



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

Tibet & Yangtze River Cruise

<http://www.chinaexpeditiontours.com/china-tours/tibet-yangtze-river-exporation-tour.html>

Tour Code: CET-AV03

Length: 19days and 18 nights

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

Highlight Attractions: Terracotta Warriors and Horses Museum, Potala Palace, Jokhang Monastery, Three Gorges, Yu Yuan Garden, The Bund

Experience & Features: Tibetan Family Visit, Barkhor Street Bazaar, Gyantse Old Street, Minor Expedition to the Everest Base Camp, Ciqikou Old Town in Chongqing, Old Part of Shanghai

Tibet and Yangtze River, as symbols of China, have high reputations in the world. This tour brings you to explore mysterious and unique Tibet and magnificent Yangtze River. 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. This tour starts in the ancient capital city-Xi'an. It 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. Our tour ends in the largest city of China-Shanghai, which will amaze you by its modern atmosphere and traditional culture and art. If you are curious about mysterious Tibet, if you want to enjoy fantastic sceneries along Yangtze River, please come to join us.

Itinerary

Day 1: Hong Kong-Xi'an

Today we take a flight to from Hong Kong to Xi'an. Upon your arrival in Xi'an, you will be welcome by our guide at the airport and be transferred to the hotel.

Stay overnight in Xi'an.

Meals:

Day 2: Xi'an

This morning we go to visit **[Banpo Museum]**, where you can see lots of precious unearthed cultural relics and artworks, reflecting the prehistoric civilization. Then we head for the **[Terra-cotta Warriors and Horses Museum]**. It situates in east of Xi'an city and is famous throughout the world for life-sized terra-cotta warriors and horses. In this museum you will know how magnificent the structure of Emperor Qin Shihuang's Mausoleum was by appreciating the three pits of the terra-cotta warriors and horses excavated. 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 3: Xi'an

Today we will visit the **[Provincial Museum]** in the morning. It is a striking Tang-Dynasty style pavilion and houses with a large collection of 113,000 historic and cultural artifacts unearthed in Shaanxi. And then we will go to visit **[Big Wild Goose Pagoda]** -- one of the city's most distinctive and outstanding landmarks, possibly the most beautiful building left in Xi'an today. A bike tour around the City Wall is highly recommended. You can arrange the rest of the day freely.

Stay overnight in Xi'an.

Meals: (B, L)

Day 4: Xi'an-Lhasa

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

Stay overnight in Lhasa.

Meals: (B, L)

Day 5: Lhasa

Today we will visit the magnificent [**Potala Palace**]. Built on a mountain slope over 4000 m above sea level, the Potala Palace is known as the Pearl on the Roof of the World. Its construction and furnishing reflect the superb skills of ancient artisans and the great attainments of Tibetan architecture. The Potala Palace's halls include worship and pagoda halls, the North Square, the South Square and the Dragon King Pond. After lunch, we visit the [**Sera Monastery**], one of three most famous monasteries in Lhasa. Sera Monastery is one of the three most famous monasteries in Lhasa. Nestled beneath the mountain, it consists of a Buddhist temple, sutra recitation hall and monastery, monastic house, and the famous Living Buddhas' palace. Also included is a visit to the [**Norbulingka Park**] -- the Summer Place of Dalai Lamas, where they handle political affairs and hold festival celebrations. Afterwards, we will pay a visit to a [**Tibetan family**]. Dinner is served at your hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 6: Lhasa

Today let's go to visit [**Jokhang Temple**] first. It is the ultimate pilgrimage destination for devotional Pilgrims. It well reflects architectural styles of the Tang Dynasty and holds the mysterious legends. And then we will go to visit flourishing [**bazaar of Barkhor Street**], which is a must-see place for the tourists. With the location 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. You can find that all the carpets here are hand-made, in beautiful pictures and excellent quality. Those elegant and colorful carpets are nice decorations. 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 7: Lhasa-Gyangtse

In the morning, we drive to Gyangtse, and we stop on the way to visit the [**Yomdrok Lake**] which 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 eager to go. Upon your arrival at Gyangtse, you will be transferred to the hotel. Later we will 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 we will enjoy a walk to the [**Gyangtse Old Street**].

Stay overnight at Gyantse.

Meals: (B, L)

Day 8: Gyantse-Shigatse

Today let's go to Shigatse. It sits in central - southern Tibet. Shigatse is the second largest city of Tibet and a political, economic and cultural center of the region. And then we will go to visit **[Tashilhumpo Lamasery]** -- one of the four lamaseries of the Galu sect of Lamaism and the residence of the Panchen Lama for long time. The monastery was built in 1447 under the supervision of the First Dalai Lama Gedun Zhuba, 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 image of the Buddha will give you the impression of kind and generous. Also included is a visit to the **[New Palace of Panchen Lama]**.

Stay overnight at Shigatse.

