

# China and Tibet

Depart Cairns 5<sup>th</sup> July at 11.15AM arrive Singapore 3.25PM – Silk

Accommodation: Peninsular/Excelsior IN: 5<sup>th</sup> July OUT: 6<sup>th</sup> July

Depart Singapore 6<sup>th</sup> July at 9.45AM arrive Shanghai 3.05PM – Singapore Airlines

Commence the following tour in Shanghai on the 6<sup>th</sup> July and ending in Chendhu on the 27<sup>th</sup> July

## [Day 1: Shanghai](#)

Nimen Hao! Welcome to China. Blending 21st-century architecture with old-world character, Shanghai pulses with the beat of new China. Your adventure begins with a Welcome Meeting at 6 pm this evening. Please look for a note in the hotel lobby or ask reception where it will take place. Settle into your hotel and then get a feel for this vibrant city – Shanghai's bright lights, fevered trade and frenetic pace provide a glimpse into the dazzling global future of the country. Your evening is free for your first exploration of the city – perhaps get a taste of Shanghai's eclectic food scene, which draws influence from far beyond China's walls.

Notes: As we only have one full day in Shanghai as part of the trip, we highly recommend arriving a few days earlier to make the most of your time here. Those who arrive early could visit the Propaganda Museum for a fascinating look at China's revolutionary past, get a bird's eye view of the city from the Pearl Tower's observation decks, wander the Yuyuan Gardens and Bazaar, barter in markets, stroll through modern Pudong or scope out the city's buzzing nightlife at a local bar. Check out our range of Urban Adventures for the insider's take on exploring the city.

### Accommodation

- Hotel (1 night)

### Included Activities

- Informal Chinese language lesson

### Optional Activities

- Shanghai - Propaganda Museum - CNY20
- Shanghai - Yuyuan Gardens - CNY40
- Shanghai - Oriental Pearl Tower Viewing Deck - CNY150

### Meals Included

There are no meals included on this day.

## [Day 2: Shanghai](#)

Today join your leader for a walking tour that will take you to historical Shanghai. At the Bund you can get a taste of 1920s Shanghai; its spectacular array of art deco style buildings, formerly belonging to Western banks, line what was once the most important financial street in Asia. Wander the narrow winding lanes (nongtangs) of old Shanghai, where you can get a real glimpse into the locals' daily life. Explore the European-influenced French Concession, the area of Shanghai once designated for the French, consisting of today's Luwan and Xuhui Districts. Luwan's Huaihai Road is a busy shopping street and is home to both Xintiandi and Tian Zi Fang, extremely popular shopping and dining spots for visitors. The area's tree-lined avenues and their many Tudor mansions still retain an air of the 'Paris of the East'. This evening you'll witness the impressive feats of the famous Shanghai acrobats.

### Accommodation

- Hotel (1 night)

### Included Activities

- Shanghai - Walking tour
- Shanghai - Acrobat Show

### Optional Activities

- Shanghai - Shanghai Museum - Free
- Shanghai - Yuyuan Gardens - CNY40
- Shanghai - Oriental Pearl Tower Viewing Deck - CNY150

### Meals Included

There are no meals included on this day.

#### [Day 3: Xitang - Overnight train](#)

Get a taste of traditional China on a day trip to an ornate water town. Drive approximately 2 hours by private transport out to Xitang, a town full of picturesque architecture and views. Wander through the small streets and across the bridges that criss-cross the town. Chill out by the canals, sip steaming cups of tea at a local teahouse or learn about local history at one of the many museums. Get lost among the maze of peaceful cobblestone streets lined with village buildings – it's a welcome break from the bustle of modern Shanghai. While here, gliding along the waterways in a gondola is the ideal way to enjoy a real water town experience. Return to Shanghai and then board an overnight hard sleeper train bound to Xi'an (approximately 15 hours).

