

## Tibet Highland & Shangri-La Tour - 15 Days

This tour features in holy Tibet and mysterious Shangri-la, the wonderland that you may have been dreaming to visit. In 15 days, this adventure unfolds the most extraordinary natural landscape and cultural diversity. This tour also gives you a unique experience by walking on the Great Wall in Beijing, visiting the Giant Panda Breeding Center in Chengdu, and enjoying the view of the flourishing Shanghai.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Beijing	<ul style="list-style-type: none"><li>airport - hotel transfer in Beijing</li><li>breakfast, lunch</li><li><i>Tian'anmen Square, Forbidden City, Temple of Heaven, a silk gift shop en route</i> The Tian'anmen Square is the world's largest and renowned public square where many historical events once took place. The Forbidden City (UNESCO) is the imperial place where the emperors of the Ming and Qing Dynasties ruled for nearly 500 years (1420-1911). Experience the architectural splendor of the palaces, ceremonial courtyards, and private quarters. The Temple of Heaven (UNESCO), where ancient Chinese emperors made sacrifices to Heaven and prayed for bountiful harvests, demonstrates the supreme achievement of traditional Chinese architecture.</li></ul>
2	Day 2 Beijing	<p><b>Good to know:</b> Usually the guide service for a full day tour is about from 9:00 to 17:00, and the evening time is on your own. If needed, your guide is happy to offer some tips or help you buy tickets for evening entertainment.</p> <p><b>Ideas for leisure time:</b> If you are interested in Chinese Kung Fu, the Legend of Kung Fu is a good choice for tonight. It is stunning Kung Fu show with a great story line and martial arts skills.</p> <ul style="list-style-type: none"><li>breakfast, lunch</li><li><i>Great Wall, Summer Palace, a cloisonné workshop en route</i> The Great Wall is one of the most spectacular structures ever built by humans and is the only one visible from space. The Summer Palace (UNESCO) is the largest imperial garden in the world. Emperors of successive dynasties created a summer retreat of Chinese gardens and pavilions, around the tranquil waters of Kunming Lake.</li></ul>
3	Day 3 Beijing	<p><b>Ideas for leisure time:</b></p> <ol style="list-style-type: none"><li>Enjoy the Peking Duck dinner at time-honored restaurant - Quanjude or Bianyifang. The duck is characteristic with its crispy skin, tender meat and the fragrance from the fruit-wood.</li><li>Watch a breathtaking acrobatic show at Chaoyang Theater or Tiandi Theater.</li></ol>
4	Day 4 Beijing - Lhasa (by air)	<ul style="list-style-type: none"><li>hotel - airport transfer in Beijing, airport - hotel transfer in Lhasa</li><li>breakfast</li></ul>
5	Day 5 Lhasa	<ul style="list-style-type: none"><li>breakfast, lunch</li><li><i>Potala Palace, Sera Monastery</i> The Potala Palace, which used to be the residence of the Dalai Lama and seat of the Tibetan government, is currently converted into a museum. It is comprised of over 200,000 statues, temples, shrines, and historical Tibetan relics. The Sera Monastery, one of the three most distinguished monasteries in Lhasa, is famous for its tantric teachings.</li></ul>
6	Day 6 Lhasa	<ul style="list-style-type: none"><li>breakfast, lunch</li><li><i>Jokhang Temple, Barkhor Street, Norbulingkha</i> The Jokhang Temple, which commemorates the marriage of Tang princess Wencheng to King Songtsen Gampo, earns the reputation as the first Buddhist temple in Tibet. The Barkhor Street, Lhasa's old market, is full of vendors selling their wares. The smell of Yak butter is wafting in the air and hundreds of pilgrims are moving in a clockwise direction. The Norbulingkha is the summer palace of the Dalai Lama.</li></ul>
7	Day 7 Lhasa - Chengdu (by air)	<ul style="list-style-type: none"><li>hotel - airport transfer in Lhasa, airport transfer in Chengdu</li><li>breakfast, lunch</li><li><i>Giant Panda Breeding Research Center, Jinli Ancient Street</i> The Giant Panda Breeding Research Center is a massive ecological and zoological park offers a wonderful chance to get face-to-face with China's national treasure. There is also a panda museum that has detailed exhibitions on panda evolution, habits, habitats and conservation efforts. The Jinli Ancient Street, decorated with tea-houses and boutiques on both sides, used to be one of the busiest commercial streets during the Shu Kingdom. The wooden steles and the brick-walls exhibit the ancient charm of the city.</li></ul>
	Day 8 Chengdu - Lijiang	<ul style="list-style-type: none"><li>hotel - airport transfer in Chengdu, airport - hotel transfer in Lijiang</li></ul>

