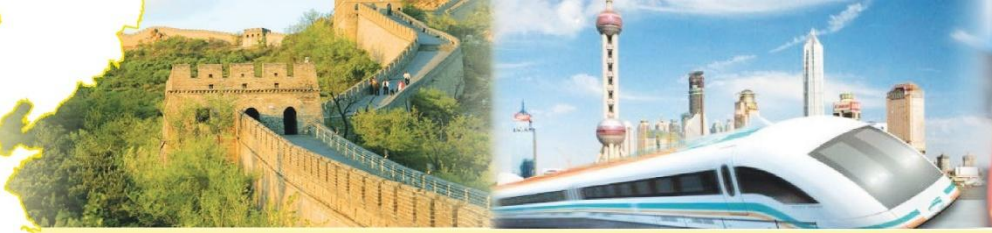


CHINA



9/12D NYINGCHI+TIBET PLATEAU/Qinghai

Explore Mysterious Tibet & Qinghai

- * Lhasa : Potala Palace / Jokhang Temple / Namtso Lake / Mt.Nyainqentanglha(Overlook)
- * Nyingchi : Basomtso Lake / Ancient Cypress Forest / Lunang Forest Sea
- * Shigatse : Yamdroktso Lake / Karola Glaciers / Tashilhunpo Monastery
- * Gyantse : Palkhor Monastery
- * Xining : Qinghai Lake/Taer Temple/ Chaka Salt Lake

Qinghai-Tibet Plateau Sightseeing Train

- ✦ The most advanced train carriages in the World, especially for traveling on the high altitude plateau.
- ✦ The most luxurious plateau sightseeing train, holding Eight World Records
- ✦ The longest train routine & The train routine at the highest altitude
- ✦ The Highest Railway Station - Mt. Tangula Pass Station
- ✦ The Highest Tunnel through Frozen Earth - Mt. Fenghuo Tunnel & The Longest Highland Tunnel-Mt. Kunlun Tunnel
- ✦ The Longest Railway Bridge - Qingshui River Bridge & The Longest railway mileage laid on the Frozen Earth

【Chaka Salt Lake】

Natural crystalline salt lake located in Chaka Town. It is one of the "Big Scenes of Qinghai". It is called "The Mirror of the Sky". It has been rated as "the life of a person" by the National Tourism Geography Magazine. Go to one of the 55 places.

Incl one way Sightseeing Train



Day	BKF	LUNCH	DINNER	City	NLA9/NLA12 4★ Hotel or similar	NLA9X/NLA12X 5★ Hotel or similar
	9Days (8B, 8L & 7D) / 12Days (11B, 10L & 9D)					
1	✖	✓	Stone Pot Chicken	Nyingchi	2N 4★ Impression Hotel	Local 2N 5★ Wuzhou Crown Hotel
2	Hotel	✓	✓			
3	Hotel	✓	Local Chicken Flavor	Lhasa	3N 4★ Tibet Hotel VIP Building or Lhasa Tsedang Hotel	Upgrade 3N 5★ Intercontinental Lhasa Paradise Hotel (The only time limited room oxygen hotel) Or Shangri-la Hotel
4	Hotel	✓	Western Flavor			
5	Hotel	✓	Korean BBQ			
6	Hotel	Yamdork Lake Picnic	Tibetan Local Flavour	Shigatse	4★ Shiga Yangcha Grand Hotel	Local 5★ Qomo Langzong Hotel
7	Hotel	✓	Mushroom Cuisine	Lhasa	Upgrade 5★ Shangri-la Hotel	
8A	Hotel	✓	*	Chengdu	4★ Holiday Inn Express	5★ Kempinski Hotel
9A	Hotel	✖	-	Wish you enjoy 9Days holiday !		
8B	Hotel	Pax own arrangement	Pax own arrangement	Xining 藏 Lhasa	Qinghai-Tibet Sightseeing Train < Soft Sleeper Berths >	
9B	*	✓	✓	Chaka Salt Lake	<Local Best> 4★ Jintian Century Hotel	
10	Hotel	✓	✓	Xining	4★ Holiday Inn Express	5★ Wanda Vista Hotel or Sofitel Hotels & Resort
11	Hotel	✓	*	Chengdu	4★ Holiday Inn Express	5★ Kempinski Hotel
12	Hotel	✖	-	Wish you enjoy 12Days holiday !		

