



BUCKET LIST  
TICKED



# The Himalayan Highlands Expedition

# Qinghai - Tibet Plateau Trip

[ 12 DAYS 11 NIGHTS ]



Bucket List Ticked (FB Page)



[www.bucketlist.com.my](http://www.bucketlist.com.my)



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# Tibet

## Dreams of a distant place

Embark on a journey to the mystical realm of Tibet, where adventure and wonder awaits behind its veil of secrets.

Tibet rests on the roof of the world, with an average elevation over 4,000m, bordered to the south by the mighty Himalayas and to the north by the provinces of Xinjiang, Qinghai, Sichuan and Yunnan. Celestial lakes are scattered across the landscape, fed by ancient rivers like the Ganges, Indus, Mekong and Yarlung Tsangpo. Crisscrossed by these historic waters, Tibet has been inhabited since the dawn of time.

At its heart lies Lhasa, a cultural gem rich in history and tradition. Magnificent monasteries dot the horizon, vivid festivals fill the streets, and infectious joy radiates from its people. Experience the essence of Tibet – spectacular mountain vistas, divine rituals, and a vibrant culture lovingly preserved through the ages.

Join us on a voyage to uncover the wonders of this enchanted land, the Third Pole. Here, your curious soul will discover adventure, serenity and enlightenment in equal measure!



# OUR UNIQUENESS

*Why choose us?*

## 02 TIBETAN LOCAL VILLAGE VISIT

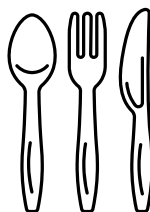
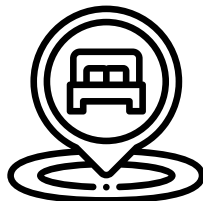
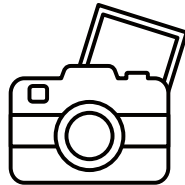
*Venturing into Tibetan village, exploring the way they live, their customs and architecture, gaining profound insights into the genuine Tibetan way of life.*

## 04 DIVERSE LODGING EXPERIENCES

*Apart from hotel stays, we'll also experience tent accommodations at Everest Base Camp.*

## 06 TIBETAN CLOTHING PHOTOGRAPHY EXPERIENCE

*street photography of Tibetan clothes is a must-do activity in Tibet. Let's embark on a visual journey along Barkhor Street and Jokhang Temple in Lhasa, creating memorable moments!*



## 01 TOUR LEADER DOCUMENTING THE ENTIRE JOURNEY

*Tour leader (photographer) capturing every precious moment of the journey through the lens, without additional charges.*

## 03 ARRIVE IN TIBET BY FLIGHT

*Taking a flight to Tibet is safer than the train. Upon arriving in Lhasa, you can rest directly in the hotel, significantly reducing the occurrence of altitude sickness. Enjoy your worry-free exploration of Tibet!*

## 05 FLEXIBLE DINING OPTIONS

*Tibet offers a diverse culinary scene, featuring local specialties and a wide range of Chinese cuisine. Participants can freely choose based on their preferences.*

## 07 EVEREST BASE CAMP STARGAZING

*Everest Base Camp, at an altitude of 5200m, is one of the best places for stargazing. Tour leader will arrange outdoor stargazing experience based on the weather.*

# TOUR'S BUCKET LIST



## Potala Palace

Experience the enchanting charm of daytime and nighttime views at the world's highest city square.

## Namtso Lake

Travel to the holy lake to appreciate the breathtaking beauty.



## Yamzho Yumco

Experience the extraordinary powder blue of the holy lake.



# TOUR'S BUCKET LIST



## Everest Base Camp

View Everest from the world's rooftop.

\*Subject to weather conditions.



## Buddhist Sanctuaries

Explore renowned Tibetan monasteries, Experience mystic Buddhist art and relics.



Photos from internet sources

## Tibet Food

Savor lamb, beef, butter tea, Yogurt. Discover food culture and history.



Photos from internet sources

# TOUR'S BUCKET LIST



## Qinghai-Tibet Railway

Train winding through the plateau, Embark on a new rail journey.

