

Beijing Great Wall Int'l Travel Agency

Tel:(+86)10-8446 6033 / 8446 6213 / 8446 6032 ext .801,802 ,803 Fax:(+86)10-8446 6212

EX-010 Shanghai-Lhasa-Gyantse-Shigatse-Lhasa-Xi'an-Beijing (16 Days)

Day 1/Arrive in Shanghai

Arrive in Shanghai, known as "Paris in the East". Meet your guide at the airport and transfer to the hotel. (D)

Day 2/Shanghai

Visit **the Bund** in the morning, at the west shore of the Huangpu River, the splendid row of early 20th century Europe buildings remains the quintessential Shanghai sight. Pay a visit to **Yuyuan Garden**, a well-restored Suzhou-style garden, which was specially built for Pan's parents as a place to enjoy themselves a tranquil and happy time in their old age. The pavilions, halls, rockeries, ponds and cloisters are unique characteristic. And also take a walk through **Chenghuangmiao** (known as Yuyuan Garden Market) built in the fifteenth century during the Ming Dynasty. It filled with antique markets and specialty stores. Then, visit **Jade Buddha Temple**, built in 1882 to keep two jade Buddha statues which had been brought from Burma by a monk named Huigen. The two precious jade Buddha statues, one sitting Buddha and one Recumbent Buddha, are carved with whole white jade. Enjoy a fabulous **Acrobatic Show** in the evening. (B,L,D)

Day 3/Shanghai

Visit **EXPO 2010 site**. In 2010, Shanghai will host the biggest World Expo in the history of world expositions. Over 170 nations and at least 40 international organizations are expected to take part. By dedicating a 5.28-square-kilometer area at the core of the city to exhibitions, events and forums on the Expo theme, "Better City, Better Life", Shanghai hopes to build a powerful and lasting pilot example of sustainable and harmonious urban living. (B)

Day 4/Shanghai

Visit **EXPO 2010 site**. During the 184-day expo, tens of millions of visitors will inspect and appreciate the urban object images and scientific and technological elements in the huge exhibition area, stroll among the most advanced urban civilization on earth, and walk amidst the magnificent prospects of the present and future urban life. It will be not only a trip for people to look forward to, but also a grand assembly for human beings to create a wonderful future. (B)

Day 5/Shanghai-Lhasa

Fly to Lhasa, rightly one of the most featured and dreamt-about cities in the world, not only limited accessibility for its remoteness and its high altitude at 3,650 meters, but also the mysterious Tibetan religion. In Tibetan, Lhasa means the Holy Land or the Buddha Land. The guide will meet you at Konggar Airport, and transfer you to Lhasa city with about 1.5 hours' driving (100km). On arrival at the hotel, rest and acclimatize yourself to the local time and altitude. (B,D)

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Day 6/Lhasa

The first day of sightseeing starts from Lhasa's cardinal landmark - **Potala Palace**, a structure of massive portions. Its towering image has already appeared on various occasions, but your first sight of the Potala will still be an awe-inspiring moment. It takes at least a good 2-hour to visit those rooms, halls and chapels. Some 2km to the east of the Potala is the most revered religious structure and the



holiest temple in Tibet - **Jokhang Temple**. Bustling with worshippers and redolent with mystery, the Jokhang is an unrivalled experience. The quadrangle of streets surrounding the Jokhang is the **Barkhor Market** - Lhasa's most interesting pilgrimage circuit. This area of the Old Town is both the spiritual heart of Lhasa and the main commercial district for Tibetans. The rest of day is free. (B,L,D)

Day 7/Lhasa

Sightsee of the Drepung Monastery, Sera Monastery and Norbulingka in Lhasa. **Drepung Monastery**, the largest and richest monastery in Tibet, was founded in 1416 by a disciple of Tsong Khapa under the patronage of a noble family and later enlarged by the Fifth Dalai Lama. Nowadays it stands as Tibet's most important and largest monastic university in Tibet. **Sera Monastery** is located a few miles to the north of Lhasa, is one of the three largest monasteries. **Norbulingka Park** (Treasure Garden) was built in the 1740s during the reign of the seventh Dalai Lama. Later it was renovated and enlarged and became the Dalai Lama's Summer Palace. (B,L,D)

Day 8/Lhasa-Gyantse-Shigatse

Drive from Lhasa to Gyantse, and pass by **Yamdrotso Lake** for sightseeing. Yamdrotso Lake is one of the four holy lakes of Tibet, and legend has it that if the lake ever disappears, it will mark the end of Tibet. In Gyantse, visit **Palkor Monastery**, the symbolic architecture of Gyantse. On one side of the Palkor Monastery stands a white tower - Kumbum Stupa. It is said that there are altogether more than 100,000 Buddha statues engraved on the tower; hence the name "One Hundred-Thousand-Buddha Tower." Proceed to Shigatse, Miles away from Shigatse, you can already see the gold tops of Tashihunpo Monastery shinning under the sun. Check in hotel on

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arrival. (B,L,D)

Day 9/Shigatse-Lhasa

Shigatse, meaning "the fertile land", is the second largest city in Tibet. Pay a visit to **Tashihunpo Monastery**, the traditional seat of the Panchen Lama to perform their political and religious tasks. Tashihunpo's magnificent outside may make you gasp in admiration, its inside just offers you more religious tranquility and sincerity. Then, drive back to Lhasa. (B,L,D)

