

12 DAY TIBET + NYINGCHI

Day 1

Singapore - Chengdu

Depart from Singapore and fly to Chengdu. Upon arrival, transfer to your hotel for relaxation and acclimatisation, to prepare for your journey to Tibet.

Overnight stay in Tianfu International Hotel or similar.

Day 2

Chengdu - Xining

Fly from Chengdu to Xining, acclaimed as the "Pearl of the Qinghai-Tibet Plateau."

Upon arrival in Xining, transfer to your hotel for check-in. Take the opportunity to unwind before embarking on a visit to the **Grand Dongguan Mosque**, a prominent landmark in Northwest China. Free time to explore the city at your leisure.

Overnight stay in Qinghai Holiday Dynasty Hotel or similar.
Meal: Breakfast, Lunch, Dinner

Day 3

Xining - Lhasa

Visit the **Kumbum (Ta'er) Monastery**, renowned for its exquisite yak butter sculptures, frescoes, and embroidery. Return to Xining and board the **Qinghai-Tibet Plateau train** to Lhasa.

Traverse the stunning **Qinghai-Tibet Plateau**, experiencing the **highest altitudes** in the world. Take in the breathtaking views of **snow-capped mountains, grasslands dotted with yaks, and serene villages** along the way. Meals onboard will be at your own expense.

*To ensure your comfort, the train provides an oxygen supply system, regulated temperature, pressurized cabins, and UV-coated windows to shield against high-altitude rays.

Overnight at Qinghai Tibet Railway.
Meals: Breakfast, Lunch

Day 4

Arrive in Lhasa

Continue your scenic rail journey, passing through breathtaking landscapes like the **Qiangtang Prairie, Gobi Desert, and Kekexili Nature Reserve**. Admire **Qinghai Lake**, the **Qarhan Salt Bridge**, and the legendary **Namtso Lake**, framed by the snow-covered **Tanggula Mountains**. Arrive in Lhasa in the evening, ready to immerse yourself in the mystical ambiance of Tibet.

Upon arrival in Lhasa, your guide will greet you and assist with your transfer to the hotel. Take this opportunity to relax and acclimatize to the high altitude. In the evening, enjoy a delicious dinner at a local restaurant before returning to your hotel for the night.

Overnight stay in U-Tsang Hotel or similar.
Meals: Dinner

Day 5

Lhasa

Embark on a cultural journey starting with the iconic **Potala Palace**, featuring ancient Tibetan architecture and vibrant murals. Explore the historic **Jokhang Temple**, a spiritual center dating back 1,400 years, followed by a stroll around **Barkhor Street** for unique souvenirs. Conclude the day with a delightful dinner experience before returning to your hotel.

Overnight stay in U-Tsang Hotel or similar.
Meal: Breakfast, Lunch, Dinner

Day 6

Lhasa

Discover the serene beauty of **Drepung Monastery**, one of the largest Tibetan monasteries, nestled at the foot of **Gambo Utse Mountain**. Visit **Sera Monastery** in the afternoon, known for its lively Buddhist scriptures debates.

Then, wander through **Norbulingka Park**, a **UNESCO World Heritage Site** known as the "Summer Palace" of the Dalai Lamas. Admire the tranquil gardens and intricate architecture as you delve into Tibetan history and culture.

Overnight stay in U-Tsang Hotel or similar.
Meal: Breakfast, Lunch, Dinner

Day 7

Lhasa - Shigatse

Embark on a scenic drive to Gyantse, marvelling at the breathtaking landscapes along the way.

Stop at **Kampala Pass** to capture panoramic views of **Yamdrok Lake** and **Mount Nyenchen Khangsar**. Continue your journey pass **Karola Glacier** and **Chorten of Kumbum**, a stunning architectural masterpiece adorned with intricate artwork. Afterward, head towards Shigatse for the night.

Overnight stay in Vienna International Hotel or similar.
Meals: Breakfast, Lunch

Day 8

Shigatse - Lhasa

Explore the historic **Tashilunpo Monastery**, the seat of the Panchen Lama and one of Tibet's most revered monasteries. Admire its towering **Maitreya Buddha statue** and explore its sacred halls and courtyards.

Enjoy the picturesque landscape along the **Yarlung Tsangpo River** when you continue your drive back to Lhasa. Visit **The Park of Oriental Miraculous Mastiff** to learn about the Tibetan Mastiff, a revered breed known for its loyalty and strength.

Overnight stay in U-Tsang Hotel or similar.
Meals: Breakfast, Lunch, Dinner

Day 9

Lhasa - Nyingchi

Embark on a morning drive to Nyingchi, tracing the picturesque **Kongpo Nyangchu valley**. Delight in a brief riverside hike and pause to admire the captivating beauty of **Lake Basum-Tsu**, often likened to "Little Switzerland" for its snow-capped peaks, quaint lodges, and lush forests.

Overnight stay in Tianyu Hidden Secret Theme Hotel or similar.
Meals: Breakfast, Lunch, Dinner

Day 10

Nyingchi - Lhasa

Start your day in the tranquility of morning. Begin by visiting a **2500-year-old pine tree** before heading to Lulang. Pause at **Sekyim La Pass** (4720m) for potential views of **Mt. Namcha Barwa**, standing at 7,787 meters. Explore **Lulang Forest**, a picturesque valley with lush forests, blooming flowers, and winding streams. Return to Lhasa, enjoying the scenery along the way.

Overnight stay in U-Tsang Hotel or similar.
Meal: Breakfast, Lunch, Dinner

Day 11

Lhasa - Chengdu

Say farewell to Lhasa as you depart for Chengdu. Upon arrival, settle into your hotel and unwind after your journey. Enjoy free and easy time.

Overnight stay in Tianfu International Hotel or similar.
Meal: Breakfast, Lunch, Dinner

Day 12

Chengdu - Singapore

Conclude your tour with a transfer to the airport for your return flight to Singapore. Depart Chengdu with cherished memories of your journey through the mystical land of Tibet.

Details

Inclusions

- Hotel Accommodation
- International flight arrangements
- All essential travel permits
- Transportation as outlined in the itinerary
- Local guide proficient in English
- Entrance fees included where applicable
- Oxygen supply provided in vehicles
- Daily provision of one bottle of mineral water per person
- Travel Insurance - Accidents Only

Details

Exclusion

- Personal expenses
- Travel insurance
- Gratuities for the local guide and driver at 60RMB per person.