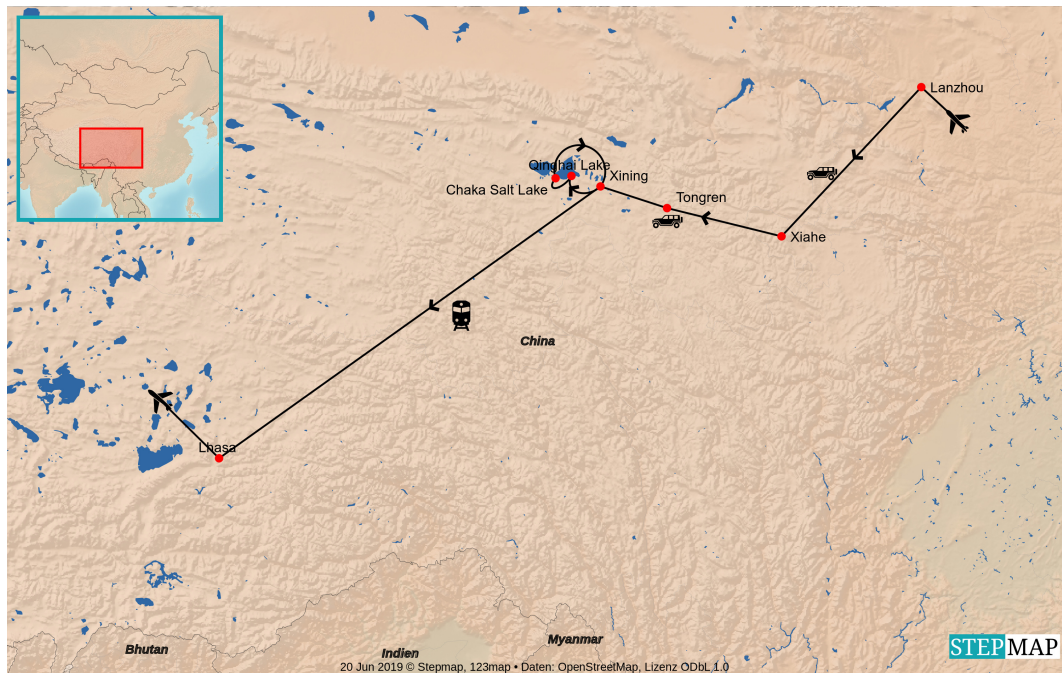# The southbound Expedition from Lanzhou to Lhasa (11 days)

Day 1 Arrival in Lanzhou

Arrival in Lanzhou. Meet and Greet by your local guide. Transfer to hotel, followed by a sight seeing tour.

Day 2 Lanzhou-Xiahe

Car ride to Xiahe, the so-called "Small Tibet". En route visiting the Binglingsi Grottes at the bank of Yellow River.

Day 3 Xiahe

Visiting the Labrang Monastery, one of the biggest and most influential buddhistic institute in the tibetian region. In the afternoon, excursion to the Ganjia Grassland.

Day 4 Xiahe-Tongren

Car ride to Tongren. A small town with long tradition of tibetan paintings. Visit a Tangka (painting on rolling paper or fabric)workshop to see how cultivated this kind of art is.

Day 5 Tongren-Xining

Car ride to Xining. En route visiting the Kumbum Monastery, which is worth vising for ist butter decorations and chinese & tibetan mixed architecture style.

Day 6 Xining-Qinghai Lake-Chaka Lake

Car ride to the Qinghai Lake. he Lake offers various sceneries around itself with vast Grasslands, sand dunes and farms. A hiking at its southern lakeside. Afterwards further drive to Chaka Lake.

Day 7 Chaka Lake-Xining-Tibet

Chaka Lake was a salt mine for many decades and was coincidentally discovered with its stunning views of the so-called "Sky Mirror Effect". This unique landscape resembles as much as the world famous "Salar de Uyuni" in Bolivian. Sightseeing on the Lake, afterwards transfer back to Xining. Take an overnight train to Lhasa

Day 8 Lhasa

Arrvial in Lhasa in the afternoon. The rest of time for free. Acclimatize yourself to the high altitude.

Day 9 Lhasa

Lhasa Essentail Tour to the Potala Palace and the Jokhang Temple. Strolling along the Barkhor Street in the old town.

Day 10 Lhasa

Visiting the Sommerresidenz Norbulinka and the Sera Monastery, where you may watch monks debate on buddhistic topics.

Day 11 Depart

Transfer to airport. Depart or extended stay in Tibet.