

| [Home](#) | [Map of Route](#) | [Photo Album 09-A](#) | [Photo Album 09-B](#) | [PDF SEP 2024 trip](#)

3-14 Sep 2024 (12 days) China's Tibet

Trip cost Rm9200 (per pax for 12 pax group), RM8900 (16 pax and above) (EXCLUDED Flight Air ASIA KL-Chengdu-KL)

(Note : Based on Remimbi Yuan 1 = RM0.60. We will make final adjustment on the cost based on the Yuan exchange rate in July/Aug 2024)

Update 29 JAN 2024 - Trip is confirmed to run and have limited seats now. Updated flight schedule as below. Kindly register and confirm your seat ASAP by email rachelheng123@gmail.com or [whatsapp Rachel 012-3520868](https://www.whatsapp.com/channel/00299800000000000000)

Update 25 NOV 2023 - We have had previous FULL since 2009. We fly to Chengdu by Air Asia and then connect to domestic flight Chengdu-Lhasa. Flight below is based on today flight schedules and fare approximately RM1200+ and will be updated if there are changes (PLEASE DO NOT PURCHASE AIR TICKET until inform). Trip cost covered 2 domestic flight & 1 way train ride approximately RM2245 and shall adjust accordingly upon purchased.

Kindly register and confirm your seat ASAP by email rachelheng123@gmail.com or [whatsapp Rachel 012-3520868](https://www.whatsapp.com/channel/00299800000000000000)

Depart

3 Sep 2024 D7326 KLIA2 (KUL) to Chengdu Tianfu (TFU) 1810 2240

Arrival

14 Sep 2024 D7321 Chengdu Tianfu (TFU) to KLIA2(KUL) 1455 1935

KUL – Kuala Lumpur

TFU – Tianfu (Chengdu)

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!



Night View on Potala Palace/ Tibetan boy/ Prayer Flag

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 thought. 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, we would have gotten used to the altitude. The best part of the sightseeing of the Qinghai-Tibet plateau 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. (IMPORTANT NOTE : Tibet entry permit issued by Tibet Bureau Authority. Permit rules & regulation vary every year and we will change the itinerary if not granted)

Day 1 KLIA2-Chengdu (TFU): Meet at KLIA2 for flight D7326 to Chengdu at 1810PM arriving 2240PM. Check in hotel. Overnight (O/N) Chengdu.

Day 2 Dujiangyan & Mt Qincheng: Day tour visit Dujiangyan Irrigation System & Mt Qincheng.

One can opt for Dujiangyan park bus (including a ride & earphones cost 30 yuan per pax) to visit the Nanqiao, and then enter the Lidui Park scenic area to visit the Stele Pavilion, Lidui, Yigongdao, Qingxi Garden, the first famous garden in western Sichuan - Qingxi Garden, and visit the **Dujiangyan irrigation System** which built by the governor Li Bing of Shu during the Warring States period of Qin Zhao Wang (227 BC), which is listed as a "World Cultural Heritage" and also known as the first ancient dam in China - Dujiangyan Water Conservancy Project: the water intake of Baopingkou, the flood discharge dam of Feishayan, and the fish-mouth water diversion dike. Cross the Anlan Cable Bridge across the Minjiang River inside. Watch the Qinyan Tower which had badly damaged by 5.12 earthquake and the Erwang Temple in memory of Li Bing and his son.

Qingcheng Mountain: Take the Qingcheng Mountain park bus to the Chinese Taoist birthplace - World Cultural Heritage - Qingcheng Mountain Scenic Area, or choose to bypass Yuecheng Lake and take the ropeway (including a round-trip 60 yuan per person, 35 yuan per person) to visit Qingcheng Mountain. You can also continue to climb to 'Qingcheng First Peak', overlook the 36 peaks of Qingcheng; or through Shanyin Pavilion, Ningcuo Bridge, and Wodongtian to the residence of the founder of Taoism, Zhang Daoling, where he received enlightenment and preached - TianShi Cave, and then go downhill to experience the Qingcheng's "quietness". While learning about Chinese traditional culture and feeling the "quietness" of Laojunge, Yuecheng Lake, Tian Shi Cave, Shangqing Palace, Wodongtian, Xianlvcooling, Biqicuiqing, and Natural Picturesque, you can also experience the natural scenery of the Taoist temples and pavilions built in the forest. The scenery of ancient roads, birds and flowers, and mountains and rivers. See the Taoist temples of different ages and styles in the mountains, and appreciate the cultural charm of Taoism.

Drive back to Chengdu. O/N Chengdu.

