

[Tour code: CT-002] Beijing, Xi'an, Lhasa, Tsedang, Zhongdian, Lijiang, Dali, Kunming, Shanghai (19 days)

A combination of China classics, Tibet and Shangri-la, which includes amazing diverse places.

The program from Zhongdian to Kunming will take you through spectacular mountainous scenery, lead you into the lives of Tibetan, Naxi, Bai and a variety of other ethnic groups, and give you a glimpse of the botanical glories of Yunnan.

*“The Lost Horizon” is the story of four Americans who survived a plane crash in the Himalayas, only to discover the reclusive land. It was British writer **James Hilton's** novel “The Lost Horizon” that sparked a legend and brought fame to an unknown and almost untouched place called Shangri-La. “**Shangri-La**” is a Tibetan word meaning “land of sacredness and peace”. Finally, in Sept. 1997, the government of Yunnan province declared that Shangri-La had been discovered in Zhongdian, Diqing, a prefecture in Yunnan province. It now may be the last virgin land where one can observe cultures whose layers go back for thousands of years into the past.*

Day01 Arrive in Beijing

Arrive in Beijing, the capital of China. Meet your guide upon arrival and be transferred to your comfortable hotel. (B)

Day02 Beijing

Begin the day's activity with a visit to **Tian'anmen Square**, the largest urban square in the world. Then, move on to the Imperial Palace, also known as the “**Forbidden City**”, the biggest palace complex in the world. In the afternoon, visit the enchanting **Summer Palace**, one of China's



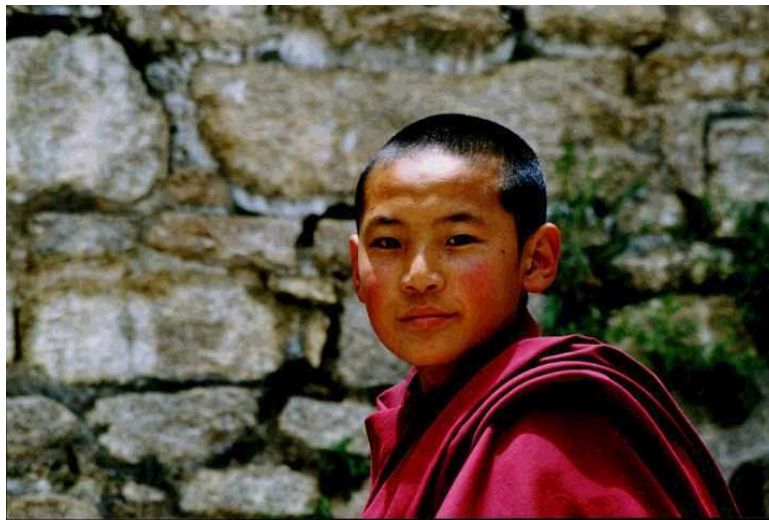
largest and best-preserved royal gardens, where you can have a walk along the famous Long Corridor. A **Peking Duck Dinner** concludes your first full day's activities in China. (B-L-D)

Day03 Beijing Today's highlight is your visit to the **Great Wall (Badaling Section)**, one of the “Seven Wonders of the World” and a symbol of Chinese civilization. Just like a gigantic dragon, the Great Wall winds up and down across mountains. Then, move on to visit the **Ming Tombs (Changling Tomb)** area where is

for deceased emperors of the Ming Dynasty. (B-L-D)

Day04 Beijing-Xi'an Pay a visit to **Temple of Heaven**, the place where the emperors of Ming and Qing Dynasties worshipped heaven and prayed for good harvest. Then, you will ride a rickshaw through some old "**Hutongs**", lanes or alleys formed by lines of Siheyuan (a compound with houses around a courtyard). Take a late afternoon flight to Xi'an. (B-L-D)

