater**. Later, you'll make a visit to the busiest shopping area - **Wangfujing**. (B/L/D)

## Day 4 Beijing / Xining ~ Lhasa (By Qinghai-Tibet overnight train)

Today you'll take a flight to Xining. In the evening you'll board the overnight express train to Lhasa and start your adventure to the roof of the world. The Tibet Railway runs 1,956 kilometers and is the world's longest railroad built atop a plateau across the Tanggula Range at 5072 meters above sea level. (B/L/D)

**Overnight Train (Soft Sleeping berth - 4 berths in each compartment)**

## Day 5 Train Xining ~ Lhasa (Arrive Lhasa in the evening)

You'll spend the whole day on the **Qinghai-Tibet Train**. You'll enjoy the stunning view of the Kunlun Mountains, Couna Lake and Kekexili, a paradise for wild animals. The train runs through the Qinghai-Tibet plateau, a mysterious and beautiful land with ever changing and diverse landscapes along its route. There are desert sand-dunes, soaring snowy peaks, boundless pasture, immense grassland, primeval forests and subtropical areas. Upon arrival at the impressive **Tibetan style Lhasa Train Station**, your local Tibetan guide will meet you and transfer you to your hotel. Meals on the train are by your own arrangement.

**Hotel: Lhasa Brahmputra Grand Hotel (5 Star)**



## Day 6 Lhasa

You'll visit **Jokhang Temple**, located in the city core. The Temple is Tibet's oldest and most holy spiritual centre. Finish today's tour with a stroll around the ethereal pavilions and gardens of the **Summer Palace**, built in the 1950's by the Dalai Lama shortly before his escape to India, you can view his garden throne. You'll explore **Bakor Street** on your own. A **Tibetan Style Dinner and Show** will be arranged. (B/L/SD)

## Day 7 Lhasa ~ Gyantse ~ Xigaze

A spectacular drive along an old caravan trade route takes you through stunning glacial landscapes and high mountain passes to Gyantse via **Yamdroktso Lake**. You'll visit **Phalkor Monastery** in Gyantse and then go to Xigaze, Tibet's second largest city. (B/L/D)

**Hotel: Shandong Hotel (3 Star \*the Best Hotel in Xigaze)**



## Day 8 Xigaze ~ Lhasa

The highlight of your full day exploration of Xigaze will begin with a tour to **Tashilhunpo Monastery**, one of the most exquisite in Tibet and the former seat of the Panchen Lama. Fabulous murals grace the inner walls of this elaborate temple complex - but the focal point is an enormous bronze Buddha, the largest in Tibet, which stands 86 feet high and contains over 600 pounds of pure gold. You'll be transferred back to Lhasa in the afternoon. (B/L/D)

**Hotel: Lhasa Brahmputra Grand Hotel (5 Star)**

## Day 9 Lhasa

Spend a full day exploring the mysteries of this sacred land at the "roof of the world". Tibet's unique branch of Buddhism has always permeated its everyday life - you'll visit the magnificent **Potala Palace**, a towering 1,000 room structure and former living quarters of the Dalai Lama; and also visit the **Sera Monastery** with its breathtaking views of **Potala Palace** and **Lhasa valley**. You'll also have a unique visit with a **Tibetan family**. (B/L/D)





## Day 10 Lhasa / Shangri-La (Zhongdian)

You'll take a flight to Zhongdian (Gyeltang in Tibetan), which is 3300 meters above sea level. This is the place named "**Shangri-La**", the hidden paradise described by **James Hilton** in his novel **Lost Horizon**. Gyeltang, translated, means *the land of "Limitless Bounty"*. Here under blue sky, are snow-capped peaks, virgin forests of immense spruce and pine, meadows ablaze with fragrant wild flowers and pristine lakes. (B/L/D)

**Hotel: Paradise Hotel (5 Star)**

## Day 11 Shangri-La

After breakfast, you'll tour the **Bita Sea**, a veritable pearl in the plateau. This is a place where fish in the lake become intoxicated from the azalea falling onto the water. You'll then tour the **Shudu Lake** and the **Ganden Suntseling Monastery**, which is the largest Tibetan Buddhist complex in this region, and currently houses 700 monks. This monastery was originally constructed during 17th century by the 5th Dalai Lama. Then take a walk and explore the **Old Town**. (B/L/D)

## Day 12 Shangri-La ~ Lijiang

A bus ride will take you to visit the famous **Tiger Leaping Gorge** on the upper stream of the Yangtze River. Afterwards, you'll continue on to Lijiang. (B/L/D)

