

12 Days Mount Everest Tibetan Plateau Heavenly Beauty Lake Top of the World Tour

Tour Code: **TEB12F**

Tour Highlights:

Lhasa
Potala Palace, World's highest palace / Jokhang Monastery – sacred place of worship for the Tibetan / Barkhor Stree – characteristics of Tibet local folk art-crafts & Tibetan-style daily goods / Yamdrok & Namtso Lake, heavenly beauty lake

*Nyingchi – The Jiangnan of Tibet / Lhasa River / Niyang River Scenic Area & Yarlung Zangbo Grand Canyon
Shigatse – Tashi-Lhunpo Monastery: Panchen Lama's residence*

Train Journey Highlights

- Ride the most luxurious train on the world's highest railway
- The world's most advanced oxygenized cabin
- Marvel at the snowy landscape at the top of the world

Mount Everest : The highest point on the Earth's continental crust

Day 1: Singapore  **Chengdu CA404 SINCTU 1630/2030**

Assemble at Singapore Changi Airport for our flight to **Chengdu**, provincial capital of **Sichuan**. Upon arrival, proceed to check into hotel.

Day 2: Chengdu  **Nyingchi CA4431 (07:20/08:50) (B/L/D)**

Transfer to airport for your domestic flight to **Nyingchi**. Nyingchi is also known as the Jiangnan of Tibet with an average sea-level of 2,500m. After lunch, proceed to **King Cypress Natural Reserve**. King Cypress is located near the village of Bajie, about 7km from the town of Bayi and it has a history of more than 2,500 years. In the afternoon, travel 70km north in the Yunnan-Tibet highway to the fairy-tale world '**Lulang Forest Area**' which is known as 'Little Switzerland of Tibet'. It is the most impressive is the forest of Tibetan cypresses of about 10ha at the Bagyai Village in Nyingchi County at 3,040m above sea level. Take a distance look at **Najjabawa Peak**. The main peak of Nanjabawa is 7,782m high and famed as "the father of icebergs". The Nanjabawa Peak is the highest in the Prefecture of Nyingchi and the 15th highest in the globe. Its colossal triangle body is covered with deep snow and mists all year around which makes people hard to see its real face.

Day 3: Nyingchi / Lhasa (8hrs drive to Lhasa) (B/L/D)

Before depart Nyingchi, proceed to the most beautiful Kadinggou. Drive over the 5,013m above sea level Mila Mountain and arrive Lhasa. Check-in to hotel after dinner.

Day 4: Lhasa/ Potala Palace / Jokhang Monaster / Barkhor Street (B/L/D)

After breakfast, we begin our exploration of the famous **Potala Palace**, perched on the northern side of Morburi Mountain. Throughout the ages, it had been the winter palace of Dalai Lamas. Its name means 'sacred Buddhist site' in Tibetan language. This palace-like complex of buildings was first built in the 7th century by King Songtsen Gampo to mark his marriage with the Tang Dynasty's princess Wencheng as well as to house the Buddha images brought by Wencheng and the Nepalese princess Bhrikuti Devi. Over time, the palace was restored and expanded. The buildings are built of wood and stone over 13 levels that span a height of over 117m, and a width of 400m from east to west and 360m from north to south. The 130,000m² architectural wonder has more than 1,000 gilded rooms and halls. The palace also houses priceless artefacts and artworks. Continue to **Jokhang Monastery**, situated in the centre of Lhasa. It was first built in 674AD to celebrate the marriage of King Songtsen Gampo with Princess Wencheng and Bhrikuti Devi, both devout Buddhists. This monastery underwent expansion over the years and today, its four-level main hall sports a gilded roof and a blend of Han Chinese, Tibetan, Nepalese and Indian architectural styles. The centre hall is supported by 20 beautifully carved wooden beams, while the under the eaves of the second and third levels of

the main hall are intricate sculptures of sphinxes and woodcarvings depicting animals. The corridors and halls are also densely adorned with colourful murals of a total length of over 1,000m, which portray historical episodes and mythological legends. Buddha images, including one of Sakyamuni at 13 years old, preside over the main hall, while the side halls feature lifelike statues of King Songtsen Gampo, Princess Wencheng and Princess Bhrikuti Devi. Proceed to **Barkhor Street** in the old city, which offers glimpses of traditional Tibetan life. The faithful chant and circumambulate around Jokhang Monastery. In this circular street there are also shops selling a wide variety of crafts such as Tibetan knives, bangles, shoes and more.

