



桂林中青旅国际旅游有限公司特色旅游部

China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin

China Tibet Discovery Tour and Others

<http://www.chinaexpeditiontours.com/china-tours/china-tour-with-tibet-discovery.html>

Tour Code: CET-AV01

Length: 25 days and 24 nights

Cities Visited/Stayed: Beijing, Xi'an, Lhasa, Gyangtse, Shigatse, Tingri, Chongqing, Yangtze River Cruise, Shanghai, Guilin, (Hong Kong)

Highlight Attractions: Great Wall, Forbidden City, Terracotta Warriors and Horses Museum, Jokhang Monastery, Three Gorges, Yu Yuan Garden, The Bund, Li River, Yangshuo

Experience & Features: Hutong tour, Tibetan Family Visit, Barkhor Street Bazaar, Gyangtse Old Street, Minor Expedition to the Everest Base Camp, Ciqikou Old Town in Chongqing, Old Part of Shanghai, Children's Palace, Picturesque Li River Cruise, Yangshuo, South China Sea Pearl

Known as "The Roof of the World", Tibet has spectacular and fascinating snow-capped peaks, glaciers, high mountains, wide rivers, unique highland lakes, geothermal springs, vast pastoral areas, magnificent monasteries, brilliant religious arts and interesting ethnic customs. This tour brings all your dreams of Tibet into reality. Begin our tour in Beijing, you can witness and climb the magnificent ancient construction of the Great Wall, and get a brief impression of this large capital. The ancient capital city Xi'an is really a Chinese history book, from which you read all the vicissitudes of this nation's civilization. Then we unfold our discovery to Tibet. With a long history, Tibet has magnificent and wonderful natural scenery as well as simple and unsophisticated Tibetan Monastery for us to explore. Also included is a memorable visit to one of the four enjoyments, a three-day long but comfortable cruise on the fabled Yangtze River, surrounded by dramatic gorges. Then we come to the largest city of China-Shanghai, which will amaze you by its modern atmosphere and traditional culture and art. Our tour ends in Guilin, where you can experience a cruise on the world-wide famous Li River through stunning karst landscapes in Guilin and learn Taiji in Yangshuo. Come and join us to unfold this splendid Tibet dream.

Itinerary

Day 1: Beijing

Upon your arrival in Beijing, you will be met by our guide at the airport and be transferred to the hotel.

Stay overnight in Beijing.

Meals:

Day 2: Beijing

There is a famous saying that "You are not a hero unless you climb on the Great Wall." This morning we drive to the [**Jinshanling Great Wall**], the less developed and commercial section of the Wall. This historic construction is somewhat dangerous to climb because it winds up and down the precipitous ranges, but as a reward, splendid views are available. After the visit, we drive back to the hotel and have a rest in the afternoon. People say that a visit to Beijing isn't complete without trying the crispy and tasty **Peking duck dinner**, so we recommend that you try this famous dish for dinner, Quan ju de restaurant and Bianyi fang restaurant are well-known for its traditional Roast Duck.

Stay overnight in Beijing.

Meals: (B, L)

Day 3: Beijing

After breakfast, join us to visit the [**Temple of Heaven**], which is a complex of buildings, gardens, and pathways, its organization indicates relationship between Earth and heaven. Enjoy a walk on the [**Tian'anmen Square**]-one of the largest city squares in the world. It is located on the central axis of old Beijing. In the center of Tiananmen Square stands the [**Monument to the People's Heroes**]. Then we go to the [**Forbidden City**]- Imperial palaces for the emperors of the Ming and Qing dynasties. The city contains 800 ceremonial buildings, 9,999 rooms, and a courtyard that can hold 100,000 people. Best ancient Chinese architectural styles are well preserved here, consist an imposing view.

Stay overnight in Beijing.

Meals: (B, L)

Day 4: Beijing-Xi'an

This morning enjoy a leisure breakfast, and then we go to visit the [**Hutong**]. You can sit in a rickshaw to explore the traditional architecture which brings your imagination about the ancient history and culture of China. Then we take a flight to another important ancient capital of China- Xi'an. Upon arrival, be met at the airport and transferred to the hotel. With a history of more than 3,000 years, Xi'an has abundant collection of archaeological relics to express its rich history. This afternoon, we pay a visit to the [**Museum of Stone**

Steles Forest]. With a history of 900 years, this treasure house holds a large collection of the earliest stone steles of different periods, from the Han Dynasty to the Qing Dynasty. All together, there are 3,000 steles and the museum is divided into seven exhibitions halls, which mainly display the works of calligraphy, painting and historical records.

