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This journey will make you get inspiration from the Xizang Buddhism at Lhasa, the distant and mysterious land that you may have been dreaming to visit. This tour also gives you a unique experience by discovering the stunning natural beauty of the Yangtze River and staying in the fascinating cities of Beijing, Xi'an and Shanghai.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Beijing	 airport - hotel transfer in Beijing
2	Day 2 Beijing	 breakfast, lunch  <b>Tian'anmen Square, Forbidden City , Temple of Heaven (UNESCO)</b> Stand in the heart of modern China at the world's largest public square, a site of profound historical significance and grand architectural scale. Walk into or drive through (sedan/minivan) Tian'anmen Square to marvel at its iconic surroundings, including the Monument to the People's Heroes and the Great Hall of the People. Step into the majestic imperial palace where 24 emperors of the Ming and Qing Dynasties ruled for five centuries. Explore the ceremonial courtyards and the exquisite private quarters of the royal family. Note: Closed on Mondays. In case of closure or ticket unavailability, the itinerary adjusts to Jingshan Park for a premier panoramic view overlooking the entire Forbidden City. Discover the Temple of Heaven, a timeless masterpiece of traditional Chinese imperial architecture. For centuries, ancient emperors held grand solemn rituals here to worship heaven and pray for favorable weather and abundant harvests. Admire its exquisite layout, profound cultural connotations and classic imperial architectural charm that embody ancient Chinese cosmology and ritual traditions  <b>Dinner Suggestions: Iconic Peking Duck</b> Indulge in a signature feast at a renowned, time-honored restaurant. Savor the legendary roast duck, celebrated for its signature crispy skin, tender meat, and the subtle aroma of fruit-wood roasting.

3	Day 3 Beijing	 breakfast, lunch  <b>Great Wall, The Summer Palace (UNESCO)</b> Traverse one of the most extraordinary architectural wonders of the ancient world. This monumental landmark stands as a timeless testament to human ingenuity, ancient engineering prowess and China's profound historical heritage. Wander through the world's largest and best-preserved imperial garden. Originally designed as a royal summer retreat, it features an exquisite collection of classical pavilions and bridges centered around the tranquil Kunming Lake.
4	Day 4 Beijing - Xi'an (by bullet train)	 hotel - train station transfer in Beijing, train station - hotel transfer in Xi'an  breakfast  <b>Hutong Tour</b> The Hutongs are the historic arteries of Beijing, a network of narrow alleys that have defined the city's soul since the Yuan Dynasty (1271 AD). More than just passages, they represent the pinnacle of China's traditional neighborhood life and vernacular architectural art. From a bird's-eye view, the seamless integration of these winding lanes and classic Siheyuan (courtyards) resembles an intricate, orderly chessboard, hiding a world of delicate gardens, scholarly rockeries, and ancient relics that whisper stories of a bygone era.

5	Day 5 Xi'an	<p> breakfast, lunch</p> <p> <b>Museum of Terracotta Warriors and Horses (UNESCO), The Bell and Drum Tower Square, The Muslim Quarter (Huimin Jie)</b></p> <p>The Museum of Terracotta Warriors and Horses (UNESCO) is one of the greatest archaeological discoveries in the world. More than 6000 life-sized terra cotta warriors, archers, infantrymen, horses, and bronze chariots have silently guarded the tomb of China's First Emperor for over 2,200 years.</p> <p>Located at the very center of ancient Xi'an, the Bell and Drum Tower Square is a grand landmark that beautifully connects China's imperial past with its vibrant modern energy. This spacious public square offers a stunning vantage point between two magnificent Ming Dynasty masterpieces: the majestic Bell Tower, which marks the geographical heart of the city, and the historic Drum Tower, which stands at the entrance to the famous Muslim Quarter. Visited by millions each year, the square provides an exceptional setting to admire traditional triple-eaved wooden architecture, which comes alive at night with a spectacular display of colorful illuminations.</p> <p>Steeped in over a millennium of history, the Muslim Quarter is a vibrant sensory feast and the heart of Xi'an's legendary food culture. As you wander through its ancient stone-paved lanes, you are greeted by an incredible array of mouth-watering delicacies and authentic Silk Road flavors. From the savory aroma of charcoal-grilled lamb skewers to the rhythmic pounding of traditional nut candy, this bustling historic enclave offers an unparalleled glimpse into the heritage and culinary soul of the city's Hui community. It is the ultimate destination to immerse yourself in the lively atmosphere and rich, diverse tastes of old Xi'an.</p> <p><b>Leisure Time &amp; Optional Experiences</b></p> <p><b>Evening Recommendation:</b> Indulge in a celebrated Xi'an Dumpling Banquet, followed by an enchanting Tang Dynasty Music and Dance Show—a vibrant revival of China's golden age of art and culture.</p> <p><b>Extended Exploration:</b> If your schedule allows, we highly recommend a journey to Mount Hua to witness its breathtaking natural peaks.</p> <p><b>Regional Highlights:</b> For a deeper dive into Buddhist history, consider a bullet train excursion to Luoyang to marvel at the Longmen Grottoes, one of China's three most renowned ancient cave complexes.</p>
6	Day 6 Xi'an - Lhasa (by air)	<p> airport transfer in Xi'an, airport - hotel transfer in Lhasa</p> <p> breakfast, lunch</p> <p> <b>Ancient City Wall</b></p> <p>The Ancient City Wall is one of the oldest city walls in China and still encompasses the center of Xi'an today.</p>
7	Day 7 Lhasa	<p> breakfast, lunch</p> <p> <b>Potala Palace, Sera Monastery</b></p> <p>The Potala Palace, which used to be the residence of the Dalai Lama and seat of the Xizang government, is currently converted into a museum. It is comprised of over 200,000 statues, temples, shrines, and historical Xizang relics.</p> <p>The Sera Monastery, one of the three most distinguished monasteries in Lhasa, is famous for its tantric teachings.</p>

