

18 May - 1 June 2014 (14 days) China's Tibet

Cost Rm5650 (per pax for 12 pax group), Rm5580 (14 pax), Rm5530 (16 pax), RM5500 (16 pax and above)

COST EXCLUDES AIR ASIA KL-Ch engdu-KL FLIGHT

Update 22 July 2013 - We run two Tibet trips each year, in May and Aug. We have had both trips FULL since 2009. We fly to Chengdu by Air Asia and then connect to domestic flight Chengdu-Lhasa. Flight below is based on 2013 flight schedules and will be updated if there are changes. Register your interest early and let us know if you intend to extend a couple of days in Chengdu. Contact person rachelheng123@gmail.com.

Depart

18 May FRI D7320 KL(LCCT) to Chengdu (CTU) 0915 1340

Arrival

1 June SUN D7321 Chengdu (CTU) to KL (LCCT) 1455 1930

IMPORTANT NOTICE

This is meant to be a "free and easy" adventure trip. Participants should be relatively fit, with a good sense of humour, and above all, have the right attitude for close travel with others through possibly some trying times. Most definitely, this is not a trip for prudes, whiners, fuss-pots, and other similiarly assorted types! We had a couple of those before and it wasn't pleasant for us or them. Although every effort will be made to stick to the given itinerary, ground conditions may change and cause some disruption and/or deviation from the norm. Otherwise, have fun!



Sunset Potala Palace/ Spinning Prayer Wheel/Monks

Tibet Autonomous Region is located at the Southwest part of China, with a land area of 1.22 million sq km and a population of 2.3 millions, in which 95% are Tibetan nationality. There are also 30 other nationalities in Tibet, such as Han, Menba, Luoba, Hui, Monggul, Naxi as well as Cheng and Sharba peoples.

Tibet is the Qinghai-Tibetan Plateau proper, with an average landrise of 4,000 metres above the sea level. It is well-know as the Roof of the World and The Third Pole of the Globe. The world highest summit-Himalayan, which strides across the border between China and Nepal, claims a height of 8,848 metres above the sea level.

We will fly in and train out (soft sleepers 4 pax per compartment). The reason why we fly in and train out is because train ride into Lhasa can not relieve the tiredness and mountain sickness as much as people think. Firstly, it is a long journey in an airtight cabin with no outside/fresh air. So one will not be able to acclimatise in the train. Secondly, one cannot really get good sleep in trains and that will make one more susceptible to AMS. We fly in, have 2 days to rest and take it easy. When we train out, we would have gotten used to the altitude. The best part of the sightseeing of the Qinghai-Tibet Train is from Lhasa to Golmud which we cover during the day time. By taking the train Chengdu-Lhasa, this section is covered in the evening or night.

Day 1 LCCT-Chengdu: Meet at LCCT for flight D7320 to Chengdu at 0915AM arriving 1340PM. Check in hotel. Wander around Jinli Street or watch famous 'Face Off' Show. Overnight (ON) Chengdu.

Day 2 Chengdu : Visit Qing chengshan & Dujiangyan. ON Chengdu.

Day 3 Lhasa: We will take morning domestic flight CA4403 at 0730am to Lhasa, CTU-LXA, arriving Lhasa 0940am. This afternoon we will only wonder around street near hotel, so group members have sufficient rest to acclimatize, which elevation of Lhasa is 3650m. ON Lhasa

Day 4 Lhasa : Today we will visit the highest palace in the world— Potala Palace which is the Dalai Lama's winter palace. It locates on the red hill, a good viewing point in Lhasa. Later, we will go to visit the Sera monastery where lively lama debating will be seen (except Sundays and only held afternoon session). This is very interesting. Many lamas sitting or standing in the yard debate a certain topic their teacher has given. ON Lhasa

Day 5 Lhasa-Yamdruk-Gyantse: Today we will continue our journey to other places of Tibet. About hundred kilometers, you will appreciate the holy Lake of Yamdrokto Lake. Drive to historical city Gyantse. On the way, we can see the Karola Glacier Visit Pelkhor monastery for its famous Kumbum Pagoda . ON Gyantse.





Namtso Lake /Tibetan Woman/Yamdroktso Lake

Day 6 Gyantse-Shigatse: On the way to Shigatse have a mountain village family visit for a glimpse of everyday Tibetan life. Drive to Shigatse to visit Palcho monastery, this monastery famous that its remarkable feature accommodates the three sects of Tibetan Buddhism in one monastery coexisting in peace with each other. The Palcho Monastery is in coexistence of the three sects namely, the Sakya, the Kagyu and the Gelug. ON Shigatse.