Day 3 Chengdu-Lhasa: We will take morning domestic flight 0825am to Lhasa 3U8697, CTU-LXA, arriving Lhasa 1055am (shall update flight info once out). This afternoon we will only wonder around street near hotel, so group members have sufficient rest to acclimatize where elevation of Lhasa is 3650m. O/N Lhasa

Day 4 Lhasa : Today we will visit the highest palace in the world— **Potala Palace** is world cultural heritage, located on the red hill in a center of Lhasa, Tibet Autonomous Region, China. It is one of the most famous tourist attractions in Tibet and one of the symbols of Tibet.

The **Potala Palace** was built in the 7th century AD, and it is a palace complex composed of the Red Palace, the White Palace and the Yellow Palace. The whole palace is built on the mountain, with a total height of more than 3,700 meters. It is one of the highest ancient palaces in the world.

Later, we will go to visit the Jokhang Temple, located at the heart of the old city of Lhasa, Tibet, is one of the most famous Buddhist temples in Tibet and one of the symbols of Tibet. Built in the 7th century AD, the Jokhang Temple is a temple complex composed of the Hall of the Wheel of Life, the Hall of Sakyamuni, the Hall of Kshitigarbha, and the Hall of Avalokitesvara. The whole temple is built on the mountain, with a total height of more than 3,700 meters. It is one of the highest ancient temples in the world.

The **Barkhor Street**, located around the Jokhang Temple, is one of the most famous commercial streets in Lhasa. The street is about 1,000 meters long and is lined with shops selling various Tibetan souvenir, such as Tibetan carpets, Tibetan silverware, Tibetan medicine, etc. In addition, there are also many restaurants and cafes on the street, providing tourists with a place to rest and enjoy Tibetan food.

Visiting the Jokhang Temple and the Barkhor Street is one of the must-do items for tourists visiting Tibet. You will not only enjoy the unique charm and history of Tibet, but also able see some unique Tibetan souvenirs and taste of Tibetan food. O/N Lhasa.

Day 5 Lhasa-Yamdrok-Gyantse-Shigatse: Today we will continue our journey to other places of Tibet. About hundred kilometers, you will appreciate the holy Lake of Yamdrokso Lake. Drive to historical city Gyantse then Shigatse. ON Shigatse..



Passed by interesting local festival

Day 6 Shigatse-New Tingri : Visit Tashilunpo monastery in the morning. The Tashilhunpo Monastery is one of the most famous Buddhist temples in Tibet and one of the four major monasteries in Tibet. Built in the 15th century AD, with a total height of more than 3,700 meters. It is one of the highest ancient temples in the world.

The **Tashilhunpo Monastery** is not only a magnificent temple, but also a treasure trove of art. There are many murals, sculptures, thangkas, Buddhist scriptures and cultural relics in the temple, which are of great artistic value. After lunch, continue drive to New Tingri. O/N New Tingri

Day 7 New Tingri-Shigatse-Lhasa: 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 will view the highest mountain in the world- Mt. Everest (8848m) if weather is good. Drive back to Tingri. O/N New Tingri.



Fortunate to view difference clear angle of Mt Everest

Day 8 New Tingri -Shigatse-Lhasa : Drive back to Lhasa via Shigatse. O/N Lhasa.

Day 9 Lhasa-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 drive back to Lhasa. O/N Lhasa.



Debating Monk/Street/Ladies

Day 10 Lhasa-Xining (Train): Morning 0900AM will leave to Railway station take train Z918 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).** O/N Train

Day 11 Flight Xining-Chengdu: Arrive Xining in the morning 0913AM. Local guide will meet the group and take group to Xining visit Kumbun Monastery. After that will bring to airport for flight to Chengdu at 1915pm by MU2237 XNN-CTU (Flight schedule shall update later), arriving Chengdu 2100pm. ON Chengdu.

Day 12 Chengdu (TFU) -Fly Home : Free & Easy and final shopping in Chengdu. After that will heading to airport take afternoon flight **D7321** at **1455PM** arriving KL at 1935PM.



Stunning View along the journey/Qinghai Train

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, entrance fees is covered.
4. Not covered are Visa fees (Update 25Nov23 Visa waive until 30Nov24), Air Asia KL-Chengdu (TFU)-KL fare & airport taxes, meals (Rm25-30 p/day), in-town taxis, optional activities.
5. Guides/driver accompanying group do expect tips. Yongo encourages group members to be generous but should of course, commensurate with their level of service rendered.
6. A NON refundable deposit of **Rm2000** is payable to confirm your place.
7. Cost is subject to change if there's a significant changes in foreign exchange rates and airfares.

Email:rachelheng123@gmail.com or yongo123@gmail.com

Phone Rachel 012 352 0868

Phone Yong Lee Min: 016 220 9033 or 603 4031 6225

| [Home](#) |