info@cits.com.cn +86-10-65222991

Xizang Highland & Shangri-La Tour - 15 Days

This tour features in holy Xizang and mysterious Shangri-la, the wonderland that you may have been dreaming to visit. In 15 days, this adventure unfolds the most extraordinary natural landscape and cultural diversity. This tour also gives you a unique experience by walking on the Great Wall in Beijing, visiting the Giant Panda Breeding Center in Chengdu, and enjoying the view of the flourishing Shanghai.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Beijing	airport - hotel transfer in Beijing
2	Day 2 Beijing	breakfast, lunch **Tian'anmen Square, Forbidden City (UNESCO)** 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. Constructed from 1406 at the very centre of Beijing, the Palace Museum is more widely known as the Forbidden City. Previously home to 24 different emperors, it is the largest palace complex in the world at approximately 720,000 square metres. 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. **Dinner Suggestions: Iconic Peking Duck** 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 **The Great Wall (UNESCO), The Summer Palace (UNESCO)** The Great Wall is the largest ancient defensive project ever undertaken in China and even the world. Built continuously over 2,000 years starting in the Western Zhou Dynasty (1046-771 BC), the Great Wall now snakes its way across vast areas of northern and central China and has a total length of more than 20,000 km. The wall is a physical illustration of the Chinese philosophy of defending and tolerating rather than expanding and invading. This Qing Dynasty (1636-1912) imperial palace and garden (1636-1912) is the largest and best-preserved imperial garden in China. Modelled on the West Lake in Hangzhou and borrowing design techniques and artistic ideas from the gardens of Jiangnan south of the Yangtze River, this landscaped park offers the perfect summer retreat.

4	Day 4 Beijing - Lhasa (by air)	airport transfer in Beijing, airport - hotel transfer in Lhasa breakfast **Beijing Hutongs & Rickshaw Tour** Dive into the heart of old Beijing with a visit to the Hutongs—a maze of historic, narrow alleys lined with traditional courtyard houses. To experience this vibrant neighborhood like a local, you will take a traditional rickshaw tour. Sit back and relax as your driver wheels you through the lively lanes, passing by local markets, ancient doorways, and hidden gardens. It is a wonderful, nostalgic journey that offers an intimate look at the city's traditional lifestyle away from the modern skyscrapers.
5	Day 5 Lhasa	breakfast, lunch **Potala Palace (UNESCO), Sera Monastery** Standing on top of Red Hill in the north-west of the Lhasa city region, the Potala Palace is a grand Tibetan palace complex that remains the largest and most intact ancient palace in Xizang (Tibet) Autonomous Region today. Behaviours that are taboo in Tibetan Buddhism, such as wearing a hat inside, taking photos and stepping on doorsills, should be avoided during any visit. Advance booking is required. This monastery together with Drepung Monastery and Ganden Monastery are jointly known as the “great three monasteries of Lhasa”. This tranquil place has seen a succession of eminent monks and living Buddha give lectures about Buddhist scriptures ever since its completion in 1419. Sera Monastery is particularly known in the Tibetan region for its daily scripture debates, which remain one of its main draws. The monastery has developed its own distinctive style in terms of the level of occasion, code of gestures as well as intensity, and is a fascinating ritual to watch.
6	Day 6 Lhasa	breakfast, lunch **Jokhang Temple (UNESCO), Barkhor Street, Norbulingkha** With a history of more than 1,300 years, Jokhang Template is a Tibetan Buddhist monastery nestled in the old part of Lhasa. Having housed almost all key Buddhist events, the temple is often called the “Eye of Xizang (Tibet) Autonomous Region”. Thanks to its extremely high status in Buddhism, the temple is frequented by pilgrims and worshiped with burning incense all year long. It is circled in a clockwise direction every day by a steady stream of believers who kneel with devotion in front of the main entrance on a stone floor imbued with the marks of the visits of the thousands of pilgrims who have come before them. The Jokhang Temple is located in the Barkhor neighbourhood and the street around the temple is called Barkhor Street, which means “eight corner street”. Initially a normal road around the temple, it has gradually become the route by which many pilgrims circumambulate the monastery in prayer and one of Lhasa’s most important commercial streets. Lined on both sides with shops selling religious wares in various sizes as well as all kinds of daily necessities, it is a fantastic place to shop, try local snacks, and check out the variety of goods on offer. The Norbulingkha is the summer palace of the Dalai Lama.