Train travel in China may not be entirely luxurious but it's certainly one of the best ways to come face to face with the country and its people, as it's the main form of transport for locals. We use hard sleeper class trains for most of our overnight train journeys. These are not as rough as they sound – compartments are open-plan, clean, with padded three-tiered berths (6 to a compartment). Wherever possible, we will group our travellers together, but this will depend on group size and ticket availability. Sheets, pillows and a blanket are provided. Some travellers prefer to bring their own sleeping sheet. Safe, hot drinking water is always available. It is a good idea to bring a mug, spoon, knife and fork if you will be preparing your own hot drinks or food on the train (as these are not provided in cabins). Basic bathroom facilities with toilets and washbasins are situated at the end of each carriage. As toilet paper isn't always available, it's best to bring an emergency supply. Keep in mind general train cleanliness may not be to the same standards you are accustomed to. Food is available on the train, but it's a good idea to stock up on snacks for the trip. An optional upgrade from a hard sleeper to a soft sleeper berth (4 travellers per compartment with a lockable door) may be available for some overnight train journeys on this trip. Please contact us for booking and more details.

### Accommodation

- Overnight Sleeper Train (1 night)

### Included Activities

- Xitang - Walking tour

### Optional Activities

- Xitang - Gondola ride - CNY120

### Meals Included

There are no meals included on this day.

#### [Day 4: Xi'an](#)

Arrive in Xi'an, the capital of Shaanxi Province and the largest city in northwest China. Once the imperial centre of China for 2,000 years, Xi'an is now a vibrant, modern city dotted with many interesting historical sites and is a great place to explore. Today you'll join your leader on a short walking tour to uncover what was once the start of the ancient trading route of the Silk Road. Perhaps visit the Bell & Drum Towers, the former built (according to legend) to restrain the dragons that were causing earthquakes, the latter is (unsurprisingly) full of drums, once used to mark time and warn in emergencies. The city also has a wonderful Muslim Quarter, and you'll wander the narrow streets of quaint shops, lively markets, groups of white-bearded men in skull caps sipping tea in cafes, and the Great Mosque, one of the most important in China. See the City Walls and Gates, the most complete in China, running over 13 kilometres around the city. Xi'an's Silk Road history means it has an exciting mixture of cultures, especially found in its food options, ranging from delicious Muslim fare to great little dumplings in Chinese restaurants. Perhaps visit the night markets and try many of the tantalising local specialties such as pao mo (lamb broth that you break flat bread into), hand pulled noodles, hot pot and barbecue.

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Xi'an - Muslim Quarter walking tour

#### **Optional Activities**

- Xi'an - Small Wild Goose Pagoda - CNY50
- Xi'an - Cycling on City Wall - CNY80
- Xi'an - Great Mosque - CNY25
- Xi'an - Bell & Drum Towers - CNY50
- Xi'an - Big Wild Goose Pagoda - CNY80

#### **Meals Included**

There are no meals included on this day.

#### **[Day 5: Xi'an](#)**

Today you'll journey out in to the countryside surrounding Xi'an (approximately 2 hours) and visit what is undoubtedly one of the man-made wonders of the world – the Terracotta Warriors. You'll learn all about this incredible archaeological find, discovered after being buried for 2,000 years by farmers digging a well in 1976. These clay statues of soldiers, horses and chariots (and originally individually painted) were commissioned by the emperor Qin Shi Huangdi as part of his mausoleum after he ascended to the throne in 264 BC. Three main pits are open for you to view, where over 1,000 warriors are displayed – each individually sculpted from clay, each having a different costume, height, and even facial expressions – stand in battle formation. The scale is incredibly impressive. Afterwards you'll enjoy lunch with a local family, before visiting our friends at Xi'an Huiling (meaning 'wise spirit') – a special Intrepid-supported project for young people with intellectual and learning disabilities. Here you'll enjoy a performance of singing and dancing by the students (don't be surprised if you're asked to join in) and have a chance to see their artwork and handicrafts. Return to Xi'an for your final evening in the city.

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Xi'an - Terracotta Warriors
- Xi'an - Huiling visit
- Xi'an - Local-style lunch

## Meals Included

- Lunch

## [Day 6: Great Wall](#)

Today is a big day of travelling so grab some snacks for the journey. Transfer to the railway station and then board the high-speed train (approximately 6 hours) to Beijing. Watch the landscape change from farmland and villages to industrialised cities and urban sprawl. On arrival in Beijing meet your private vehicle to drive out into the countryside to a section of the Great Wall (approximately 2 hours) where you'll spend the night in a family run village guesthouse. Dinner is included here - a great chance to sample local produce and delicious home style cooking.

