



TIBETAN RAILROAD

Go Beyond Tour | 18 Days | Physical Level 4

Xian – Xining – Qinghai-Tibet Railway – Lhasa – Shigatse – Mt Everest Base Camp – Shigatse – Gyantse – Tsedang – Lhasa – Chengdu

All aboard the world's highest railway as you travel from Xining in western China up and over the 5,072 metre Tanggula Pass and across the stark beauty of the Tibetan Plateau to Lhasa. An incredible feat of engineering that passes spectacular lakes and mountains and crosses huge plains and permafrost at the “roof of the world”, the Qinghai-Tibet Railway puts you right in the heart of Tibet's gigantic landscapes.

- Overnight on the Qinghai-Tibet Railway, the world's highest train
- Stand in awe of Mt Everest
- Experience the spectacular Terracotta Warriors in Xian
- Discover the palaces, temples and monasteries of Lhasa, Shigatse and Gyantse
- Dine on delicious local Tibetan cuisine

TOUR MAP



TIBETAN RAILROAD TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escorts (if your group is 10 or more passengers) and Local Guides
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with IATA

The only thing you may have to pay for are personal expenditures e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late check out and other items not specified on the itinerary.

GO BEYOND TOURS:

Venture off the beaten track to explore fascinating destinations away from the tourist trail. You will discover the local culture in depth and see sights rarely witnessed by other travellers. These tours take you away from the comforts of home whilst rewarding you with experiences of a lifetime. You will be accompanied by our dedicated and professional National Escorts and local guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience.

PHYSICAL LEVEL 4:

All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights.

‘Tibetan Railroad’ is rated as a physical level 4 tour. You'll need to be fit and adventurous to participate on this tour as on some days you will be active for most of the day. The terrain and altitude may be more challenging and the activities more physically demanding. This itinerary reaches high altitude and visits several remote areas where hotel facilities are extremely basic, including onboard the overnight train to Lhasa and the overnight at Mt Everest Base Camp.

This tour has been carefully designed to minimise the effects of Altitude Sickness whilst in Tibet. Please be prepared for mild symptoms of Altitude Mountain Sickness (AMS) which include dizziness, fatigue, nausea, loss of appetite, breathlessness, headache and disturbed sleep. These usually develop over the first 36 hours at altitude and not immediately on arrival, however you may develop symptoms sooner whilst onboard the train to Lhasa reaching 5,072 metres in altitude. AMS symptoms are experienced by people of varying ages and levels of fitness, and usually the symptoms will subside after a day or so. If symptoms worsen, you should seek medical advice and descend in altitude immediately. The following precautions may help to prevent or lessen the effects of AMS:

- Since fluid loss usually accompanies the acclimatisation process, drink plenty of fluids to keep properly hydrated (minimum of 3 - 4 litres daily) and eat carbohydrate food to keep the body properly energised and hydrated
- Do not overexert and only partake in light activity immediately after your arrival
- Don't smoke, drink alcohol or take other depressants such as tranquilisers and sleeping pills, as these depress the respiratory drive and reduce oxygen intake
- Assume any sickness at high altitude is AMS until proven otherwise
- Never ascend to higher altitudes while showing symptoms of AMS
- You must report any symptoms of AMS immediately to your National Escort
- Speak to your doctor prior to departure to discuss medication

Of course, our National Escort and local guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary.

JOINING YOUR TOUR:

The tour is 18 days in duration including return international flights or 16 days in duration based on 'Land Only'. Travellers booked on 'Land Only', the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour, or when booking pre and post night accommodation with Wendy Wu Tours.

Join the tour on Day 2 in Xian and end the tour on Day 17 in Chengdu. An informal Welcome Dinner will be held on Day 2 of the itinerary. If you miss this due to your arrival time, all information will be provided to you at breakfast the following morning.

DETAILED ITINERARY**Days 1-2: Fly to Xian**

Meals: D

On arrival in Xian Xianyang International Airport, you will be met in the arrival hall by your local guide and/or National Escort from Wendy Wu Tours. Together with all other group members who may be arriving at a similar time, you will transfer approximately 1 hour to your hotel.

Early check-in is not included. Additional nights' before and after your tour can be arranged. Please contact our Reservations team to book.



An informal Welcome Dinner will be held on Day 2. Late arrivals will receive a box dinner.