Stay overnight in Xi'an.

Meals: (B, L)

Day 5: Xi'an

This morning we go to visit **[Banpo Museum]**, where you can see lots of precious unearthed cultural relics and artworks, indicating the prehistoric civilization. Then we head to the **[Terra-cotta Warriors and Horses Museum]** that situated east of Xi'an city is famous throughout the world for life-sized terra-cotta warriors and horses. The three pits of the terra-cotta warriors and horses excavated shows you how magnificent the structure of Emperor Qin Shihuang's Mausoleum was. Later this evening you may choose **local special Dumpling Dinner** and the **Tang Dynasty Music and Dance Show**.

Stay overnight in Xi'an.

Meals: (B, L)

Day 6: Xi'an

This morning we visit the **[Provincial Museum]**, a striking Tang-Dynasty style pavilion, houses a large collection of 113,000 historic and cultural artifacts unearthed in Shaanxi. Also included is a visit to the **[Big Wild Goose Pagoda]**-one of the city's most distinctive and outstanding landmarks, possibly the most beautiful building left in Xian today. A **bike tour around the City Wall** is highly recommended. The rest of the day is on your own.

Stay overnight in Xi'an.

Meals: (B, L)

Day 7: Xi'an-Lhasa

This morning, we drive to the airport for a flight to Lhasa. Upon arrival, be transferred to the hotel and get acclimatize to the high altitude in the afternoon. The rest of day is your own.

Stay overnight in Lhasa.

Meals: (B, L)

Day 8: Lhasa

This morning we visit the magnificent [**Potala Palace**]. The Potala Palace was originally built by King Songtsen Gampo 1,300 years ago in Tang Dynasty (618-907AD). Potala is the name of the place, which means residence of the Goddess of Mercy in Tibetan language. Covering an area of more than 130, 000 sq meters. It mainly consisted of the White Palace (administration building) and the Red Palace (religious building). Tourists are attracted to come to this grand site to admire complicated architectures, devotional atmosphere and exquisite artworks. After lunch, we visit the [**Sera Monastery**]- one of three most famous monasteries in Lhasa. Also included is a visit to the [**Norbulingka Park**]- the Summer Place of Dalai Lamas, where they handle political affairs and hold festival celebrations. Then we pay a visit to a [**Tibetan family**]. Dinner is served at your hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 9: Lhasa

This morning we visit the [**Jokhang Temple**]-the ultimate pilgrimage destination for devotional Pilgrims. It displays architectural styles of the Tang Dynasty and holds the mysterious legends. The flourishing [**bazaar of Barkhor Street**] is also a must-see place for the tourists. Located in the old area of Lhasa City, Barkhor Street is an ancient style street full of stalls of exquisite articles, here you may be amazed at delicate handicrafts and be happy to purchase some. After lunch, we go ahead to visit the [**Tibet Museum**] for a glance into Tibet's civilizations, and continue to the [**Tibet Carpet Factory**]- one of the remarkable enterprises in Tibet mainly producing traditional Tibetan Carpet. All the carpets here are hand-made, in beautiful pictures and excellent quality. Those elegant and colorful carpets are nice decorations. Every item is unique. Here you can purchase them at competitive prices with various choices. Dinner is served at your hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 10: Lhasa-Gyangtse

This morning we drive to Gyantse, stop on the way to visit the **[Yomdrok Lake]**. It lies on the north bank of the Yarlung Tsangpo River, surrounded by mountains. The serene and holy lake is a dreaming place where everybody is looking forward to. Upon arrival at Gyantse, you will be transferred to the hotel. Visit the **[Palkhor Monastery]**, another typical Tibetan monastery which is famous its unique structural style and be considered as the lord of Tibetan stupas. Then enjoy a walk to the **[Gyantse Old Street]**.

Stay overnight at Gyantse.

