Exploring Beijing’s grand Tiananmen Square, Forbidden City and the scenic Great Wall at Badaling and Juyongguan Pass, Xi’an’s warriors and mighty medieval fortress, the Giant Pandas of Chengdu before continuing to the roof of the world, Tibet - a spiritual land that has exerted its magnetic pull over travellers for centuries.

**HIGHLIGHTS AND INCLUSIONS**

**Trip Highlights**
- Beijing - Tiananmen Square, Forbidden City, Pearl markets, Jade Carving Factory, Hutong area of Beijing and Chinese Acrobatic Show
- Badaling and Juyongguan - 2 UNESCO listed sections of Great Wall of China
- Xi’an - UNESCO-listed Terracotta Warriors, Clay warrior workshop, Big Wild Goose Pagoda, City Wall and bike ride, Muslim Quarter.
- Lhasa – Potala Palace, Norbulinka Palace, Jokhang Temple, Drepung Monastery, Sera Monastery, Barkhor Bazaar, Yamdrok Lake, Kamba-la pass
- Chengdu – visit the famous Panda Conservation centre and get up and close with China’s national symbol
- Leshan – marvel at the iconic stone Buddha standing over 71 meters tall
- Wenshu Monastery - built during the Qing Dynasty

**What’s Included**
- 11 breakfasts, 4 lunches and 2 dinners (1 is a Peking Duck dinner in Beijing)
- 10 nights 3 - 4 star hotels
- 1 overnight train: Beijing - Xi’an (4-berth soft sleeper cabin):
- Chinese Acrobatic Performance
- 1 Economy class flight: Chengdu - Lhasa
- High speed train: Xi’an - Chengdu
- Rickshaw ride through the Hutong area of Beijing
- Xi’an - bike ride on medieval City Wall
- 4x4 drive to Yamdrok Lake
- Touring of Beijing, Badaling, Juyongguan, Chengdu, Xi’an and Lhasa
- Tour Guide escorted for groups of 6 or more (days 1 - 6)
- English speaking specialist guides at local sights and for sightseeing in Tibet
- Beijing Capital Airport arrival transfer on day 1 and departure transfer day 12 from Lhasa Airport
- All relevant transfers and transportation in private vehicles
- Tibet Travel Permit (given to you in China)

**What’s Not Included**
- Tipping Kitty: USD$80-90pp, paid in local currency
- Entrance Fees: USD$170-190pp, paid in local currency
- International flights and visa
- Tip for your tour guide is not included in the Tip Kitty. We suggest USD$3-5 per day, per traveller for a job well done, however the amount is up to you

**DETAILED ITINERARY**

**Day 1: Huan ying**
Saturday. Huan ying, welcome to China and the start of your holiday! Airport arrival transfer from Beijing Capital Airport to your hotel for check-in. The remainder of the day offers free time for you to independently explore this astonishing city.

If you require a transfers from Daxing International Airport, this can be arranged at an additional fee, please speak with your reservations consultant for further details.

Day one is designed to be an arrival day for all passengers, so there are no formal arrangements on this first day.

**Overnight - Beijing**
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Day 2 : Tiananmen Square & Forbidden City
This morning we gather for a short Welcome Meeting. Your entrance fees and tip kitty will be collected at this time. Then, it's time to set off and see some of Beijing. A patriotic vision of grandeur, Tiananmen Square is a square for the public and also home of the mausoleum of Chairman Mao Tse-tung and the striking Monument to the People's Heroes. In the square Mao's gargantuan mausoleum in granite where since his death in 1976, he has lain in state in his crystal coffin. We’ll have a stroll on the square, which attracts many pleasure seekers wishing to take photos, all under the watchful eye of the dutiful guards.

Perhaps one of Beijing’s most famous sights is the Gate of Heavenly Peace. Up above the gate and looking out across to all his people, is a famous colour portrait of Chairman Mao Tse-tung. Today, he is looking at a different Beijing, one that is quickly entering the 21st century. The Gate of Heavenly Peace is the main entry point into the Forbidden City. A vision in grandeur with its imperial yellow roofs and vermilion walls, the Forbidden City, once forbidden to all those except on imperial business until 1911, when the last emperor, Puyi, overthrown. Built between 1406 and 1420, it served as the imperial palace for the Ming and Qing dynasties. We enjoy a guided walk through the city’s many temples, grand halls and courtyards. An all-out assault on the eyes, it said 720,000 sq meters lavishly constructed Forbidden City boasts 9999 rooms!

