

11 Day Chengdu to Lhasa via G318 National Highway

---an epic road trip to the heart of Tibetan history and culture through steep ravines on the fringe of Qinghai-Tibet Plateau



latitude 30 degrees north, across eastern Tibetan Plateau

Overview:

Touted as the world's most beautiful road, Sichuan-Tibet Highway (via G318 National Highway) enjoys much praise and abuse for its winding roads along grotesque gores and rugged peaks. The epic road trip covers 2250km in around 8 days. You will embark your journey from Chengdu, the gateway city to Tibet on the easternmost edge of Tibetan Plateau, and pass soaring mountain passes along eastern ridge of Tibetan Plateau. The epic overland journey across world's spine takes you to venture into the deepest ravines in the world and further to the heart of Tibetan culture and history.

Travel Route: Chengdu—Kangding—Xinduqiao

Bridge—Litang—Markam—Zogang—Ranwu—Nyingchi—Lhasa

中文概要行程

日程	目的地	游览活动和参观景点	用餐安排	酒店安排
01	抵达成都	*入住酒店休息 *欢迎晚餐（7:00 PM） *旅游说明会（8:30 PM）	晚餐	三星酒店 （参考酒店： 宜必思春熙路店）
02	成都—新都桥 （410 公里）	*乘车穿越折多山（4298m） *进入四川藏区，感受高原风光 *抵达摄影天堂—新都桥	早餐	新都桥当地酒店
03	新都桥—理塘—巴塘（400 公里）	*清晨，在摄影天堂新都桥，拍照留念 *前往世界上最高海拔的城市—理塘（4014m） *参观康巴藏区最大的格鲁派寺院—科尔寺 *途经“稻城古冰帽”—海子山	/	巴塘当地酒店
04	巴塘—左贡（260 公里）	*进入西藏 *金沙江、澜沧江、怒江，峡谷与三江交织，尽览大自然的鬼斧神工 *高原上天然的温泉	/	左贡当地酒店
05	左贡—然乌（200 公里）	*穿越邦达草原，近距离感受当地藏族人的游牧生活 *72 座高海拔山峰蔚为壮观 *抵达然乌	/	然乌当地酒店
06	然乌—米堆冰川—波密(250 公里)	*参观然乌湖 *近距离感受米堆冰川 *沿路欣赏原始深林与峡谷 *抵达波密	/	波密当地酒店
07	波密—鲁朗林海—林芝(230 公里)	*途经雅鲁藏布江河谷风光 *游览鲁朗林海、塔希冈藏族村 *穿过色季拉山口（4728m）,远眺南迦巴瓦峰（7782m） *抵达林芝	/	林芝当地酒店
08	林芝—拉萨	*沿着尼洋河继续向西，欣赏尼洋河沿线	/	经济型酒店

	(420 公里)	以及两江回流处的迷人景观 *抵达拉萨 (如时间允许, 游客可自费观赏巴松措, 30USD/人)		
09	拉萨	*布达拉宫 *大昭寺 *八角街 *品尝藏茶	早餐	经济型酒店
10	拉萨	*哲蚌寺 *色拉寺	早餐	经济型酒店
11	离开拉萨	酒店—机场/火车站, 旅游结束	早餐	

价格包含服务

- 西藏旅游进藏函及西藏境内所需其他旅游许可文件, 普通快递投递到指定国内收件地址
- 行程所列景点门票
- 旅行中根据人数使用 7-29 座旅游大巴或商务车
- 到达及离开时, 机场 / 火车站与酒店之前的接送 (需在指定时间段内整团一次性接送)
- 经验丰富的藏族英文导游
- 酒店住宿, 成都、拉萨两地酒店包含早餐。成都-拉萨途中酒店不含早餐
- 成都段欢迎晚餐 1 餐
- 全程提供应急用便携式或医疗氧气, 急救医疗包
- 旅游保险
- 西藏旅游地图
- U 型睡眠枕

价格不包含服务

- 中国签证费
- 除成都、拉萨外的早餐。导游会帮助游客推荐餐厅
- 导游和司机小费
- 单房差

（川西酒店环境较大城市有一定差距，我们尽量为所以游客提供干净舒适的环境和单独的浴室）

Itinerary:

Day one: Arrival in Chengdu (500m)

Pick up newly-arrived tourists at the Shuangliu International Airport and escort them to hotels. The rest of the day is for you to have a good rest or you can explore around the streets near your hotels. An night, you can enjoy the welcome dinner with your Tibetan guide and other group members. Details of the itineraries and tour guidance will be given to all tourists.

Stay overnight in 3-star hotels in downtown Chengdu

Day Two: Chengdu—Ya'an—Luding—Kangding—Xinduqiao Bridge (410km, around 10h)

At 7am, we are expected to take tour vehicle from Chengdu to Xinduqiao via Ya'an. As we travel against the flow of Dadu River, upper reaches of Yangtze River, you will pass the first soaring peak on Tibetan Plateau, i.e. **Zheduo Mountain** (mountain pass 4298m). Keep heading west, after winding roads, we finally end up in Xinduqiao, known as a paradise for photography.

Stay overnight in Xinduqiao

Day Three: Xinduqiao—Yajiang—Litang(Ke'er Temple)—Haizishan Mountain—Batang (400km)

Xinduqiao's big name as a heaven for photography will never let you down. Accompanied by picturesque small bridges, peaceful local villages and exotic Tibetan houses, and yellow poplar trees, we move westward towards to **raging valley of Yalong River** and exuberant forest.

