

Peregrine Travel Tour 7-day Package

7days 6 nights Beijing/Lhasa

(PT7D-8)

USD:\$2,585 Double Occupancy

USD:\$2,999 Single Occupancy

As the capital of China, Beijing is one of the world's truly imposing cities, with a 3,000-year history and 11 million people. Covering 16,808 square kilometers in area, it is the political, cultural and economic center of the People's Republic of China. Situated in northeast China, Beijing adjoins the Inner Mongolian Highland to the northwest and the Great Northern Plain to the south. Five rivers run through the city, connecting it to the eastern Bohai Sea. Administratively, the Beijing municipality equals the status of a province, reporting directly to the central government. Rich in history, Beijing has been China's primary capital for more than seven centuries. China's imperial past and political present meet at Tiananmen square, where the Forbidden City palace of the emperors gives way to the Great Hall of the People congress building and the mausoleum of Chairman Mao Zedong. The old city walls have been replaced by ring roads, and many of the old residential districts of alleys and courtyard houses have been turned into high-rise hotels, office buildings, and department stores. Beijing, a dynamic city where the old and new intermingle, remains a magnet for visitors from inside and outside China.

Lhasa is rightly one of the most featured and dreamt-about cities in the world. This is not only because of its remoteness, its high altitude at 3,650 meters (11,975 feet) means limited accessibility, but also because of its impressive heritage of over a thousand years of cultural and spiritual history that has helped to create the romantic and mysterious Tibet an religion Differing from the inland cities and other places in Tibet, Lhasa is unique with an allure all of its own. In the Tibetan language, Lhasa means the Holy Land or the Buddha Land. It is the center of Tibet's politics, economy and culture. The city has also been appointed as one of the 24 historical and cultural cities of China. The splendor and grandeur of the Potala Palace in Lhasa remains a world-famous symbol of the enigmatic power of politics and religion in this region.

Schedule:

- Day 1** Arrive at Beijing, Transfer to Days & Suites Beijing Hotel for 2 nights stay. (D)
- Day 2** Full Day Great Wall & Forbidden City (B,L,D)
- Day 3** Fly to Lhasa, Transfer to Lhasa Hotel for 3 nights stay. (B,L,D)
- Day 4** Full day Potala Palace & Jokhang Temple & Barkhor Street (B,L,D)
- Day 5** Full day Yamdrock Yutso Lake (B,L,D)
- Day 6** Fly to Beijing, Transfer to Days & Suites Beijing Hotel. (B,L,D)
- Day 7** Departure from Beijing. (B)



The Forbidden City

Forbidden City was the imperial palace during the Ming and Qing dynasties which is the largest palace complex in the world. It surrounded by 10-meter high walls and a 52-meter wide moat. It covers 74 hectares and has 9999 rooms. In the forbidden city, you can get more knowledge about the eastern architecture, splendid painted and beautiful craftwork.

The Great Wall



The Great Wall is perhaps China's most famous and most mythologized site. Several sections are conveniently visited from Beijing, including at Badaling, the most popular site, about 70 km (43 mi.) northwest of Beijing and at Mutianyu, 90 km (56 mi.) northeast of Beijing. These impressive brick and earth structures date from the Ming dynasty, when the wall was fortified against Mongol forces to the north. The Ming wall is about 26 feet tall and 23 feet wide at the base, and could accommodate up to six horsemen riding abreast. Watch towers, built on high points every 200-300 meters or so with small garrison forces, used fire signals or fireworks as a means of communication. These stretches of the wall are part of a system that extends from the Shanhaiguan fortress on the Bohai Gulf in the east to the Jiayuguan fortress in the west, altogether some 6000 km (3700 mi).

