

China FIT Tours

Sichuan, Tibet & Shangri-La Vistas



DAY BY DAY ITINERARY

Day 1: Arrive Chengdu

On arrival, you are met and transferred to the hotel to check in.

Jinyu Sunshine Hotel (5-star)

Day 2: Chengdu

This morning you'll visit the Panda Breeding Center, the best place to see Chengdu's most endearing residents. After lunch, visit Jinsha Site, the most significant archaeological discovery of the 21st century in China. Thousands of gold plates, jade articles, stone wares, bronze wares and ivory articles of the Kingdom of Shu (221 - 263) were discovered at the site. Among them the Holy Bird is the most famous one that has become the symbol of China's Cultural Heritage. This evening, attend an entertaining performance of the Sichuan Opera.

MEALS: Breakfast, Lunch, Dinner

Day 3: Chengdu / Lhasa

Fly to Lhasa, the thin-air capital of Tibet where you will be greeted and transferred to your Hotel to check in. The rest of the day is free to adjust to the altitude of the roof-top of the world, some 12,000 ft. above sea level.

Tibet Hotel (4-star)

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MEALS: Breakfast, Lunch, Dinner



Day 4: Lhasa

This morning you'll visit and never 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 this mountain city. After lunch, visit Norbulingkha Summer Palace, built by the seventh Dalai Lama in the 18th century. Continue on to visit Sera Monastery, dedicated to the Gelugpa or Yellow Hat Sect branch of Tibetan Buddhism.

MEALS: Breakfast, Lunch, Dinner

Day 5: 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. 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.

MEALS: Breakfast, Lunch, Dinner

Day 6: Lhasa / Yamdrok Lake

This Morning, visit Drepung Monastery, tiered against a mountain in traditional Tibetan style, once home to more than 10,000 Lamas. Then drive to Yamdrok Lake, one of the three largest sacred lakes of Tibet. Pay a visit to a Tibetan family and return to Lhasa. Tonight enjoy a Tibetan style dinner.

MEALS: Breakfast, Lunch, Dinner

Day 7: Lhasa / Zhongdian

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This morning fly to Diqing, Capital city of the famed Shangri-La. Check into the hotel. The rest of day you're free to explore on your own.

MEALS: Breakfast, Lunch, Dinner

Paradise Hotel (4-star)



Day 8: Zhongdian

Today's breathtaking tour of this beautiful region visits 17th-century Gedan Songzanlin Monastery, scenic Napa Lake, then on to tour Zhongdian's narrow lanes of the Old Town and local market. In the evening visit local Tibetan home, sample local dishes and enjoy a song-and-dance performance.

MEALS: Breakfast, Lunch, Dinner

Day 9: Zhongdian / Lijiang

This morning depart Zhongdian for breathtaking Lijiang, a UNESCO heritage monument. Along the way, behold the "First Bend" of the Yangtze River at Shigu, and astounding Hutiao (Tiger Leap) Gorge on the Jinsha River, one of the deepest gorges in the world. Arrive Lijiang in the late afternoon and check into your hotel.

MEALS: Breakfast, Lunch, Dinner

Lijiang Guan Fang Hotel (5 –star)

Day 10: Lijiang

This morning, visit renowned Black Dragon Pool with its Moon Embracing Pavilion, Five Phoenix Pavilion and Dongba Cultural Village. After lunch, visit Baisha village to see its

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incredible Ming and Qing dynasty frescos, then tour Yuhu Village, a well-preserved Naxi community.

MEALS: Breakfast, Lunch, Dinner



Day 11: Lijiang / Chengdu

Day is free to explore the ancient Dayan Town on your own. Marvel at Lijiang's architecture, house-type of wood, stone and earth with tiled roofs and flower-filled courtyards. Visit the Mu Family Mansion, the ancient home of a Naxi noble, now a museum offering insight into Naxi history and culture. Visit Yufeng Temple with its famous 500-year-old camellia tree. Later fly to Chengdu and check into your hotel.

MEALS: Breakfast, Lunch, Dinner

Jinyu Sunshine Hotel

Day12: Depart Chengdu

After breakfast, transfer for your flight back home.

MEALS: Breakfast

When to go:

The Sichuan, Tibet & Shangri-La Vistas tour itinerary is ideally done in the months of April, May, August, September, October (except for the period of October 1 to October 7), the high season, the rest is low season.

All-Inclusive Tour Cost:

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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 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

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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Yangtze River Tours

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Tibet Tours

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China Grand Journey

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

Beijing via Tibet to Delhi

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