Meals: (B, L)

Day 11: Gyantse-Shigatse

Today we head to Shigatse. Situated in central - southern Tibet, Shigatse is the second largest city of Tibet and a political, economic and cultural center of the region. South of the city lies the **[Tashilhumpo Lamasery]**-one of the four lamaseries of the Galu sect of Lamaism and the residence of the Panchan Lama for long. The monastery was built in 1447 under the supervision of the First Dalai Lama Gedun Zhuiba, one of the disciples of Zonggaba. It was expanded by the Fourth, Fifth and Sixth Bainqen Lamas and has become the place of the reincarnation of the Bainqen Lamas. The monastery houses the 22.4-meter-high gilded bronze statue of Qiangba Buddha, the tallest of its kind in the world. The image of the Buddha is kind and generous, and is vivid. Also included is a visit to the **[New Palace of Panchen Lama]**.

Stay overnight at Shigatse.

Meals: (B, L)

Day 12: Shigatse-Tingri

This morning we drive to Tingri. We will get off on the way to visit the **[Sakya Monastery]** and **[Lhatse city]**. Sakya Monastery has a history of more than 900 years, those cultural relics and classic books are extremely abundant. Especially famous are those scriptures. The out walls of building are usually white in Tibet, but here you can see walls are in different color. In the town, the ring of people leading along donkey are often heard, which takes place of the noise of video in large cities, and there are more animal power vehicles than motor vehicles. Besides, no electricity in the town, which make you feel like walking in a place 200 years ago. It's really a nice place to get new experience of living.

Stay overnight at Tingri.

Meals: (B, L)

Day 13: Tingri-Everest Base Camp-Tingri

Today we take a coach to the **[Everest Base Camp]**, enjoy Everest and innumerable spectacular mountains views. Pay a visit to the world's highest monastery - **[Rombuk Monastery]** (5154meters above sea level) on the North Slope of Rombuk Glaciers. Mt. Everest can be seen right from there. Hike to Mt. Everest Base Camp and take pictures while enjoy the magnificent Himalayas natural scenery. Then we drive back to Tingri.

Stay overnight at Tingri.

Meals: (B, L)

Day 14: Tingri-Shigatse

Today we leave Tingri and drive back to Shigatse. Upon arrival, be transferred to the hotel. The rest of the day is leisure at relax. Stay overnight at Shigatse.

Meals: (B, L)

Day 15: Shigatse-Lhasa

Today we return to Lhasa and transfer to the hotel. This afternoon is available for you to explore more of Lhasa. Stay overnight in Lhasa.

Meals: (B, L)

Day 16: Lhasa-Chongqing

Enjoy a leisure breakfast, than we take a flight to Chongqing. The long and particular history, brilliant culture, mighty mountain and rivers have brought about numerous well known scenic spots, historic relics and magnificent landscape to Chongqing. Upon arrival, you will be met and transferred to the hotel. The rest of the day is on your own to explore the city or take a good rest.

Stay overnight in Chongqing.

Meals: (B, L)

Day 17: Chongqing-Yangtze Cruise

After breakfast, we begin our day tour in Chongqing, visit the **[Eling Park]**. Located on the ridge of Eling Mountain in the Yuzhong District, the park is so named because its topography resembles a goose neck. Eling Mountain, the commanding post of Central Chongqing, is an ideal spot to admire Chongqing Harbor, where the Yangtze River and Jialing River join forces. Then we go to **[Ciqikou Old Town]**. Ciqikou is an old town preserved in sprawling modern Chongqing, about an hour's drive from the city centre. It's an old sleepy town built in the Ming and Qing dynasties. Although it's preserved as a tourist town you don't have to pay to get in. The town's name, Ciqikou, means porcelain harbor, and the community prospered from the porcelain trade. Today it offers a glimpse of the peaceful laid-back life in the Chongqing countryside and is somewhere to take a break from the busy commercial world of Chongqing. Late this evening, we embark the ship for Yangtze cruise.

Stay overnight on the Yangtze Cruise boat.

Meals: (B, L)

Day 18: Yangtze Cruise

Sailing down the Yangtze River from Chongqing to Yichang allows visitors to see the spectacular scenery of the Three Gorges along with its splendid cultural heritage and fabled local folklore. The cruise, which combines sightseeing with scientific, artistic and folklore exploration, is a national-caliber tourist program. The 193-km-long Three Gorges, consisting of the majestic Qutangxia, statuesque Wuxia and ferocious Xilingxia gorges, is one of and ferocious Xilongxia gorges, is one of the world's major canyons. Along the way there are such scenic attractions as the Fengdu Mountain. Baidi city, Shibao village, Zhang Fel's Temple, Qu Yuan's Temple, and the Three Gorges Dam. The stop today is Fengdu. Enjoy **[a shore excursion to Fengdu city]**.