This afternoon we take rickshaws to explore the Hutongs of Beijing. As our trusty rickshaw driver peddles us through the network of alleys, old back lanes, traditional courtyards and compact houses we gain a fascinating snapshot of the city’s traditional way of life. There is time to meet a local family snapshot of the city's traditional way of life. There is time to meet a local family.

Overnight - Beijing

Day 3 : Great Wall of China
After a free morning to further explore the city, we drive beyond Beijing to Badaling, where we can walk a section of the famous Great Wall. An enduring symbol of Chinese civilisation and genius, the UNESCO protected Great Wall of China was built as a defensive structure. The immense construction took place over a period of 2,000 years and followed different routes and building extensions as required. Snailed some 6700 kms across barren hills, deserts, mountains and plateaux, the now partially ruined Great Wall stretches east to west in northern China. At one time perhaps nearly 9700 kms long, the wall was garrisoned by 1 million soldiers and featured over 1,000 fortified passes and 10,000 beacon towers. A little steep in sections, but the photo opportunities are worth a million dollars!

This evening we spend the night at our quaint hotel which offers views of the Great Wall near Juyongguan Pass. We rate our accommodation this evening as ‘basic’. Guest rooms are clean and offer ensuite facilities, though furnishings and amenities are outdated. We use the Changjiuyuan hotel (with very few alternatives in the area), due to its exceptional location - just minutes by bus from the Juyongguan section of the Wall. The location of the property affords us the opportunity to be at the Juyongguan Pass section of the wall early tomorrow morning to enjoy a leisurely walk along the wall, without the tourist masses. Overnight - Juyongguan Pass

Day 4 : Morning at the Great Wall
Beijing - Xi’an. We rise early this morning and head (5 min bus drive) to the Great Wall at Juyongguan Pass when it opens to beat the crowds.

Surrounded by rugged mountains, Juyongguan Pass was an important military stronghold from the days of 770BC! This part of the Great Wall is in good condition and offers those who want it, a quite challenging walk to the top – but those willing to give it a go will be rewarded with magnificent views! This part of the wall has a number of Buddhist temples including the fascinating Cloud Platform which is famous for its Buddhist inscriptions and carvings. The ‘platform’ was originally the base for a number of Stupas.

Later we visiting a Jade Carving Centre to learn about this ornamental rock and its importance in Chinese culture. After lunch we head back to Beijing. Free time is offered in the cavernous Pearl Market - an Aladdin’s Cave of clothing, jewellery and electronic gadgets, before travelling by express soft sleeper train to Xi’an in Shaanxi Province.

Note: For those that are not interested in shopping at the Pearl Market, you have the option of visiting the Temple of Heaven if you haven’t done so already, the entrance gate is directly across the road from the Pearl Market. In 1998, the temple was added to the World Heritage List and in 2005 underwent a USD$5.9 million face-lift in preparation for the 2008 Beijing Olympics. The temple is well worth a visit especially now renovated. Entrance fees are approx. 35¥pp (dependent upon time of year) and entrance tickets can
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be purchased on the day at the front gate.

**Overnight - Sleeper Train (B, L)**

**Day 5 : Terracotta Warriors**

Arrive Xi’an. This morning we visit the famous Terracotta Warrior archaeological site. Emperor Qin’s Terracotta Warriors comprise more than 7,000 life-sized soldiers which stand in military formation in excavated pits under the cover of a modern protective hanger. Made of local clay, no two faces are alike, each is said to be an individual portrait.

Emperor Qin’s army of 2,200 year old terracotta warriors were discovered in 1974 by local farmers who happened to be digging a well. Previous emperors used to be buried with their slaves but slavery had been abolished. So, to make up for this, Qin had the warriors made to be buried near him to protect him in the afterlife. Delicate excavation continues on site, where hundreds of warriors remain smashed like eggs, not due to the passage of time but rather a peasant revolt after the emperor’s death.