## Accommodation

- Guesthouse (1 night)

## Meals Included

- Dinner

## Special Information

Please note that our guesthouse tonight is relatively basic comparing to the hotels we stay on this trip, though all rooms have private facilities and wifi is available. Despite the basic facilities of the guesthouse, you'll surely enjoy the warm hospitality of our hosts here.

In winter months (Nov-Feb) accommodation may be in an alternate guesthouse from warmer months, with better heating.

## [Day 7: Great Wall - Beijing](#)

This morning you'll visit a section of the Great Wall and spend some time exploring, taking photos and learning the history of this mighty site (and sight). An incredible piece of engineering, the wall stretches 6,000 km westwards from the mountain ridges north of Beijing. It was originally constructed to protect Chinese empires from the 'barbarians' of the north and even though it failed in this purpose, it's still without a doubt one of the country's most remarkable achievements and an iconic destination. You'll often feel like you have the whole wall to yourself as you take your time strolling along the wall, which snakes through the hills almost endlessly into the distance. Being perched on this incredible engineering feat and surveying the spectacular surrounding countryside is an unforgettable experience. You'll then journey back to Beijing (approximately 2 hours) – your last stop on your journey. The capital of the most populous country on earth, Beijing is quickly shedding its historical face in favour of modernity. However, there are still plenty of places to go that will give you a great insight into the nation's ancient past as well as sights that showcase China's contemporary culture.

## Accommodation

- Hotel (1 night)

## Included Activities

- Beijing - Great Wall Mutianyu

## Optional Activities

- Beijing - Beijing by Bike Urban Adventure - CNY530

## Meals Included

- Breakfast

## Special Information

There are many steps and slopes on the way, so you'll need to concentrate hard to keep your footing. You'll need reasonable fitness and walking shoes with good support and grip for this activity.

Please note that in winter months (Nov-Feb) when we may stay in an alternate guesthouse, we may visit Jinshanling or Gubeikou section of the Great Wall instead of Mutianyu.

### [Day 8: Beijing](#)

Today you will make our way to the centre of the city – Tian'anmen Square (travelling by metro and local bus). Perhaps most famous outside of the country for the 1989 massacre (and the iconic picture of a single man standing up to a tank), this square – supposedly the largest down town square in the world – is the symbolic centre of Chinese power. Framed by the Gate of Heavenly Peace with its Mao portrait, Mao's Mausoleum, the Great Hall of the People, the National Museum, and with elaborate flag raising and lowering ceremonies at dawn and dusk, it's a place of pilgrimage for the Chinese tourists who consider it the heart of their nation. From here you will enter the enormous Forbidden City. Built more than 500 years ago and off limits to commoners for almost all that time, it's a truly amazing place. Despite the transformation of the city around it, the Forbidden City thankfully looks much like it always has. As you explore the great halls and courtyards you'll be able appreciate the might and grandeur of the Imperial Chinese court during the height of its power in the Ming and Qing dynasties. Beijing is vast and overflowing with sights – with your hotel located centrally, a walk in any direction will unveil all sorts of wonderful surprises.

## Accommodation

- Hotel (1 night)

## Included Activities

- Beijing - Tian'anmen Square & Forbidden City
- Beijing - Tiananmen Square

## Meals Included

There are no meals included on this day.

### [Day 9: Beijing](#)

Today you'll have another free day to explore Beijing until 6pm for the group briefing for your journey to Tibet.

## Accommodation

- Hotel (1 night)

## Optional Activities

- Beijing - Tian'anmen Square & Forbidden City - CNY60
- Beijing - Beijing by Bike Urban Adventure - CNY530
- Beijing - Kungfu Show - CNY180
- Beijing - Lama Temple - CNY25
- Beijing - Summer Palace - CNY40
- Beijing - Beijing Foodie Walk Urban Adventure - CNY360
- Beijing - Temple of Heaven - CNY40

## Meals Included

There are no meals included on this day.

## Special Information

As this is a combination trip, please note that your tour leader and group composition may change today.