Meals: (B, L)

Day 9: Shigatse-Tingri

This morning we will 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. And those scriptures are the most famous. Usually the out walls of building are white in Tibet, but here you can see walls are in different color. In the town, it is very common for people to lead donkey along the street. And there are more animal power vehicles than motor vehicles. Besides, there is no electricity in the town, which makes you feel like walking in a place 200 years ago. So it's really a nice place to get new experience of living from different perspective.

Stay overnight at Tingri.

Meals: (B, L)

Day 10: Tingri-Everest Base Camp-Tingri

Today we take a coach to the **[Everest Base Camp]**; there you can enjoy Everest and innumerable spectacular mountains views. Next we will pay a visit to the world's highest monastery- - **[Rombuk Monastery]** (5154meters above sea level) on the North Slope of Rombuk Glaciers. You can see Mt. Everest is right from there. We will hike to Mt. Everest Base Camp and take pictures of the magnificent Himalayas natural scenery. Then we drive back to Tingri.

Stay overnight at Tingri.

Meals: (B, L)

Day 11: Tingri-Shigatse

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

Stay overnight at Shigatse.

Meals: (B, L)

Day 12: Shigatse-Lhasa

Today we will return to Lhasa and you are transferred to the hotel. This afternoon is available for you to explore more exciting things of Lhasa.

Stay overnight in Lhasa.

Meals: (B, L)

Day 13: Lhasa-Chongqing

After enjoying a leisure breakfast, we take a flight to Chongqing. It is a place that has long and particular history, brilliant culture, and mighty mountains. Rivers have brought about numerous well known scenic spots, historic relics and magnificent landscape in Chognqing. Upon your arrival, you will be met and transferred to the hotel. You can spend the rest of the day to explore the city or take a good rest.

Stay overnight in Chongqing.

Meals: (B, L)

Day 14: Chongqing-Yangtze Cruise

After breakfast, we will start our day tour to Chongqing. We will firstly visit the **[Eling Park]** that locates in the ridge of Eling Mountain in the Yuzhong District. Eling Park got its name 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. Next we go to explore **[Ciqikou Old Town]**. Ciqikou is an old town preserved in sprawling modern Chongqing. And it is about an hour's drive from the city centre. It's an old peaceful town built in the Ming and Qing dynasties. Even though 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. It offers a glimpse of the peaceful laid-back life in the Sichuan countryside and is somewhere to take a break from the busy commercial life of Chongqing. Late this evening, we will embark the ship for Yangtze cruise.

Stay overnight on the Yangtze Cruise boat.

Meals: (B, L)

Day 15: Yangtze Cruise

When sailing own Yangtze River from Chongqing to Yichang, you can see the spectacular scenery of the Three Gorges along with its splendid cultural heritage and fabled local folklore. The cruise is a national-caliber tourist program, since it combines sightseeing with scientific, artistic and folklore exploration. The 193-km-long Three Gorges is one of the world's major canyons, consisting of majestic Qutangxia, statuesque Wuxia and ferocious Xilingxia gorges. Along the way there are many scenic attractions such as the Fengdu Mountain, Baidi city, Shibao village, Zhang Fel's Temple, Qu Yuan's Temple, and the Three Gorges Dam. We will have a stop in Fengdu to appreciate its beauty. You can enjoy **[a shore excursion to Fengdu city]**.

Stay overnight on Yangtze Cruise Boat.

Meals: (B, L, D)

Day 16: Yangtze Cruise

Today's **[shore excursion is to a tributary to the Yangtze]**; you will see the waterfalls, monkeys and suspended coffins. Throughout the day you will pass various sights of significance with the help of a local guide. Maybe one of the most notable aspects is the sighs that show where the water will rise when the project is complete.

Stay overnight on Yangtze Cruise Boat.

Meals: (B, L, D)

Day 17: 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. It is 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. After we disembark at the Cruise pier and then you are transferred to Yichang to catch a flight to Shanghai. Upon arrival in Shanghai, you will be met and transferred to the hotel.

Stay overnight in Shanghai.

Meals: (B, L)

Day 18: Shanghai

We will go to visit the [**Yuyuan Garden**] after a leisurely breakfast. There are more than 40 scenic spots scattered throughout the garden, which is divided into six parts by five boundary walls. The six scenic areas include the Grand Rockery, the Ten Thousand-Flower Pavilion, the Hall of Heralding Spring, the Hall of Jade Magnificence, the Inner Garden, and the Lotus Pool. 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. You will have your lunch in a characteristic Shanghai restaurant. After that we will go to [**Outer Bund**] for a grand view of Shanghai. Later you can take a walk on the [**Nanjing Road**], the most prosperous commercial street. The buildings with distinctive features stand on both sides of the street; many huge advertisements boards show prosperity there, and when the night falls, dazzling neon lights flicker with bright colors. You will have a great time in the "No.1 Business Street of China".

Stay overnight in Shanghai.

Meals: (B, L)

Day 19: Shanghai-Departure

Enjoy yourself in the town before you are transferred to the airport to catch a flight for departure.

Meals: (B)

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