The emperor’s tumulus (ancient grave mound) is located about a mile away and is said to contain untold treasures. To date, only trial archaeological digs of the main site have been completed. We then visit a workshop where you’ll see modern-day crafts people producing terracotta warrior figurines, followed by the Muslim Quarter.

Tonight, we welcome you to join the Tang Dynasty dinner and performance at the Shufengyayun Theatre and if you are interested, most nights Sichuan Opera is performed at the Shufengyayun Theatre and tickets can be booked in advance or locally.

**Overnight - Xi’an (B, L)**

**Day 6 : City Wall Bike Ride**

Xi’an - Chengdu. After breakfast, we enjoy a bike ride atop the Xi’an City Wall (electric car option available). Dating back to 1370 the 12m-high walls are some of the few remaining urban fortifications still standing in China today and after extensive restorations the City Walls offer ample opportunities from which to explore Xian. Our last Xi’an stop is one of Xian’s most iconic landmarks, the Big Wild Goose Pagoda. Late this afternoon we take a high speed train to Chengdu. Reaching speeds of up to 300km per hour the journey is an experience in itself!

**Overnight - Chengdu (B, L)**

**Day 7 : Great Panda Research Base**

A short drive out of town takes us to the Chengdu Research Base of Giant Panda Breeding. China’s Giant Pandas are considered the most endangered mammal on the planet. Due to a loss of habitat in the Sichuan, Shaanxi, and Gansu Provinces it is estimated that there are less than 1,500 giant pandas remaining in the wild - 80% of which are located in Sichuan Province.

The centre opened in 1993 and for the purpose of breeding, research and education. A team of 46 collaborating with researchers from 8 different countries and 15 guest experts work within the facility. Covering an area of over 92 acres, there is plenty of space for the Giant Pandas and several species of rare and endangered animals to freely roam. Visiting the Panda nursery is a must, here you can get relatively close to the centre’s infant population.

The Breeding Center has achieved breakthroughs in captive breeding, has set up the largest semen and cell bank for the Giant Pandas in the world and created the first Giant Panda stud book!

Later we visit the Wenshu Monastery, built under the guidance of Zen Master Ci Du Hai Yue in 1697, during the Qing Dynasty. The temple is a hidden gem with few tourists visiting and a stop much be made at the delightful teahouse located inside the temple grounds which serves a fine cup of green tea and some of the best vegetarian food in the city. After we stop by the well trodren Jini Lu street - meaning ‘ancient pedestrian street’in the old city filled with food stalls and vendors of every description. We also visit the Wuhou Memorial temple - this peaceful temple is set amongst beautiful and expansive gardens.

The evening is spent at leisure. If you are interested, most nights Sichuan Opera is performed at the Shufengyayun Theatre and tickets can be booked in advance or locally. First and second class seats are the best!

**Overnight - Chengdu (B)**

**Day 8 : UNESCO Great Buddha of Leshan**

Driving to Leshan our morning is spent exploring the UNESCO World Heritage Listed Dafo (Great Buddha), which is carved into the red sandstone face of Lingyun Hill overlooking the treacherous confluence of the Min, Qingyi and Dadu rivers below it. Dafo has huge 8m feet, his ears droop 7m, his shoulders span 28m and his nose measures a whopping 5.6m! Evening at leisure.

**Overnight - Chengdu (B, L)**

**Day 9 : Potala Palace**

Chengdu - Lhasa. Spend the morning at leisure before our noon flight to Lhasa (please note this is an unscheduled flight. Upon arrival to Tibet you will drive (approx 1.5 hours) to the fabled city of Lhasa. Once we reach our destination we kick off our sightseeing with a visit to Lhasa’s most enduring image, the Potala Palace - the winter home of the Dalai Lamas and a masterpiece in design. The Dalai Lama’s Summer palace, Norbulinka, is our next place of pilgrimage. However, it is the Jokhang Temple which will be the most enlightening stop of the day. The holiest
Highlights of China & Tibet