The Potala Palace



Perched upon Marpo Ri hill, 130 meters above the Lhasa valley, the Potala Palace rises a further 170 meters and is the greatest monumental structure in all of Tibet. Early legends concerning the rocky hill tell of a sacred cave, considered to be the dwelling place of the Bodhisattva Chenresi (Avilokiteshvara), that was used as a meditation retreat by Emperor Songtsen Gampo in the seventh century AD. In 637 Songtsen Gampo built a palace on the hill. This structure stood until the seventeenth century, when it was incorporated into the foundations of the greater buildings still standing today. Construction of the present palace began in 1645 during the reign of the fifth Dalai Lama and by 1648 the Potrang Karpo, or White Palace, was completed. The Potrang Marpo, or Red Palace, was added between 1690 and 1694; its construction required the labors of more than 7000 workers and 1500 artists and craftsmen. In 1922 the 13th Dalai Lama renovated many chapels and assembly halls in the White Palace and added two stories to the Red Palace. The Potala Palace was only slightly damaged during the Tibetan uprising against the invading Chinese in 1959. Unlike most other Tibetan religious structures, it was not sacked by the Red Guards during the 1960s and 1970s, apparently through the personal intervention of Chou En Lai. As a result, all the chapels and their artifacts are very well preserved.

From as early as the eleventh century the palace was called Potala. This name probably derives from Mt. Potala, the mythological mountain abode of the Bodhisattva Chenresi (Avilokiteshvara / Kuan Yin) in southern India. The Emperor Songtsen Gampo had been regarded as an incarnation of Chenresi. Given that he founded the Potala, it seems likely that the hilltop palace of Lhasa took on the name of the Indian sacred mountain. The Potala Palace is an immense structure, its interior space being in excess of 130,000 square meters. Fulfilling numerous functions, the Potala was first and foremost the residence of the Dalai Lama and his large staff. In addition, it was the seat of Tibetan government, where all ceremonies of state were held; it housed a school for religious training of monks and administrators; and it was one of Tibet's major pilgrimage destinations because of the tombs of past Dalai Lamas. Within the White Palace are two small chapels, the Phakpa Lhakhang and the Chogyal Drubphuk; dating from the seventh century, these chapels are the oldest surviving structures on the hill and also the most sacred. The Potala's most venerated statue, the Arya Lokeshvara, is housed inside the Phakpa Lhakhang, and it draws thousands of Tibetan pilgrims each day.

The Jokang Temple



Included on UNESCO's World Heritage list in 2000 as part of the Potala Palace, the Jokhang Temple is located in central Lhasa in Tibet. With an area of 25,100 square meters (about six acres), it is the ultimate pilgrimage destination for Tibetan Pilgrims. The Jokhang Temple is a four-storey timber complex with a golden top. It adopted the architectural styles of the Tang Dynasty, as well as those of Tibet and Nepal. Standing in the square of the Jokhang Temple, one can view the entire complex. On the square there are two steles, one recording an alliance between the king of Tibet and the emperor of the Tang, the other portraying the teaching of the Tibetan people of how to prevent and treat smallpox, a once incurable disease in Tibet.

In the eastern section of the yard there are rows of votive lights. These flicking lights provide a path leading all the way to the main hall. The main hall, over 1,300 years old, is the oldest shrine of the complex. Above the major entrance, there is a Dharma Wheel (chakra) flanked by two deer. This represents the unity of all things and symbolizes Sakyamuni himself. On both sides of the passageway, paintings showing the building of the temple and renderings of the temple from the seventh century are adorned on the wall. The statue of Sakyamuni at age 12 sits in the middle of the hall. It has been gilded many times and decorated elaborately with jewels typical of Tibet. Statues of King Songtsem Gampo, Princess Wen Cheng and Princess Bhrikuti are on the second floor. On the top floor, there are four gilded bronze tile tops crafted in the emblematical Tang style.

The statue of Sakyamuni is a rare treasure. When Sakyamuni was alive, he disagreed with the idea of 'personal worship' and did not allow likenesses of himself to be created. Only three statues, designed by he himself, were permitted to be sculpted during his lifetime. The first is a likeness of him at age eight; the second shows him at age twelve when he was still a prince of India; and the third is of him as an adult. The statue kept in the Jokhang Temple is the statue of Sakyamuni at age eight. It was presented to the king of the Tang Dynasty and brought to Tibet by Princess Wen Cheng.

Barkhor Street



Located in the old area of Lhasa City, Tibet, Barkhor Street is a very ancient round street surrounding the Jokhang Temple and the Tibetan people are always proud of it. As a symbol of Lhasa, this street is also a must-see place for the tourists.