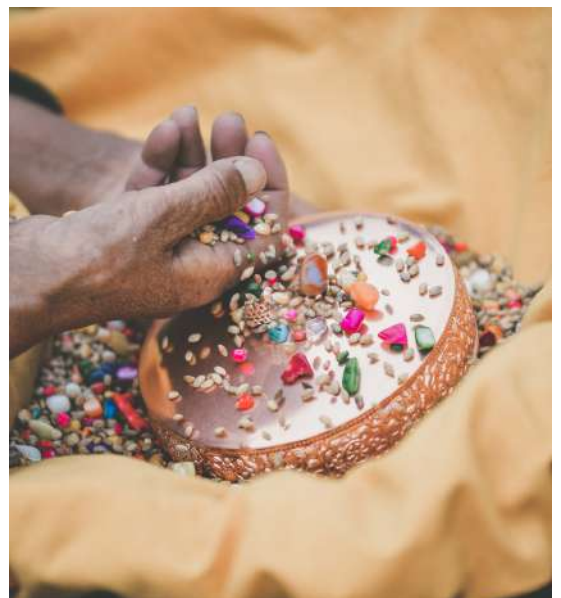


## Tibetan Attire

Adorn traditional clothes on Barkhor Street, Immerse in local Tibetan life.

## Local Immersion

Guided throughout, explore Tibetan culture and land.



# 12 DAYS 11 NIGHTS ITINERARY

\*THE ITINERARY MAY BE SUBJECT TO CHANGE DUE TO VARIOUS UNFORESEEN CIRCUMSTANCES OR UNCONTROLLABLE / FORCE MAJEURE

## DAY 1

### Chengdu Tianfu Airport

- Arriving at Chengdu Tianfu International Airport, pickup, and transfer to the hotel. The original **Tibet Entry Permit** will be handed over to you.

\*Friendly reminder: It is recommended to have sufficient rest and sleep before the day of entering Tibet to alleviate altitude sickness.

Accommodation:  
4-star hotel in Chengdu  
\*Standard twin room  
with en-suite bathroom

## DAY 2

### Chengdu - Lhasa (Altitude Acclimatization Day)

- Early morning transfer to the airport for a mid-day flight to **Lhasa**.
- Meet your guide upon arrival in Lhasa.
- Free time to rest and allow your body to acclimatize to the high altitude.

Accommodation:  
4-star hotel in Lhasa  
\*Standard twin room with  
en-suite bathroom  
  
\*Hotel breakfast included  
\*Lunch included- visit to  
Tibetan family

## DAY 3

### Lhasa City Tour

- After breakfast, visit **Potala Palace**, the highest ancient palace in the world and historic home of the Dalai Lamas.
- Visit **Jokhang Temple**, the sacred center of Tibetan Buddhism. Its architecture integrates Tibetan, Chinese, Nepalese and Indian styles.
- Free time at leisure.



Accommodation:  
4-star hotel in Lhasa  
\*Standard twin room with  
en-suite bathroom  
  
\*Hotel breakfast included  
\*Tibetan- style Welcome  
Dinner included

# 12 DAYS 11 NIGHTS ITINERARY

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## DAY 4

### Lhasa City Tour

- After breakfast, free time to explore Lhasa on your own.
- In the afternoon, visit **Sera Monastery**, one of the "great three" Gelugpa monasteries of Tibet.
- Witness the famous debating session among the monks in the monastery courtyard (subject to cancellation if ceremonies or special events are held).
- Free evening at leisure.



Accommodation:  
4-star hotel in Lhasa  
\*Standard twin room with  
en-suite bathroom

\*Hotel breakfast included

## DAY 5

### Lhasa - Yamdrok Lake - Shigatse

- Drive over 4900m Gambala Snow Mountain to the world's highest freshwater lake, **Yamdrok Lake**.
- Enjoy distant views of the Karola Glacier before driving to Tibet's second-largest city, **Shigatse**, Tibet's second-largest city.