Day05 Xi'an Begin the day's activity with an once-in-a-lifetime viewing of the extraordinary 2,200-year-old **Terra-cotta Warriors** of China's first feudal Emperor, Qin Shihuang. Visit the **Big Wild Goose Pagoda**, which was built in 652 A.D. It contains a large volume of Buddhist scriptures which were obtained from India by the eminent monk of Xuanzang. Then, visit **Forest of Steles Museum** where precious stone carvings and sculptures are kept. (B-L-D)



Day06 Xi'an-Lhasa

Take a morning flight to Lhasa, an amazing city where devout Buddhists and the fashionable set enjoy their lives in different ways. The guide will meet you at Konggar Airport, and transfer you to Lhasa city with about 1.5 hours' driving (100km). On the way, you'll get

greeted with Nie Tang Buddha - a Buddha image engraved in the mountain face. On arrival at the hotel, rest and acclimatize yourself to the local time and altitude. (B-D)

Day07 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 Tempel**. 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. (B-L-D)

Day08 Lhasa Sightsee 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. **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, and is one of the three largest monasteries. (B-L-D)

Day09 Lhasa-Tsedang Drive to Tsedang, and today's highlight is the visit of **Yonbulakhang** and **Changzhu Temple**. Yonbulakhang is the palace for the 1st Tubo King Niechi in the Yalong River Valley. Changzhu Temple, famous by its "Pearl Tangka", is on the east bank of the Yalong River in the district of Shannan. Stay an overnight in Tsedang.



Day10 Tsedang-Zhongdian Drive to the Airport, and take a morning flight to Zhongdian, which is called "Shangri-La". Pay a visit to **Shudu Lake**, located 35 kilometers east of the county seat of Zhongdian, it is an ancient intact natural attraction with outstanding flora, fauna and picturesque landscapes. (B-L-D)

Day11 Zhongdian Visit **Napahai Lake Nature Reserve**, the habitat for the black neck cranes. Then, pay a visit to **Songzanlin Lamasery**, or "Second Potala" as it is affectionately known, a spiritual place that invites you to discover the mystery and traditions of Tibetan Buddhism. Today, you will also have chance to visit **Tibetan family** and try home-made Yak Butter tea and Tibetan Cheese. (B-L-D)

Day12 Zhongdian-Lijiang Today you will drive to Lijiang, and stop at **Tiger Leaping Gorge**. As one of the world's greatest four gorges, it is located in Hutiaoxia Town in Zhongdian County and is honored as one of the deepest and most marvelous gorges on the globe. If road and time permit, you can stop at the **village of Stone Drum** where you will have a look at the first bend of the Yangtze River. (B-L-D)

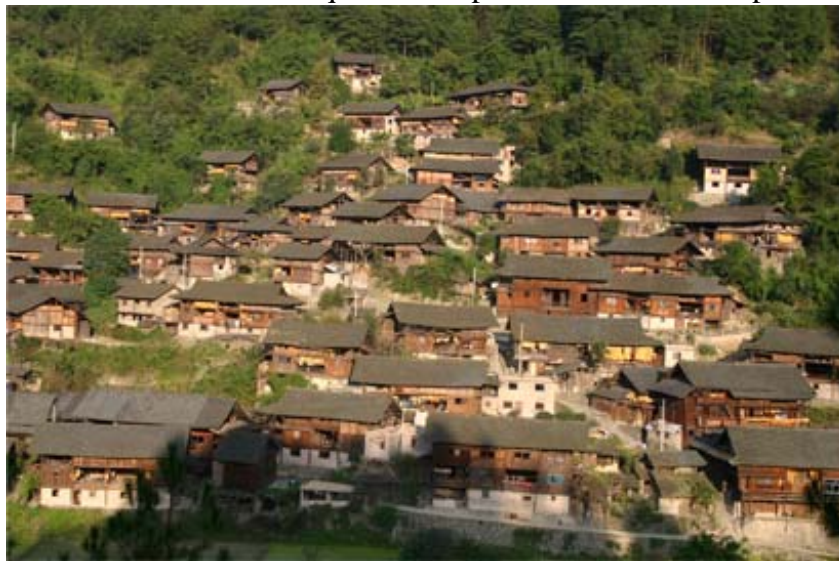
Day13 Lijiang Visit the **Suhe Tea and Horse Old Town**, **Baisha Murals** in Baisha Naxi village and **Black Dragon Pool** to have a look at the renowned Moon Embracing Pavilion. You will have some time for sightseeing of the **Old Town of Lijiang**, also known as Dayan Town with Sifang Street at the core, the entire city spreads out in all directions, and is crisscrossed by a labyrinth of flagged streets and alleyways. (B-L-D)