8	Day 8 Lhasa	 breakfast, lunch  <b>Jokhang Temple, Barkhor Street, Norbulingkha</b> The Jokhang Temple, which commemorates the marriage of Tang princess Wencheng to King Songtsen Gampo, earns the reputation as the first Buddhist temple in Xizang. The Barkhor Street, Lhasa's old market, is full of vendors selling their wares. The smell of Yak butter is wafting in the air and hundreds of pilgrims are moving in a clockwise direction. The Norbulingkha is the summer palace of the Dalai Lama.
9	Day 9 Lhasa - Chongqing (by air) - Yangtze Cruise	 hotel - airport transfer in Lhasa, airport & port transfer in Chongqing  breakfast, lunch  <b>Ciqikou Ancient Town, Stilwell Museum, Embark on your Yangtze River Cruise Ship</b> The Ciqikou Ancient Town used to be a busy port famous for porcelain production during the Ming and Qing Dynasties. It is a place full of religious temples, traditional buildings, ancient alleys with local teahouses and restaurants. The Stilwell Museum was the former office and residence of General Joseph Stilwell, the Commander of the US Forces during World War II. Upon arrival in Yichang, transfer and embark on your Yangtze River Cruise Ship. The Yangtze River originates on the Tibetan Plateau and traverses a distance of 3900 miles before flowing into the East China Sea, near Shanghai. It has been the lifeline in China for millennia.
10	Day 10 Yangtze Cruise	 breakfast, lunch, dinner  <b>Yangtze River Cruise (Shibaozhai)</b> Today, start sailing for a distance of 430 miles in all the great gorges. In the morning, you could enjoy the spectacular view from the deck or you could take an optional tour to Fengdu - China's "City of Ghosts" (CNY 280 per person). In legend, Fengdu was a ghost city and the entrance of heaven or hell, and the imaged ghost statues here reveal ancient Chinese religion and belief. After lunch, take a shore excursion to the Shibaozhai. The Shibaozhai is a 12-storey wooden pavilion built in the Ming Dynasty, which looks like a giant bonsai on the Yangtze River. A cofferdam was built around the Shibaozhai to protect it from the rising water level caused by the construction of the Three Gorges Dam. After returning to the cruise, you will be invited to the Captain's Welcome Party.
11	Day 11 Yangtze Cruise	 breakfast, lunch, dinner  <b>Yangtze River Cruise (Shennong Stream)</b> This morning sail into Qutang Gorge, the shortest, narrowest and probably the most fascinating one. Later sail through Wu Gorge. It is well-known for the legend of 12 fairy maidens became the 12 peaks of Wu Gorge. Then you could take an optional tour to White Emperor Town, which is famous for historical temples and legends (CNY 280 per person). After lunch change to the "peapod" boat for sailing deep into the Shennong Stream for a 3 hours exploration. The contrasting heights of these gorges and the narrowness of the river make this area one of the most dramatic scenes in the world. Notice the ruins of the ancient plank road along the cliff face as well as the coffins suspended from the cliffs above. Afterwards, sail through the Five-step Ship Lock.