**Hotel: Guanfang Hotel (5 Star)**

## Day 13 Lijiang

After breakfast, you'll visit the **ancient town of Dayan** - a U.N.-designated Cultural Heritage site. The town, which has an 800-year history, is criss-crossed by rivulets and colorful stones that pave the streets. Then you'll visit the **Baisha Fresco** and the **Dongba Minority Museum**. Tonight there is a **Dongba Music Show** for your enjoyment. (B/L/D)

## Day 14 Lijiang / Kunming

You'll visit the **Black Dragon Pool Park** today and take a leisurely stroll through its photogenic surroundings. Then you'll take a flight to Kunming. (B/L/D)

**Hotel: Kai Wah Plaza International Hotel (5 Star)**



## Day 15 Kunming ~ Stone Forest ~ Kunming

In the morning you'll visit the amazing **Stone Forest** - a remarkable region of limestone cliffs and peaks. You'll marvel at the natural stone "trees" which were created by wind and water erosion over millions of years. Tonight there is a **Yunnan Cuisine Dinner** and an exciting **Yunnan Minorities Culture Dancing Show**. (B/L/SD)

## Day 16 Kunming / Shanghai

This morning you'll take a tour to the lofty **Grand Dragon Gate** in the **Western Hills**, and then on to the **Yuangtong Monastery**. Then you'll take a flight to Shanghai, China's most populous city and seaport. (B/L/D)

**Hotel: Howard Johnson Caida Hotel (5 Star Designed Hotel)**

## Day 17 Shanghai (Free Day)

This morning you can relax or take a drive to **Nanjing Road**, in Shanghai's downtown area, for you to explore on your own or do some last-minute shopping. You can also take an optional tour to visit the **2010 Shanghai World Expo** today. Lunch will be by your own arrangement. A **China Farewell Dinner** will be arranged in the hotel. (B/SD)

## Day 18 Shanghai / Hometown

After breakfast, bid farewell to China and depart for Canada and arrive home on the same day. (B)

*Bon Voyage!*

\*B-Buffer Breakfast L-Lunch D-Dinner WD-Western Dinner SD-Special Dinner

Departure Date	Tour No	JAL Vancouver	JAL Victoria/Nanaimo/Kelowna/Kamloops	JAL Prince George/Terrace/	JAL Edmonton/Calgary/	AIR CANADA Saskatoon/Regina/Winnipeg	AIR CANADA Toronto	AIR CANADA Ottawa/Montreal	AIR CANADA Halifax/Windsor/London/Quebec	Single Supplement	Land Only
20-May-2010	TKG-0520	\$ 4,690	\$ 4,790	\$ 4,890	\$ 4,890	\$ 5,190	\$ 5,190	\$ 5,190	\$ 5,390	\$ 1,190	\$ 3,990
16-Sep-2010	TKG-0916	\$ 4,690	\$ 4,790	\$ 4,890	\$ 4,890	\$ 5,190	\$ 5,190	\$ 5,190	\$ 5,390	\$ 1,190	\$ 3,990
14-Oct-2010	TKG-1014	\$ 4,690	\$ 4,790	\$ 4,890	\$ 4,890	\$ 5,190	\$ 5,190	\$ 5,190	\$ 5,390	\$ 1,190	\$ 3,990
Canada Airport Improvement Fee and Air Fuel Surcharge		\$ 270	\$ 340	\$ 350	\$ 350	\$ 430	\$ 340	\$ 440	\$ 430	N/A	N/A

**The above prices do not include:**

- China Domestic Airport Improvement Fee and Fuel Surcharge: C\$120.00.
- China Visa application fee for Canadian Citizens Passport: C\$70.00.
- Personal Insurance (Purchase of personal travel and trip cancellation insurance is strongly recommended).

**The following local fees are to be paid in China at the start of the tour:**

- Gratuities to China escort, local guides, drivers, porters, etc. US\$136.00 for the whole trip.
- Optional tour to 2010 Shanghai World Expo (May 01 to October 31, 2010)

**Remarks:**

- Child (under 12 yrs) rate: 75% of adult fare, sharing room with 2 adults, no extra bed
- If booking Air Canada, air tickets should be issued before deadline (set by Air Canada) once seats confirmed.
- Xining to Lhasa by Qinghai - Tibet Overnight Train
- Single Supplement DO NOT include in Xining to Lhasa Overnight Train
- Air Fuel Surcharge of all airlines is subject to change without prior notice.