Destination Information

Xian – Xian has long played a pivotal role in China's extensive history and has been a hub for cultural exchange, economic trade and national politics for centuries. Home to some of China's most ancient sights, diverse architecture and delicious fares.

Day 3: Xian

Meals: B, L, D

Spend the morning viewing the enigmatic ranks of the life-sized Terracotta Warriors. The Museum of the Terracotta Warriors and Horses is located approximately a 1-hour drive outside of Xian. From the bus park to the museum entrance is a 15-minute walk. There are electric carts offered by private vendors which can be organised at your own cost. There is no electric cart available for the return from the museum exit to the bus park. Within the museum area the warriors can be seen in three different 'pits', which are active archaeological digs. The site is large and will take about 2 and a half hours to explore. After this, visit the Xian Art Ceramics and Lacquer Exhibition Workshop to see smaller models of the warriors being made.



Later, stroll on the beautifully preserved 14th century city walls that enclose Xian's old town. The local guide will give you time to explore the ancient city walls at your own pace.

In the evening, enjoy a delicious feast of traditional Shui Jiao dumplings and a performance of Tang Dynasty dancing.

After Hours Experience: For those seeking extra excitement this evening, you may wish to visit Tang Ever Bright City for its traditional architecture, colourful costumes, and dazzling lights (time permitting, payable locally).

Destination Information

Terracotta Warriors – One of the most significant archaeological discoveries of the 20th century, this unearthed terracotta army is comprised of over 7,000 soldiers, horses and chariots. The army was built in life-sized form by thousands of workers and designed by Emperor Qin Shi Huang to defend himself in the afterlife.

Xian Art Ceramics and Lacquer Exhibition Workshop – See smaller versions of the enigmatic Terracotta Warriors being created at the captivating Xian Art Ceramics and Lacquer Exhibition Workshop; even purchase your own portable soldier.

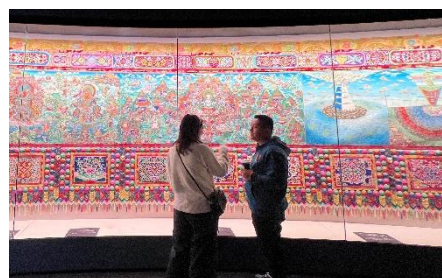
Ancient city walls – Dating back to the Ming Dynasty in the 14th century, the Xian ancient city wall is one of the best preserved urban fortifications in China. The wall's ideal spot and layout gives visitors a bird's eye view over this fantastic city. Follow the locals' example and take a bike to get an ever more spectacular experience.

Tang Dynasty Dancing Show – Xian, previously known as Chang'an, was an important cultural and historical centre in not only China but in the known-world. The Tang Dynasty dancing show is an exciting exponent of this prosperous society and keeps alive the splendour of this period.

Day 4: Xian – Xining

Meals: B, L, D

Transfer to the train station to board the 5-hour bullet train to Xining, the capital city of Qinghai province in western China. Head to the Qinghai Tibetan Cultural Centre to see the impressive 618-metre-long hand-painted thangka (a traditional Tibetan Buddhist painting) and the largest display in the world.



Later, your guide will take you to a grocery store to stock up on snacks for your train journey tomorrow.

Overnight altitude: 2,275m

Please note: You will need to carry your own luggage on and off trains.

Destination Information

Xining – Xining, the capital of Qinghai province in western China, is a vibrant city situated on the northeastern Tibetan Plateau. Known for its diverse cultural heritage, it serves as a gateway to the Tibetan region and boasts a unique blend of Tibetan and Han Chinese influences.

Qinghai Tibetan Cultural Centre – Located in the province of Qinghai, this center serves as a hub for cultural exchange, research, and education regarding the unique traditions, arts, and history of the Tibetan and other ethnic communities in the region. It is home to the largest display of thangka paintings, a Guinness World record, that took 400 artists four years to complete.

Day 5: Xining – Overnight Train to Lhasa

Meals: B, L

Explore the sacred Kumbum Monastery, also known as Ta'er Temple. Later, transfer to the railway station for your 21-hour overnight train to Lhasa on the Qinghai-Tibet Railway, the highest rail journey in the world.

