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Beijing
Lhasa
Gyantse
Shigatse
Mount Everest
Lhasa

Beijing and Tibet are indeed popular destinations! Enjoy 2 days in Beijing, where you'll visit the top attractions, before boarding the most famous railway in Asia. Once in Tibet, see all the top sights, from the Potala Palace to Mount Everest.

Type
Group, maximum of 12 person(s)
Duration
12 days
Theme
Natural scenery, Photography
Trip code
FDT-06
Tour dates
From
\$ 1,249

Itinerary

This Beijing and Tibet group tour begins in Beijing and takes you to Lhasa aboard the renowned Tibet train. Spanning almost two weeks, the adventure starts in China's capital, where you'll explore the top UNESCO Heritage Sites before embarking on a train journey across the country to the once-inaccessible regions of the Tibetan plateau.

Upon arriving in Tibet, you will join an 8-day group tour that includes visits to the highlights of Lhasa city and a trip to Mount Everest Base Camp, traveling along the Tibet-Nepal Friendship Highway.

The group tour in Tibet is intentionally kept small, limited to no more than 12 people, with a strong emphasis on cultural immersion and sightseeing.

Day 01 :

Arrival in Beijing

Upon your arrival in Beijing airport or train station, you will be warmly greeted and transferred to your hotel. Rest of the day is for free for you to explore Beijing or catch up from your jet lag.

Day 02 :

Day Excursion to Mutianyu Great Wall (B)

In the morning, you will be picked up and driven to the Mutianyu section of the Great Wall, a journey of about 2.5 hours. There, you will spend around 3 hours walking along this magnificent ancient wall.

Witness this national treasure firsthand and capture the stunning scenery of the wall as it winds across the mountains. Compared to the Badaling section, Mutianyu Great Wall is less crowded, offering a more tranquil experience. You can choose to ascend the Great Wall either by cable car or on foot.

In the late afternoon, you will be driven back and dropped off at your hotel.

Day 03 :

Beijing City Tour -Top UNESCO Heritage Sites in Beijing, board the train to Lhasa(B)

Today will be a day of touring Beijing's best offerings, you will begin to learn about the rich history and cultures of this Capital city. Following breakfast in your hotel, have a short drive to **Tian'anmen Square**, located in the center of Beijing city, is the largest public square in the world.

Afterwards, cross the street, enter into the **Forbidden City**, the largest surviving palace complex and the former home of the emperors of the Ming and Qing dynasties. Consisting of 980 buildings and with 8,707 bays of rooms, Forbidden city is the best example of classical Chinese architecture in the world.

After lunch, head to the UNESCO World Heritage **Summer Palace**, a royal garden. This beautiful garden is covered with spectacular scenery a manmade lake named Kunming that is best overlooked from Longevity Hill (Wanshou Shan), a place once reserved for the imperial court only. Enjoy the beautiful scene and see the ancient palaces, temples and gardens dating back to the Qing dynasty. The Summer Palace is also well known as one of the four classic gardens in China.

In the evening, you will be transferred to the train station for the train to Lhasa **Z21, 19:53-11:36+2 days**).

Day 04 :

Travel to Tibet on The Qinghai Tibet Railway

Enjoy the scenery along the train journey. With each hour you get closer to Tibet as you traverse along the worlds highest railway.

Day 05 :

Arrival in Lhasa

Today you will see the beautiful Tibetan plateau and keep a keen eye for the nomads out the large windows of the train as you cross the Kekexili Nature Reserve.

You will arrive in Lhasa around 12:30 and upon exiting the railway station be warmly greeted by your Tibetan guide. They will greet you with a Khatag, which is typical Tibetan greeting style. Take a short ride into the city and get checked into your hotel for the night.

Day 06 :

Lhasa Monasteries Tour - Visit Drepung Monastery and Sera Monastery (B, D)

Today is your first sightseeing day in Lhasa, you will be arranged to visit two renowned monasteries: Drepung Monastery in the morning and Sera Monastery in the afternoon.

Drepung Monastery was once the world's largest and the governmental seat before the Potala Palace, historically housed up to 10,000 monks. It's renowned for its significant role in Tibetan culture, religion, and education.

