

Discovering Shangri-La & Tibet



This is THE trip to write home about and to tell your friends about—it is not for the faint of heart as you travel to Tibet and to elevations of roughly 15,000 feet above sea level!! Enjoy key sites of multiple ethnic and minority groups. Visit Lijiang, Shangri-La, Tibet and take in the local flavor of these unspoiled areas in outermost regions of China. Visit the home of a local Tibetan family and enjoy a tea-drinking ceremony. Visit the most recognizable Tibetan symbol—the Potala Palace. It is said to contain 1,000 rooms, 10,000 altars and 200,000 Buddhist statues.

TOUR OVERVIEW

Tour Code: **LY-HA-DST**

Kunming, Dali, Lijiang, Shangri-La, Chengdu

Trip Duration: **14 days/12 nights**

DAY 1 : US/KUNMING

meals: **N/A**

Depart the United States today to begin your Discovering Shangri-La & Tibet Tour. Cross the International Date Line en route to China.

DAY 2 : KUNMING

meals: **N/A**

Arrive at Kunming Airport. Meet your local English-speaking tour guide and driver at the Kunming Airport and be transferred to the hotel for check-in. You will love this beautiful city in Southwestern China that is affectionately known as the “City of Eternal Spring” among Chinese nationals, who love to visit here.

DAY 3 : KUNMING

meals: **B/L/D**

Today, you will visit Shilin - Stone Forest. The round-trip drive from Kunming to Shilin takes approximately 3 hours, so plan to spend at least 2.5 to 3 hours at Shilin itself, which includes a round-trip ride on an electric scooter from the parking lot to the scenic area gate. After your visit to Shilin, return to Kunming and explore the Jingxing Flower and Bird Market. Spend some time strolling through the old city area, including visits to Jinma Bijifang and Dongsu Pagoda.



DAY 4 : Kunming/Dali

meals: **B/L**

You will be transferred to Kunming Train Station, which is a 30-minute drive away, for your morning bullet train to Dali. The train journey takes approximately 2 hours and 15 minutes and will arrive at Xiaguan Station in Dali's new urban area. From there, you will transfer to Caicun Pier on the west bank of Erhai Lake, which takes about 50 minutes by car. Once at the pier, you can enjoy a small boat tour of Erhai Lake to Tianjing Pavilion, which takes about 45 minutes one way. After visiting Tianjing Pavilion, you will take the boat back to Caicun Pier. Next, you will visit the Three Towers of Chongsheng Temple and take a leisurely stroll through Dali, exploring sites such as the Catholic Church, Nanchengmen, Honglongjing, and Yangren Street.



This afternoon, you may explore Dali's Three Pagodas (San Tsai), which are located at the foot of Mt. Cangshan and faces beautiful Erhai Lake. With a history of more than 1800 years, these ancient temples have survived storms and earthquakes over the centuries, the Three Pagodas are still the significant symbols of exceptional architectural technology and the brilliant culture of Dali. Your tour continues at the beautiful Butterfly Spring (Hudie Quan) and the Butterfly Museum, where thousands of butterflies gather in spring. Late this afternoon, you may enjoy a special performance of folk songs and dances performed by traditional Bai Nationality Three Course Tea.

DAY 5 : DALI

meals: **B/L**

This morning you can visit Erhai Lake and see this lake's beauty first. The lake is one of the seven largest freshwater lakes in China where boats and fishing vessels usually sail by. You can also enjoy the spectacular sceneries of Mt. Cangshan and several small islands nearby. Move on to the top of Mt. Cangshan to view colorful blossoms of azaleas, camellias and rhododendrons. After lunch, visit Dali's ancient city, which contains stonewalls, gray tiled roofs, phoenix and dragon carved windows and doors while crossing over streams that crisscross the city which give Dali so much of its charm and character.