*Please note: This train reaches 5,072m in elevation crossing the Tanggula Pass. The train is specially designed with oxygen supply system to help adjust to the high altitude. A shared 4-berth soft-sleeper cabin is included with 2 upper and 2 lower berths. Although we try to keep all the group members together in the same compartment, you may find yourself sharing your compartment with locals; an excellent chance to share your experiences. We cannot pre-purchase private use of the cabin or guarantee specific bedding arrangements. A dining carriage with basic meals is available and your guide will arrange for you to purchase some snacks prior to boarding. **Refer to page 15 for more information about travel onboard.***

**Destination Information**

Kumbum Monastery – A renowned Tibetan Buddhist monastery famous for its striking architecture and historical significance. Also known as Ta'er Temple, it is a sacred pilgrimage site with a rich cultural heritage, housing numerous chapels adorned with intricate murals and sculptures.

Qinghai-Tibet Railway – A 'miracle' of engineering that traverses the Tibetan Plateau, connecting Xining in Qinghai province to Lhasa in Tibet. Spanning over 1,900 kilometers, it is the world's highest and longest plateau railway, offering breathtaking views of the Himalayas and facilitating transportation to the otherwise remote region.

Day 6: Arrive Lhasa

Meals: D

Traverse the 5,072 metre Tanggula Pass and across the stark beauty of the Tibetan Plateau to the 'roof of the world', Lhasa. Watch from your window as you cross huge plains and permafrost, and pass spectacular lakes, mountains and wildlife. Whether you prefer to unwind with a book, engage in a game of cards, or enjoy a meal in the dining carriage, there's ample opportunity to relax during this scenic rail journey.



Arrive in Lhasa, the heart and soul of Tibet, in the afternoon. The remainder of the day is free to relax and acclimatise to the altitude.

Max daytime altitude: 5,072m

Overnight altitude: 3,700m

Destination Information

Lhasa – Historically and spiritually a centre for Buddhism, Lhasa is home to many culturally significant sights, including the Potala Palace, Jokhang Temple and the Norbulingka Summer Palace. Set on the Tibetan Plateau, Lhasa is one of the highest cities in the world, reaching heights of 3,700m.

Day 7: Lhasa

Meals: B, L, D

Wander around the Barkhor to see traditionally dressed locals, stalls of religious trinkets and prostrating pilgrims. Inside the Jokhang Temple, the sacred centre of Tibetan Buddhism, the devotion is palpable as queues of people worship in the flickering light of yak butter candles. There will also be a visit to the Sera Monastery, a renowned seat of Buddhist learning, to watch the debating monks. Please be sensitive whilst at the temple as religion is an extremely sensitive topic in China. This is not a chance to converse with the monks, you will be able watch the monks debating between themselves and learning scriptures. Sightseeing at the Jokhang Temple and Sera Monastery will involve climbing many steps and walking over uneven surfaces in dim lighting.



This evening, enjoy a tasty Tibetan dinner and dance performance.

Daytime altitude: 4,000m

Overnight altitude: 3,700m

Destination Information

Barkhor – Encircling the Jokhang Temple, the Barkhor is a cluster of narrow streets that acts as a circuit of pilgrimage for Buddhists round the Jokhang. There are many stalls here where you can peruse for Tibetan trinkets, religious relics and exquisite jewellery.

Jokhang Temple – Considered the most important and sacred temple in Tibet, the Jokhang Temple is located amongst Barkhor and dates back to the 7th century. The architecture is a simple blend of Indian, Chinese and Nepalese designs and is a mix of stunning colours both inside and out.

Sera Monastery – The Sera Monastery is one of the 'Great Three' monasteries in Tibet located 5km outside of Lhasa. Although its monk population is rather small, there is still a bustle of activity, especially in the morning and late afternoon, when you can see debates on religious theory.

Day 8: Lhasa

Meals: B, L

This morning, visit the iconic palace of Potala, the largest monastery in the world. Sitting atop Red Mountain, the Potala Palace is painted in a traditional Tibetan blend of deep red and stark white. There are 500 steps to reach the palace and return down, and around 2-3 hours on foot in total. Inside the palace, there are some narrow stair cases and dim lighting. A small torch can be helpful to make your surroundings clearer. Next, visit Norbulingka, Lhasa's answer to Beijing's Summer Palace. Enjoy time at leisure this evening.