From the top of the pass we can look down on the deep azure waters of Yamdrok Lake, cradled by snow capped mountains before dropping down to the shores itself. One of Tibet’s 3 holy lakes, nomadic tents, pilgrims prostrating and children hunting with sling shots on the stony beaches make this something you are likely to have never experienced before. Rising back into these vivid and rugged mountains we head back to Lhasa, looking for hoards of Yak along the way. **Overnight - Lhasa (B)**

**Day 10 : Drepung Monastery**

Our exploration of Lhasa continues today as we take the short journey to the 15th century Drepung Monastery. Formerly one of the central monasteries of Tibet it was torn asunder during the Cultural Revolution and continues to rebuild is walls and status today. Just north of Lhasa is the Sera Monastery, still a working retreat 600 years after its foundation as a main teaching monastery and one of the three great Gelukpa ‘Universities’ once housing more than 5500 monks. You will see young novices learning scriptures in the Debating Garden and being rewarded for a correct answer with a resounding hand-clap from their master. Returning to Lhasa we will experience the Barkhor markets which surround the Jokhang temple and sell all things Tibetan. **Overnight - Lhasa (B, D)**

**Day 11 : Yamdrok Lake**

An early morning start as we drive out toward the Himalayas. From Lhasa, itself at 3500m, we travel over the Kamba-La pass and reach 4794m above sea level. As we journey along the windong road, weaving our way through the rocky mountains and valleys, in the far distance on a very clear day it maybe possible to catch a glimpse of the High Himalayan Peaks of Everest and Lhotse.

Day 12 : Lhasa

Wednesday. Our tour concludes after breakfast and hotel check out is at noon. Included onward departure transfer to the airport,(B)

**HOTELS**

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard. **Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.**

**Holiday Inn Temple of Heaven**

The Beijing Holiday Inn Temple of Heaven is an elegant and comfortable hotel with well-furnished and spacious rooms. Practical in design, the guestrooms feature internet access and the hotel also boasts a range of restaurants and bars, as well as an indoor swimming pool. Located just a 10 minute walk from the Temple of Heaven, the hotel is the perfect base from which to explore this fascinating city.

**Holiday Inn Express Beijing Minzuyuan**

Located just a stones throw from the Beitucheng Subway station, with access to Line 10 & Line 8, the Holiday Inn Express Beijing Minzuyuan is a perfect base to explore the many amazing highlights of Beijing. Within walking distance of the hotel you'll find the famous Birds Nest Olympic Stadium. The hotel boasts a stylish restaurant offering breakfast, lunch and dinner.

**Grand Dynasty Culture Hotel**

Located a stone’s throw away from the Ancient City Wall and Islamic Mosque, is the Grand Dynasty Culture Hotel. The hotel offers modern comforts in the heart of the city. Each air-conditioned guestroom features WiFi, a minibar and satellite TV. There is an onsite restaurant which serves a daily buffet or a la carte breakfast as well as a variety of Asian and Western dishes. During free time, guests can enjoy a relaxing massage or work out in the fitness centre.

**Holiday Inn Express West Gate**

The newly opened Holiday Inn Express West Gate is a bright and modern hotel in downtown Chengdu. Guest rooms are clean and stylish with excellent amenities. Wi-Fi is available and complimentary wired internet is available in all rooms. Breakfast is served buffet style in the restaurant with a delicious array of Western and Chinese dishes. There is also an onsite bar available for refreshing beverages. Located in the north of Chengdu and a 20 minute walk from Baiguolin Subway Station.
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Yak Hotel
In the heart of the old part of Lhasa, the Yak Hotel offers clean comfortable accommodation decorated in a classic Tibetan style. Guest rooms are simply furnished with authentic Tibetan artwork and decent amenities - including local tea - great for warming up with after a day's activities. The hotel also boasts a roof top terrace where you can sit and relax and admire stunning view of the Potala Palace! Well located just a short walk from the Jokhang Temple and Ani Tsankhung.

