

## Yunnan - Tibet Road & Ancient Tea Horse Road Discovery

**Kunming – Dali – Lijiang – Shangri-la – Deqin – Yanjing – Zhuka – Baxio – Rawu Lake – Bomi – Nyingchi – Basum Lake – Lhasa (17d/16n )**

### *Highlights*

- Explore Yunnan & Tibet Road, one of the most beautiful roads in China
- Adventure in Tibet & Lhasa
- Track along the steps of ancient horseback traders
- Enjoy the quaint scenery in remote villages
- Conquer mysterious snow mountains in Tibet
- Amazed by one of the deepest gorges in the world: Tiger Leaping Gorge
- Stroll in ancient towns of Lijiang on UNESCO's World Heritage List
- Discover one of the most splendid wonders of the world: Stone Forest in Kunming
- Experience Tibetan and other 3 various ethnic cultures in China

### *Itinerary*

#### **Day 1: Arrive in Kunming D**

Arriving in Kunming, take taxi to hotel, our guide will welcome you at the hotel. Tonight, **welcome dinner** with local flavour will be served.

Overnight in Kunming

#### **Day 2: Excursion to Stone Forest B/L**

Morning drive to visit **Yuantong Temple**. At lunch, try famous **Yiliang Roast Duck** and then visit **Stone Forest** (Shilin in Chinese, 89 km, 1.5 hours), 80 ha. site of fantastic limestone formations created during the Permian Era when the sea covered this area. Shilin is on the World Heritage List and managed by the traditional owners the Yi people. It is famous in China and unique in the world. We will visit the Stone Forest for about 2.5 hours.

Overnight in Kunming

#### **Day 3: Kunming – Dali B/L/D**

After breakfast in hotel, drive about 4 hours to Dali. After arrival, visit **Three Pagodas in Chongsheng Monastery**, about 1.1 kilometer (0.6 mile) northwest of the ancient city of Dali, occupying a scenic location at the foot of Mt. Cangshan facing Erhai Lake, has a history of over 1,800 years. It is a symbol of the history of Dali city, and a record of the development of Buddhism in the area. As its name implies, Three Pagodas are made of three ancient independent pagodas forming a symmetrical triangle. This is unique in China. A visit to the pagodas should not be missed by any visitor to Dali. Then take a stroll in **Dali Old Town**. The history of Dali Old Town can be traced back to the Tang Dynasty when Dali was the capital of Nanzhao Kingdom which is the home to Bai minority. The town, whose format is like a chess board with four gates guarding in the directions of east, south, west and north stands between Cangshan Mountains and Erhai Lake, a natural configuration that seems specially designed for a good bountiful life.

Overnight in Dali

#### **Day 4: Dali B/L**

After breakfast in hotel, drive to visit **Weishan Old Town** built about 600 years ago, enjoy the Bai ethnic life in Weishan Old Town. Then visit **Donglianhua Village Tea Horse Old Post** to find the tracks of Ancient Tea Horse Road.

Overnight in Dali

#### **Day 5: Dali – Shaxi – Lijiang B/L/D**

In the morning, visit **Xizhou morning market**. Then drive to **Shaxi Ancient Town**, visit **Tea Horse Road Bridge, Old Post**, drive 120KM to Lijiang Ancient Town.

Overnight in Lijiang

#### **Day 6: Lijiang B/L**

Morning walking in **Lijiang Old Town**, a lovely traditional town with beautiful wooden houses and crisscrossed with streams of mountain water. Lijiang is one of the best preserved ancient towns in China and is on UNESCO's World Heritage List. Then visit **Dongba Cultural Museum in Black Dragon Pool Park**. In the Dongba Museum, you can see the pictograph that was developed by the Naxi Nationality 1,000 years ago. This pictograph is still being used today. Then visit **Baisha Naxi Village**. Baisha (White Sand) is located in the north of Lijiang. It is named this because of the large amount of white sand on the earth's surface there. According to history Baisha is the earliest place for the settlement of Naxi nationality after they entered Lijiang basin. Next visit **Shuhe Ancient Town**. Shuhe, also "Shaowu" in Naxi language, means "the village at the foot of the high hill". In 1997, the Ancient Town of Shuhe was ranked as an important part of the Ancient City of Lijiang. Last visit **Shuhe Tea Horse Museum**.