DAY 6 : DALI / LIJIANG

meals: **B/L**

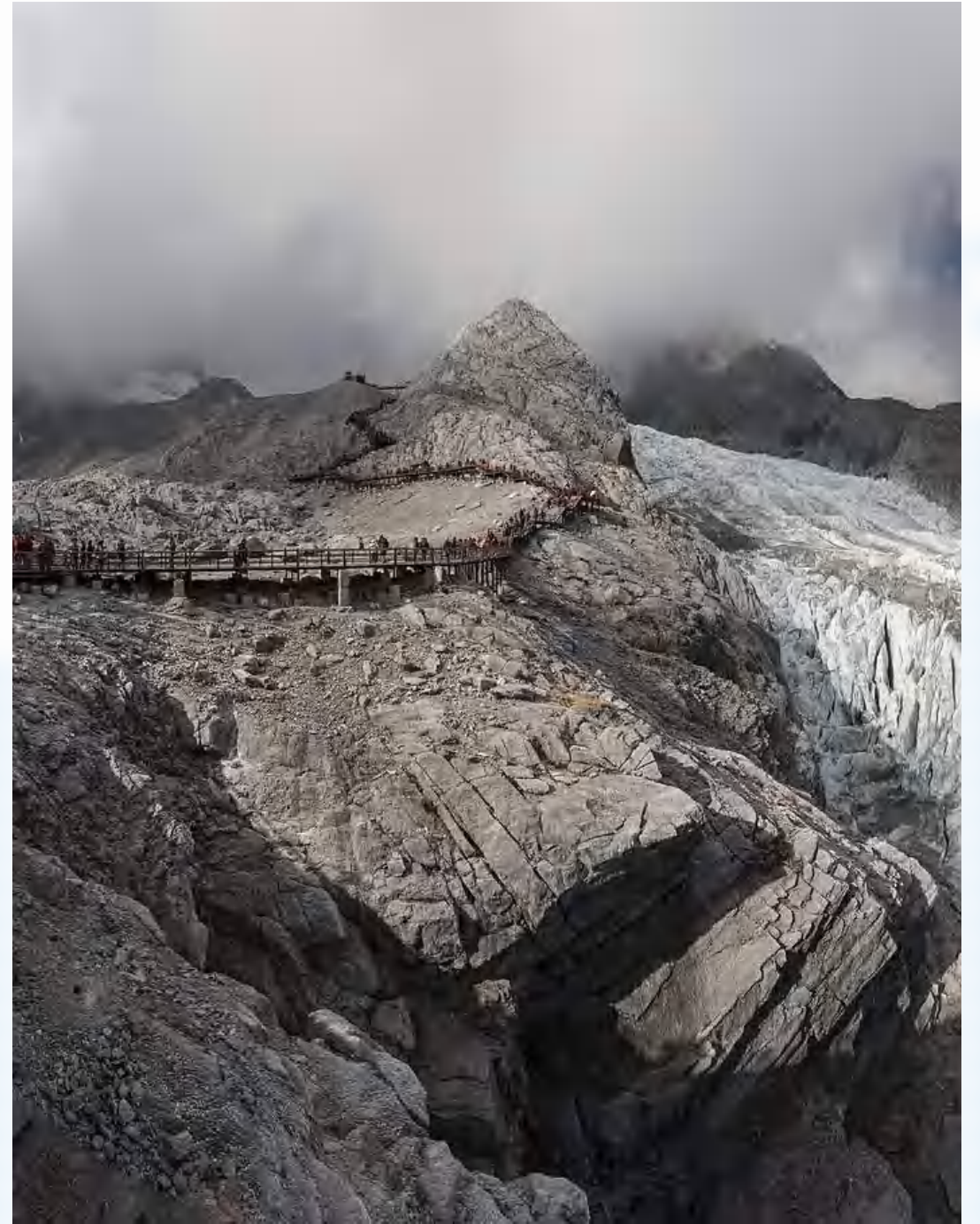
Enjoy a scenic drive from the Yunnan countryside to Lijiang, a UNESCO world heritage site and center of the Naxi minority culture. After lunch, visit Lijiang's Ancient City—Dayanzhen, a town that is carefully laid out around a central square with small cobblestone streets and lanes radiating out in all directions. With the neat brick houses and fabulous views, Dayanzhen is the perfect place to stay—you will be away from the bustling activities of the large metropolitan cities. You can also move to the Black Dragon Pool (Yu Quan), which is known as the Jade fountain. Here you will view its green deep waters and magnificent sceneries of the Jade Dragon Mountain.



