



Experience Sky Train to Tibet

Along the way
Beijing
Lhasa

This is a journey that will take you from the grand scale, historical riches and cultural treasures of the Chinese capital to the mystical Buddhist kingdom of Tibet via a mammoth journey across “the roof the world” on the highest passenger railway line on the planet. Explore Tiananmen Square, the Forbidden City, Temple of Heaven and the Great Wall of China before travelling for more than 40 hours across spectacular landscapes of snow-capped mountain peaks and rugged terrain and your arrival into Lhasa – the capital of Tibet and an intoxicating, captivating world of palaces, temples and timeless traditions, all immersed in the Buddhist way of life.



What's included

FULL ON

Train

- > 4-berth rail for complete journey (pre-assigned berths)

Beijing

- > Transfers in Beijing
- > 3 nights at the Xiangada International 4★Hotel
- > Sightseeing in Beijing (shared services) and entrance fees
- > Breakfast and lunch in Beijing
- > Beijing roasted duck dinner
- > Special permit to visit Tibet

Lhasa

- > Transfers in Lhasa
- > 3 nights at the 3★ House of Shambala Hotel in Lhasa
- > Sightseeing in Lhasa (shared services) and entrance fees
- > Breakfast and two lunches while in Lhasa
- > Services of local, English-speaking guides

In the know...

To travel to Tibet independently can still be challenging. However, by using the Sky Train - launched in 2008 – there is now a wonderful opportunity to take an iconic journey from the capital of China to the capital of Tibet.

When to go...

Beijing experiences four distinct seasons – long and hot summers, cool pleasant autumns, long chilly winters and springs that can be windy. The hottest months are July and August, when temperatures can be oppressive and the coldest is usually January when temperatures plummet.

Tibetan summers are warm, although high-lying areas can be chilly, while the eastern side of the country experiences monsoon conditions between July and September.



No ordinary trip

At The Russia Experience we like to ditch the clichés, discard the puff and concentrate on what we do best – bringing to life the world’s longest train route: the places visited, the encounters made and the realisation of a journey that is both engaging and rewarding.

We continually look at ways of enhancing the Trans Siberian experience, incorporating seasonal considerations (such as the Harbin Ice Festival), providing the historical context (pay a visit to the only remaining Soviet Gulag) or inviting you to savour the diverse cultural influences of indigenous people (sit down with a shaman, or enjoy the Siberian art of throat singing!).

We have no group departures, our advertised dates always operate (barring anything completely out of our control) and, above all, we will tell you it like it is – allowing you to make the right choice from a portfolio of journeys rich in variety and full of memorable experiences. Sorry! We couldn’t resist at least one cliché!



Visa Requirements

Visitors to China require visas. These must be obtained prior to departure. Visa processing times for these countries can be up to;

China	07 Working Days
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Visitors to Tibet require a travel permit. For this to be processed you must have a valid passport with at least six months left from the end of your travel dates as well as a valid visa for visiting China. You must NOT allude to Tibet when you apply for the Chinese visa. At least 20 days prior to arrival - more if possible - you need send to us : your passport number, nationality, occupation , sex, date of birth and a scan of your passport as well as the page containing your Chinese visa. We will then forward this to China where our ground handler will obtain the Tibetan permit and this will be provided to you on arrival to Beijing.

For full information regarding visas, please refer to our web site.

Hints and Tips

The centre-piece of this trip is an epic rail journey (or more than 40 hours) across “the roof of the world”. Catering and other facilities are available on board but you may wish to take other “home comforts” along with you. The climate can vary greatly in both Beijing and Tibet between March and November (when this trip is offered) so please refer to our “when to go” section below or visit other research sources.

As with any journey to places of high altitude, always consult your doctor before travel should you have any health concerns.

Visas are required for visits to China and a travel permit is required for Tibet – please make sure you plan ahead to allow time for these to be processed.

Photocopy your passport, including the pages containing your visa(s)/travel permits, airline tickets and insurance policies. Your passport must be valid for at least six months from the end of your travel dates.

