




Overland Journey of Lanzhou, Xiahe & Xining - 5 Days

This 5-day overland tour takes you to explore a part of the Silk Road where you can appreciate the profound ethnic culture and enjoy the amazing scenery of Qinghai-Tibet plateau. You could visit the top attractions such as Sangke Grassland, Labuleng Monastery and Qinghai Lake.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Lanzhou	 airport-hotel transfer in Lanzhou  Waterwheel Garden The Waterwheel Garden is a highlight along the Yellow River in Lanzhou. The unique waterwheels will provide you an insight into the irrigation tools of ancient China.
2	Day 2 Lanzhou - Xiahe (by automobile)	 private transfer from Lanzhou to Xiahe  breakfast, lunch  Sangke Grassland Covering a vast area of 70 square kilometers and being encircled by mountains, Sangke Grassland is a great place to appreciate the magnificent pastoral scenery. Lush green grass and colorful flowers form a natural carpet covering this expansive area. You will be arranged to stay overnight with a local family or to rent a tent, and you will get a chance to experience Tibetan food such as yak-butter tea, stuffed steamed buns, mutton, and Zamba (a traditional Tibetan staple food of roasted highland barley flour).
3	Day 3 Xiahe - Tongren - Xining (by automobile)	 private transfer of Xiahe/Tongren/Xining  breakfast, lunch  Labrang Monastery, Longwu Monastery The Labrang Monastery is one of the six great monasteries of the Gelug school of Tibetan Buddhism. It has a museum with a large collection of Buddha statues, sutras and murals. You will witness Tibetan pilgrims pray and seek their spiritual fulfillment along the 3-kilometers path encircling the Labrang Monastery. The Longwu Monastery is known as a center of exquisite Tibetan Thangka painting.
4	Day 4 Xining	 breakfast, lunch  Sun and Moon Mountain, Qinghai Lake Take a 2-hour car ride to the Sun and Moon Mountain. From the top of the mountain you could enjoy a splendid panorama of prairie and farmland. Located 3200 meters above sea level, the Qinghai Lake is the largest inland and salt water lake in China. The lake has different scenery in four seasons and has become a popular destination for biking and bird watching.

5	Day 5 Xining	 airport transfer in Xining  breakfast  Dongguan Mosque, Ta'er Monastery With a history of over 600 years, the Dongguan Mosque is the largest one in Qinghai Province and numerous of Muslims gather for daily prayer and Islamic festivals. Built in 1377 to commemorate Tsong Khapa (the founder of the Yellow Hat Sect), the Ta'er Monastery attracts tens of thousands of pilgrim every year. Service ends.
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Tour Includes :

- Professional English-speaking tour guide
- Air-conditioned coach
- Land transfers between airport and hotel
- Entrance tickets as listed
- Lunch as listed
- Hotel accommodations
- Service charge & government taxes

Tour Excludes :

- Any flight and train ticket
- Personal expenses such as laundry, drinks, fax fee, phone bills, optional activities
- Tips for guides and drivers
- China Entry Visa
- Travel insurance

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