DAY 7 : LIJIANG

meals: **B/L**

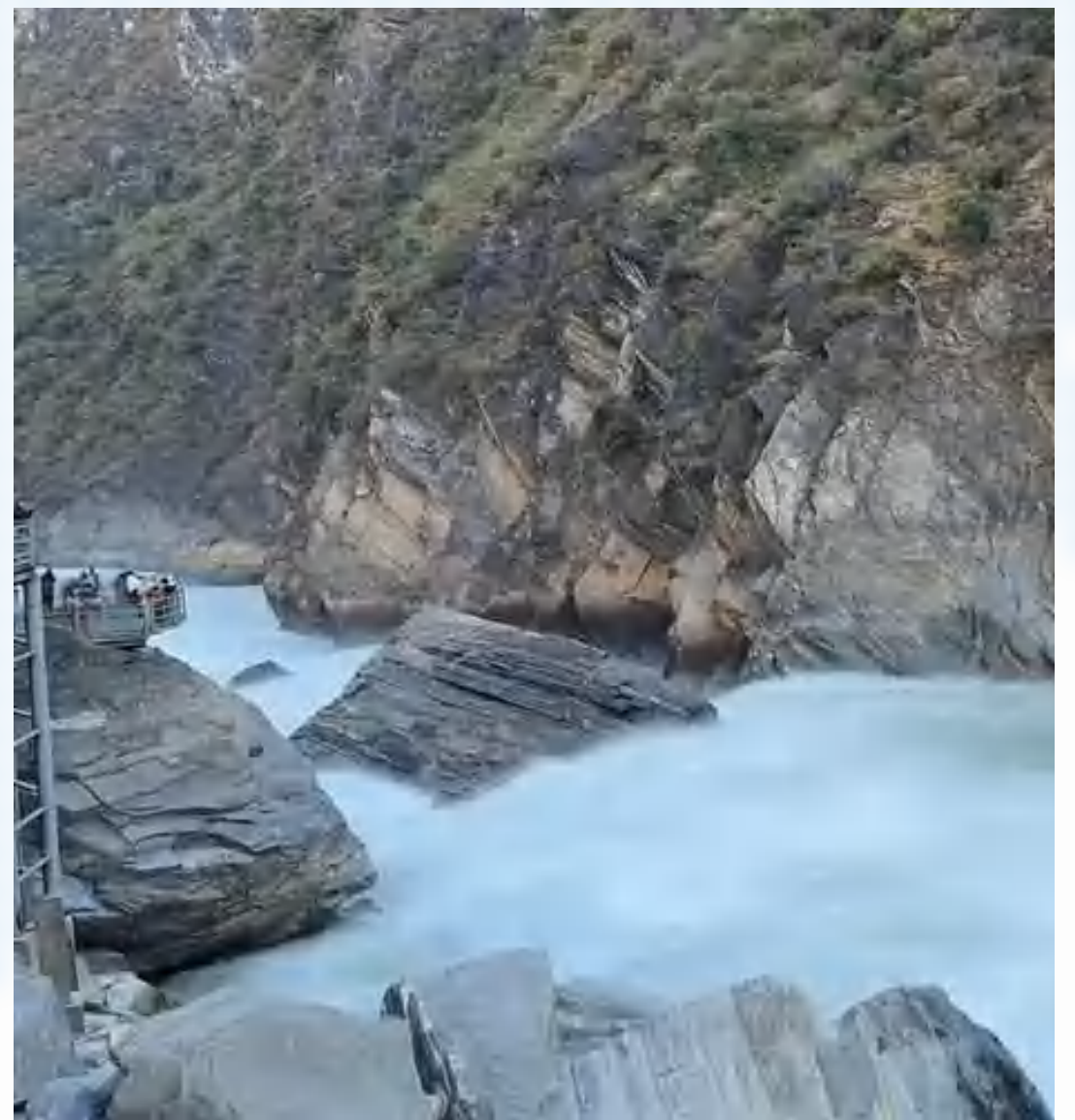
After breakfast, visit the spectacular Jade Dragon (Yulong) Snow Mountain, which towers over the land at an elevation of 18,360 feet at its highest point. If interested, you may take an optional cable car ride to the Dragon Spruce Meadow. Your tour continues at the Jade Peak Lama Temple (Yufeng Si), which is a small lamasery that is famous for its ancient Camellia Tree of 10,000 blossoms. After lunch, visit the White Water River to enjoy the extraordinary views in the area before exploring the Ming Dynasty Baisha Mural Paintings that Lijiang is famous for. If time allows, you may attend an optional performance of Baisha music performed by the Naxis.



DAY 8 : LIJIANG /SHANGRI-LA

meals: **B/L**

Depart Lijiang for Shangri-La by a private van and stop at the Tiger Leaping Gorge (Hutiaoxia). One of the deepest gorges in the world, the gorge drops more than 3,900 meters from the top to the raging river that feeds into the legendary Yangtze below. This gorge gets its name from the legend of a tiger jumping across it at the narrowest point of 30 meters – it's a spectacular sight to see in person. Check into your hotel in wonderful Shangri-La tonight and write of adventures and memories in this legendary location



DAY 9 : SHANGRI-LA

meals: **B/L**

Shangri-La, which is heavily influenced by the Tibetan culture, is located in the northwestern corner of the Yunnan Province. This morning you will visit Bita Lake (Blanket of Oak Trees in Tibetan), which has crystal clear waters and is surrounded by species of rhododendron and azaleas. From May through June, “drunken fishes” can be seen in the lake due to their consumption of the slightly toxic petals of both azaleas and rhododendrons. In the afternoon, visit the home of a local Tibetan family where you will enjoy a tea-drinking ceremony and get to see traditional Tibetan songs and dancing.



DAY 10 : SHANGRI-LA/LHASA

meals: **B**

You will be transferred to the Shangri-la airport for your flight to Tibet today.

