



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

Fantastic Tibet Trip & Highlights of China Tour

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Tour Code: CET-AV04

Length: 19 days and 18 nights

Cities Visited/Stayed: (Hong Kong), Guilin, Chongqing, Lhasa, Gyangtse, Shigatse, Tingri, Shanghai, and Beijing

Highlight Attractions: Forbidden City, Great Wall, Jokhang Monastery, Li River, Potala Palace, The Bund, Yangshuo, Yu Yuan Garden

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

Tibet, one of the most mysterious lands in the world, is known as "The Roof of the World". You can enjoy 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. You will be amazed by all of these unique and beautiful sceneries. Start our tour 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. Head for Beijing, where you can witness and climb the magnificent ancient construction of the Great Wall, and get a brief impression of this large capital. 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. Our tour ends in Shanghai, which will amaze you by its modern atmosphere and traditional culture and art. Welcome to start this fantastic tour with us.

Itinerary

Day 1: Hong Kong-Guilin

Today we take a flight from Hong Kong to Guilin. Upon arrival, you will be met by our guide at the airport and be transferred to the hotel.

Stay overnight in Guilin.

Meals:

Day 2: Guilin-Yangshuo

This morning we embark the ship for **[Li River cruise]**. The Li River enjoys the great reputation for its fine views: fragrant waters, legendary grottoes, verdant mountains, and delicate rocks. When you cruising downstream with a pleasant breeze greeting your face, you can sit on cushion comfortably or enjoy the open-air viewing platform. Gorgeous Karst peaks give you surprises at each bend of the limpid river under the blue sky. Water buffalo patrol the fields, peasants reap rice paddies, school kids and fisherman float by on bamboo rafts. After we arrive in Yangshuo, we will take a walk on the West Street which has a history of more than 1400 years. The street is completely paved with marble, a typical example of a southern China street. Foreigners love the simple courtyard-like setting style and mix of culture here. 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 3: Yangshuo-Guilin

We will drive back to Guilin city in the morning. There you will have the chance to discover its shining scenic spots that make the city unique and especially beautiful. Firstly we will go to appreciate the beauty of **[Elephant Trunk Hill]**, which looks like an elephant drinking water from the river. It is in this way that this mountain got its name. The **[Reed Flute Cave]** is one of the most spectacular caves displaying karst geographical formation in various shapes. Over millions of years, dripping water has eroded the cave to create a special world of various stalactites, stone pillars and rock formations. The caves are adorned by colored lighting creating a magical atmosphere along this 240-meter-long (about 787 feet) cave. 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, you can choose to take a cruise in the city's central area on a water system, which will absolutely make you fully enjoy the beauty of Guilin city.

Stay overnight in Guilin.

Meals: (B, L)

Day 4: Guilin-Chongqing

Today you can visit this city by yourself until you are transferred to the airport to fly to Chongqing. When you arrive in Chongqing, you are welcome by our guide at the airport and transferred to the hotel.

Stay overnight in Chongqing.

Meals: (B, L)

Day 5: Chongqing-Lhasa

After breakfast, we will start our day tour in Chongqing to visit the **[Ciqikou Old Town]**. Ciqikou is an old town preserved in sprawling modern Chongqing, and it is about an hour's drive from the city center. It's an old town built in the Ming and Qing dynasties that has peaceful and beautiful scenery. 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. It can offer 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. Then we take a flight to Lhasa. Upon your arrival in Lhasa, you will be met and transferred to the hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 6: Lhasa

This morning we will 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. It covers an area of more than 130,000 square meters (about 32 acres). White Palace (administration building) and the Red Palace (religious building) are its two parts. You can admire complicated architectures, devotional atmosphere and exquisite artworks there. After lunch, we will visit the **[Sera Monastery]** -- one of three most famous monasteries in Lhasa. Later we will go to the **[Norbulingka Park]** -- the Summer Place of Dalai Lamas, where they handle political affairs and hold festival celebrations. Then we will pay a visit to a **[Tibetan family]**. Dinner is served at your hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 7: Lhasa

This morning we visit the **[Jokhang Temple]** -- the ultimate pilgrimage destination for devotional Pilgrims. It well represents architectural styles of the Tang Dynasty and holds the mysterious legends. Later we will go to visit the flourishing **[bazaar of Barkhor Street]**, one of a must-see places for the tourists. 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 will go ahead to visit the **[Tibet Museum]** for a glance into Tibet's civilizations, and continue to the **[Tibet Carpet Factory]**. It is 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. If you are interested you can purchase them at competitive prices with various choices. Dinner is served at your hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 8: Lhasa-Gyangtse

In the morning we will drive to Gyangtse, and we will stop on the way to visit the **[Yomdrok Lake]**. The lake is surrounded by elegant mountains, locating in the north bank of the Yarlung Tsangpo River. The serene and holy lake is a dreaming place where everybody is eager to go there. Upon arrival at Gyangtse, you will be transferred to the hotel. **[Palkhor Monastery]** is another typical Tibetan monastery which is famous its unique structural style and be considered as the lord of Tibetan stupas. So we will go there to appreciate its beauty. Then we will enjoy a walk to the **[Gyangtse Old Street]**.

Stay overnight at Gyangtse.

Meals: (B, L)

Day 9: Gyangtse-Shigatse

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

Stay overnight at Shigatse.

Meals: (B, L)

Day 10: Shigatse-Tingri

This morning we will drive to Tingri. We will get off on the way to visit the **[Sakya Monastery]** and **[Lhatse city]**. With a history of more than 900 years, those cultural relics and classic books in Sakya Monastery are extremely abundant. And the most famous are those scriptures. Usually the out walls of building are usually white in Tibet, but here you can see walls are in different color. In town, it is very common for people to lead a donkey along the street. You will see 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. It's really a nice place to get new experience of living.

Stay overnight at Tingri.

Meals: (B, L)

Day 11: Tingri-Everest Base Camp-Tingri

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

Meals: (B, L)

Day 12: Tingri-Shigatse

Today we will leave Tingri and drive back to Shigatse. Upon 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 13: Shigatse-Lhasa

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

Stay overnight in Lhasa.

Meals: (B, L)

Day 14: Lhasa-Shanghai

Enjoy a leisure breakfast, and then we take a flight to Shanghai in the afternoon. 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 Shanghai.

Meals: (B, L)

Day 15: 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 16: Shanghai-Beijing

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 flight to Beijing. Upon arrival, be met and transferred to the hotel.

Stay overnight in Beijing.

Meals: (B, L)

Day 17: 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, Quanjude restaurant and Bianyi fang restaurant are well-known for its traditional Roast Duck.

Stay overnight in Beijing.

Meals: (B, L)

Day 18: 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 19: Beijing-Departure

Today is free on your own until you will be transferred to the airport for a departure flight.

Meals: (B)

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