



Above the Clouds --- Tibet Highlights

13 day tour to Chengdu, Lhasa, Shigatse, Gyantse, Tibet Railway Line & Beijing

Tibet is the ultimate destination for many travellers, with an altitude of 3650 meters (11,975 feet); Lhasa is one of the highest cities in the world. With the opening of the incredible train line from Qinghai Province to Lhasa, today the Himalayan Kingdom attracts the whole world. In Gyantse, Kunbum is a world treasure, adorned with 15th century Newari murals. Shigatse is the seat of the Panchan Lama; it draws pilgrims from all over the country. Lhasa is the pilgrims' and travellers' final destination, with bustling markets, sacred temples, and ornate palaces.



Day 1 Australia ✈ Chengdu

Depart from Australia to Chengdu, the capital of Sichuan Province, also considered the cultural hub of Southwest China. Upon arrival you are met at the airport and transferred to your hotel.

Day 2 Chengdu Meal: B/L/D

This morning you visit the Panda Breeding Centre and get up close and personal with the cuddly creatures. This afternoon you can experience the relaxing life by visiting a local teahouse. You might see people chatting, playing cards and Mah-jong. This evening you can enjoy the Changing Mask Show.

Day 3 Chengdu ✈ Lhasa Meal: B/L/D

This morning you board your flight to Lhasa. Upon arrival in Gonggar Airport, the highest airport in the world, you are met and driven 100km to the city of Lhasa, capital of Tibet. The rest of the day is at leisure and get ready to explore the roof of the world.

Day 4 Lhasa Meal: B/L/D

Today you visit Sera Monastery, one of the three largest monasteries in Tibet, enshrined in the monastery are over 10,000 golden copper Buddhist statues, the holy prayer scripture written in cinnabar, and other treasures. Next you visit the Tibet Museum, the largest cultural facility in this ethnic autonomous region with a huge collection of art treasures. Later this afternoon, you visit Norbulingka, the summer palace for the Dalai Lama.

Day 5 Lhasa Meal: B/L/D

Today you visit Potala Palace, the winter palace of the Dalai Lama since the 7th century. It symbolises Tibetan Buddhism and its central role in the traditional administration in Tibet. Next is a visit to the Jokhang Temple, which is an exceptional Buddhist religious complex. It is the spiritual centre of Tibet. The temple is a combination of Han, Tibetan and Nepalese architectural

techniques. Then onto Barkhor Street, which is an old and traditional shopping street in the centre of Lhasa. It is also a place where Tibetan culture, economy, religion and arts assemble and a place to which a visit must be paid.

Day 6 Lhasa 🚗 Yamdrok Lake 🚗 Gyantse Meal: B/L/D

Today you drive 360 km from Lhasa via the beautiful turquoise Yamdrok Lake to Gyantse. Here you can view some of the beautiful scenery along the way. You stay overnight in Gyantse.

Day 7 Gyantse 🚗 Shigatse Meal: B/L/D

You visit Kunbum Stupa & Pelkor Chode Monastery. Drive 90 km to Shigatse. This afternoon you take a tour to The Tashilunpo Monastery, residence of Panchan Lamas.

Day 8 Shigatse 🚗 Lhasa Meal: B/L/D

While driving back to Lhasa along the Bramaputra River, you visit a Tibetan family on the way.

Day 9 Lhasa 🚗 Beijing (41 hours) Meal: B

This afternoon you are transferred to train station and board your train for Beijing. Overnight on the train in a four sharing compartment (soft sleeper). You can buy your meals in the dining car.

Day 10 On the train

On the train.

Day 11 Arrive Beijing

Arrive in Beijing at 8am, met and transferred to your hotel. The rest of the day remains free.

Day 12 Beijing ✈ Australia Meal: B

Today is at leisure. You are transferred to the airport for the flight bound to Australia.

Day 13 Australia

Arrive in Australia in the morning.