Accommodation:  
5-star hotel in Shigatse  
\*Standard twin room  
with private bathroom

\*Hotel breakfast included

Distance: About 380 km  
Duration: Around 12 hours



# 12 DAYS 11 NIGHTS ITINERARY

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## DAY 6

### Shigatse - Everest Base Camp

- Drive towards **Mount Everest**, passing along the winding road of 108 bends. Continue to Rongphu Monastery for close-up views of Mt. Everest (8848m), the highest peak in the world.
- Spend the night camping at Everest Base Camp. Step outside your tent to admire the stunning starry sky. **(The highest altitude night throughout the journey, please be aware of high altitude sickness)**



Accommodation:  
Tent at Everest Base Camp  
(No private bathroom)  
OR  
guest house in  
Tingri/Basum  
(subject to availability)

\*Hotel breakfast included

Distance: About 380 km  
Duration: Around 10 hours

## DAY 7

### Everest Base Camp - Shigatse

- You may not sleep well, but try to wake up early to catch the first light on Mt. Everest. After breakfast, bid farewell to Everest and drive back to **Shigatse**.
- Free evening after dinner.

Accommodation:  
5-star hotel in Shigatse  
\*Standard twin room with  
private bathroom

Distance: About 380 km  
Duration: Around 12 hours

## DAY 8

### Shigatse - Lhasa

- After breakfast, visit **Tashilhunpo Monastery**, also known as the "Fortunate Sumeru Temple".
- Arrive back in Lhasa in the evening. Free time after dinner.



Accommodation:  
4-star hotel in Lhasa  
\*Standard twin room with  
en-suite bathroom

\*Hotel breakfast included

Distance: About 330 km  
Duration: Around 7 hours

# 12 DAYS 11 NIGHTS ITINERARY

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## DAY 9

### Lhasa - Lake Namtso - Lhasa

- After breakfast, we will travel towards the direction of the Heavenly **Lake (Namtso Lake)** along the Yarlung Tsangpo River. We will cross the 5,190-meter-high Nagela Mountain and arrive at Namtso Lake, which has an altitude of 4,718 meters above sea level.
- In the afternoon, we will leave Namtso Lake with deep reluctance and return to Lhasa.



Accommodation:  
4-star hotel in Lhasa  
\*Standard twin room with en-suite bathroom

\*Hotel breakfast included

Distance: About 380 km  
Duration: Around 12 hours

## DAY 10

### Lhasa - Chengdu

- After breakfast, free time for shopping or strolling through Lhasa.
- Transfer to Lhasa train station and bid farewell to beautiful Tibet.
- Board the **Qinghai-Tibet Railway** in the afternoon on your journey back.

Accommodation:  
Qinghai - Tibet Railway

\*Hotel breakfast included

## DAY 11

### Qinghai - Tibet Railway

- 36hrs Journey on the Qinghai-Tibet Railway.