Post tour Accommodation - guide included
If booking post tour accommodation with us in Tibet the services of a tour guide have been included in our cost. It is mandatory that for every night a foreign tourist stays in Tibet, a tour guide must be hired for each pay. Details of your operator who organised your Tibet permit and respective guide are noted on your permit should authorities wish to check.

So it is your choice if you would like to utilise the services of your guide. Your guide is available to conduct any additional guided sightseeing that you may wish to do. You may also choose not to use his services and further explore Lhasa independently - which you are free to do. Keep in mind that foreign tourists need to have paid for the services of a tour guide but this does not mean that your guide needs to escort you on every outing you take.

Guides & Groups
Our longest group tour in China is our Yin & Yangtze – 16 day tour. All other group tours that we offer are sectors of this larger tour. Some travelling on your tour may only travel with you for a week or more and others may continue on to complete the full 16 days. It also might be that you end your holiday part way through the larger tour and others in the group continue on. Whenever there is 6 persons or more on your holiday you will have a tour guide escorting/ travelling along with you. Your guide will conduct the sightseeing arrangements, or accompany you where the local law dictates that a local guide must conduct the sightseeing in this region. Where the group number is less than 6 persons you will travel from place to place with a driver and meet a local guide at each new destination that will conduct your sightseeing arrangements in this location.

Entrance fees
Entry fees to most sites are not included although reasonably priced. In China, we'll collect the entrance fees on Day 2 of the tour at the Welcome Meeting (the amount is noted under exclusions on the first page of this document). A comprehensive breakdown of the entrance fees is provided upon arrival. All funds collected in China for entrance fees and optional excursions (that you may wish to undertake) are payable in local currency - Chinese Yuan (CN¥).

Note: If you are over the age of 60 at time of travel, a discounted ticket or free entry to some sites may be possible (subject to change by the government). Entrance fees will be collected in full on day 2, and your guide/s will attempt to get a discount at each site on your behalf. If a discount is obtained your guide will issue a refund at this time. Please make your guide aware of this (if you are eligible) at the Welcome Meeting so that the discount can be requested throughout the tour.

Tipping kitty
At the start of your tour at the Welcome Meeting, we'll collect a small tipping kitty (the amount is noted under exclusions on the first page of this document) from all tour participants to cover tips throughout your holiday. This saves you the hassle of knowing when and how much to tip bellhops, luggage handlers, bus drivers, train conductors and other support staff throughout the tour.

This amount does not include a tip for your tour guide. For a job well done, we suggest USD$3-5 per traveller, per day. Tipping your guide is an entirely personal gesture and ultimately the amount is up to you.

Groups & guides
Some of our group tours are sectors of a larger tour. Some travellers on your trip may only travel with you for part of your tour. It also might be that you end your holiday part way through a longer tour and others in the group continue on.

Guides: We believe the best way to see a country is through the eyes of a local and as such we only employ tour guides native to the country you are visiting. Our guides are passionate, caring, knowledgeable and fun, and by travelling with a local you to get to see the wonders of the country through their eyes. Tour guides will remain with groups of 6 or more. Where groups are 5 or less, travel between cities will be unescorted with transfers at either side of the airport/train station and a local guide will conduct the scheduled sightseeing within each city.

China Country Guide
Welcome to China - Arrival transfer
For tours starting in Beijing A complimentary airport arrival transfer is included when arriving into Beijing Capital Airport. After attending to immigration and customs formalities, please proceed to the arrival hall. If arriving to Beijing into Terminal 2, when exiting immigration to the arrivals hall, please turn right where our representative will be waiting. If arriving into Terminal 3 you will be met just outside the restricted area. The prominent sign depicting our company logo easily identifies our representative. Please have your Tour Voucher handy and make it available to our representative. Our representative will assist you with your
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luggage and escort you to our vehicle, for your transfer to your hotel.

If, for any reason you have trouble locating our representative after waiting 20 minutes (remember Beijing is a busy International Airport) or your flight to China is delayed, please call or send a text message (standard text message, not Messenger or WhatsApp) to the emergency contact number as stated on your Tour Voucher.

If you require a transfers from Daxing International Airport, this can be arranged at an additional fee, please speak with your reservations consultant for further details.