Tour Code: NLA9_X/NLA12_X

Effective from : Apr'2024

NLA9_X/NLA12_X CN_31-Jan-24

- In the event of unforeseen circumstances like the bad weather, the tour leader or local guide concerned possesses full discretion to change the tour sequence or cancel some itineraries.
- Due to Lhasa is at high altitudes (over 3500m); most people may feel lack of oxygen and suffer from temporary Acute Mt. Sickness. Rest and acclimatize upon arrival. And do not push yourself for intense movement. Please refer to our "Tibet Travel Guide" for details.
- Your understanding on the limited conditions of some restaurants in Tibet is very much appreciated.
- The availability of seasonal sceneries listed in the itinerary are subject to season & weather conditions
- In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail
- Tipping for tour local guide & driver total is : (9D RMB 450/ 12D RMB 600)

Tibet Additional Tours : RMB550/P.P

1) "Princess Wencheng" musical performance; 2) Tibetan home visit; 3) Lhasa Zongjiao Lukang Park

Xining Additional Tours : RMB350/P.P

1) Ashiqong National Ecological Park with return tram ride 2) Yellow River Custom Tourist Line



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*订团须知规则, 请参阅订单 /
Tour Booking Form

CHINA



D1 Singapore ✈ Nyingchi ~ Giant Cypress Nature Reserve ~ Bayi Town ~ Peach Blossom Valley

Peach Blossom<20/3-15/4>

Assemble at Singapore Changi Airport for your flight to Nyingchi. Upon arrival, check in to your hotel for a rejuvenating rest to acclimatise to the high altitude. After lunch, visit the 2,500-year-old Nyingchi King of Cypress and the **Giant Cypress Nature Reserve**. Thereafter, explore **Bayi Town**, admire peach blossoms at scenic **Peach Blossom Valley**.

D2 Nyingchi ~ Lamaling Monastery ~ Lulang Forest Area

Lamaling Monastery which belongs to the Red Sect and is the biggest and most important monastery of Tibetan Buddhism. Next, proceed to **Sejila Scenic Area** to view the world's 15th tallest peak, overlooking **Namcha Barwa** which is 7,787 metres above sea level. Thereafter, view the natural scenery at the eastern Tibetan primitive forest, **Lulang Forest Area**. Return to Nyingchi and enjoy the natural scenic sights of **Niyang River Valley** along the way.

D3 Nyingchi ~ Basomtso ~ Mt Mila ~ Lhasa

This morning, proceed to Lhasa. En route, visit the most beautiful lake in Tibet, **Basomtso**, also known as the Alps of Tibet, and explore **Xianren Island** in the heart of the lake. Traverse across the 5,230-metre-high **Mt Mila** to Lhasa. Upon arrival in Lhasa, transfer to your hotel for ample rest in order to acclimatise to the high altitude.

Special arrange all customers to have a health check upon arrive at Lhasa, bring you a more safe trip at Tibet Plateau

D4 Lhasa ~ Potala Palace ~ Jokhang Temple ~ Barkhor Street ~ Tianzhu Shop ~ Makye Ame ~ Tibetan Herbal Shop

This morning, visit **Potala Palace**, the world's highest palace built by **Songtsen Gampo**. Thereafter, head to **Jokhang Temple**, the spiritual centre for ardent Tibetan Buddhist pilgrims. Then, explore **Barkhor Street**, the most vibrant pedestrian street in Lhasa, to browse and buy colourful, unique handicraft by the various minority tribes. Enjoy a specially arranged visit to **Makye Ame**, the rumored secret meeting place of the 6th Dalai Lama.