Day10/Lhasa-Xi'an

The morning is free to explore the city. Take a morning flight to Xi'an. As regards the number of dynasties and span of time, Xi'an served as an ancient capital beyond compare. (B)

Day11/Xi'an

After breakfast, visit **Shaanxi History Museum**, the first huge state museum with modern facilities in China, and given the reputation of "bright pearl of ancient city, treasure house of China". Then, visit once-in-a-lifetime viewing of the extraordinary Terracotta Warriors and Horses, 2,200-year-old underground army of the first feudal Emperor, Qin Shihuang. Life size terracotta figures of warriors and horses arranged in battle formations are the star features at the museum. Stop to visit a **mountain village** on the back way. Then, pay a visit to **Big Wild Goose Pagoda**, originally built in 652 A.D. in Tang Dynasty (618-907A.D.), it functioned to collect large volume of Buddhist scriptures that were taken from India by the eminent monk of Xuanzang. Enjoy a characteristic **Dumpling Dinner** in local restaurant. (B,L,D)

Day12/Xi'an-Beijing

Climb the ancient **City Wall**, actually built on the fortifications of Tang Forbidden City, standing 12 meters high, 12-14 meters across the top, 15-18 meters thick at the bottom, 13.7 meter in length with a deep moat surrounding it. It is the most complete city wall that has survived in China, as well being one of the largest ancient military defensive systems in the world. Then, visit **Forest of Steles Museum**, with 900 years of history, it 3,000 pieces of the earliest stone steles of different periods, from the Han Dynasty to the Qing Dynasty. Take an evening flight to Beijing, the capital of China. (B,L,D)

Day13/Beijing

Begin the day's activity with a visit to **Tian'anmen Square**, the largest urban square in the world. Tian'anmen was built in 1417 and served as the entrance gate to the Imperial Palace. Move on to visit the Imperial Palace, well-known as **Forbidden City** which is the large scale construction of the palace extended from 1406 to 1420. It was the imperial palace during the Ming and Qing dynasties. 24 emperors lived and ruled China from here. In the afternoon, visit **Temple of Heaven**, built in 1420 A.D., which was originally the platform to offer sacrifices to Heaven during Ming and Qing Dynasties. The buildings and parklands reflect an ancient Chinese thought of "the Heaven is

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round and the earth is square". Enjoy **Peking Duck** for Dinner. (B,L,D)

Day14/Beijing

Today's highlight is the visit to the **Great Wall**, one of the "Seven Wonders of the World" and a symbol of Chinese civilization. Then, drive to visit the statue-lined **Shenlu (Spirit Road)** leading to the Ming Tombs, here you can see some marvelous stone sculptures. The Ming Tombs area is for 13 deceased emperors of the Ming Dynasty. Visit the **Changling Tomb** which is the largest of the 13 as you can imagine it is quite impressive. On the way back to the hotel, stop at Olympic Park and outside view the National Stadium (**Bird's Nest**, no entry) and the National Aquatics Center (**Water Cube**, no entry), which are the main stadium of the 29th Olympiad in 2008. (B,L,D)

Day15/Beijing

After breakfast, visit **Temple of Heaven**, built in 1420 A.D., which was originally the platform to offer sacrifices to Heaven during Ming and Qing Dynasties. The buildings and parklands reflect an ancient Chinese thought of "the Heaven is round and the earth is square". In the afternoon, visit the enchanting **Summer Palace**, the largest and best-preserved imperial garden in China. As a masterpiece of Chinese landscape garden design, it integrates the natural landscape of hills and open water with manmade features such as pavilions, halls, palaces, temples and bridges into a harmonious and aesthetically exceptional whole. (B,L,D)

Day16/Depart from Beijing

Transfer to the airport and prepare for boarding on your homebound flight. TOUR ENDS! (B)

Note: B-Breakfast L-Lunch D-Dinner

Hotel (or the same standard):

Shanghai: A: *** New Asia Hotel Shanghai (3-star building)

B: **** Grand Mercure Baolong Hotel Shanghai

C: ***** Oriental Riverside Hotel Shanghai

Lhasa: A: *** Tibet Gorkha Hotel

B: **** Tibet Hotel

C: ***** Brahmaputra Grand Hotel

Shigatse: A: *** Shigatse Hotel

B: **** Jiumu Yamei International Hotel

Xi'an: A: *** Wan Nian Grand Hotel (3 star building)

B: **** Jian Guo Hotel Xi'an

C: ***** Ana Grand Castle Hotel Xi'an

Beijing: A: *** Beijing Dongfang Hotel

B: **** Grand Mercure Xidan Beijing

C: ***** Beijing International Hotel

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Include:

- Twin sharing accommodation with buffet breakfast
- Domestic flight in economic flight and its airport tax: Shanghai-Lhasa, Lhasa-Xi'an, Xi'an-Beijing
- Lunch and dinner as mentioned in the itinerary in good local restaurant. A glass of soft drink is included. (No guarantee lunch and dinner in the hotel which the clients stay overnight.)
- (first) Entrance fee mentioned above
- English speaking accompanying guide through out program on all days with excursions
- Fare for Acrobatic Show
- All Transfers specified in the itinerary
- Scheduled sightseeing by air-conditioned coach with guide service

Exclude:

- International & Domestic Flight and airport tax
- Tips, personal expenses
- Transfer for "day at leisure"
- Guide Service during the plane and train
- China Entry Visa
- Cable-car of the Great Wall