Visas & passports

Visa requirements are subject to change and visa procurement is the responsibility of the traveller and not On The Go Tours. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from China.

After booking your holiday, please provide us with your passport details as soon as possible so that we can proceed to book all services. Please be advised visa requirements are subject to change, therefore it is essential that you check current visa requirements with the embassy before travel. For information about visas, head to www.onthegours.com/China/Visas

Please note: If you plan to renew your passport between now and your departure date, please let us know as soon as possible so that we can proceed to book all services. Please be advised visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

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Essential packing

Please check local temperatures so you can pack accordingly. Visit www.worldclimate.com

- Food in China is very different and arguably better than your local takeaway! If you prefer western snack food, consider bringing a supply
- Sunglasses, hat, sunscreen, swim costume, basic torch/flash light and umbrella for sun or rain
- Comfortable closed in walking shoes for climbing the Great Wall etc
- DEET based mosquito repellent and antihistamine cream
- Universal travel adaptor
- Tour Voucher and a copy of your travel insurance policy, spare passport photos and a photocopy of your passport
- A small daypack for your day-to-day needs
- Plastic poncho to go over your jacket. Whilst site-seeing, you can be in the rain for an extended period and even a rain jacket can get soaked. You can purchase a cheap one locally, but we suggest taking one from home of a better quality that doesn’t rip easily
- If your tour includes an internal flight, most airlines have a 20kg baggage limit
- Note: The government has introduced a policy for the purpose of environmental protection, whereby hotels no longer supply disposable items such as slippers, shower caps, tooth brush/paste, etc

Porterage

Pack as light as possible! In China, most often porterage is not available at railway stations and you will need to carry your own luggage. Bags with wheels can be a hindrance when climbing several flights of stairs, though are a blessing when walking lengthy distances to reach our awaiting transportation.

Media restrictions

There are restrictions on all media, including social media and free press throughout China. Whilst on holiday, you will have limited or no access to social media channels such as Facebook, Instagram, Twitter, Google Plus - so no Google Maps and no Play Store. To bypass the firewall, you could look at downloading a VPN, which is much easier to do before you go to China.

WeChat:

Communication between the group and Tour Guide or Leader is best via the app: WeChat. Please install this App prior to your holiday as it is very hard to download the app once you have arrived in China. If you opt to open the WeChat account prior to arrival and it requests that you have to be contacted by someone already on WeChat before opening your account, don’t worry, this can be done locally with your guide (just have the app downloaded ready to finalise opening your account locally).

There is also limited international calling options, so please check with your local provider before leaving home, to source the best roaming or online options to keep in regular contact with family and friends during your travels.

Travelling by train

Fast and efficient, China’s first rail lines were laid in the 19th century, and today the government continues to invest heavily in this crucial mode of transport which connects many parts of the country. When travelling during the day, ‘soft’ seats, that is to say ‘upholstered’ seats are provided.

For overnight travel on some of our “Signature Range” tours, clients are accommodated in ‘soft class’ sleeper cabins. Aboard each wagon are 9 compartments that comprise of 4 bunks per compartment. Four people of mixed gender share one compartment. On occasion, dependent upon group size, you may be sharing with local people on the overnight journey, though sometimes dependent upon how the Chinese Railways Booking Office configure the bookings, the cabin may be filled with four of our passengers.

A dining wagon serves reasonably priced Chinese food of the noodles and rice variety, along with snacks and drinks. A very simple menu is published in English. Each wagon offers a WC and hand basin facility. At one end, is a Chinese squat-style WC, whilst at the other end is a modern Western-style
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WC. Cabins are lockable from the inside and luggage is stowed in overhead compartments and under the bottom bunk. Bed linen and slippers are supplied, and often there is a TV mounted on the wall at the end of each bed that may even work. Most channels are broadcast in Mandarin, excluding one English Channel, which has little of interest on it.