On the way, we will pass famous Yajiang and finally reach Litang, a city on Qinghai-Tibetan plateau with an altitude of 4000m. Litang is a natural grassland on the plateau. Grazing yaks, sheep and nomad's tents dotted across the massive pasture are the most common scene.

Besides, another star attraction in Litang is **Ke'er monastery**, a prestigious Gelugpa Monastery on this lively pasture. Then after visiting Litang, the whole team travel through **Haizishan Mountain** (4700m) and venture into menacing valley regions and at night we should make it to Batang County.

Stay overnight in Batang

Day4: Batang—Jinsha River (upper reaches of Yangtze River)—Markam—Lawu Mountain—Dongda Mountain—Zogong (260km)

Today, we officially enter the Tibet Autonomous Region. As wide as 300 sq km, our tour vehicle will move in regions where **Jinsha River, Lancang River** and **Nu River** flow paralleled. This part of the road is also the most difficult one.

Then, we keep travelling westward and pass **Lawu Mountain** (4358m) and **Dongda Mountain** (5008m). Standing atop of lofty mountain passes, covered with snow, you can enjoy the spectacular vista of zigzag Sichuan-Tibet highway and incredible Lancang River crawling through mountainous ranges. At night, the whole team will reach the city of Zogong.

Stay overnight in Zogong

Day5: Zogong—Bangda Grassland-- Yela mountain (Nu River Mountain)—Seventy-two Bends—Baxoi-- Rakwa Tso (200km)

Our next destination would be **Bangda Grassland**, the most important natural pasture in eastern Tibet. The gentle river and boundless grassland are home to flocks of sturdy yaks, horses, and sheep and other wild life. After a brief tour in enchanting Bangda Grassland, our team is expected to travel across **Yela Mountain**(4839m), the most dangerous natural barrier on Hengduan Mountain Range. Then we will move downward by following famous **Seventy-two Bends** till the shore of Nu River.

Further moving westward, we begin to be surrounded by soaring snow mountains, pristine forest and idyllic Tibetan villages. At night, we will arrive at Rakwa Tso.

Stay overnight in guesthouse beside Rakwa Tso

Day6: Rakwa Tso—Midui Glacier-- Parlung Tsangpo—Bomi (250km)

Serving as the source of Parlung Tsangpo Lake, **Rakwa Tso** is a typical seasonal glacial lake in Chamdo. The narrow strip of river stretches westward for about 10km and slowly winds up in a giant canyon.

As we continue our journey from Rakwa Tso, our team will follow the scenic road amid dense forest and turbulent **Parlung Tsangpo** till today's final destination Bomi. On the way, tourists can tour spectacular **Midui Glacier**, widely believed to be the most beautiful glacier in China. Stay overnight in Bomi

Day7: Bomi—Tongmai—Lulang Forest—Sejila Mountain (Mt. Namcha Barwa) --Nyingchi

Following an open and wide valley (2km wide, 5km long), we move into the **canyon of Parlung Tsangpo**. After that, we will head to celebrated **Lulang Forest**. It is an enchanting forest covering an area of 15 sq km on the plateau. This region is blanketed with vibrant shrubs, spruces and pine trees. We can visit the **Zhaxigang Village**, the iconic Tibetan village in Lulang and meet the locals and enjoy the local snacks, etc.

At the viewing platform of Lulang, you will be enjoying the panorama of **Mt. Namcha Barwa**(7782m), one of the most amazing mountains in China. We will make a brief stop at **Sejila Mountain Pass** (4728m). After passing Sejila Mountain Pass, the tour group will keep moving westward and arrive in Nyingchi, the biggest city in eastern Tibet.

Stay overnight in Nyingchi

Day8: Nyingchi—Lhasa (420km)

We will keep moving west to Lhasa by following **Nyang River**, a tributary of Yarlung Tsangpo River. After passing **Mila Pass**(5013m), the last mountain pass during the road trip, we will finally arrive in Lhasa valley. Shortly after Dagzê County, the magnificent Potala Palace perched on Red Hill will appear in your sight. Our guide will escort you to hotels for a good rest.

Stay overnight in Lhasa.

Day9: Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street (B)

Today's tour will first bring you to the **Potala Palace** which is the winter palace of the Dalai lama. It was put to use since the 7th Century by the 33rd great king of Tibet. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and meditation Cave of the 33rd great king of Tibet.

Then after lunch, tourists head to **Jokhang Temple** which was founded by the 33rd great king of Tibet in the 7th century. Inside you can see the statue of Buddha Sakyamuni at the age of twelve. Outside, you can see pilgrims making prostrating in front of Jokhang Temple. Around the temple is **Barkhor street**, where you can do kora (a religious circle of a building or mountain) with pilgrims and locals, and explore the old market.

Stay overnight in Lhasa

Day 10: Lhasa Tour - Drepung monastery, Sera monastery(B)

In the morning ,you are going to visit **Drepung monastery** which is one of the “great three” Gelug monasteries of Tibet, founded in 1416 by Jamyang choge, one of the Tsongkhapa’s main

disciples. You can visit biggest monastery kitchen inside the monastery and enjoy Buddhist Sculpture Carving workshop near Drepung.

In the Afternoon, Tourists will visit **Sera Monastery** which is another one of the “great three” Gelug monasteries of Tibet. The hot attraction is the Monks debate at around 3 - 5 in the afternoon. In addition, you can tour the Tibetan religious scripture printing house; inside the monastery, you can see three sand Mandalas and colorful Rock Painting of Buddha.

Stay overnight in Lhasa

Day 11: Departure from Lhasa(B)

The guide will transfer you to the airport or train station and help you get on board.