## [Day 10: Great Wall - Train to the Roof of the World](#)

No trip to China would be complete without a visit to the Great Wall. Today you'll take an early morning visit to one of the best-preserved areas featuring guard towers dating back to the Ming dynasty - , the Mutianyu section (approximately 2 hours). An incredible piece of engineering, the wall stretches 6000 km westwards from the mountain ridges north of Beijing. It was originally constructed to protect Chinese empires from the 'barbarians' of the north and even though it failed in this purpose, it is still without a doubt one of the country's most remarkable achievements. It's a 30-minute climb up some steep steps to the wall itself, but it's well worth the effort. You will need good walking shoes for this. There's also the option of taking a chair lift or cable car to the top and back if you're after a more leisurely experience. Head back into the city in the afternoon, then this evening transfer to the Beijing West railway station (one of the biggest and busiest in the world!) to board the train to Lhasa (approximately 45 hours). This first night you'll pass through provincial towns, through Xi'an, and then directly into the mountains, sometimes through tunnels that can last for minutes at a time!

### **Accommodation**

- Overnight Hard Sleeper Train (1 night)

### **Included Activities**

- Beijing - Great Wall Mutianyu

### **Meals Included**

There are no meals included on this day.

### **Special Information**

We use hard sleeper class trains for most of our overnight train journeys. These are not as rough as they sound – compartments are open-plan, clean, with padded three-tiered berths (6 to a compartment). The Beijing-Lhasa train is one of the newest and best in China. Wherever possible, we will group our travellers together, but this will depend on group size and ticket availability. Sheets, pillows and a blanket are provided. We recommend bringing your own sleeping sheet as the quality/cleanliness of sheets may not be what you are used to. Safe, hot drinking water is always available. It is a good idea to bring a mug, spoon, knife and fork if you will be preparing your own hot drinks or food on the train (as these are not provided in cabins). The train has a dining car; meals are of better quality on the first day, as by the second day you are travelling at altitude, which makes cooking difficult! You may wish to purchase extra snacks of your choice before the journey to supplement food

## [Day 11: Train to the Roof of the World](#)

The train to Lhasa is one of China's greatest recent engineering feats. It's the highest railway in the world, traversing some incredibly mountainous and remote terrain. The journey takes you through the major cities of Xi'an, Lanzhou and Xining, and across the Qinghai Plateau before arriving in Lhasa. Luxuriate in the feeling of accomplishment without having to do anything – go to bed and wake up 1000 kilometres away. Stop briefly in Lanzhou, the crossroads of journeys along the Silk Road and the Tibet-Qinghai plateau, and head on past the immense city of Xining. On this second night you'll climb in altitude and your breath will likely be taken away by the landscape outside the windows – snow-dappled black cliffs and mountain peaks illuminated by the moonlight.

### **Accommodation**

- Overnight Hard Sleeper Train (1 night)

### **Meals Included**

There are no meals included on this day.

### **Special Information**

Much of the train journey takes place at high altitude, including the Tanggula Pass (5,072 metres) and Fenghuahan tunnel (4,095 metres). Altogether, over 80% of the section between Golmud to Lhasa is

at elevations of over 4,000 metres. As a result some people can suffer from altitude sickness, regardless of age or physical health. Compartments have an oxygen supply for each passenger and there is a doctor on board each train in case medical assistance is required.

#### [Day 12: Lhasa](#)

The train will travel through a wide brown grassland complemented by terracotta foothills, with a speckling of grazing yaks, sheep and goats and the occasional punctuation of lakes and streams. This same landscape, only sparsely populated by clusters of brick village houses, treeless and vast, will accompany you nearly all the way to Lhasa, where you'll arrive some time after lunch. The colourful and historic holy city of Lhasa is situated in a small valley, and for hundreds of years it was a mysterious place, virtually unknown to the outside world. Even the most adventurous and hardy of explorers rarely reached the city without being turned away, either by the treacherous terrain or the fierce warrior monks that protected Tibetan territory from intruders. While now welcoming tourists and much modernized, Lhasa remains an intriguing city with a deeply fascinating culture, sights and stories. Check in to your hotel and begin to get acclimatised with a free night tonight.

#### **Accommodation**

- Hotel (1 night)

#### **Meals Included**

There are no meals included on this day.

#### **Special Information**

Lhasa's elevation is 3,940 metres. We have four days here to allow for appropriate acclimatisation. You will have a Tibetan leader for the duration of your time in China, who may also be joined by other local guides in each destination. Due to Chinese government regulations you are also likely to have an escort accompany your group while outside of Lhasa in Tibet.

#### [Day 13: Lhasa](#)

Begin exploring Lhasa with an easy morning walk in the nearby area before joining a momo (Tibetan dumpling) making class for lunch. In the afternoon, take a visit to the Sera Monastery and witness the residing monks taking part in heated debates in the courtyards.