Travellers Checklist

Day pack, back pack, money belt, first aid kit, heat proof mug, instant coffee, tea bags, sun hat, mosquito repellent, sun cream, walking boots, universal sink plug, bottle opener and toilet tissue.

Experience Sky Train to Tibet

full on itinerary – 9 days

DAY 01

On arrival, you will be met by your guide and transferred to the four-star Xiangda International Hotel for a three-night stay. The remainder of the day is at your leisure. During your stay in Beijing your passport will be needed to obtain the Tibetan permit that has been lodged in advance of your arrival.

No meals

DAY 02

You will join our coach tour of the Chinese capital, taking in Tiananmen Square – the largest public square in the world – and the Forbidden City, an imposing complex of imperial palaces, home to emperors of the Ming and Qing dynasties for more than 500 years and a showcase for some of China's finest treasures. After lunch, we continue to the Summer Palace, a former resort of royalty and where you will also have a chance to ride a boat on Lake Kunming.

Breakfast and lunch are included today.

Breakfast, lunch.

DAY 03

Unquestionably the highlight of many people's time in China, today you will join our tour to the Great Wall – without a doubt one of the world's most stunning feats of human endeavour. In the afternoon we visit the Ming Tombs, located along the Sacred Way and proudly featuring giant marble figures and animals whose role it is to guard the tombs of deceased Ming emperors. Breakfast and lunch are included today.

Breakfast, lunch.

DAY 04

Your final day in Beijing begins with a morning at the Temple of Heaven – the largest temple complex remaining in China today – and the setting from which Ming and Qing emperors ruled. Following lunch we will visit the National Stadium and National Aquatics Centre, two of the key settings for Beijing's hosting of the 2008 Olympic Games. This evening enjoy a delicious roasted duck dinner before being transferred to your train for the 45-hour journey across "the roof of the world" and where, at times, you will travel at 16,000 ft above sea level – and with the unique addition of additional oxygen supplied to each of the railcars. Sleeping accommodation is usually in four-berth cabins and the train has a dining and refreshments car.

Breakfast, Lunch, Roasted Duck Supper

DAY 05

This is the time to sit back, relax and immerse yourself in the unfolding natural beauty outside, including the spectacular landscapes and the snow-capped peaks of the Kunlun Mountains. You will cover vast expanses of the Northern Tibet Grass and on through the Kekexili Nature Preserve – home to just 16 mammal and 30 bird species, including snow leopard, yak, Tibetan antelope, wild donkey and the golden eagle. Your journey continues over the Tanggula Pass and across the highest passenger railway line in the world.

No meals

DAY 06

Following your evening arrival into Lhasa Railway Station (3700 ft above sea level), you will be met by your guide and transferred to the three-star House of Shambala for a three-night stay. The rest of the evening is at leisure for acclimatisation or to explore and get your bearings.

Breakfast

DAY 07

After breakfast you will be met by your guide and taken to Lhasa's iconic landmark, the Potala Palace – dating back to the seventh century, it is magnificent from a distance, impressive close-up and a dominating sight of the city. This massive 13-storey building used to be the highest in Lhasa and was once the home of Dalai Lamas. After lunch you will visit Sera Monastery, founded in 1419 by Sakya Yeshe, a disciple of Tsongkhapa (1357–1419 – a noted teacher of Tibetan Buddhism). The site is famous for the "monk debates" on the teachings of Buddha.

Breakfast, lunch.

DAY 08

After breakfast you will be met by your guide and taken to explore the most revered religious structure in Tibet – the Jokhang Temple ("Buddha's House"). The main statue enshrined is said to have been created by Buddha Sakyamuni himself, while the temple is a setting for the convergence of Tibet's spiritual and secular lives and where visitors can meet tribes from across the Tibetan plateau. Away from the temple, the surrounding market (Barkhor) is not just a thriving hub of shoppers it also sits on one of the most important religious paths. In the afternoon you will visit Norbulingkha, the summer palace of the Dalai Lama.

Breakfast

DAY 09

After breakfast you will be transferred to the airport or railway station where the service we have provided will come to an end.

Breakfast