For overnight travel on budget "Essentials Range" tours, clients are accommodated in "open" 6 berth bunks. We try to get all of our travellers in the same compartment/seating area so that you can have fun getting to know each other better, playing games etc. It is possible to upgrade to a four-berth soft sleeper on your trip, please contact us at time of booking for rates (upgrades are only possible if the open class ticket has not already been purchased and please note that you will be sleeping in another carriage to that of those in the 6 berth carriages).

Shopping in China

China is a virtual Aladdin's Cave. Government-run Friendship Stores in almost all cities stock a range of fixed-price souvenirs and handicrafts and can offer a reasonable idea of what is acceptable in terms of quality and price. After a visit to the Friendship Store, visit private stores, craft shops and local department stores. However, the best shopping is often at public markets. If you see something you want, buy it when you see it - prices don't vary greatly, but selection can vary from location to location.

In the tourism industry it's common practice for commission to be offered in exchange for recommending particular shops or suppliers. This can become an issue when clients feel obliged to purchase. We do our best to avoid this by monitoring all shopping experiences offered.

All shopping experiences on your tour have been noted in the itinerary and they have been carefully selected based upon positive feedback from On The Go travellers. You are under no obligation to partake in a listed shopping experience and you are most welcome to wait inside or outside the premises.

Although we only visit reputable retailers, please note that we cannot explicitly guarantee the quality of their products. All purchases made whilst on holiday with us are at your own discretion. Please make sure that you are completely happy with your purchase. On The Go cannot be held responsible for any items that you buy if they fail to meet expectation, or any shipping arrangements. Proceed with caution.

Holidays & events

China has many important National Holidays and events that are celebrated throughout the country. During these times (the lead up to them and afterwards) there can be delays to public transport, the roads can be much busier and many sites are a lot more crowded as the locals take this time to visit family, celebrate the holiday and experience the wonders and amazing places within their own country.

During this time you'll likely to encounter a celebratory atmosphere, but an additional level of patience, flexibility and understanding goes a long way so that you may enjoy your holiday.

As tourists, you will be generally be unaffected and your tour guide will do their best to plan around these events. Though when initially planning your holiday, if you prefer not to travel when sites are crowded or are concerned about delays, then travelling during these holidays is possibly not for you. For more information: www.timeanddate.com/holidays/china/2021

It's not like home!

Travel to far-flung corners of the earth involves lifestyles and conditions that are sometimes very different from what you are used to back home. You must come prepared to cope with unusual situations, local inadequacies and unpredictable events as and when they occur. Foreign travel is definitely not suitable for people who expect or demand everything to go exactly as planned. With the greatest respect and in the interest of your ultimate enjoyment you must understand this. Things can and do change in foreign countries.

Please visit www.onthegotours.com/China/Travel-tips-and-useful-info for what to wear, local customs, currency, WiFi and other helpful information to prepare for your holiday.

- Be prepared as the locals smoke everywhere in China
- The Chinese don't have an awareness of personal space, be ready to have people standing very close to you, nudge you or even walk into you, they are not being rude, it's just a very different culture
- Many tourists report scams in Shanghai, so be friendly but careful. Never ever follow a stranger anywhere
- Spitting and snorting is common in China as they see the use of tissues as unhygienic
- Some locals won't queue and will often walk straight to the front of a line with no awareness or care of what they have done wrong
- Chinese people are delighted if you make any attempt to speak Mandarin, even if it's only a couple of words

Toilets/washrooms

Public toilets, when found, are usually 'squats' - holes in the ground with footrests at either side and often don't possess a door! They can be a novelty and are easy to use. The custom is to wash with water from a jug or little pipe attached to the toilet using your left hand. Doesn't appeal? Here are some hints!

- Time yourself with the accommodations you are staying at
- If you are out and about, find the nearest hotel, restaurant, fast food outlet, or toilets at tourist attractions, which all tend to have Western style facilities
- Ask your tour guide to make a stop
- Always take some antiseptic hand gel or antibacterial hand wipes with you and BYO toilet paper as its rare in public toilets

Tibet Country Guide

Visa requirements

Visa requirements are subject to change and visa procurement is the responsibility of the traveller and not On The Go Tours. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Tibet. All nationalities require a China
Highlights of China & Tibet

visa and Tibet permit to enter Tibet. Please be advised that visa requirements are subject to change and therefore it is essential that you check current visa requirements with the embassy before travel.