7	Day 7 Lhasa - Chengdu (by air)	hotel - airport transfer in Lhasa, airport transfer in Chengdu breakfast, lunch **Giant Panda Breeding Research Center, Kuanzhai Alley** Explore this world-class conservation sanctuary for an intimate encounter with China's beloved national treasure. Beyond observing pandas in their lush natural enclosures, the onsite museum offers fascinating insights into their evolution, unique habits, and global conservation success. Located in the heart of Chengdu, Kuanzhai Alley is a vibrant historical and cultural district that showcases the city's unique, leisurely lifestyle. Comprising three parallel ancient alleys—Kuan Alley (Wide Alley), Zhai Alley (Narrow Alley), and Jing Alley (Well Alley)—this area features beautifully preserved courtyard architecture dating back to the Qing Dynasty. It offers a perfect blend of old Chengdu traditions and modern creative culture, where visitors can stroll through historic gray-brick lanes, experience traditional Sichuan tea houses, watch classic face-changing opera performances, and sample a wide array of authentic local street food. **Optional Experience: Sichuan Opera Face-Changing Show** Enjoy the amazing Sichuan Opera Face-Changing performance. Witness the incredible mask-changing stunts, appreciate classic Sichuan folk art and immerse yourself in authentic local culture.
8	Day 8 Chengdu - Lijiang (by air)	airport transfer in Chengdu, airport - hotel transfer in Lijiang breakfast **People's Park** Located in the center of Chengdu, People's Park is the perfect place to immerse yourself in the city's legendary, slow-paced lifestyle. It seamlessly blends lush natural landscapes and historic monuments with rich local traditions. During your visit, you can wander through Matchmaker's Corner in People's Park where parents search for suitable suitors for their children, and visit a traditional Tea House where you can try traditional Chinese tea. Sitting bamboo chairs, sipping local green tea, and watching locals chat or play mahjong offers an authentic window into the true soul of Chengdu's cultural heritage.
9	Day 9 Lijiang	breakfast, lunch **Jade Dragon Snow Mountain, Murals in Baisha Village, Old Town of Lijiang** The Jade Dragon Snow Mountain is a famous for a magnificent view of the glacieris. The snow-covered mountain resembles a jade dragon lying in the clouds, hence the name. The Baisha Village is one of the oldest towns in Lijiang as well as one of the earliest communities of the Naxi ethnic group. The 44 pieces of ancient murals there were carved in the early Ming Dynasty. The Old Town of Lijiang (UNESCO) is one of the best-preserved ancient towns in China and is famous for its distinctive Naxi culture and ancient buildings.

10	Day 10 Lijiang – Shangri-La (by automobile)	private transfer from Lijiang to Shangri-La breakfast, lunch **Tiger Leaping Gorge** Located 60 kilometres north of Lijiang City, the Tiger Leaping Gorge is one of the deepest and most spectacular river canyons in the world. Following an ancient trek, you will enjoy a magnificent close-up view of sharp cliffs and roaring water.
11	Day 11 Shangri-La	breakfast, lunch **Ganden Songzanlin Monastery , Pudacuo National Park** The Ganden Songzanlin Monastery is the largest Xizang Buddhism monastery in Yunnan province. Built in the 17th century, during the reign of the Fifth Dalai Lama, it is often called ' the Little Potala Palace'. The Pudacuo National Park is notable as the first national park in China to meet International Union for Conservation of Nature standards. It incorporates the Bita Lake and the Duhu Scenic Area, and holds the stunning view of three parallel rivers and dense deciduous forests.
12	Day 12 Shangri-La – Kunming (by air)	hotel - airport transfer in Shangri-La, airport transfer in Kunming breakfast, lunch **Stone Forest** The Stone Forest (UNESCO) is a typical Karst landscape formed some 270 million years ago. This geological wonder consists of limestone cliffs and peaks that have weathered into various shapes since their formation beneath the sea.
13	Day 13 Kunming - Shanghai (by air)	hotel - airport transfer in Kunming, airport - hotel transfer in Shanghai breakfast

14	Day 14 Shanghai	breakfast, lunch **Yu Garden, The Bund, Shanghai Old Town** Built in the Ming Dynasty (1368-1644), Yu Garden is a classic example of a Jiangnan region garden and the most famous of five classical gardens in Shanghai. The Yu Garden compound consists of more than 30 halls and is divided into six sections by "dragon walls", tall white walls with undulating grey tiled ridges each terminating in a dragon's head. Next to the garden is Yuyuan Bazaar, a labyrinth of small streets and lanes where you can find a large number of restaurants, tea houses and shops. The most popular restaurants are NanxiangMantou Restaurant, famous for its xiaolongbao, Lubolang Restaurant and Old Shanghai Restaurant. One of the city's most recognisable landmarks and the pride of Shanghai for over one hundred years, the Bund is a mile-long stretch of waterfront promenade along the Huangpu River. On the west side of the road stand 52 buildings of various architectural styles, including Gothic, baroque, and neoclassical styles. It is often called an outdoor museum of buildings. 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. **Leisure Time & Optional Experiences** **Huangpu River Cruise**: 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. **Shanghai Tower Skywalk Experience**: 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.
15	Day 15 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.

Tour Includes :

-- Private tour guide
-- Private air-conditioned car or coach
-- Land transfers between airport or railway station and hotel
-- Entrance tickets as listed
-- Chinese lunch as listed
-- Centrally located hotels with breakfast
-- Domestic flights with taxes as listed
-- 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

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.