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Potala Palace Square, Tibet

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# GLIMPSES OF CHINA & TIBET

15 DAYS & 14 NIGHTS / PRIVATE JOURNEY

BEIJING, LIJIANG, ZHONGDIAN, LHASA, GYANTSE & SHIGATSE

Embark on a spectacular journey exploring the highlights of China and Tibet. China's cultural riches and ancient history make it one of the most compelling of destinations. Towering monasteries, ringing bells, chanting monks and spinning prayer wheels flood the senses as the ancient Kingdom of Tibet embraces you.



2012 DATES	*PRICES FROM
March	\$ 7,935
Single Supplement	2,900
Apr-Jun & Sept-Oct	8,945
Single Supplement	3,610
Jun-Aug	9,230
Single Supplement	3,540

Note: Upon request, your travel consultant can provide an exact price based on your specific dates of travel.

## Day 1: Arrive Beijing

Upon arrival in Beijing, you will be welcomed by your Cox & Kings local representative and transferred to your hotel. *The Peninsula* – 3 Nights



Copper Prayer Wheel, Tibet

## Day 2: Beijing

Enjoy a full day tour of Beijing. Visit the Forbidden City, Tiananmen Square and the stunning Imperial Summer Palace. End your day with a relaxing boat ride on Kunming Lake. (B, L)

## Day 3: Beijing

Enjoy a full day excursion to the Great Wall at Mutianyu and the Ming Tombs. Back in the city enjoy a special Kung Fu show. (B, L)

## Day 4: To Lijiang

After breakfast, visit the Temple of Heaven and enjoy a tour of the Hutongs. Later, you will fly to Lijiang. *The Banyan Tree Resort (Garden Jacuzzi Villa)* – 3 Nights (B)

## Day 5: Lijiang

This morning visit the Old Town, Dayan and the Black Dragon Pond. After lunch, continue with a visit to Baisha and Su He Village. (B, L)

## Day 6: Lijiang

Morning visit to Yu Hu Village, the former home of renowned naturalist, Dr. Joseph Rock. Continue to visit Yongfeng Monastery and to Wenhai Lake. Enjoy lunch at Wenhai Eco-Lodge. (B, L)

## Day 7: To Zhongdian

Drive to Zhongdian, en route stopping at Shigu Village. Overlooking the first bend of the Yangtze River, walk down to visit the Tiger Leaping Gorge. Lunch is served at a local restaurant. *The Banyan Tree Ringha (Tibetan suite)* – 2 Nights (B, L)

## HIGHLIGHTS

- ENJOY A KUNG FU SHOW IN BEIJING
- EXPLORE THE OLD TOWN IN LIJIANG
- VISIT THE TIGER LEAPING GORGE
- VISIT SACRED MONASTERIES ACROSS 'THE ROOF OF THE WORLD'
- EXPLORE POTALA PALACE
- VISIT NORBULINGKA, THE FORMER SUMMER RESIDENCE OF THE DALAI LAMAS
- EXPLORE 15TH CENTURY MONASTERIES IN GYANTSE AND SHIGATSE

## EXTENSIONS

- XIAN • SHANGHAI • HONG KONG

FOR MORE DETAILS PLEASE VISIT  
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Black Dragon Pool, Lijiang

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## GLIMPSES OF CHINA & TIBET

### Day 8: Zhongdian

Morning visit to the Sumtseling Monastery. Next enjoy a visit to Shangri-La's Old Town. After lunch, continue to the village of Tanwei and also visit one of the pottery making families. (B, L)

### Day 9: To Lhasa

Fly to Lhasa and spend the day at leisure. *St. Regis Lhasa – 3 nights (B)*

*Note: Flights between Zhongdian and Lhasa do not operate daily. If a direct flight is not available, you will fly via Chengdu.*

### Day 10: Lhasa

Spend the day exploring Lhasa. Visit the 7th century former winter residence of the Dalai Lama, Potala Palace. Continue on a tour of the Jokhang Temple and Barkhor market. (B, L)

### Day 11: Lhasa

Embark on a full day tour visiting Norbulingka, the Drepung Monastery and also visit a local Tibetan family. (B, L)



Kumbum Stupa, Gyantse

### Day 12: To Gyantse

Head west to Gyantse. Drive over the Kamba-la Pass offering stunning views of Lake Yamdrok. The lake has nine islands and one of the islands is home to the remote Samding Monastery, the only Tibetan monastery to be headed by a female. After visiting the monastery, continue to Gyantse. Lunch is served en route. Before

dinner, enjoy a walk through the traditional Tibetan part of town. *Hotel Gyantse – 1 night (B, L, D)*



Potala Palace, Tibet

### Day 13: To Shigatse

This morning, visit the stunning Gyantse Kumbum. Explore the nearby Pelkor Chode Monastery and drive to the delightful Shalu Monastery. Continue to Shigatse. *Shigatse Hotel – 1 night (B, L, D)*

### Day 14: To Lhasa

This morning, visit Tashilhumpo Monastery. Afterwards, return to Lhasa over the Friendship Highway. *St. Regis Lhasa – 1 night (B, L)*

### Day 15: Depart Lhasa

Today you will be transferred to the airport for your international flight. (B)

*Note: Lijiang, Zhongdian and Tibet are at a high altitude and anyone with a relevant medical condition, should obtain clearance from their doctor before traveling. This tour includes some long drives, often on bumpy roads. Hotels in Tibet outside of the main cities are basic, offering services rated as two stars.*

## WHAT'S INCLUDED

- All hotel accommodations as per the itinerary
- Domestic flights in China
- Meals as noted in the itinerary (B=Breakfast, L=Lunch & D=Dinner)
- All transfers and transportation on a private basis
- Private sightseeing as described in itinerary including entrance fees and services of professional local guides

## WHAT'S NOT INCLUDED

- International air travel (USA to Asia)
- Airport departure taxes
- Visa fees
- Travel insurance
- Excess baggage fees
- Personal items and alcoholic beverages
- Gratuities to your guides, drivers, porters and hotel service

## VISA

A Visa is required for U.S. Passport holders visiting China and must be obtained in the U.S. prior to departure.

A Tibetan permit is required for entrance into Tibet and must be obtained after you have your Chinese visas and within a minimum of 30 days prior to your arrival.

## WEATHER

The best time to visit China is April – May & September – November.

The best time to visit Tibet is the summer months of May through September.