Sera Monastery is another the great Gelug university monasteries of Tibet. Renowned for its lively monk debates between 3 pm to 5 pm (daily except on Sunday) on Buddhist philosophy, the monastery is an important center for learning and culture. Your guide will provide a detailed explanation of how Tibetan monks participate in debates to acquire knowledge and progress in their academic studies.

You will have a **welcome dinner** with your fellow group members tonight.

Day 07 :

Another Lhasa City Tour - Visit Potala Palace, Jokhang Temple and Barkhor Street (B)

In the morning start your Lhasa city highlight tour to visit **Potala Palace**. It is most renowned as the residence of the lineage of Dalai Lamas (Avalokiteshvara), though the massive structure contains a small world within itself. It was first built by 33rd ruler of his dynasty, King Songtsen Gangpo in the 7th century, but still is in surprisingly good repair because of continual rejuvenation projects.

Then proceed to visit **Jokhang temple**, it is the most scared building in Tibetan Buddhism, located in the heart of Lhasa old town. It is the most sought after pilgrimage destination for all Tibetans.

The **Barkhor Street**, a renowned Kora (holy walking path) encircling the Jokhang Temple, is constantly bustling with Tibetan faithful. Visitors will discover the unique experience of mingling with local pilgrims along Barkhor Street. It also serves as a vibrant shopping district, offering the perfect opportunity to purchase gifts for your loved ones.

Following your sightseeing adventures, join your guide at one of Lhasa's most vibrant **Tibetan sweet tea houses**. Here, you can enjoy sipping traditional Tibetan sweet tea while sitting among local Tibetans. Your guide will provide valuable insights into Tibetan social dynamics and daily life, offering a deeper understanding of the culture.

Day 08 :

Lhasa - Yamdrok Lake - Gyantse [4,040 m] - Shigatse[3,840 m], 360 KM 7 Hours' Drive (B, L)

Make your first day's drive towards Everest, with today's highlights including Yamdrok Lake, Karola Glacier, and Gyantse ancient city.

Yamdrok Lake, one of the three holiest lakes in Tibet, is easily accessible from Lhasa. Upon reaching Gampala Pass (4790m), you will get your first glimpse of Yamdrok-tso (4400m). The lake is encircled by numerous snow-capped mountains and offers breathtaking views of Holy Mount Nyenchen Khangsar (7191m), the tallest mountain near Lhasa. You will drive along the lakeshore for about half an hour, during which time you can step out of the car to touch the lake's blue waters and take photos. At the end of the lake, enjoy your lunch at a local Tibetan family.

Karo La Glacier, at an altitude of 5,100 meters, provides a stunning overlook of Mt. Nyenchen Kangsar glacier. A brief stop is scheduled here for an excellent photo opportunity.

Gyantse ancient city, referred to as the 'Hero City', is a historically significant town in Tibet, renowned for its well-preserved ancient architectural wonders. You will spend some time taking photos of Gyantse ancient city.

Enjoy a beautiful drive along the Tibetan barley fields and farmland from Gyantse to Shigatse. Check into Shigatse, the 2nd largest city in Tibet.

Day 09 :

Shigatse [3,850 m] - Tibet Everest Base Camp [5,200 m], 340 KM, 7-8 Hours' Drive (B)

Today, you'll undertake an exciting drive to reach Mount Everest Base Camp, immersing yourself in the stunning landscapes of valleys and mountains in the western part of Tibet, including the spectacular Himalayan range.

Start early to drive towards Shegar. En route, weather permitting, you'll catch your first glimpse of Mount Everest at **Gyatsola Pass** [5,280 m]. Lunch will be in Shegar, the last town before heading to Mount Everest.

In the afternoon, as you enter **Mount Everest National Nature Reserve**, the winding road takes you to **Gawula Pass** [5,250 m]. Here, you'll experience breathtaking panoramic views of the Himalayas, including a remarkable view of Mount Everest, which stands at 8,844 meters. You'll also see four other majestic peaks over 8,000 meters: Mt. Makalu (8,463 m), Mt. Lhotse (8,516 m), Mt. Cho Oyu (8,201 m), and Mt. Shishapama (8,020 m).