ABOVE THE CLOUDS, A MODERN MIRACLE

- The Railway runs 1970km from Lhasa to Xining, the first even railway in Tibet.
- It is the highest railway line in the world, reaching 5072m at its highest point on the Tibetan plateau.
- The Railway work began in 2001, 7 tunnels and 286 bridges have been created along the line. The longest tunnel is 3km and the longest bridge spans almost 12km.
- The Railway is a modern-day miracle, a train that zigzags through perilous mountains and some of the world's most forbidding terrain to climb more than 4km above the sea level.
- Its 1260km of track crosses nearly 643km of permanently frozen earth which experts had deemed impossible to traverse by rail. Now a dream comes true!

Option: flight Lhasa to Beijing

You could fly from Lhasa to Beijing on Day 9, then stay 2 nights in Beijing and depart on Day 11 (including arrival & departure transfer).

Clothes

Despite the amount of sunlight in Tibet, the daily temperature's difference is big, it could be sunny during the day and chilly in the evening. Bringing winter clothes is a wise choice. Hats, sunglasses and sun lotion are advised.

Health Concerns

Altitude sickness might occur when you stay in Tibet, please consult your family doctor well in advance for any health concern matters for this trip and bring the appropriate necessary medications.

Above the Clouds - Tibet Highlights Dates & Prices

Tour code	Start Chengdu Saturday	End Beijing Wednesday	Full package with international airfare departing from Sydney / Melbourne / Brisbane* / Adelaide* / Perth*		
			Air China	Cathay Pacific	Singapore Air
AC180512	12-May-18	23-May-18	\$3,980	\$4,030	\$4,130
AC180609	09-Jun-18	20-Jun-18	\$4,150	\$4,200	\$4,300
AC180714	14-Jul-18	25-Jul-18	\$4,150	\$4,200	\$4,300
AC180811	11-Aug-18	22-Aug-18	\$4,150	\$4,200	\$4,300
AC180908	08-Sep-18	19-Sep-18	\$3,980	\$4,030	\$4,130
AC181013	13-Oct-18	24-Oct-18	\$3,980	\$4,030	\$4,130
# Land Only: \$3450			Single supplement: \$780		
* This tour is a guaranteed departure based on a minimum of 2 people. Full package prices above include airport taxes and fuel surcharges.					
* Please refer to Page 13 for <u>Tour Inclusions</u> and <u>Extending Your Holiday</u> details.					
* Land Only price: Tour starts from <u>Arrival transfer in Chengdu</u> to <u>Departure transfer in Beijing</u> , including domestic air tickets & taxes but excludes any international air tickets.					
* Flight Lhasa-Beijing Option \$580 pp twin share (\$720 pp single share): You could fly from Lhasa to Beijing on Day 9, then stay 2 nights in Beijing and depart on Day 11 (including arrival & departure transfer & 2 nights hotel).					

* Exclusive train cabin option: 4-berth cabin will be arranged for you but you could buy the rest of the berths to make it your private cabin. Extra \$285 for each berth.
* Extra China visa fee see page 10 for details. Tibet travel permit included.
* Package prices of Air China (direct flight) is for departure from Sydney only.
* Package prices of Cathay Pacific / Singapore Airlines are for departures from Sydney, Melbourne, Brisbane, Adelaide or Perth. Any cost including hotel or meals incurred due to the connecting flight in Hong Kong or Singapore will be at your own expenses.
Stopover: Stopover in Singapore permitted if flying with Singapore Airlines; One stopover in Hong Kong permitted if flying with Cathay Pacific Airways. Extra airport taxes apply. Land arrangement in Singapore or Hong Kong can be arranged at an additional cost, see Hong Kong stopover package for details.
Warning: This tour will visit places reach high altitudes of more than 3,670m above sea level, we suggest you to consult with your doctor before making reservation. The Tibet Autonomous Region may be closed by the local government at any time without prior notice, which may impact your travel in or to Tibet.
Hotels used for this tour: 4* Chengdu Tianfu Sunshine Hotel; 4* Lhasa Jardin Secret Hotel; 3* Shigatse Hotel; 3* Gyantse Hotel; Lhasa - Beijing soft sleeper deluxe 4 sharing berth cabin; 4* Beijing Park Plaza Science Park Hotel or similar
Pre / Post Stay Hotel: \$170 (Chengdu) / \$160 (Beijing) - per room per night with breakfast