Please note, entry to the Potala Palace is controlled to help preserve this historic site. Your visit may therefore be rescheduled to the previous day or following day, depending on ticket availability.

Daytime altitude: 4,000m

Overnight altitude: 3,700m

Destination Information

Potala Palace – The former winter residence of the Dalai Lama, the Potala Palace has long been a symbol of Tibetan Buddhism and the struggles between the Dalai Lama and the Chinese government. Abandoned by the spiritual leader in 1950, the Potala Palace now acts as a museum of old treasures and intricate shrines.

Norbulingka – Norbulingka served as the summer residence of the Dalai Lama from the 1780s to 1959. Set over an extensive park, it is home to several chapels and palaces, as well as beautiful flower arrangements.

Day 9: Lhasa – Shigatse

Meals: B, L, D

Transfer to the train station for a 2-hour bullet train across Tibet's stark plains to Shigatse. Dominated by a fort reminiscent of the Potala, Shigatse is Tibet's second city and the traditional seat of the Panchen Lama. Spend the afternoon exploring the local markets.

Please note, your luggage will be transported by road to Shigatse.

Daytime altitude: 3,800m

Overnight altitude: 3,600m

**Destination Information**

Shigatse – Shigatse has been developed by the government to become the second largest city in Tibet. It has an interesting local market and one of the largest functioning monasteries in Tibet, Tashilhunpo.

Day 10: Shigatse

Meals: B, L, D

Visit Shalu and Tashilhunpo Monastery, which was founded in 1447 by the first Dalai Lama, and join the pilgrims on their 'Kora' (circumnavigation) of the Monastery.

**Destination Information**

Shalu Monastery – Founded in 1040, this Sakya Buddhist monastery became one of Tibet's leading centres of Buddhist learning under the scholar Buton Rinchen Drup. Rebuilt and expanded in the 14th century with support from the Yuan imperial court, it is renowned for its well-preserved Yuan Dynasty murals, ancient scripture printing blocks and significant Buddhist relics.

Tashilhunpo Monastery – Founded in 1447 by the 1st Dalai Lama, Tashilhunpo Monastery is one of the largest functioning monasteries in Tibet and the traditional seat of the Panchen Lama.

Kora – Kora is a type of pilgrimage and meditative practice in Tibetan Buddhist tradition. The meaning of Kora literally translates as 'circumnavigation' and involves pilgrims circling a sacred place or object.

Day 11: Shigatse – Mt Everest Base Camp

Meals: B, L, D

Drive for around 6.5-8 hours through some of the world's most incredible scenery to the Rongbuk Township with stops along the way. All visitors must board a shared eco-coach for the last part of the drive to Mt. Everest Base Camp.

On arrival, walk for approximately 20 minutes (one way) to the Everest Base Camp Boundary Monument - sturdy walking shoes are recommended. See the world's highest post office (please note, the post office is usually closed and mail can be sent to Lhasa only). Situated under the gaze of Everest's north face, the views of the world's highest peak are unsurpassed (weather permitting). Visit Rongbuk Monastery, draped in colourful prayer flags, as well as the small Old Rongbuk Monastery.



This evening, you will overnight at either Everest Base Camp area or at a hotel further down the mountain, depending on the weather conditions. Your guide will endeavour to provide as much notice as possible if changes to your accommodation occur.

Daytime altitude: 5,200m

Overnight altitude: 5,100m

Important Information about Everest Base Camp:

Due to government restrictions and to protect the environment of Mt. Everest, visitors are not permitted to access the climbers' Base Camp.

The designated overnight Everest Base Camp area was recently renovated (June 2025) with a more modern design, though facilities remain basic. Each tent/guesthouse within the camp has multiple rooms with a small communal lounge area. Due to the limited number of rooms, we cannot guarantee private occupancy. Each room includes a bed (or beds), bedding, and a washstand. There are no showers, and toilet facilities are communal, located outside the tents. A dining hall provides a simple dinner, and a small store sells snacks, though we recommend bringing your own in case it is closed.

Nights and early mornings can be extremely cold, so we strongly recommend bringing warm layers for sleeping.

While the facilities are basic, the location is truly unforgettable – on clear mornings, you are just a short walk from spectacular views of Everest.

Destination Information

Rongbuk Monastery – Rongbuk Monastery is a Buddhist monastery near the base of the north side of Everest dating back to the early 20th century. It is said to be the highest monastery in the world.

