



## Beijing - Lhasa - Shanghai

This tour is for the more adventurous traveller as it includes regions of Tibet that are at high altitude. You'll begin in Beijing, to experience many of China's fabulous historical and famous attractions. Next, you'll board a specially engineered train and traverse some of the most breath-taking landscapes to reach the Tibetan capital of Lhasa. This is a wonderful insight into the lifestyle & culture of the Tibetan people including visits to some of their most fascinating landmarks and magnificent terrains. Your adventure will conclude in the modern & cosmopolitan city of Shanghai, which is fast becoming one of the world's most popular fashion, food & business capitals.

<b>Duration</b>	13 Days, 12 Nights
<b>Route</b>	Beijing - Lhasa - Chengdu - Shanghai
<b>Fitness Level</b>	Average
<b>Tour Price</b>	From AU \$3,449 per person - twin share 4-Star Hotels
<b>Inclusions</b>	12 nights accommodation with Breakfast (B), Lunches (L) & Dinners (D) as per the itinerary, accredited English-speaking tour guide, transportation for all specified transfers & tours, 2 domestic economy class air tickets to reach Shanghai, 1 soft sleeper train ticket, entry fees to shows & attractions as per the itinerary, Tibetan Entry Permit.
<b>Exclusions</b>	International airfares & taxes, visa application fees, personal expenses such as telephone, dry cleaning, taxi fares etc, gratuities to guides and drivers, optional activities, shows, meals or any items denoted by ** throughout the itinerary

### Suggested Itinerary:

- Day 1            On arrival to Beijing Airport, you'll be met by your guide and transferred to your hotel. Please note no meals have been arranged for this day.
- Day 2            This morning you'll visit Tiananmen Square and tour the amazing Forbidden City - headquarters of the Imperial Emperors for more than 500 years. After lunch visit the tranquil settings of the Temple of Heaven and time permitting, you can take in some retail therapy at the Silk Street Markets. In the evening partake in a sumptuous Peking Duck dinner, which is one of China's most famous signature dishes. (BLD)
- Day 3            Today you'll journey to the Great Wall of China and be overwhelmed as you walk along one of the greatest man-made structures in the world. You'll also visit the Ming Tombs in the Shisanling Forest, resting place for 13 of the Ming Dynasty emperors. In the evening you have an option\*\* of attending the widely acclaimed Kung Fu Show. (BL)
- Day 4            After breakfast you'll visit the Beijing Olympics site to stroll around the main venues such as the Birds Nest and Water Cube and then on to the magnificent Summer Palace retreat and a boat trip on Kunming Lake. This afternoon you'll board a soft sleeper train bound for Lhasa. (BL)
- Day 5-6          The Qinzang railway or Lhasa Express as it's also known, is the highest railway in the world reaching a maximum altitude of 5072 metres. The train has been specially equipped for such heights and is a very unique way of experiencing the Roof of the World and Tibet. One of the many highlights you'll pass is the beautiful Qinghai Lake which is a valuable ecosystem brimming with fish & wildlife. Along your journey you'll also have plenty of opportunity to make new friends and exchange stories as the spectacular vistas pass you by. No meals have been included for the rail journey but you are able to buy food\*\* on the train. In the evening of Day 6 you'll arrive in Lhasa at approximately 8:30PM, where a local guide will be waiting to transfer you to your hotel^.
- Day 7            In the morning you'll visit one of Tibet's most famous landmarks, the majestic Potala Palace - residence of the Dalai Lamas. Continue on to check out Sera Temple and the Lamaism Temple, which dates back to the 15th century. Here you can watch the monks debating and practicing their religious teachings. (BL)
- Day 8            Start the day with a visit to Norbulingka Palace, which is the summer retreat for the Dalai Lamas. After lunch, explore Jokhang Palace and then on to Drepung Monastery which is one of the largest monasteries in the world. Later take a browse through Barkhour Markets for some uniquely Tibetan arts & crafts. (BL)

See next page

- Day 9 A full day has been arranged for you to visit Yamdrok Lake, one of the largest lakes in Tibet. Lunch will be a picnic-style affair alongside the lake and afterwards you'll spend time with a typical Tibetan family before returning to Lhasa. In the evening you'll enjoy a traditional Tibetan dinner. (BLD)
- Day 10 After breakfast you'll check out of the hotel and depart to the airport for a flight to Shanghai via Chengdu. On arrival in Shanghai you'll be met by your guide and transferred to your hotel. (BL)
- Day 11 In the morning visit the Jade Buddha Temple and admire the peaceful Yuyuan Gardens in Shanghai's old city quarters. Afterwards, stroll along the Bund to study the architecture of the waterfront promenade and snap up a bargain in the busy markets of nearby Nanjing Road. In the evening enjoy a BBQ style dinner and cap off your day with a breath-taking performance by the Shanghai Acrobatic Show. (BLD)
- Day 12 Today you'll discover the Pudong Development Area and gain an eagle's eye view from the Oriental Pearl Tower. The remainder of your day is free to venture about and maybe grab some last minute shopping and relax at the end of your tour. (BL)
- Day 13 Bid farewell to Shanghai as you are transferred to the airport for your onward flight. (B)

### **Important**

Special note: we strongly advise bookings should be confirmed a minimum of 60 days in advance of departure to secure bookings on the very popular rail trip between Beijing & Lhasa. ^There are no 5-Star hotels in Lhasa, only 4-Star hotels. Please note that public holidays & seasonal demand directly affect availability, fares & accommodation pricing. To enable us to refine your travel plans and provide you with an accurate quotation, please send us some key details via our Enquiry Form. Prior to making a booking, please visit our Terms & Conditions web page to view our policies related to travel in China. We strongly recommend that you purchase Travel Insurance prior to your departure to safeguard against unforeseen events. LetsdoChina.com is a registered Safe Travel Charter Partner with the Australian Government's Department of Foreign Affairs and is an authorized agent to issue travel insurance to our Australian clients. Visit our Quick Quote site where you can also purchase an online policy. For further information, please go to our Travel Insurance web page and also find other useful links regarding advice on safe travel practices.