You will switch to the local sightseeing bus at Tashi Zong Village, and from there, it is another hour's drive before you reach Everest Base Camp (E.B.C.).

Arrive at Everest Base Camp in the late afternoon, just in time to witness a splendid sunset (just depending on the weather).

Stay overnight at the tent guest house at E.B.C or the monastery guest house near Rongbuk.

Day 10 :

Everest Base Camp - Dinggye Xilin Viewpoint - Shigatse, 340 KM, 7 Hours' Drive (D)

If the weather is favorable, you'll have the opportunity to witness a magnificent sunrise at Everest, with the first rays of sunlight turning the mountain into a glowing red spectacle.

Morning visit **Rongbuk Monastery**, the world's highest buddhism monastery at 5154 meters above sea level where nuns and monks live together.

After a morning of exploration, begin your journey back to Shigatse via Dinggye County, taking a different route from Day 5. Stop at the **Dinggye Xilin Viewpoint** for a spectacular view of the majestic Mount Everest and Mount Lhotse, the world's fourth highest peak. Witness the vast and beautiful wetland at the foot of Mount Everest, which transforms into thousands of sand dunes in winter, offering a different style of beauty. As you pass through Sakya, take a brief stop to explore the ancient ruins of Sakya. Arriving in Shigatse in the late afternoon, your guide will take you to a local **Langma Hall** (a traditional Tibetan Dance Hall). **Enjoy dinner** with your fellow group members while experiencing traditional Tibetan dance and performances, celebrating your once-in-a-lifetime journey to Mount Everest.

Stay overnight in Shigatse.

Day 11 :

Return to Lhasa from Shigatse, 270 KM, 4-5 Hours' Drive (B)

After breakfast at your hotel, you will visit **Tashilhunpo monastery**, one of the six great Gelug monasteries, the seat of the Panchen Lama, features grand and magnificent halls that occupy an entire hillside. It is the spiritual heart of the Tibetan people in Shigatse and houses the world's largest statue of Maitreya Buddha.

Afterwards, you will drive back to Lhasa via the northern friendship highway. This scenic route, which runs alongside the Yarlung Tsangpo River, offers a diverse array of landscapes that are sure to capture your attention.

Upon your arrival in Lhasa and check-in at the hotel, enjoy the rest of the day exploring Lhasa. Barkhor Street is a great place to wander for last-minute shopping before you leave Tibet.

Day 12 :

Lhasa Train station or Airport Drop Off (B)

After breakfast, your guide and driver will see you off at the Lhasa Airport or Train Station, which concludes the tour.

Dates and prices

New calendar for this tour will be posted on June 6th, 2024. If you have a question about this tour or wish to be notified when it is published, please [let us know](#)

Inclusions

Tour notes:

Complementary train station pick up and drop off is included.

Free Airport Pick-up: We have 4 scheduled arrival pick-up shuttles that depart from the airport for Lhasa city at 10:00 AM, 1:30 PM, 4:00 PM, and 6:30 PM.

Free Airport Drop-off: We have 3 scheduled departure drop-off shuttles that depart from Lhasa city to Lhasa airport at 6:30 AM, 8:00 AM, and 12:00 PM.

Please note prices are based in CNY.

General inclusions:

All required government taxes and fees.

Domestic travel accident insurance.

Meals allowance for your guide and driver.

All required Tibet permits and domestic travel documents.

3 Stars hotel (shared twin room, private bathroom and daily breakfast)

Lodging at E.B.C. will be at either Rongbuk Monastery's Guest House or E.B.C Tent Guest House (dormitory bed with semi-private bathroom)

All entrance tickets as noted in the tour's itinerary.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not listed please let us know, we are certain we can assist your needs.)

Airport and/or train station pick-up and drop-off.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

Hard sleeper from Beijing to Lhasa. Soft sleeper upgrade available upon request.

General exclusions:

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Flight and/or railway ticket(s) to the first city of the tour and departure from the last city of the tour.

Private Lhasa Train station or Airport transfer if your arrival time isn't within our free service time. 250 CNY per vehicle from/to train station and 400 CNY per vehicle from/to airport.

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From

\$ 1,249

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Generated: Tue, 05/07/2024 - 10:45