Day14 Lijiang-Dali Drive to Dali after breakfast and stop at Jian Chuan. Sightsee of **Shibao Mountain Stone Caves**, just like gem as bright as Dunhuang in Gansu, Yungang in Shanxi, Longmen in Henan, and Dazu in Sichuan. You will also visit

Sideng Street in Shaxi, ancient fair place along the tea-horse merchant's track. On arrival in Dali, visit **Zhoucheng Village**. (B-L-D)

Day15 Dali-Kunming In the morning, and take a cruise on **Erhai Lake**. Just as its name implies, the lake is similar in form to that of a human ear. Enjoy the tea ceremony of Bai People (**Three-Course-Tea**) in **Xizhou Old Town**. You will also have some time to explore the **Old Stone Town of Dali** with its colorful markets. Take a late afternoon flight to Kunming, "The City of Eternal Spring". (B-L-D)

Day16 Kunming-Stone Forest-Kunming Today, you will drive to the **Stone Forest** (90 km), and pay a visit to **Seven Star Yi people's village** on the way. This area offers tourists a unique landscape of stark limestone pillars twisted and sculpted.



From a distance, these stone pillars look indeed like a dense forest; hence the name of Stone Forest. It covers an area of 350 square kilometers, yet only about 11.92 square kilometers have been developed as scenic landscape

open to the public. Drive back to Kunming in late afternoon. (B-L-D)

Day17 Kunming-Shanghai You will visit to the **Western Hill**, from top of which you get through the **Dragon Gate** and get a beautiful panoramic view of Dianchi Lake. Then, visit the **Yunnan Municipal Museum**. Take a late afternoon flight to Shanghai. Check in hotel on arrival. (B-L-D)

Day18 Shanghai Enjoy one **cruise** on Huangpu River in the morning. Visit fascinating **Yuyuan Garden**, a well-restored Suzhou-style garden, and take a walk through the Old Town filled with antique markets and specialty stores. Then, visit **Jade Buddha Temple** where two rare jade statues of Sakyamuni Buddha are treasured. Enjoy a fabulous **Acrobatic Show** in the evening. (B-L-D)

Day19 Return from Shanghai Be transferred to the airport and board on your homebound flight. (B)

Hotel (or the same standard):

Beijing: ****Best Western Premier Hotel & ***Beijing Rainbow Hotel
Xi'an: ****Hotel Royal Garden Xi'an & ***Wan Nian Hotel

Lhasa: ***Dungu Hotel Lhasa

Tsedang: Snow Dove Hotel

Zhongdian: ****Diqing Longfengxinag Hotel &

***Pacific Rim Hotel

Lijiang: ****Jade Dragon Garden Hotel &

***Guyunshan Hotel

Dali: ****Asia Star Hotel &

***Lin Du Hotel

Kunming: ****Golden Dragon Hotel &

***Camellia Hotel Kunming

Shanghai: ****Ocean Hotel Shanghai &

***Jin Sha Hotel Shanghai

High Season: Apr., May, Sep., Oct., 1st Nov.-15th Nov.

Shoulder Season: Mar., July, June, Aug., 16th Nov.-30th Nov.

Low Season: Dec., Jan., Feb.