

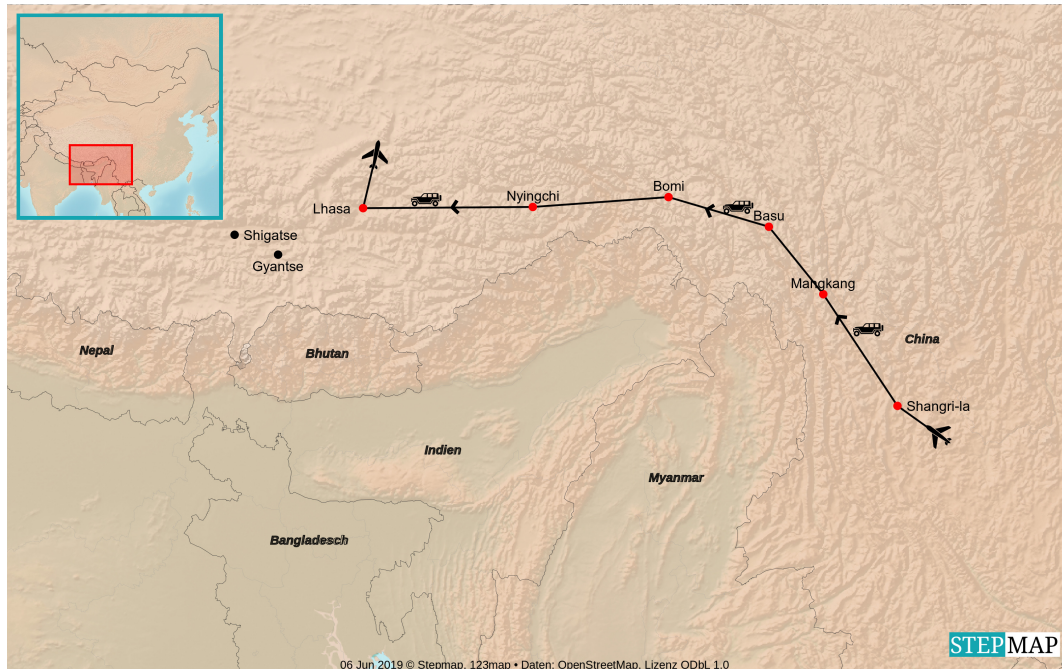


ALIDA Travel

上海安迅國際旅行社有限公司

The westbound Expedition from Shangri-la to Lhasa (11 days)

Day1 Arrival in Shangri-la



Arrival in Shangri-la. Meet and Greet by your local guide. Transfer to hotel, followed by a strolling in the old town.

Day 2 Shangri-la



Visiting the Songtselin Monastery and the Shangri-la Nationalpark.

Day 3 Shangrila-Mangkang



8-hour Jeep ride to Mangkang with visiting the observatory to the Mt. Kawagebo in Deqin. In Mangkang visiting a local salt mine, once the most important salt production place of Tibet in the history.

Day 4 Mangkang-Basu



8-hour Jeep ride to Basu across 2 rivers: the Meking and the Saalween.

Day 5 Basu-Bomi



4-hour jeepride to Bomi, en route visiting the Rawu Lake.

Day 6 Bomi-Nyingchi



5-hour jeep ride to Nyingchi. En route visiting the observatories of the 7782m high Mt. Namjag Barwa and the 3000m deep Bhuramaputra Gorge.

Day 7 Nyingchi



One day sight seeing tour in Nyingchi to the Lulang Forrest, the Giant Cypress Garden and a Bonpo (a kind of Shamanism) temple.

Day 8 Nyingchi-Lhasa



8-hour Jeep ride to Lhasa, enroute visiting the Basongtso Lake.

Day 9 Lhasa



Lhasa Essential 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.