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Lhasa - Sera Monastery
- Lhasa - Momo cooking class

#### **Meals Included**

There are no meals included on this day.

#### **Special Information**

Please take it easy today - it's only your second day at this high altitude and you most likely will need to climatise. You'll also need to stick with your group when visiting sites as per local law, so if there's any further sightseeing you'd like to do then please discuss it with your tour leader.

#### [Day 14: Lhasa](#)

Begin seeing the sights of 'The Place of the Gods' with visits to both the imposing Potala Palace and Jokhang temple. As the former home of the Dalai Lamas, Potala Palace sits 130 metres (426 feet) above the city. The palace is divided into two parts – the secular White Palace, used for offices and the like and the religious Red Palace that boasts a number of shrines, chapels and tombs of Dalai Lamas. Although the palace cannot be explored freely and a strict viewing schedule has to be adhered to, this in no way hampers the impact of an adventure to one of the world's architectural marvels. The charming gold and jewel-filled rooms and views from the roof are usually bustling with

Tibetan pilgrims and Chinese tourists making offerings at the altars, adding to the spiritual and cultural intrigue on your visit here. For the rest of the day, you can deepen your perspective of Lhasa's holy sites with a trip to the Ganden or Drepung Monasteries. Alternatively, perhaps visit the Norbulingka, the Summer Palace of Dalai Lamas. Your leader will help arrange activities for your free time.

### **Accommodation**

- Hotel (1 night)

### **Included Activities**

- Lhasa - Braille Without Borders visit
- Lhasa - Jokhang Temple
- Lhasa - Potala Palace

### **Optional Activities**

- Lhasa - Drepung Monastery - CNY60
- Lhasa - Ganden Monastery - CNY145
- Lhasa - Norbulingka - CNY60

### **Meals Included**

There are no meals included on this day.

### **Special Information**

Please note that the Potala Palace is the most popular attraction in Lhasa, especially among Chinese tour groups, so it can be very crowded and tickets are for a limited time period only.

As the majority of the cultural and historical sites in Tibet are temples and monasteries, it's best to choose carefully which activities you do in your free time, and pace yourself in order to enjoy the sites group-visited as much as possible. Tibetan Buddhism is a fascinating part of the region's culture, however some travellers find that they get 'temped out' quickly with so much information to take in. Take your time, ask your local guide about what interests you most, and if you'd prefer your own time rather than visit a religious site with the group, let your leader know.

### **[Day 15: Gyantse](#)**

Today's drive to Gyantse is spectacular, offering unforgettable views around every bend. Cross over several stunning passes as you twist through dramatic mountains and peaks that tower over the road. Take in the incredible views of Yamdrok Lake, mystically mirroring the sky above in near perfection, climb Khamba La Pass and see yaks plodding along the mountainside. Pass sheep herder villages scattered along the banks of the lake and be confronted by the soaring Noijin Kangsang, the peak of the Lhagoi Kangri mountain range. Stop at the town of Nangartse for lunch before climbing up to the Karo La pass, and then descending down to the town of Gyantse. The drive should take around 8 hours. The small rural town of Gyantse is famed for its wool carpets. While there's still a feel of tradition and life continuing much as it has for centuries, Gyantse is also a great place to see contemporary Tibetan life in the backstreets, where pilgrims, pop music, cows, 'cowboys' on motorbikes, kids and monks all mingle in a lively mix of cultures. There are a number of interesting buildings in the town, including the Pelkhor Chode Temple complex, a unique structure built in 1414 that brought together 15 monasteries and three different orders of Tibetan Buddhism.

### **Accommodation**

- Hotel (1 night)

### **Meals Included**

There are no meals included on this day.

### **Special Information**

Accommodation in Tibet outside of Lhasa can be of a basic standard, and with limited options. Hot water, when available, can be sporadic and in some destinations, hot water and showers are not available at all. Some accommodation has shared bathroom facilities and unreliable plumbing. Most places we stay will have twin-share rooms, although on occasion we'll stay in multishare rooms on a same gender basis.

