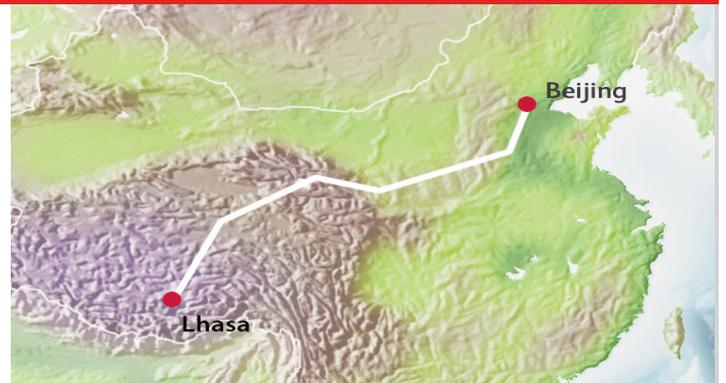




# Experience Sky Train to Tibet

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 of 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

- > Departure Transfers in Beijing
- > 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.

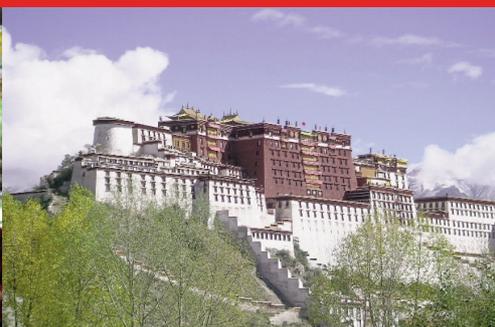


## No ordinary trip

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 to send 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 – 6 days

This trip is very different in style and content to our other China options. It is a group departure and has all the day trips and excursions included, we can accept booking when there is a minimum of two passengers

## DAY 01

Car and guide will pick you up from your hotel at 17:00 and transfer you directly to Beijing West station where you will board the Tibet bound train. This unique, 45-hour journey will carry you across the “roof of the world” due to the high elevation (portions of your ride include travel at altitudes hovering around 16,000 feet) your railcars’ air is enriched with additional oxygen – a unique amenity of this fascinating rail journey. Though cabin availabilities may vary, sleeping accommodations aboard the train generally include semi-private, quad-occupancy cabins. Restroom facilities are provided within each car.

No meals

## DAY 02

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 03

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 the three-night stay. The rest of the evening is at your leisure for acclimatisation or to explore and get your bearings

Breakfast

## DAY 04

After breakfast you will be met by your guide and taken to Lhasa’s iconic landmark, the Potala Place – dating back to the seventh century, it is a magnificent form a distance, impressive close-up and dominating sight of the city. This massive 13-story 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 05

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 (Barkhar) 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 Norbulingka, the summer palace of the Dalai Lama.

Breakfast, Lunch

## DAY 06

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

Breakfast

These dossiers are designed to provide you with a guide to our trips, the places visited, accommodation used and to give you a flavour of your daily itinerary. You will be travelling in parts of the world where the unanticipated and the unusual are all part of the experience and, as a result, the unexpected can happen and we may on occasions need to vary your plans. These dossiers do not form part of any contract.