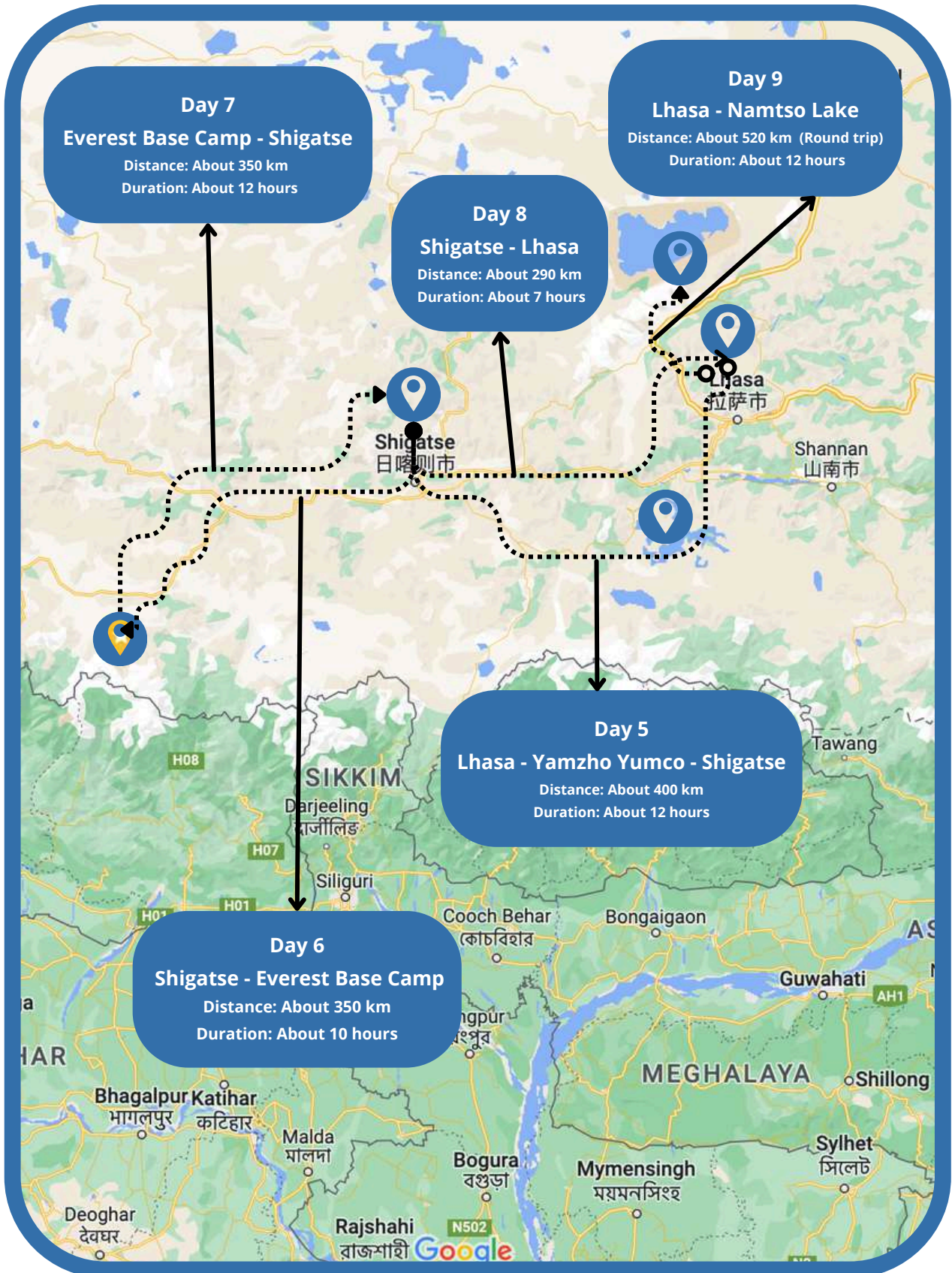
Accommodation:  
Qinghai - Tibet Railway

## DAY 12

### Arrive In Chengdu

- The train will arrive in Chengdu in the early morning, marking the end of the Qinghai-Tibet Railway journey.

# OVERVIEW OF ROUTES



# STAYS & TRANSPORT



**Lhasa City &  
Shigatse City**



**Luxurious Comfort  
4 -5 star hotels**



**Everest  
Base Camp  
Tent area**



**Standard  
passenger bus:  
24 / 29 seats**

# THINGS TO KNOW BEFORE COMING TO TIBET

- The Tibetan plateau is at very high altitude. Daytime temperatures range from 10-20°C, dropping below freezing at night, and frigid at Everest Base Camp. Tour members must be **physically fit with no underlying medical conditions** (asthma, high blood pressure, heart disease) and have **proper cold weather gear**.
- Altitude sickness is common (varies by individual). Tour members must **follow guide's instructions about medication to prevent altitude sickness**.
- The journey itself is part of the experience, with **some walking required to reach attractions**. Expect to walk 3-4 km daily.
- **Most attractions are temples and monasteries**, surrounded by natural scenery.
- We will take the Qinghai-Tibet railway. **Pack light** - 1 checked bag (25-27 inch), 1 carry-on, 1 small backpack.
- At Everest Base Camp, we will experience accommodation in large **tents**. Despite the cold temperatures at night, there will be heated blankets and thick quilts inside the tents.
- **Traditional dry toilets** are common in Tibet, and participants may need to use roadside facilities or less ideal makeshift toilets. The toilet facilities at Everest Base Camp are also dry toilets.
- Due to the vast geography of Tibet, travelling from one destination to another may take half a day or more. Meal times may vary due to the itinerary.
- **Do not bring any prohibited items** like political propaganda, sensitive documents, illegal drugs. Obey all local laws to avoid trouble.
- Respect Tibet's unique culture and religious traditions. Avoid inappropriate behaviour in religious and cultural sites. Follow local etiquette.
- **Be discreet in sensitive areas**. Avoid political discussions to prevent misunderstandings.
- Help **protect the environment** by not littering, following eco-regulations.