Day 12: Mt Everest – Shigatse

Meals: B, L, D

Wake up early to see a glorious sunrise over Everest, weather permitting.

Drive around 6.5-8 hours back to Shigatse, passing the Tso La Pass and Gyatso La Pass and enjoying the awe-inspiring views. On a clear day, you will be able to see 5 peaks over 8,000m including Makalu, Lhotse, Everest (Qomolangma in Tibetan), Cho Yu and Xixibangma. The evening is at leisure.

Daytime altitude: 3,800m

Overnight altitude: 3,600m



Destination Information

Gyatso La – A high mountain pass at 5220 metres above sea level, Gyatso La is the highest point on the Friendship Highway between Nepal and China.

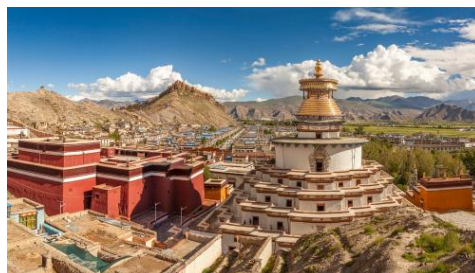
Day 13: Shigatse – Gyantse

Meals: B, L, D

Drive around 3 hours to Gyantse. This afternoon, visit Gyantse Kumbum as well as the Tsang Traditional Folk House to see a traditional kitchen and taste some local snacks and homebrewed 'chang'.

Daytime altitude: 4,050m

Overnight altitude: 4,050m

**Destination Information**

Gyantse Kumbum – Dating back to the 15th century, the Gyantse Kumbum is a 35km-high chorten and is considered the most important of its kind. Kumbum translates as '100,000' and refers to the thousands of images of Buddha houses inside.

Day 14: Gyantse – Tsedang

Meals: B, L, D

Travel along the Yarlung Zangbo River to Tsedang, called the 'cradle of Tibetan civilisation'. Today will be a long driving day of approximately 8 hours. Take a short stop on the way at Gangpo Ri, the "birthplace of the Tibetan People".

Daytime altitude: 3,500m

Overnight altitude: 3,500m

**Destination Information**

Tsedang – An important city in Tibet and the fourth largest, Tsedang is known for its ancient ruins and Samye, the first Tibetan Monastery, giving the city the nickname 'the cradle of Tibetan civilisation'.

Yarlung Zangbo River – The highest major river in the world, the Yarlung Zangbo River flows east across southern Tibet before entering India, where it becomes the Brahmaputra River.

Day 15: Tsedang – Lhasa

Meals: B, L

Perched on a hill over the Yarlung River, legend says that the ancient Yumbulhakang Palace was the first building in Tibet and the palace of the first Tibetan king. Sightseeing at the Yumbulhakang Palace involves walking for about 30 minutes up a hill and there are also some steps. The remainder of the sightseeing is easy paced. Continue to Tradruk Monastery and the King's Tomb before returning to Lhasa for an evening at leisure. Today's driving time is 3 hours.

Daytime altitude: 4,000m / Overnight altitude: 3,700m



Destination Information

Yumbulhakang Palace – The palace has a very long history and boasts many sculptures and paintings from ancient times. It was built for the first Tibetan King, Nyatri Tsanpo, in the 2nd Century BC. It then became the summer palace for Princess Wenchen and Songtsen Gampo during the reign of Songtsen Gampo himself.

Tradruk Monastery – Tradruk Monastery is one of the earliest Buddhist temples in Tibet, built in the 7th century. It lies on the eastern bank of the Yarlung River. "Tran" means roc and "druk" means dragon in Tibetan, as the monastery got its name from the legend that it could only be built after Songtsen Gampo had turned into a roc and conquered an evil dragon.

King's Tomb – King's Tomb includes the resting place of the kings, their wives and officials. The groups of tombs vary in size and cover a total area of 3 million square metres. According to Tibetan documents, there are 21 tombs here. The tombs are flat on top and piled with earth and rock.

Day 16: Lhasa – Chengdu

Meals: B, D

Fly 2 hours to Chengdu. On arrival, transfer to your hotel where the rest of the day will be at leisure before a farewell dinner this evening. Your guide will be on hand to suggest activities or places to explore, or you can use the time to just relax in your hotel.



