

**TRAIN : Qinghai Tibet Railway**

**JOURNEY : Shanghai to Lhasa**

Journey Duration : Upto 10 days

**Day to Day Itinerary**

**Day 1: Flight to Shanghai**

When arrival Shanghai airport meet local tour guide transfer to hotel. If time possible Half day sightseeing the city tour, Overnight at hotel.

**Day 2: Shanghai- Lhasa by T164 train**

Local sightseeing the Lujiazui ,Oriental Pearl TV tower,Yu Garden,the people square in the evening by T164 train(20:08) to start the train trip to Tibet. Overnight on the train.

**Day 3: On the Train trip to Tibet**

The train will cross Xi'an, Lanzhou, Xining, Kokonor Lake, bird island salty field Qinghai-Tibet pasture Golmud .cities over night on train.

**Day 4: Train arrival Lhasa station.**

This full day the train will driving on the Qinghai-Tibet plateau, from train window you will view the Jangtang(in Chinese Kekexili )wildlife natural preserve area and resource of the Yangtse river ,Tangu-la Pass Tsona lake and north part of the Tibet grass land ,on 1600PM arrival Lhasa train station, meet our tour guide transfer to hotel. Afternoon take rest for acclimatize for the high altitude.

**Day 5: Lhasa city tour**

**AM-**To visit the **Potala** palace around 3hours, Then meet driver to transfer to hotel go to lunch and prepare to visit Afternoon schedule

**PM-**To visit the **Jokhangtemple** and **Bakhorstreet**.

**Day 6: Lhasa city tour.**

**AM**-Drive from hotel to Drepung about 10 km to visit the **Drepung** monastery about 3 hours then back to Lhasa city go to lunch and take rest.

**PM**-To sightseeing the **Sera** monastery and **Norbulinka** (the summer palace of the Dalai Lama).  
Farewell dinner with cultural dance show at an authentic Tibetan restaurant.

**Day 07: Departure.**

Transfer from Lhasa city to airport departure to China.