Arrive at the Lhasa Airport. Meet your local English-speaking tour guide at the airport exit for transfer to the hotel.

DAY 11 : LHASA

meals: **B/L**

Visit the Drepung (Rice Heap) Monastery, which is Tibet’s largest and richest monastery. Before the extension of the Potala Palace, Drepung Monastery was the place where each Dalai Lama resided. Hence, it is regarded as the mother monastery of Dalai Lamas. After visiting this location, where more than 7,700 monks have lived at once time, you will get to explore the Sera (Wild Rose Garden) Monastery founded in 1419. Approximately 300 monks continue to stay at one of the monasteries’ three colleges today.

DAY 12 : LHASA

meals: **B/L**

This morning, you will get to visit the most recognizable Tibetan symbol—the Potala Palace. It is said to contain 1,000 rooms, 10,000 altars and 200,000 Buddhist statues. After exploring this legendary location, you will move on to the Jokhang Temple, which has numerous treasures and the golden statue of Sakyamuni from Xian. After lunch, stroll along Barkhor Street (Octagon Street) located in the center of old Lhasa. You can shop for religious artifacts; prayer flags scriptures, jewelry and other Tibetan handicrafts in the busy market.



DAY 13 : LHASA / CHENGDU

meals: **B/L**

After breakfast, get onboard for your flight to Chengdu. Your English-speaking guide and driver will meet you at the airport and take you to a wonderful lunch upon your arrival. Visit the Silk Embroidery Institute and see some incredible artists at work as they create intricate masterpieces of artwork in silk. Later, you will have a visit to the People's Park with Tea House and Garden in Chengdu and enjoy some local flavor of this relaxing city. This evening, enjoy some down time or explore the city on foot as you prepare to return from this cultural adventure.

DAY 14 : CHENGDU/US

meals: **B**

After your breakfast in the hotel, you will be transferred to the Chengdu Airport for traveling to the next destination city, or to any Chinese gateway city for connecting your international flight home.



REMARKS:

B = Breakfast

AA = American Airlines

CX = Cathay Pacific Airways

L = Chinese Lunch

CA = Air China

CZ = China Southern Airline

D = Chinese Dinner

MU = China Eastern Airlines

TOUR PRICES:

2-5 PAX	6-9 PAX
USD3,920.00/per adult	USD3,150.00/per adult

ACCOMMODATIONS:

CITY	HOTEL
Kunming	Jin Jiang Hotel, Kunming
Dali	Landscape Hotel Dali
Lijiang	Palace Hotel Lijiang
Zhongdian	KhimtsangHotel Shangri-La
Lhasa	Lhasa Hote
Chengdu	Tianfu Sunshine Hotel, Chengdu

HOTEL INFORMATION:

HOTEL	Indoor Pool	Outdoor Pool	Gym	Safe Box	Refrigerator	Hair Dryer	Kitchen
Jin Jiang Hotel, Kunming			✓	✓	✓		
Landscape Hotel Dali			✓			✓	
Palace Hotel Lijiang			✓			✓	
Khimtsang Hotel Shangri-La				✓		✓	
Lhasa Hotel				✓	✓	✓	
Tianfu Sunshine Hotel,Chengdu		✓	✓	✓	✓	✓	



INCLUSIONS:

- Kuming/Dali Bullet Train Fare;
- Airfare of Shangri-La/Lhasa/Chengdu;
- Airport/hotel/airport (or bus station) transfer as listed on itinerary.
- All listed sightseeing and tour programs with private English-speaking tour guide and private van or bus with driver.
- Hotels and meals as stipulated on itinerary.
- All prices are quoted in US Dollars and are subject to change without notice. Please check at time of booking.
- All prices are quoted per person based on two people sharing a room (double occupancy). Single supplement applies for single travelers.
- Lhasa visit permit;

EXCLUSIONS:

- US/Kunming, Chengdu/US international airfare. Please contact us for discount international airfare starting from your city.
- Passport and/or China Visa Fees
- Some meals
- Tips to guides and drivers
- Expenses of a personal nature

NOTES:

- For different scheduled tour, please contact us for a price quote
- Lotus Travel highly recommends clients to purchase travel insurance. The Travel Plus Plan offered by the Travelex Insurance Company has excellent travel benefits and children 15 and under are free of charge when traveling with an adult.
- A **\$500.00** per person non-refundable deposit is due at the time of registration.
- Balance is due 60 days before departure.

Note: Customer Commitment - Each Lotus agent is committed to respond to each email with an acknowledgement of receipt within 24 hours. If you do not receive email acknowledgement within 1 business day, please check your spam box for our agents' response e-mail or send your notice to louie@lotustours.net or call 1-800-956-8873.

To review full listing of terms and conditions, refer to: <https://lotustours.net/lotus-travel-terms-and-conditions/>

