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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** 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. **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 **Great Wall, The Summer Palace (UNESCO)** 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 - Lhasa (by air)	airport transfer in Beijing, airport - hotel transfer in Lhasa breakfast **Hutong Tour** 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 Lhasa	breakfast, lunch **Potala Palace, Sera Monastery** 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. The Sera Monastery, one of the three most distinguished monasteries in Lhasa, is famous for its tantric teachings.
6	Day 6 Lhasa	breakfast, lunch **Jokhang Temple, Barkhor Street, Norbulingkha** The Jokhang Temple, which commemorates the marriage of Tang princess Wencheng to King Songtsen Gampo, earns the reputaiton 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.
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** The Giant Panda Breeding Research Center is a massive ecological and zoological park offers a wonderful chance to get face-to-face with China's national treasure. There is also a panda museum that has detailed exhibitions on panda evolution, habits, habitats and conservation efforts. 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, Bund, Shanghai Old Town** 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. **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.