8	Day 8 Chengdu - Lijiang (by air)	<ul style="list-style-type: none"> <li>• hotel - airport transfer in Chengdu, airport - hotel transfer in Lijiang</li> <li>• breakfast</li> </ul>
9	Day 9 Lijiang	<ul style="list-style-type: none"> <li>• breakfast, lunch</li> <li>• <i>Jade Dragon Snow Mountain, Murals in Baisha Village, Old Town of Lijiang</i> The Jade Dragon Snow Mountain is a famous for a magnificent view of the glacier. The snow-covered mountain resembles a jade dragon lying in the clouds, hence the name. The Baisha Village is one of the oldest towns in Lijiang as well as one of the earliest communities of the Naxi ethnic group. The 44 pieces of ancient murals there were carved in the early Ming Dynasty. The Old Town of Lijiang (UNESCO) is one of the best-preserved ancient towns in China and is famous for its distinctive Naxi culture and ancient buildings.</li> </ul>
10	Day 10 Lijiang – Shangri-La (by automobile)	<ul style="list-style-type: none"> <li>• private transfer from Lijiang to Shangri-La</li> <li>• breakfast, lunch</li> <li>• <i>Tiger Leaping Gorge</i> Located 60 kilometres north of Lijiang City, the Tiger Leaping Gorge is one of the deepest and most spectacular river canyons in the world. Following an ancient trek, you will enjoy a magnificent close-up view of sharp cliffs and roaring water.</li> </ul>
11	Day 11 Shangri-La	<ul style="list-style-type: none"> <li>• breakfast, lunch</li> <li>• <i>Ganden Songzanlin Monastery , Pudacuo National Park</i> The Ganden Songzanlin Monastery is the largest Tibetan Buddhism monastery in Yunnan province. Built in the 17th century, during the reign of the Fifth Dalai Lama, it is often called ' the Little Potala Palace'. The Pudacuo National Park is notable as the first national park in China to meet International Union for Conservation of Nature standards. It incorporates the Bita Lake and the Duhu Scenic Area, and holds the stunning view of three parallel rivers and dense deciduous forests.</li> </ul>
12	Day 12 Shangri-La – Kunming (by air)	<ul style="list-style-type: none"> <li>• hotel - airport transfer in Shangri-La, airport transfer in Kunming</li> <li>• breakfast, lunch</li> <li>• <i>Stone Forest</i> The Stone Forest (UNESCO) is a typical Karst landscape formed some 270 million years ago. This geological wonder consists of limestone cliffs and peaks that have weathered into various shapes since their formation beneath the sea.</li> </ul>
13	Day 13 Kunming - Shanghai (by air)	<ul style="list-style-type: none"> <li>• hotel - airport transfer in Kunming, airport - hotel transfer in Shanghai</li> <li>• breakfast</li> </ul>
14	Day 14 Shanghai	<ul style="list-style-type: none"> <li>• breakfast, lunch</li> <li>• <i>Yu Garden, Jade Buddha Temple, Shanghai Museum, Bund, a local gift shop en route</i> Owing to its ingenious design in Ming and Qing dynasties, the Yu Garden becomes a real museum of Chinese ancient architecture. The Jade Buddha Temple is famous for its two precious jade Buddha statues brought from Burma, which are not only rare cultural relics but also exquisite artworks. The Shanghai Museum has a collection of 120,000 pieces of Chinese ancient treasures. The Bund, featured outstanding European colonial architectures, is full of new skyscrapers and historical buildings in the center of Shanghai.</li> </ul> <p><b>Ideas for leisure time:</b></p> <ol style="list-style-type: none"> <li>1. Acrobatic Shows in Shanghai are known as the best in China. You can never imagine how exciting the show is.</li> <li>2. Or you could take a Huangpu River Night Cruise which is the perfect way to enjoy the gorgeous night view of Shanghai.</li> </ol>
15	Day 15 Shanghai	<ul style="list-style-type: none"> <li>• hotel - airport transfer in Shanghai</li> <li>• breakfast</li> </ul>

#### About Tibet Travel Permits:

1. All foreign travelers are required to have the Tibet Travel Permit (or Tibet Permit, Tibet Entry Permit) in hand before entering Tibet. The Tibet Travel Permit is issued by Tibet Administration to the authorized travel agencies, but not to individual travelers directly.

2. CITS handle Tibet Permit application for guests who booked Tibet tour package from us. Travelers can either take a tailored private tour or join in a group tour. The tour package should include services of tour guide, automobile, sightseeing & accommodation. Please be advised that we do NOT offer "permit-only" service.

3. The Tibet Permit needs to be applied **at least 20 days** prior to arrival in Tibet, so we suggest travelers send the tour inquiry **at least 30 days** in advance.

4. The general travel information (including tour dates, travelers' personal information, destinations in Tibet...) will be attached to the Tibet Permit, so the travel itinerary could not be changed once the tour is confirmed.

5. All travelers can get Tibet Permit through an authorized travel agency except diplomats, journalists, and government officials who should travel to Tibet under the arrangement by the Foreign Affairs Office of Tibet Government.

#### **How to book a Tibet tour with Tibet Travel Permit:**

Step1: Traveler sends a travel inquiry to CITS.

Step 2: CITS travel counselor sends you an itinerary and quote. We are pleased to make any changes as per your request before you are completely satisfied with the tour proposal.

Step 3: Book the tour and make the payment via bank transfer or PayPal. Payment needs to be received by us at least 20 days before your arrival.

Step 4: Send us the following document & information:

- A scanned copy of your passport (photo page);
- A scanned copy of your China visa (tourist visa);
- All travelers' information including full names, gender, date of birth, passport number, nationality and occupation;

Step 5: Your travel counselors will confirm the tour and send you an email attached with the confirmation & voucher.

Step 6: When you leave for Lhasa you will need to show the original copy of the Tibet permit when checking in at the airport or railway station. The permit will be delivered to our local office in the departure city. You will need to pick it up from the local office. If you booked the land service at that city, our guide will pass the permit to you.

#### **Tour Includes :**

- Private tour guide
- Private air-conditioned car or coach
- Land transfers between airport or railway station and hotel
- Entrance tickets as listed
- Chinese lunch as listed
- Centrally located hotels with breakfast
- Domestic flights with taxes as listed
- Tibet Travel Permit
- Service charge & government taxes

#### **Tour Excludes :**

- International flights with taxes
- Personal expenses such as laundry, drinks, phone bills, optional activities
- Tips for guides and drivers
- China Visa
- Travel insurance

#### **About Shopping or No-shopping Tours**

Since October, 2013, CITS offers truly alternative prices of tours with or without shopping. Exceptionally, some tours only have one type price, such as seat-in-coach, hiking, self-driving and luxury tours, etc. [Click here know more details.](#)