It's said that in 647, the first Tibetan King Songtsen Gampo (617 - 650) built the Jokhang Temple. Due to its magnificence, it quickly attracted thousands of Buddhist pilgrims. As a result, a trodden path appeared. That is the origin of Barkhor Street. Today even still many pilgrims hold the prayer wheels to walk clockwise there from dawn to dark. Also you can see some pilgrims walking or progressing body-lengths by body-lengths along the street. Even some of them are teenagers or have experienced thousands of miles' walk to reach this sacred place. The way they express their piety could make you understand the holiness of religion.

To sum up, Barkhor Street is a place full of religious atmosphere and a world of exotic articles. If you have been attracted by it, you should go there. Believe your eyes, and you will get a lot of surprise there.

Yamdruk-sto Lake



Yamdruk Yumtso (or Yamdrok-tso), one of the three holiest lakes in Tibet, lies at Nhagartse, located about 100 kilometers (62 miles) to the southwest of Lhasa. According to legend, it was a fairy that descended to earth. Her husband followed suit and transformed into Mt. Kampala. Besides Mt. Kampala, Yamdrok Yumtso is also surrounded by Mt. Nyinchenkhasa, Mt. Chetungsu and Mt. Changsamhamo. Befitting its mythical feminine origins, the turquoise blue lake has indescribable scenic beauty, prompting the Tibetans to compare it with the fairyland in heaven. The lake is also called Coral Lake of the Highlands due to its shape. The charming lake produces abundant aquatic life. On the surrounding expansive pasture, animals and birds flourish in huge numbers. There are dozens of islets in the lake, on which flocks of birds roost.

During the herding season, the local herdsmen will ferry their herds of sheep across to these islets since there aren't any predators on these islets, and leave them there until the onset of winter. The holy lake is also a pilgrimage site for Tibetans. Every summer, gangs of pilgrims trek there to pray and receive blessings. Pilgrims believe that its water can make the old young again, grant the middle-aged a longer life and make the children smarter. Being a sacred lake, the color of its water may be taken by the devout as having spiritual meaning. Tibetans will usually visit the lake before making important decisions. On one of the islets, stands a Nyinmapa monastery.

South of the lake, one finds the Sangding Monastery, which is famous as the residence of the only female high lama in Tibet.

Days & Suites Beijing Hotel (Chang An Grand Hotel)

27 Hua Wei Li Chaoyang District Beijing China



Offering comfortable accommodation and various facilities, the Chang An Grand Hotel is an ideal travel destination for both business and leisure travelers visiting Beijing. The hotel has 373 rooms.



Hotel Amenities:

- Airline reservation desk
- Beauty shop
- Car Rental
- Babysitting
- Bar & Lounge
- Concierge desk
- Foreign exchange
- Restaurants
- Housekeeping service daily
- Laundry on-site



Hotel Description

Guest Rooms: Guests are provided with the comfort of tastefully decorated rooms that are spacious and facilitated with numerous in-room amenities. The hotel also offers 24-hour room service for your convenience.

Location: The Chang An Grand Hotel is located in the southeast corner of Beijing City, adjacent to Beijing Curio City, China's largest curio and folk artwork market. It is also close to the Central Business District and downtown.

Restaurant: Guests can enjoy delicious western cuisine in the relaxed atmosphere of the onsite restaurant and later chill out with a refreshing drink at the cocktail bar.

Lhasa Hotel

No. 1, Minzu Road, Lhasa, China



Lhasa Hotel is one of the most luxurious hotels in Lhasa. This former Holiday Inn hotel was renovated in 1999. The hotel has 450 rooms.



Hotel Amenities:

Meeting Facilities
Business Center
Ticketing Office
Domestic/Long-distance
Access
Laundry Service
First Aid
Beauty Salon

Hotel Description

Guest Rooms: Some are decorated in Tibetan Style while others are decorated in Western comfort. All rooms come with amenities that meet the needs of the international travelers.

Location: Located at 3,600m above sea level. Right next to the hotel is the famous landmark of Norbulingka, the summer Palace of the Dali Lama. It takes only 10 minutes of drive to the "Holy City" center, where one can see the mystical Potala Palace. The distance from airport is 95 km.

Restaurant: The hotel has a range of restaurants, which provides Sichuan, Western, Indian and Tibetan food.