Destination Information

Chengdu – China's symbolic western capital and the residence of the country's most lovable black and white bear, Chengdu has an abundance to offer. With a fast-paced economy that is dragging China's west into the 21st century, it is no wonder that Chengdu's appeal is growing year on year. As the gateway into Sichuan Province's large collection of sights, as well as Chengdu being its own trove of historical and cultural treasures, Chengdu is a must-visit on any trip to China.

Days 17-18: Depart Chengdu

Meals: B

Any time before your flight is at leisure. You will be transferred from your hotel to Chengdu Tianfu airport or Chengdu Shuangliu airport, according to the departure time of your international flight. Late check-out is not included.

Additional nights' before and after your tour can be arranged with a tour of Chengdu including the Chengdu Panda Research Base. Please contact our Reservations team to book.

CHINA & TIBET TRAVEL INFORMATION

VISAS:

New Zealand passport holders can currently enter China visa-free for stays of up to 30 days, for travel completed before 31 December 2026. If you hold a different passport, please contact us.

If you're travelling in 2027 or beyond, visa requirements may change. Should a visa be required for New Zealand passport holders, Wendy Wu Tours will organise this for you at no additional cost. Full details of the visa process – including processing times, required documentation and instructions – will be sent to you electronically at full payment.

Please be advised that your passport must have at least six months validity left on it when you arrive back in New Zealand.

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate; Wendy Wu Tours acts as a third party and has no influence on the process of a visa. Your travel consultant will inform you if any changes are applicable prior to your departure.

GROUP SIZE:

Most of our groups consist of 10 travellers or more and will be accompanied by both a National Escort and local guides. On Go Beyond Tours, there will be no more than 18 travellers in each group although you may encounter other Wendy Wu tour groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 10 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so. For groups with fewer than 10 travellers, departures will operate with local guides only.

EATING IN CHINA:

Chinese cuisine is one of the world's most diverse and flavourful, with a rich history spanning thousands of years. The local dishes you'll experience on tour may differ from what you're used to at home, offering an authentic taste of China's regional flavours and cooking styles.

All or most meals (excluding drinks) are included in our Go Beyond group tour. Our schedule of meals is designed so that you can experience the local dishes, their individual flavours, as well as different ways they are prepared and cooked throughout China – from the bold, spicy cuisine of Sichuan to the savoury flavours of Shanghainese cooking, as well as the hearty noodles and dumplings of the north and even the fresh seafood of the south.

Breakfasts are buffet-style at your hotel with both Western and Chinese options available, although rural parts of China may offer limited options. Lunches and dinners on our tours are varied, with a mix of vegetable-based and meat-based dishes. Many are pre-seasoned with soy sauce or other traditional flavours, though our selected restaurants offer plenty of mild options. Dishes may be served at different temperatures, as is customary in China.

Dining mostly follows the traditional 'family style' approach, with dishes placed on a lazy Susan for everyone to share. Serving chopsticks are provided for each dish, and individual bowls, chopsticks, and cups are set for personal use. If you require a fork or spoon, please ask your server. This communal style of dining is an integral part of Chinese culture and a fun, social experience.

If you have allergies or dietary requests, you must inform us prior to departure. Western food requirements differ from those in Asia, and even medical dietary needs can be challenging to accommodate. While your National Escort will do their best to assist, we kindly ask for your patience and understanding, as dietary requests may not always be met to the standard you are accustomed to at home. Passengers with food intolerances are advised to bring snacks or additional food items, especially when traveling beyond major cities, where options may be more limited. Kosher and Halal food are extremely limited in China, and we regret that we are unable to cater to these dietary requirements.

ACCOMMODATION:

Your accommodation is chosen for its convenience, comfort, or character. Hotels are generally of a three to four-star standard, though there is no international classification system, so facilities and quality may differ from New Zealand.

The accommodation at **Everest Base Camp** is extremely basic and the only facilities are simple public toilets. The rooms are multi-bed rooms shared with other guests. Rooms are not ensuite and there is no hot water, heating or showers. You will have a wash basin and a thermos of boiled water in your room; towels are not provided by the property. Ensure you bring layers to sleep in and keep warm. The location of the hotel however is unsurpassed: if the weather is good, you will be able to see Everest when you wake up!