Overnight in Lijiang

#### **Day 7: Lijiang – Shangri-la via Tiger Leaping Gorge B/L/D**

Morning drive to Shangri-la, visit the **Tiger Leaping Gorge** en route, which is believed to be the deepest gorge in the world. From the top of the gorge you look down the steeply angled (70-90 degrees) mountain sides to the rushing Golden Sands (Jingsha) River with its 18 frothing rapids more than 200 meters (about 700 feet) below. Upon arrival, check in hotel. Followed walking in the **Dukezhong Tea Horse Old Town**, which is one of the best-preserved ancient towns of the minority ethnic people of China.

Overnight in Shangri-la

#### **Day 8: Shangri-la B/L/D**

After breakfast in hotel, visit to **Songzanlin Tibetan Buddhism Monastery**, which is 5 km from the seat of Shangri-la County. Construction began in 1679 and was completed in 1681. It is said that the Fifth Dalai Lama chose the site of the monastery through divination and named it "Gedan Songzanlin Monastery". In 1724, during the reign of Emperor Yongzheng in the Qing Dynasty, the monastery was renamed the "Guihua Monastery". During its time of greatest prosperity, there were more than 3,000 monks in the temple, now there are still 700 monks inside. Then visit the first national park in China - **Pudacuo National Park**, located in one of the most bio-diverse regions of the world.

Overnight in Shangri-la

#### **Day 9: Shangri-la – Deqin B/L/D**

Drive 180KM to Deqin, on the way visit **Napal Lake Natural Reserves, Nixi earthenware village, First bend of Yangtze River, Donzhulin Monastery**, crossing **Baimang Snow Mountain** and enjoy the sun set.

Overnight in Deqin

#### **Day 10: Deqin – Yanjing – Zhuka B/L/D**

Enjoy the sunrise over **Meili Snow Mt.** at your hotel. After breakfast, drive 120KM to Yanjing, the border of Yunnan and Tibet, where you'll visit **salt fields**. Drive on to Chamdo, enjoy the glacier, snow mountain, grassland, valley scenery all the way, you will overnight at a little town named Zhuka which is located by Lancang River(upper Mekong).

Overnight in Zhuka

#### **Day 11: Zhuka – Baxio B/L/D**

Drive along Lancang River, cross **Bangda Meadow, Dongdala Snow Mt.(5008m) and Yala Mt. Pass(4618m)**, you will finally reached Baxio county.

Overnight in Baxio

#### **Day 12: Baxio – Laigu – Rawu Lake B/L/D**

Today we will drive to **Laigu** which is called the most beautiful village in Tibet. You can hike about 1.5hrs to Laigu Glacier observation deck (optional riding horse). Then drive on to **Rawu Lake**. Rawu means green water, it is a lake surrounded by forest and snow mountain.

Overnight in Rawu

#### **Day 13: Rawu – Bomi B/L/D**

Drive 130KM to Bomi, enjoy valley scenery en route, hike 1.5hrs (optional riding horse) on **Midui Glacier**.

Overnight in Bomi

#### **Day 14: Bomi – Nyingchi – Basum Lake B/L/D**

Drive 230KM to Nyingchi, heaven on the Qinghai-Tibetan Plateau, visit **Lulang Forest, Nyang River, Xiuba Ancient Castle** with more than 1000 years' history. Finally we will stop at **Basum Lake**, enjoy the sunset over the lake.

Overnight at Basum Lake

#### **Day 15: Basum Lake – Lhasa B/L/D**

Drive 360KM to Lhasa via **Mila Mt. Pass**(5020m) and **Lhasa Lake**. Overnight in Lhasa

#### **Day 16: Lhasa B/L/D**

Today you will see some of the wonderful sights of Lhasa, commencing with the magnificent **Potala Palace**, Tibet's best-known landmark. Your second stop will be at the **Jokhang Temple**, home of the most precious of the Buddha images in the region. Brought from Chang'an (what is now Xi'an) by the Tang Princess Wen Cheng when she married Tibetan King Songsten Gampo, the Sakyamuni Buddha is truly magnificent. Last, walk through the colourful bazaar on **Barkhor Street** known as the Pilgrims' Way.

Overnight in Lhasa

#### **Day 17: Depart Lhasa B**

Take taxi to airport for your return flight.

#### **Included in the price:**

- Daily meals as shown in the program
- 4 star or local best hotel at remote area, twin-bedded room with private shower and WC
- Admission charges where applicable as shown in the tour description
- Private A/C transportation for land tour (Jeep in Tibet section, 3 clients and 1 driver in one jeep)
- Professional guide & driver in the land tour
- Two bottles of mineral water per person per day
- Travel Agencies' Liability Insurance with the tour and domestic travel insurance inside China
- Government taxes & Service charge

#### **Excluded in the price:**

- International flight and tax
- Pre/post accommodation
- Personal consumption
- Visa fee
- Tips for driver, guide and porter