#### [Day 16: Gyantse - Shigatse](#)

This morning you'll spend time in the unique Gyantse Kumbum, an impressive layered stupa designed as a kind of 3D mandala (symbol that represents the universe) before exploring a model of the Buddhist universe where each storey represents a step to enlightenment. If you have a head for heights, you can wind your way up the pilgrim circuit. Pass dozens of tiny painting-filled chapels and press on as the passages steadily get narrower as you get higher –the air becoming more and more intoxicating with incense and smoke from yak butter lamps. Later on, there's the chance to enjoy a lunch at a local family home, offering a fantastic real life experience where you can help prepare the food while enjoying both Tibetan hospitality and interesting tales. You will then drive to Tibet's second-largest city, Shigatse, on a 90-kilometre (55 mile) drive that takes at least 2 hours. Translating to 'all fortune and happiness gathered here', Shigatse is a busy, mountain-clasped city that's rapidly modernising. There are still strong reminders of Tibetan culture, such as the Tashilhunpo Monastery which you'll visit later on this adventure. Perhaps ask your leader for directions to the tranquil Chapel of Jampa and meditate on the world's largest gilded statue. The courtyard outside of the Kelsang Chapel meanwhile, is one of the best places to observe the pilgrims and monks preparing for ceremonies.

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Gyantse - Pelkor Chode Monastery
- Gyantse - Kumbum
- Gyantse - Tibetan family visit & lunch

#### **Meals Included**

There are no meals included on this day.

#### [Day 17: Sakya](#)

Continue west to the town of Sakya (approximately 3-4 hours). Sakya's monastery and town buildings are quite unique. Originally, there were two monasteries in Sakya – the Northern and the Southern – but the former was completely destroyed during the Cultural Revolution. The Southern Monastery is built in a medieval 'Mongolian' style, and rather than being whitewashed, the secular buildings are painted in red and white stripes. With its high imposing walls, the monastery is sometimes nicknamed the 'Great Wall of Tibet'. You'll have time to explore inside the Sakya monastery. At first the halls may seem similar to other monasteries you've visited, but after spending time here and soaking in the atmosphere you'll soon realise that Sakya has a subtle ancient beauty that's like no other. After the monastery tour, you can choose to climb the hill through the Tibetan Village to see what's left of the original Northern Monastery complex. Make sure you pick your way through the ruins and remaining buildings in a clockwise direction as this is a kora route (a circumambulation around a sacred site). You can also hike a little further to visit the friendly nuns at the Nunnery high on the hill overlooking the town. Tonight for dinner, consider tasting some spicy food at one of the little restaurants run by Sichuanese immigrants.

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Sakya - Monastery

### Meals Included

There are no meals included on this day.

#### [Day 18: Everest National Park](#)

With an early start today, travel to Everest National Park, (approximately 5-6 hours). Cross the spectacular 5,050 metre Pangla Pass on the way to Rongphu Monastery, the highest monastery in the world. On a clear day, you'll have giddy views of the Everest range. On a clear day you may even get a photo of the monastery's chorten against the backdrop of mighty Everest, or Qomolangma as it is called in Tibetan. A relatively modern monastery by Tibetan standards, Rongphu was built in the early 1900s and originally housed more than 500 monks. Today around 50 monks and nuns remain. They unusually share the same prayer hall, although they have separate residences. Enjoy a warm welcome from the monks and nuns here and perhaps join them for their evening prayers, if possible. Continue to the tent compound where the groups will spend the night before preparing for tomorrow's 2 hour return hike to the base camp on China's side.

In the summer months, you stay near Rongphu in the Tent City that lies along the road to Everest Base Camp. Here nomad-style tents accommodate up to seven people with basic mattresses and bedding provided, but a sleep sheet and warm clothes for cool evenings are recommended. There are basic pit toilets nearby. A yak dung stove in the central open area of each tent provides heat. Being so close to the tallest mountains in the world more than makes up for the basic sleeping conditions. In colder months when the Tent City is not operational, you'll stay in the monastery guesthouse or in a nearby town. Rooms here are quad-share with very simple, shared facilities.

### Accommodation

- Permanent Tent Camp/Guesthouse (1 night)

### Included Activities

- Everest National Park - Base Camp (Chinese side)

### Meals Included

There are no meals included on this day.

### Special Information

Please note that Everest Base Camp can close without any prior notice because of political issues, weather, landslides or other reasons. We will always try and give our travellers prior notice where possible, but please prepare yourself that this can happen without any notice. In these cases, we will likely stay in Old Tingri, where you will still get a view of Everest on a clear day.