12	Day 12 Yangtze Cruise - Yichang - Shanghai (by air)	 port - airport transfer in Yichang, airport - hotel transfer in Shanghai  breakfast  <b>Yangtze River Cruise (Three Gorges Dam Site), Disembark</b> In the morning, set sail into Xiling Gorge. Today you could enjoy the spectacular view from the deck or you could take an optional tour to Tribe of Three Gorges (CNY280 per person). After lunch, take a shore excursion to the Three Gorges Dam Site, the largest dam and hydroelectric project in the world. Then the cruise transits the Five-step Ship Lock and sails through the second section of Xiling Gorge. Attend the Captain's Welcome Banquet in the evening. After breakfast, disembark in Chongqing and transfer to the airport or train for your departure. <b>Ideas for leisure time:</b> If you arrives at early afternoon and have no plans, you could take an optional trip to Zhujiajiao. With a history of 1700 years, this is an ancient water town prized for its lovely rivers, stone bridges, and historical buildings.
13	Day 13 Shanghai	 breakfast, lunch  <b>Yu Garden, Bund, Shanghai Old Town</b> Owing to its ingenious design in Ming and Qing dynasties, the Yu Garden becomes a real museum of Chinese ancient architecture. The Bund, featured outstanding European colonial architectures, is full of new skyscrapers and historical buildings in the center of Shanghai. Step back in time and experience the historical heart of the city at Shanghai Old Town, where classic Jiangnan-style architecture and bustling street markets offer a fascinating contrast to the city's futuristic skyscrapers. Anchored by the 16th-century Yu Garden and the lively bazaar surrounding the City God Temple, this vibrant district allows you to wander through labyrinthine alleys lined with traditional gray-brick buildings, cross the iconic Nine-Turn Bridge, and sample world-famous local delicacies like Xiaolongbao (soup dumplings) at historic eateries.  <b>Leisure Time &amp; Optional Experiences</b> <b>Huangpu River Cruise:</b> See Shanghai's iconic skyline from the water on a Huangpu River Cruise. Sail past the Bund's 52 historic colonial buildings and the futuristic skyscrapers of Lujiazui, including the Shanghai Tower and Oriental Pearl Tower. Choose a day cruise for clear architectural details or a night cruise (highly recommended) to see the city illuminated in a dazzling light show. <b>Shanghai Tower Skywalk Experience:</b> Soar to new heights at the Shanghai Tower, China's tallest building at 632 meters. Ride the world's fastest elevator (18m/s) to the 118th-floor Top of Shanghai Observatory. Enjoy 360°panoramic views of the city, including the Bund's colonial architecture, the Oriental Pearl Tower, and the winding Huangpu River.
14	Day 14 Shanghai	 hotel - airport transfer in Shanghai  breakfast

About Tibet Travel Permits:

1. All foreign travelers are required to have the Tibet Travel Permit (or Tibet Permit, Tibet Entry Permit) in hand before entering Tibet. The Tibet Travel Permit is issued by Tibet Administration to the authorized travel agencies, but not to individual travelers directly.
2. CITS handle Tibet Permit application for guests who booked Tibet tour package from us. Travelers can either take a tailored private tour or join in a group tour. The tour package should include services of tour guide, automobile, sightseeing & accommodation. Please be advised that we do NOT offer "permit-only" service.
3. The Tibet Permit needs to be applied **at least 20 days** prior to arrival in Tibet, so we suggest travelers send the tour inquiry **at least 30 days** in advance.
4. The general travel information (including tour dates, travelers' personal information, destinations in Tibet...) will be attached to the Tibet Permit, so the travel itinerary could not be changed once the tour is confirmed.
5. All travelers can get Tibet Permit through an authorized travel agency except diplomats, journalists, and government officials who should travel to Tibet under the arrangement by the Foreign Affairs Office of Tibet Government.

#### How to book a Tibet tour with Tibet Travel Permit:

Step1: Traveler sends a travel inquiry to CITS.

Step 2: CITS travel counselor sends you an itinerary and quote. We are pleased to make any changes as per your request before you are completely satisfied with the tour proposal.

Step 3: Book the tour and make the payment via bank transfer or PayPal. Payment needs to be received by us at least 20 days before your arrival.

Step 4: Send us the following document & information:

- A scanned copy of your passport (photo page);
- A scanned copy of your China visa (tourist visa);
- All travelers' information including full names, gender, date of birth, passport number, nationality and occupation;

Step 5: Your travel counselors will confirm the tour and send you an email attached with the confirmation & voucher.

Step 6: When you leave for Lhasa you will need to show the original copy of the Tibet permit when checking in at the airport or railway station. The permit will be delivered to our local office in the departure city. You will need to pick it up from the local office. If you booked the land service at that city, our guide will pass the permit to you.

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#### Tour Includes :

- Private tour guide
- Private air-conditioned car or coach
- Land transfers between airport, railway station, port and hotel
- Entrance tickets as listed
- Chinese Lunch and dinner as listed
- Centrally located hotels with breakfast
- Domestic flights with taxes and bullet train ticket (2<sup>nd</sup> class seat) as listed
- Yangtze Cruise Ticket (include accommodation, meals on board, the shore excursion in groups and daily activities)
- Tibet Travel Permit
- Service charge & government taxes

#### Tour Excludes :

- International flights with taxes
- Personal expenses such as laundry, drinks, phone bills, optional activities
- Tips for guides and drivers
- China Visa
- Travel insurance

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## About Shopping or No-shopping Tours

Since October, 2013, CITS offers truly alternative prices of tours with or without shopping. Exceptionally, some tours only have one type price, such as seat-in-coach, hiking, self-driving and luxury tours, etc. [Click here know more details.](#)

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