All group tour hotels include private Western-style bathrooms, air conditioning*, TV, and a telephone. Due to environmental regulations, toiletries may not always be provided. Plumbing and electricity can be inconsistent, and power in rooms is often switched off when unoccupied. If you encounter any issues, please speak to your National Escort or Local Guide. Rest assured; all hotels used by Wendy Wu Tours are regularly inspected to ensure they meet our standards.

**Please note that regional energy conservation and environmental regulations may restrict air-conditioning and heating use during certain months, with minimum and maximum temperature limits in place.*

PUBLIC HOLIDAYS:

If you are traveling during a Chinese public holiday, please note that while tourist attractions remain open, they may be crowded with domestic visitors. Festivities often span several days, during which some businesses may close, and coach, air, and train services could be impacted. The major Golden Week holidays occur annually around 1 to 5 May and 1 to 7 October.

LUGGAGE:

All travellers are limited to two items of luggage each: a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of 5kg. This is a requirement on internal trains and flights. It is essential that your luggage is lockable. In general, we recommend packing only as much as you can lift as you will need to carry your own luggage on and off trains.

TRANSPORT:

Trains: When traveling by high-speed 'bullet' train, you will be seated in second-class soft seats with air conditioning. Facilities may vary depending on the train. Most carriages feature a Western-style toilet, and most seats are equipped with a foldable tray table and a power socket for charging electronic devices. Luggage is stored at the end of the carriage or overhead. Dining carts are available on board if you wish to purchase additional food.

For daily products containing flammable ingredients, such as perfumes, colognes, sprays, and gels, non-self-spray pressure containers should not exceed 100 millilitres per item, with only one container allowed per product. For self-spray pressure containers (e.g., hair mousse, hair spray, hair dye, cold wave lotion, insecticides, and air fresheners), each container must not exceed 150 millilitres, with a total cumulative volume of all such items not exceeding 600 millilitres. Passengers are not permitted to carry insecticides, explosives, magnetised materials, knives (including Swiss Army knives) with a blade longer than 60mm, scissors, or other sharp objects. Bag checks are conducted at random, and any restricted items—whether in hand luggage or main luggage—may be confiscated before boarding. Your National Escort will provide specific details before your journey.

Overnight Train to Tibet: Your accommodation on board the overnight train is in an air-conditioned, shared 4-berth soft sleeper compartment. Each cabin has 2 upper and 2 lower berths. There are toilets onboard; a Western-style at one end of the carriage and an Asian-style at the other end. It is advisable to bring your own toilet paper. The beds and cabins are basic with clean linen provided. There are no showers onboard and we suggest wearing comfortable clothing onboard to sleep in. Although we try to keep all the group members together in the same compartment, you may find yourself sharing your compartment with locals; an excellent chance to share your experiences. There is a dining carriage with basic food/snacks, and your Guide will arrange time to purchase additional food prior to boarding.

The elevation at the departure point in Xining is 2,275 meters, and climbs to 5,072 meters while crossing the Tanggula Pass before arriving in Lhasa at an altitude of 3,700 meters.

Each train is specially built with an air-pressure control system and two oxygen supply systems designed to assist passengers with the increase in altitude during the journey and minimise Altitude Mountain Sickness (AMS). Firstly, oxygen is pumped into the fully sealed carriages as

the train gains altitude, keeping the oxygen content of the air you breathe around 23%; secondly, there are individual oxygen dispensing units with disposable tubes located in each sleeper compartment and throughout the train, which are free to use for anyone suffering altitude sickness. It is important to read the information on page 3 of this dossier regarding AMS, speak to your doctor prior to travel, and check your travel insurance coverage. During your tour, you must follow the advice of your National Escort and immediately report any symptoms so they may assist you along with the medical staff on the train.

A valid passport per passenger is required to purchase the train ticket to Tibet therefore we are unable to purchase additional tickets to book out the compartment for sole use. Whilst we endeavour to book Wendy Wu Tours passengers exclusively in each cabin, you may be required to share the cabin with non-Wendy Wu Tours passengers.

Yangtze River Cruise Vessel: If travelling on a Yangtze River cruise, a standard cabin is included equipped with Wi-Fi access, an ensuite bathroom, and a private balcony. Upgrades are available at an additional cost upon enquiry with our Reservations team.