#### [Day 19: Shigatse](#)

Return to Shigatse (approximately 7-8 hours), which will feel like a bustling metropolis after the remote scenery from the last few days. Today will be a long day of travelling, but the constantly incredible scenery will make the journey worthwhile. There will be plenty of stops along the way for photo opportunities and to stretch the legs.

### Accommodation

- Hotel (1 night)

### Meals Included

There are no meals included on this day.

#### [Day 20: Shigatse - Lhasa](#)

Before embarking on a return trip to Lhasa, visit the Tashilhunpo Monastery, one of the few in Tibet to have come out of the Cultural Revolution virtually unscathed. Sheltering expansive territory inside its thick stone walls, it's almost like a town in itself – you'll get the opportunity to explore the area further on a guided walk. Perhaps join the pilgrims on their kora (prayer circuit), spinning prayer wheels on a 1-hour walk around the perimeter of the monastery while taking in splendid, atmospheric views.

Travel back on the same jaw-dropping road that you took a few days ago, allowing you to experience the incredible scenery of Yamdrok Lake and the Khamaba La Pass from every angle. There'll be stops along the way for snacks and a few final photos of the mountains. When you return to Lhasa, the rest of the day is free. Perhaps follow the pilgrim path around the Potala Palace or take photos of the busy scene from the main square. Spend your last Tibetan night here in Lhasa.

#### **Accommodation**

- Hotel (1 night)

#### **Included Activities**

- Shigatse - Tashilhunpo Monastery

#### **Meals Included**

There are no meals included on this day.

#### **Special Information**

### [Day 21: Chengdu](#)

Say goodbye to Tibet and your Tibetan leader and catch a flight from Lhasa to Chengdu (approx 2 hours). It might be one of China's biggest cities, but Chengdu has preserved plenty of its traditional flavour. The capital of Sichuan Province is most famous for two things – the pandas living in the mountains and the food. Its hot, spicy dishes are considered by the Chinese to be the best cuisine in the whole country. In such a food-loving country, this is no mean feat. Maybe sample a spicy Sichuan hotpot together this evening for your final dinner.

#### **Accommodation**

- Hotel (1 night)

#### **Meals Included**

There are no meals included on this day.

#### **Special Information**

Your flight from Lhasa to Chengdu may be unaccompanied. In this case you will be farewelled in Tibet by your Tibetan leader and met on arrival in Sichuan by a Chinese leader.

### [Day 22: Chengdu](#)

Your adventure comes to an end today. There are no activities planned for the final day and you are able to depart the accommodation at any time.

#### **Accommodation**

- Hotel (1 night)

#### **Meals Included**

There are no meals included on this day.

Depart Chendhu 27<sup>th</sup> July at 6.25PM arrive Singapore 11.25PM – Singapore airlines  
Depart Singapore 28<sup>th</sup> July at 1.10AM arrive Cairns 10.25AM – Silk

Cost per person \$8038.00 and includes the following:

Airfares

Airport taxes

1 nights accommodation in Singapore

22 day tour with the following inclusions

Inclusions

Meals

1 breakfast, 1 lunch, 1 dinner

Transport

Overnight Sleeper Train, Bullet Train, Private Bus, Public Bus, Plane, Metro, Taxi

Accommodation

Hotel (15 nights), Overnight Hard Sleeper Train (3 nights), Guesthouse (2 nights), Permanent Tented Camp/Guesthouse (1 night)

Included activities

- Informal Chinese language lesson
- Shanghai - Walking tour
- Shanghai - Acrobat Show
- Xitang - Walking tour
- Xi'an - Muslim Quarter walking tour
- Xi'an - Terracotta Warriors
- Xi'an - Huiling visit
- Xi'an - Local-style lunch
- Beijing - Great Wall Mutianyu
- Beijing - Tian'anmen Square & Forbidden City
- Beijing - Tiananmen Square
- Lhasa - Sera Monastery
- Lhasa - Momo cooking class
- Lhasa - Braille Without Borders visit
- Lhasa - Jokhang Temple
- Lhasa - Potala Palace
- Gyantse - Pelkor Chode Monastery
- Gyantse - Kumbum
- Gyantse - Tibetan family visit & lunch
- Sakya - Monastery
- Everest National Park - Base Camp (Chinese side)
- Shigatse - Tashilhunpo Monastery