Stay overnight on Yangtze Cruise Boat.

Meals: (B, L, D)

Day 19: Yangtze Cruise

Today's **[shore excursion is to a tributary to the Yangtze]**, seeing waterfalls, monkeys and suspended coffins. Throughout the day you will pass various sights of significance with a local guide pointing out and explaining the old Chinese stories. Maybe one of the most notable aspects, are the signs that show where the water will rise when the project is complete.

Stay overnight on Yangtze Cruise Boat.

Meals: (B, L, D)

Day 20: Yangtze Cruise-Yichang-Shanghai

We will get off for **[a shore excursion to the Three Gorges Dam project]** to see one of the most massive projects that China launched in between two centuries. Being the largest water conservancy project ever undertaken by man, three gorges Dam is now being built in Sandouping, which is in the middle of the Xiling Gorge, the longest of the three gorges on the Yangtze River. We disembark at the Cruise pier and then are transferred to Yichang to catch a flight to Shanghai. Upon arrival in Shanghai, be met and transferred to the hotel.

Stay overnight in Shanghai.

Meals: (B, L)

Day 21: Shanghai

Enjoy a leisurely breakfast, and we go to visit the **[Yuyuan Garden]**, where you find more delicate handicrafts and tasty Chinese snacks. Also include a visit to the **[Jade Buddha Temple]**, an elegant structure famous for its Buddha statue which is carved of solid white jade and decorated by jewels. Lunch is arranged at a characteristic Shanghai restaurant. After lunch our guide takes you to the **[Outer Bund]**, for a grand view of Shanghai and you may marvel at how modern this metropolis is while still containing its old traditions. Enjoy a walk on the **[Nanjing Road]**, the most prosperous commercial street. You can find lots of world famous brands setting along the street and enjoy a good time in shopping.

Stay overnight in Shanghai.

Meals: (B, L)

Day 22: Shanghai-Guilin

After breakfast ,we will visit **[Oriental Pearl TV Tower]** .It is the tallest TV tower in Asia and the third highest in the world, next to the 553, 33-meter-high Toronto Tower Canada and the 533-meter-high TV Tower in Moscow, Russia. Towering in Pudong Park in Lujiazui, it has been the symbol of Shanghai, consisted by 15 spheres of different size at different levels. The tower might bring to your mind an old famous poetic line-- "large and small pearls dropping onto a jade plate". Later this afternoon we drive to the airport for a pm flight to Guilin.

Stay overnight in Guilin.

Meals: (B, L)

Day 23: Guilin-Yangshuo

This morning we embark the ship for [**Li River cruise**]. Cruising downstream with a pleasant breeze greeting, you can sit on cushion comfortably or enjoy the open-air viewing platform. Bring lots of film because this is a photographer's dream, where you are able to capture the dramatic landscapes that Chinese artists have been painting for centuries. Lunch will be served onboard. Enjoy the Li River picturesque scenery to Yangshuo. Disembark and walk to the **West Street**, which has received countless foreigners from all over the world and reputed as "Earth Village in China". Today, the 600 meters long street is over 300 cafes, restaurants, hotels art crafts and tourist stores, foreign language clubs, internet centers and Kungfu schools. This afternoon you are free at leisure, you can enjoy a coffee time at the West Street, or walk around the small **Yangshuo town**.

Stay overnight in Yangshuo.

Meals: (B, L)

Day 24: Yangshuo-Guilin

Early this morning we drive back to Guilin city, spend the rest of the day in Guilin to discover its shining scenic spots that make the city unique and especially beautiful. The [**Elephant Trunk Hill**] is the symbol of Guilin, standing in the Li River and looks like an elephant drinking water from the river. The [**Reed Flute Cave**] is one of the most spectacular caves displaying karst geographical formation in various shapes. After the visit, we will continue to the nearby [**South China Sea Pearl Museum**], where we can learn some knowledge of pearls and have the chance to purchase real sea pearl at competitive prices. After dinner, we recommend **a cruise in the city's central area** on a water system, which will absolutely give you a deep impression of Guilin.

Stay overnight in Guilin.

Meals: (B, L)

Day 25: Guilin-Hong Kong-Departure

Today is on your own to relax and until you are ready to be transferred to the airport for a flight to Hong Kong to continue your tour or for departure.

Meals: (B)

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