D5 Lhasa ~ (est 5hrs) Namtso Lake ~ Mt Tanggula (outlook) ~ Lhasa

After breakfast, pass **Qinghai-Tibet Highway** and traverse the snowy **Mt Nalagen** to the 1920-square-kilometres **Namtso**, the world's highest saltwater lake which stands at 4718 metres above sea level. Thereafter, coach back to Lhasa. En route, view the snow capped **Mt Nyenchen Tanglha** in the distance. # Note: In the event of adverse weather, visit to **Namtso** will be replaced by **Drepung Monastery** and previous **Dalai Lama's** treasured park, **Norbulingka Palace**.

D6 Lhasa ~ Yomdrol Lake ~ Gyantse - Palcho Monastery ~ Shigatse - Mt Zong (outlook)

After breakfast, proceed to **Yomdrol Lake**, the world's highest lake with the reputation of a holy lake. Traverse the snowy **Mt Gangbala** which stands at 4,900 metres above sea level. View **Gangbala** radar station in the distance and **Kanola Glacier**. After visiting **Gyantse**, the film site of movie "Red River Valley", head to **Palcho Monastery** to view its beautiful wall murals and sculptures. Thereafter, head to **Shigatse**. En route, view **British resistance fort** at **Mt Zong** in the distance.

D7 Shigatse ~ (est 2hrs) Tashi Lhunpo Monastery ~ Lhasa Potala Palace Night View (outlook)

This morning, visit **Tashi Lhunpo Monastery**, the final resting place of Reverend **Banchan** and one of the 6 major monasteries for **Yellow Sect** temple. View the **Stupa** of the 10th **Panchen Lama**. Thereafter, return to Lhasa to enjoy a specially arranged night view of **Potala Palace** and be enthralled by its grandeur and mysticism.

D8a Lhasa ✈ Chengdu/Chongqing

IN/OUT China Port may vary among CTU or CKG, 1N CTU 4*Hotel will be replaced by 1N CKG 4*hotel if flight by CKG IN/OUT

1st night CTU/CKG hotel will be changed to last night stay according to the flight connecting time, subj to final confirmation

D9a Chengdu/Chongqing ✈ Singapore ~Wish you enjoy your 9Days holiday with Hong Thai Travel!~

For participate in the 12-day group tour member, refer itinerary as follows < Tour Code: NLA12 >

D8b Lhasa ~ Qinghai-Tibet Plateau Train Tour ~ (est 24hrs) Xining

#The most luxurious sightseeing train cross through the **Qinghai - Tibet Plateau**, starts at **Xining** and ends at **Lhasa**. Many stations are built near scenery spots, the most primitive vast highland scenery accompany you all the way, such as **Mt. Kunlun**, **Qiangtang Grassland** ...

Please note that all passengers to be roomed in the same cabin are subject to the **Qihai-Tibetan Train final arrangement**, We will try our best to arranged group party's rooming in the berths according to the group size and ages.

D9b Xining ~ Qinghai Lake Incl Shuttle bus + Boat Ride ~ Chaka Salt Lake

Visit **Qinghai Lake** the Pearl of the Plateau, the biggest salty water lake in China, where the **Yangtze** and **Yellow River** originated. The **Bird Island**, the most charming and attractive island with the receding of waters off its shores, been turned into a peninsula. It attracts many migrating birds in spring and summer.

D10 Chaka Salt Lake Incl one way Sightseeing Train ~ Ta'er Monastery ~ Xining

Chaka Salt Lake: one of the "Big Scenes of Qinghai". It is called "The Mirror of the Sky" by the travelers. It has been rated as "the life of a person" by the **National Tourism Geography Magazine**. Go to one of the 55 places. After head to **Ta'er Monastery**, It was built in the thirty-ninth year of **Jiajing** in the **Ming Dynasty** (1560). It is one of the six monasteries of the **Gelug Sect** of **Tibetan Buddhism** and the birthplace of the founder of the **Gelug Sect**.

D11 Xining ✈ Chengdu/Chongqing

Join the additional tour [Visit **Ashigong Ecological Park** with return tram ride + **Yellow River Custom Tourist Line**

D12 Chengdu/Chongqing ✈ Singapore ~Wish you enjoy your 12Days holiday with Hong Thai Travel!~



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*订团须知规则, 请参阅订单 /
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