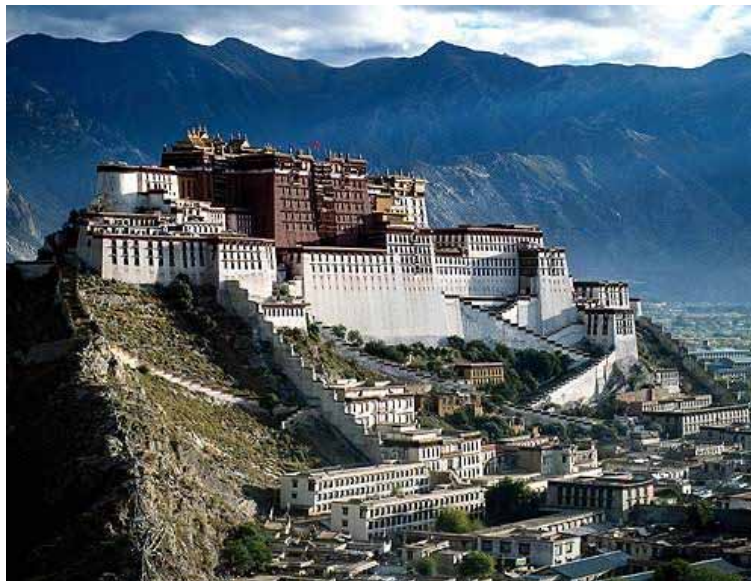
Day 7 Shigatse-Tingri: Drive to Tingri. Visit Sakya monastery on the way. ON Tingri.

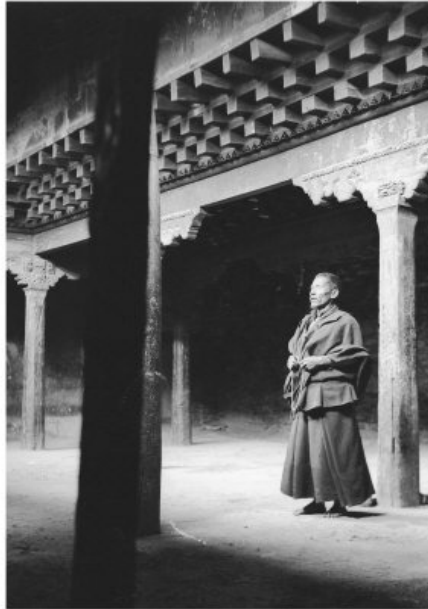
Day 8 Tingri-Mt Everest Base Camp-Tingri: After hours of driving we arrive at the highest monastery of the world, the Rongbuk monastery. Upon arrival, go to Mt. Everest Base Camp (5200m). You can appreciate the highest mountain in the world- Mt.Everest (8848m). Back to Tingri. ON Tingri.

Day 9 Tingri -Shigatse: Drive to Shigatse to visit Pachen Lama's seat palace, the great Tashilumpo monastery, a very big and complex monastery in Tibet. Back to Shigatse. ON Shigatse.

Day 10 Shigatse-Damshung via Lhasa: This morning will leave to Damshung (460km) which journey will take about 8-9 hrs. ON Damshung.

Day 11 Namtso Lake-Lhasa: . We will go further to the “heaven lake”-Namtso lake, the highest lake in the world! It will take about 5 hrs (320km) to get there. This scene is one of the most dramatic in Tibet and will give you a sense of the space that stretches out to the north. Namtso Lake in the Tibet Autonomous Region was selected as one of the five most beautiful lakes in China by Chinese National Geography magazine on 2005. Namtso Lake's touching beauty should not be missed by any traveler who visits Tibet. Its purity and solemnness are symbols of Qinghai-Tibet Plateau. In Tibetan, Namtso means "Heavenly Lake". The water here is a storybook crystal-clear blue. Clear skies join the surface of the lake in the distance, creating an integrated, scenic vista. Besides the beautiful scenery in Namtso, it is also a famous sacred Buddhist place. We will back to Lhasa. ON Lhasa.





Another angle of Potala Palace/Praying Monk

Day 12 Lhasa-Train: Morning 0845AM will leave to Railway station take train to Xining. Enjoy the scenic scenery along the way to Lhasa. ON soft/hard sleeper Train. (**Important note - Train ticket bookings is only available 5 DAYS BEFORE TRAVEL for Groups and Individuals alike. During peak travel period, it's a big problem buying the most comfortable soft-sleeper places. During slow months of May, July and September, chances are best. In the event, our Agent is not able to secure soft-sleepers, they will purchase hard-sleepers. The cost difference will be returned either in cash or credited to account back in Malaysia).**

Day 13 Flight Xining-Chengdu: Arrive Xining in the morning. Local guide will meet the group and take group to airport for flight to Chengdu at **1035am** by 3U8988 XNN-CTU, arriving Chengdu 1205am. ON Chengdu.

Day 14 Chengdu-Fly Home : After breakfast we will heading to airport take afternoon flight D7321 at 1455PM, reaching home 1930PM



Qinghai Tibet Train/ Patricia, Yongo tough member

[TERMS AND CONDITIONS](#)

1. Cost cover two domestic airfares & taxes (Chengdu-Lhasa, Xining-Chengdu), Tibet permits, accommodation, transportation (bus & train), airport transfer and train ride (Lhasa-Xining).
2. Accommodation will be in budget hotels and guesthouses.
3. Local train ticket (soft/hard sleeper), Tibet Entry Permits, Administration & conservation fee of Mt Everest area, Potala Palace is covered.
4. Not covered are Visa fees, Air Asia KL-Chengdu-KL fare & airport taxes, meals (Rm25-30 p/day), in-town taxis, and entrance fees (except Potala Palace). Note that entrance fees in China are high and expect to pay at least Rm300 for the numerous places we cover on this extensive itinerary.
5. Guides accompanying group do expect tips. Yongo encourages group members to be generous but should commensurate with services rendered.
6. A deposit of [Rm1050](#) is payable to confirm your place.
7. Cost is subject to change if there's a significant changes in foreign exchange rates and airfares.

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