



## Sichuan and Tibet

Discover the stunning scenery and fascinating cultural heritage of China's hidden 'Tibet in Sichuan'.

Head off into Sichuan's remote north-western fringe with us on this discovery style foray into the great grasslands along the edge of the Tibet plateau.

Our "off the beaten track" route will take us first to Leshan and sacred Mt Emei then beyond into the mountain valleys of western Sichuan.

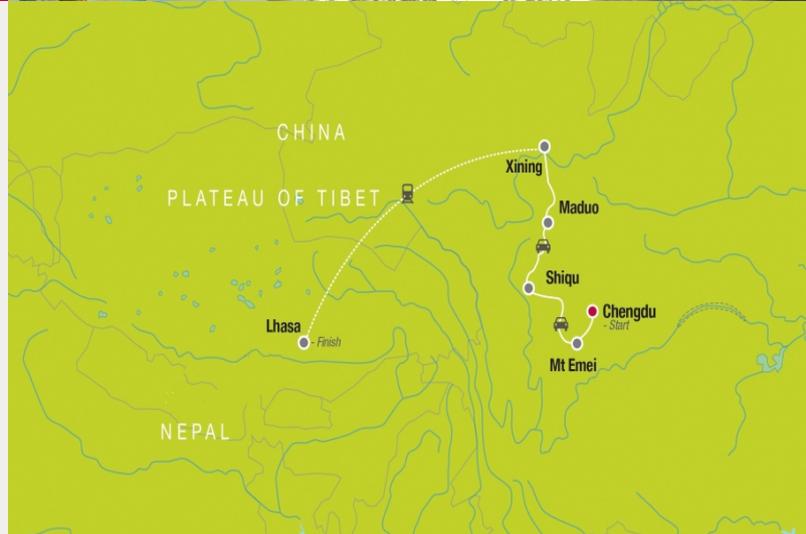
On the Tibet plateau our high level route will take us across the Qinghai grasslands to Xining for the overnight train to Lhasa where we have time to visit the sacred sites before heading west via Yamdrok lake and Shigatse to Everest Base Camp.

### USD 6400

2020 group price to be confirmed.  
Tailor make this experience &ndash; contact us for options

Price is all inclusive and based on twin share and minimum of 2 travellers.  
Single Room Supplement available

Escorted by SRA local professional tour leader



### Trip Details

DURATION - 17 days

AVERAGE TEMP - 10°C - 20°C

ACCOMMODATION STYLE  
- Hotels, guesthouse

SIGHTSEEING STYLE  
- Included

GROUP SIZE STYLE  
- Max 8

DATES OF TRIPS  
Commences Chengdu  
24 August 2020

Concludes Lhasa  
10 September 2020

MEALS  
included

TRAVEL STYLE  
Passenger Vans

## Daily Itinerary

### Day 1 - Arrive Chengdu

Our representative will meet you on arrival at Chengdu and transfer you to the hotel. There are no activities planned for the rest of the day. Dinner at the hotel.

### Day 2 - Chengdu

This morning we will visit the Panda Research centre and PM return to the city for sightseeing and a chance to visit a silk brocade weaving workshop.

### Day 3 - to Leshan and Emei

Today we head up country to the World Heritage sites of Leshan and Emei. First stop will be at Leshan Giant Buddha built during the Tang Dynasty (618-907AD). It is the largest stone Buddha in the world and it is by far the tallest re-modern statue in the world. PM continue to Mt Emei.

#### **Day 4 - Emei Shan excursion**

Today we take the shuttle up to the gondola station for the ascent of Mt Emei. Mount Emei is one of the Four Sacred Buddhist Mountains of China, and is traditionally regarded as place of enlightenment. On the return journey we will take the easy forest path down via the monasteries.

#### **Day 5 - to Kangding**

Our route over the next few days will take us by stages into the Sichuan-Qinghai borderlands. Today we follow the Dadu River upstream to Kangding in the heart of Garze Tibetan prefecture.

#### **Day 6 - to Ganzi**

We push further upstream today past Tibetan villages by way of the Xianshui River valley to Luho with its spectacular monastery complex. The mountain backdrops are stunning as the grasslands become more extensive.

#### **Day 7 - to Shiqu**

There are passes to cross, sentinel Chorton's to pass by along with, Tibetan townships and broad grasslands on our route today. Our overnight stop at Shiqu will see us in the rolling grasslands near the headwaters of the Yalong River.

#### **Day 8 - to Maduo**

Today we cross into Qinghai province and follow the newly constructed highway to Qingshuihezhen and Maduo. Now that we are on the Tibet Plateau there are vast open vistas of salt lakes and grasslands.

#### **Day 9 - to Gonghe**

We trace the line of the new highway along the edge of the Qinghai plateau. There is some distance to cover but the going is smooth all the way to Gonghe/Hainan junction near the Yellow River.

#### **Day 10 - to Xining**

Today we head off along the expressway to Xining. At Huangzhong we will stop to visit the stunning Qinghai Monastery. Pm will find us amongst the Xining sky scrapers enroute to the Railway station for the overnight train to Lhasa.

#### **Day 11 - Lhasa**

By day break we will be in Tibet, descending towards Amdo for the run down to Naqu and Lhasa where we arrive mid afternoon. Transfer to the hotel and have the remainder of the day at leisure in the Bakhor district of the old city.

#### **Day 12 - Lhasa**

We have planned a full day sightseeing today including the Potala Palace and Jokhang Temple. Our programme also includes Ganden and Sera Monasteries.

#### **Day 13 - to Shigatse via Gyantse**

This morning depart Lhasa for the drive to Shigatse via Yamdrok Lake, the spectacular Karo La pass. We'll spend the afternoon in Gyantze and visit Tyantze Kumbum before continuing to Shigatse.

#### **Day 14 - to Shigar**

Sightseeing in Shigatse this morning will include a visit to the Tashilumpo Monastery and bazaar area surrounding the Monastery. After lunch we follow the Nepal Friendship highway to Lhatse and leave the Yarlung valley to cross the Langpa pass to reach Shigar

#### **Day 15 - to Everest Base Camp and Shigar**

It is 110km into Rongphu by the newly constructed link road. At Rongphu we can take the shuttle bus up to the base camp or explore the area on foot before returning to Shigar

## Day 16 - to Lhasa

Today get on the road early for the direct drive back to Lhasa by the Brahmaputra highway. Expect to arrive in Lhasa late afternoon.

## Day 17 - Conclude and depart

Today transfer to the airport for your departure flight



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