

# 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

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## (GW-BL-002) Beijing-Tibet by train-Lhasa (10 Days)

Beijing, the heart of Chinese politics and society with long history, is situated in the northeastern part of China. 3 whole days tour will take you to explore Beijing's ancient past and enjoy its exciting modern development. Leave from Beijing, you will board on the train to Lhasa, which is the world's highest railway --- Qinghai-Tibet Railway. You will be appreciated the great and picturesque scene of Tibetan countryside as the train trundle along the Qinghai-Tibet Plateau.

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. 2 whole days visit and one free day lead you to experience the mystery of Tibet.

**Information Links:** Qinghai-Tibet Railway was opened greatly to take more advantages to enter Tibet. The Qinghai-Tibet Railway, starting in Xining, the capital of Qinghai province, and ending in Lhasa, began full operation from July 1st 2006. It symbolizes Tibet's historical inaccessibility via railway. The total distance from Lhasa to Xining by railway is 1,956 kilometers, and it is the world's highest railway extending for the longest distance through a plateau of permanent frost. The train is equipped with oxygen-supplying equipment to escape the altitude sickness.

### Day 1 Arrive in Beijing

Arrive in Beijing, the capital of China. Transfer to the hotel on arrival. (No meal)

### Day 2 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 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)

### Day 3 Beijing

Today's highlight is the visit to the **Great Wall** (Badaling or Juyongguan Section), one of the "Seven Wonders of the World" and a symbol of Chinese civilization. Just like a gigantic

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dragon, the Great Wall winds up and down across mountains. 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. You could have your pictures taken by these marvelous buildings! (B,L,D)

## Day 4 Beijing-Lhasa

In the morning, 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”. The afternoon is free. Take an evening flight to Lhasa with soft sleeper (the 1<sup>st</sup> class in China, 4 persons sharing one cabin). (B)

## Day 5 On the train

On the sky train via Xian, Lanzhou, Xining and Golmud. (No meal)

## Day 6 Arrive in Lhasa

Arrive in Lhasa in the evening, 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. Transfer to the hotel on arrival. (No meal)

## Day 7 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 8 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

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Lama. Nowadays it stands as Tibet's most important and largest monastic university in Tibet. **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. **Sera Monastery** is located a few miles to the north of Lhasa, is one of the three largest monasteries. (B,L,D)

## Day 9 Lhasa

Day is at leisure to explore Lhasa on your own. (B)

## Day 10 Depart from Lhasa

Transfer to the airport, and fly out of Lhasa. TOUR ENDS! (B)

**Note: B-Breakfast L-Lunch D-Dinner**

### Price:

Suitable for 1pax (with single room): USD1820--pp

Suitable for 2-5pax (with twin sharing room): USD1225--pp

Suitable for 6-9pax (with twin sharing room): USD990--pp

Single supplement: USD210

### Include:

- 7 nights twin sharing or single room accommodation with buffet breakfast
- Train ticket: Beijing-Lhasa
- Lunch and Dinner as mentioned in the itinerary
- (first) Entrance fee mentioned above
- English speaking accompanying guide through out program on all days with excursions
- All Transfers specified in the itinerary by air-conditioned vehicle

### Exclude:

- International Flight and airport tax
- Tips, personal expenses
- Transfer for "day at leisure"
- Guide Service during the plane and train
- Service in Tibet included Travel Permit to Tibet