Upon booking you will need to advise us of your international flight details and you will also need to provide us with the following: a coloured scanned copy of your passport information and photo page and a completed China Visa form. We will provide you with the form which you will need to print it out, fill in by hand and attach a passport photo. Then create a colour scanned copy of the completed visa form with photograph and email it back to us in PDF format.

For information about visas, head to https://www.onthegotours.com/Tibet/Visas

Entrance fees

On our Tibet group tours, entrance fees are not included must be budgeted for by you. The total cost of the entrance fees which need to be paid locally, are noted under ‘Exclusions’ on the first page of this document. Entrance fee amounts are subject to change and as such upon arrival, your tour leader will highlight the exact total entrance fee cost for your tour. Entrance fees are to be paid in CNY and they will be collected on day 2 of your tour.

Health requirements

You should seek medical advice for vaccinations and about medications before travelling.

WATER

As tap water is not safe to drink in Tibet, only drink bottled mineral water which is readily available in hotels, shops and restaurants.

Altitude sickness

An altitude of over 3,000 meters is defined as high altitude and given parts of Tibet are higher than this level, it is possible to experience differing degrees of symptoms which include headaches, nausea, dizziness, fatigue and shortness of breath. These symptoms will usually decrease in severity during acclimatization and mild cases of altitude sickness should not interfere with light activity. It is important not over exert yourself if travelling to altitude and drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please report any symptoms of altitude sickness immediately to your tour leader.

It is your responsibility to discuss any pre-existing conditions or concerns with your doctor prior to booking and travel (if needed) to ensure you are fit to travel at these altitudes.

Style of trip & group size

Local guides provide sightseeing and assistance at each port of call, the tours are not escorted throughout by a tour leader. On flights you will therefore travel without a guide and will be met upon arrival at your destination and transferred to your hotel. In Chitwan National Park guiding will be provided by the lodges own expert jungle guides. Transportation is a combination of internal flights and private air conditioned vehicles.

The number of travellers participating our Tibet tours and treks varies from week to week. Our maximum group size in Tibet is 15, with an average of 2 - 6 travellers on each departure.

Temple etiquette

Please take particular care when visiting religious places, such as temples and monasteries. Dress and behave appropriately - don’t wear shorts or sleeveless tops and do not smoke or hold hands. Shoes and hats should be removed. Within temples no carvings, statues or deities should be touched. Photography is prohibited in certain sections of the most sacred sites and please do not attempt to be photographed with Buddhist monks. If in doubt ask your local guide for further information.

Currency climate and more

Please visit www.onthegotours.com/Tibet/ Travel-tips-and-useful-info for local customs, currency, WiFi and other helpful information to prepare you for your holiday.

Shopping in Tibet

Shopping in Lhasa is a popular tourist activity and Barkhor Street Bazaar is the best place for it. In Barkhor there are lots of stalls, selling a wide range of goods including; Yak wool jumpers, silver ornaments, jewellery and handicrafts. Tibetan incense is a good souvenir, Tibetans use it to worship Buddha and drive away evil spirits. Thangkas (religious scrolls) are also very popular, the higher quality ones have a hand-painted image (rather than printed) in the middle, with very detailed backgrounds. The quality of Thangkas can vary dramatically, so take care when purchasing one.

In the tourism industry it’s common practice for commission to be offered in exchange for recommending particular shops or suppliers. This can become an issue when clients feel obliged to purchase. We do our best to avoid this by monitoring all shopping experiences offered.

All shopping experiences on your tour have been noted in the itinerary and they been carefully selected based upon positive feedback from On The Go travellers. You are under no obligation to partake in a listed shopping experience and you are most welcome to wait inside or outside the premises.

Although we only visit reputable retailers, please note that we cannot explicitly guarantee the quality of their products. All purchases made whilst on holiday with us are at your own discretion. Please make sure that you are completely happy with your purchase. On The Go cannot be held responsible for any items that you buy if they fail to meet expectation, or any shipping arrangements. Proceed with caution.

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

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