

# China FIT Tours

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## Beijing – Datong - Tibet Cultural Explorer

13-day cultural adventure that includes Ganden to Samye trek in Tibet



### DAY BY DAY ITINEARY

#### Day 1: Arrive Beijing

On arrival, you are greeted and helped transfer to the hotel to checkin.

Meals: Lunch, Dinner

*Howard Johnson Paragon Hotel, Beijing*

#### Day2: Beijing / Lhasa

This morning, fly to Lhasa, the capital of Tibet where you will be met at the airport and taken to your hotel. The rest of the day is free to adjust to the altitude, spme 12,000 ft. above sea level.

MEALS: Breakfast, Lunch, Dinner

*Tibet Hotel Lhasa*

#### Day 3: Lhasa

An extraordinary day of sightseeing shows Drak Yerpa. Built on a hillside with more than 80 meditation caves, Drak Yerpa is described as the "life tree" or spiritual axis of Lhasa. The site had a powerful spiritual heritage, having been visited by Songsten Gampo, Padmasambhava, Yeshe Tsoygel, Padampa Sanggye, and Asisha. Before the Cultural Revolution it was the home of

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hundreds of hermits, monks, and nuns. Then visit Drepung Monastery, tiered against a mountain in traditional Tibetan style, once home to more than 10,000 Lamas.

MEALS: Breakfast, Lunch, Dinner.

## **Day 4: Lhasa**

You will not soon forget the spectacular architecture at the world-famous Potala Palace. Former living quarters of the Dalai Lama, its massive 1,000 room structure towers over Lhasa. Continue on to visit the famous Barkhor Market where you may shop for Tibetan artifacts. See one of Tibet's holiest shrines, revered 7th century Jokhang Temple, where pilgrims come to worship before the statue of the Sakyamuni Buddha, lavishly enthroned in gold. This evening, enjoy a memorable Tibetan dinner.

MEALS: Breakfast, Lunch, Dinner

## **Day 5: Lhasa / Ganden**

This morning, depart Lhasa by private vehicle to Tidrum Nunnery, famed for its medical hot springs. Sightseeing includes the Nunnery and the springs. After the tour continue on to Ganden. Overnight at local guest house.

MEALS: Breakfast, Lunch, Dinner

## **Day 6: Ganden / Qugula**

This morning, visit the Ganden Monastery, one of the 'great three' Gelukpa university monasteries of Tibet. Then start trekking to Qugula Pass. Overnight camp at Quxie.

MEALS: Breakfast, Lunch, Dinner

## **Day 7: Quxie / Dayala.**

Trek over the Qugula Pass then continue walking to Dayala Pass, overnight camp at Dayala Pass.

MEALS: Breakfast, Lunch, Dinner

## **Day 8: Dayala / Tsedang.**

Trek over Dayala Pass and continue trekking to Niangge where you take a tractor to Samye. After the visit of Samye Monastery, travel by private vehicle to Tsedang. Overnight at local guest house.

MEALS: Breakfast, Lunch, Dinner

## **Day 9: Tsedang / Beijing**

This morning, drive from Tsedang to Gongar airport to board a flight bound for Beijing. Check into the hotel

MEALS: Breakfast, Lunch, Dinner

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## **Day 10: Beijing / Datong**

Take a morning train in soft sleeper berth to Datong. Visit Yungang grottoes, known as one of the three major cave complexes in China. Later Check into your hotel.

MEALS: Breakfast, Lunch, Dinner

*Datong Hotel*

## **Day 11: Datong / Beijing**

This morning fly back to Beijing. Visit TianMen Square and the Imperial Palace in Forbidden City. Later visit a tea shop, be given tea presentation.

MEALS: Breakfast, Lunch, Dinner

## **Day 12: Beijing**

Walk along the ancient ramparts of the renowned Great Wall today. Visit a cloisonné factory and observe the skilled artisans create intricate designs. Later, tour Dongyue Temple, the largest Taoist Temple in Beijing. Tonight enjoy a stunning Beijing Opera Show.

MEALS: Breakfast, Lunch, Dinner

## **Day 13: Depart Beijing**

This morning, tour the ornately embellished Temple of Heaven. The balance of the day is free to explore at your own leisure. Perhaps indulge in a last-minute shopping before transfer to the airport for your flight home.

MEALS: Breakfast, Lunch.

## **When to go:**

The tour itinerary is ideally done in the months of April, May, September, October (except for the period of October 1 to October 7), the high season, the rest is low season.

## **All-Inclusive Tour Cost:**

**All Inclusive Features:** \* Locally hosted, local English Speaking guides provide transfers, sightseeing and assistance \* All intra China air and land transportation \* Flights in economy class \* 4-star and 5-star, or best available accommodations \* All Meals specified in the itinerary \* Round-trip transfers between airport and hotel, baggage handling, hotel taxes and service charges \* Guided sightseeing tours, cultural activities and performances as noted \* Tour Operators' Liability Insurance inside China

**Tour Fare Does Not Include:** \* Round-trip international flight, departure airport and city tax \* The customary end-of-tour gratuity to local guides and




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drivers. Suggested amount: \$10 per day person for the guide, \$5 for the driver.

\* Tips to restaurant and hotel waiters, chambermaids and porters. \* Optional tours \* Transportation of heavy baggage in excess of applicable allowance; \* Cost of passport and visas \* Items of a strictly personal nature, such as bar beverages, laundry, phone calls, etc.

**Request itinerary pricing info:**

<http://chinafittours.com/TourReservation1.htm>

Call   **720-220-6998** or  Email us and we call you!  
[tours@chinafittours.com](mailto:tours@chinafittours.com)

If you'd like to customize this itinerary to run it as your own private tour on dates you select, email us to discuss your China travel plans!

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<b>Beijing via Tibet to Delhi</b>

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<http://chinafittours.com/chinatours/beijingtodelhi.htm>