Day 5: Lhasa/ Namtso Lake (B/L/D)

After breakfast, coach to Namtso. When you arrive Na Gang Kou, you can see the bright lake surface of Lake Nam-tso in the western side. Follow the smooth road down the mountain, you may then see the lake. However, the road is heading for Nam village government at the north side. You cannot see the other side of the shore of Lake Nam-tso..

Day 6: Lhasa / Yamdrok lake / Shigatse (B/L/D)

After breakfast, we depart for **Shigatse**. Along the way, we pass-by **Yamzo Yumco Lake**, whose name means 'swan lake'. Also known as Baidi Lake, it is wedged between two mountains, hence like a swan spanning its wings. The crystal-clear lake, located over 4,000m above sea level, has an area of 638m², about the size of Singapore. It is the largest freshwater lake in Tibet, with a depth of up to 59m.

Day 7: Shigatse / Dingri (B/L/D)

In the morning, visit **Tashi-Lhunpo Monastery**, the largest monastery of the Tibetan Buddhist Yellow Sect and seat of the Panchen Lama. This monastery, whose beauty is on par with that of Potala Palace, is located 2km west of Shigatse. It was founded by the first Dalai Lama, Gyalwa Gendun Drup, in 1474AD. Its name means 'all fortune and happiness gather here'. Built against the mountain, this complex of overlapping buildings looks like a little town from afar. Covering 300,000m², the complex is enclosed by a wall of 1,500m. The oldest building is the Main Chanting Hall. Constructed over 12 years, it is fronted by a courtyard where Panchen Lamas presided over Buddhist lectures. The courtyard walls are covered with Buddha images. The Main Chanting Hall houses the Panchen Lama's throne and several chapels, including a Sakyamuni chapel, Bodhisattva chapel and Tara chapel. Don't miss the Tenth Panchen Lama's Stupa. The Tenth Panchen Lama was a highly respected Tibetan Buddhist leader.

Day 8: Dingri/Mount Everest/ Shigatse (B/L/D)

Zhumulangma Peak (Chinese: 珠穆朗玛峰 *Zhūmùlǎngmǎ Fēng*) or Mount **Chomolangma** – is the highest mountain on Earth above sea level, and the highest point on the Earth's continental crust, as measured by the height above sea level of its summit, 8,848 metres (29,029 ft). The mountain, which is part of the Himalaya range in Asia, is located on the border between Sagarmatha Zone, Nepal, and Tibet, China.

We'll go to the highest Mount Everest nature protection area and watch sunrise by early morning.

After that going to Mount Everest station by walk, it will take about 1 hour. Feels the nature grandness, also may see fortunately has Mount Everest flag cloud which like fire of the life flutters. Across the Mount WuJiaLa(5200 m), we can find out Mount ZhuoAoYou (8201 m), Mount LuoZi(8201 m), and Mount MaKaLu(8463 m) around the Mount Everest. All the white world, stand here, Life, even the whole universe is absolute reality.

Day 9: Shigatse /Visit Tibetan Family /Lhasa (B/L/D)

After breakfast, we proceed back to Lhasa. On the way, we can enjoy scenic views of the Yarlung Zangbo Gorge. Upon arrival, visit the **Tibetan family**. Continue coach to Lhasa. Stay Overnight in Lhasa.

Day 10: Qingzang Train: Lhasa/Xining (B)

Transfer to Lhasa railway station by Train start at 12:45pm. It is a high-elevation railway that connects Lhasa, Tibet to Xining, Tibet Autonomous Region, in the People's Republic of China. The length of the railway is 1,956 km.

Day 11: Xining (B/L/D)

After breakfast, a site not to be missed is the Dongguan Mosque, one of the biggest mosques in northern China.

Day 12: Xining Beijing Singapore

Fly to Chengdu. Enjoy free time in Chengdu until transfer to airport for our flight back to Singapore.

*** The Sequence of the tour is subject to the rearrangement based on the local travel agency. In the event that an original accommodation becomes unavailable due to unforeseen circumstances, another accommodation of the same standard will be arranged.**