Coaches: Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Roads in China have generally improved over recent years, but traffic and/or weather conditions may extend driving times. For this reason, the timings listed in the itinerary are approximations only.

Planes: Internal flight/s are based on economy class. Lithium-Ion batteries, usually used in laptops, cell phones and digital cameras, must be carried in your hand luggage (not in your checked luggage). Portable chargers with a case that does not state the capacity or with a capacity of 160wh and more are not allowed on internal flights at all.

AFTER-HOURS EXPERIENCES:

Occasionally, when time permits, we may offer extra evening experiences, such as a show, for those who want a little extra excitement. These experiences are not mandatory, will be outlined in your final documents, and can be paid for locally in RMB, either by cash or mobile payment app.

TIPPING POLICY:

Tipping is a common practice in most parts of the world, including China. However, knowing who to tip and how much can be unclear, and travellers may not always have the right cash on hand. To make the process seamless, Wendy Wu Tours operates a tipping policy where a stated amount (refer to our brochure or online tour page) is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour.

This system ensures a hassle-free experience for travellers while maintaining a fair and reasonable gratuity for the local people including the National Escort.

If you are travelling in a smaller group of under 10 passengers with local guides only, then tipping is paid in each destination. To be fair to the guides we ask for slightly higher amounts per traveller with small groups. We generally find that most customers appreciate the convenience of our tipping policy, but we do recognise that it may not suit everyone. However, as this is a group tour, we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

INSURANCE:

We strongly recommend that you take out a policy as soon as you pay your deposit. Wendy Wu Tours cannot in any way be made liable for any additional cost incurred by the customer on any tour due to the customer not having adequate travel insurance.

We also encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the original.

DEVELOPMENT IN CHINA:

Though parts of China match the west in modernity and technological advances, it is important to remember that parts of China are still developing and as such, many aspects of tourism in China do not have the solid infrastructure and safety standards as seen here in the west.

SOUVENIRS:

We want to be able to give you an opportunity to buy souvenirs; so in each city, we will visit a workshop or factory which demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone so we aim to take you to places which hold local interest; for example, in Shanghai you will be able to see how silk is created all the way from the silk worm to beautiful garments; and in Xian we will take you to a workshop which creates real clay replicas of the Terracotta Warriors, from little figurines to giant seven foot statues! We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

INTERNET RESTRICTIONS IN CHINA:

In China, certain Western apps, such as Google Services (e.g. Gmail, Google, Google Maps) and social media platforms (e.g. Facebook, WhatsApp), are blocked due to government restrictions on internet content. Some travellers may choose to download and use a VPN (Virtual Private Network) to bypass these restrictions and access blocked apps. Guests are strongly advised to conduct their own research into the legal implications as VPN usage is subject to government regulations. E-Sim providers such as Airalo and Holafly have built-in VPN capabilities.

TRAVEL MONEY IN CHINA:

We recommend having access to multiple sources of money while traveling. A combination of payment methods, including mobile payment apps, cash, and cards, will offer the most security and flexibility. Mobile payment apps like WeChat and Alipay are often more widely accepted than international cards or cash in China. You will need an internet connection when in China to use the apps. For more information, please refer to our www.wendywutours.co.nz/help-and-visas/china-travel-tips/

VACCINATIONS AND YOUR HEALTH:

Wendy Wu does not give specific health advice, but we do recommend you see your doctor at least six weeks prior to travel for advice and to allow time for any necessary vaccinations. Please remember to take your itinerary with you. Safe travel has a comprehensive website that you may also find useful www.safetravel.govt.nz

BEFORE YOU LEAVE:

We strongly recommend registering your travel plans with www.safetravel.govt.nz as in the event of an emergency, New Zealand Consular assistance will be more readily available.

Up until the day you travel, it is vital you keep up to date and familiarised with the entry requirements as these can change at short notice. You are personally responsible for completing any entry forms, conducting any covid tests (if necessary), etc and adhering to countries' specific entry requirements. You can also access the New Zealand Government's travel advisory service for up-to-date information about your destination on the same website.

AFTER YOUR BOOKING:

Once you have booked with Wendy Wu Tours, you will receive an email with your confirmation invoice, along with a link to our website where you can find your visa information (if applicable) and other important information. Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

ITINERARY CHANGES:

It's our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances we'll make the best possible arrangements maintaining the integrity of your trip.

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