# TOUR FEES INCLUDE

INCLUDE



- One-way domestic flight ticket from Chengdu to Lhasa
- Train ticket from Lhasa to Chengdu [soft sleeper/hard sleeper, subject to availability based on official website]
- Tibet Entry Permit and associated document application fees
- 1 night 4-Star Standard Hotel in Chengdu
- 5 nights 4-Star Standard Hotel in Tibet
- 2 nights 5-Star Standard Hotel in Shigatse
- Hotel breakfast listed above
- Welcome dinner upon arrival in Lhasa
- 1 night Tents at Everest Base Camp
- Transportation throughout Tibet, including road and bridge tolls, fuel expenses, and vehicle entry fees
- All entrance tickets throughout the journey
- Local bilingual guide in Tibet, including their accommodation and meals
- Mineral water throughout the trip and oxygen supply from Lhasa to Everest
- Airport pickup in Chengdu and airport pickup and drop-off in Lhasa as per the itinerary
- Tibetan family visit experience
- Barkhor Street & Jokhang Temple Tibetan costume photo shoot experience
- Travel agency liability insurance (up to a maximum coverage of 200,000 yuan)



Free Photography Service throughout the whole journey



NOT INCLUDE



- Round-trip international airfare from KLIA to Chengdu (estimated RM1500 - RM2000)
- Meals that not included (due to long journey and hence irregular meal times) with an estimated cost of 30-60 Chinese Yuan per meal, per person.
- Personal expenses such as hotel laundry fees, telephone charges, overweight baggage fees, and beverages during meals.
- Optional activities: Yak riding, Princess Wencheng show, etc.
- Transport from Chengdu train station to airport
- Tips: Approximately 400-600 yuan per person (Guideline: Each person is expected to tip the driver and guide 20-30 yuan per day, with no minimum requirement for the tour leader.)
- Travel insurance (preferably coverage for altitude sickness and necessary measures)

⚠️⚠️⚠️ Notice ⚠️⚠️⚠️

**Tour members are responsible for any economic losses and additional expenses incurred due to weather conditions, natural disasters, visa issues, flight delays, transportation disruptions, road conditions, political factors, and other unforeseeable circumstances.**

# DETAILS

- Departure: Apr, May, Jun, Sep, Oct (The date will be published on our FB and website)
- Group size: 14 members with 1 tour leader (maximum 20 members with 2 tour leaders)
- Private Tour: Dates and itinerary can be arranged directly with the organizer, and discounts are available.
- Tour fees: refer to the website

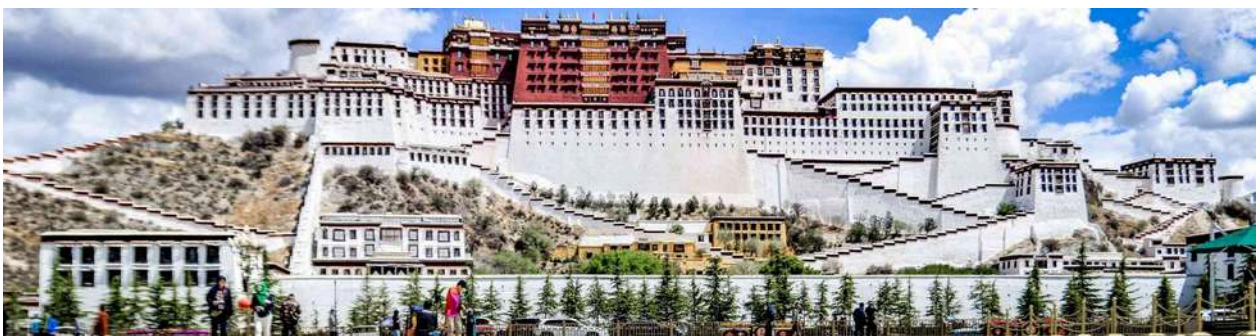
## Remark:

- For solo travellers, we will do our best to find a roommate for you. Otherwise, a single-room supplement will apply.
- Once the group is formed, the tour leader will provide details regarding flight tickets. Participants are responsible for purchasing their own flight tickets and following up on the status of their tickets.
- Registration is confirmed upon receipt of the deposit payment. Limited spots are available on a first-come, first-served basis.

## Term & Condition

1. A deposit is required for reservation. The full balance must be paid within the specified time frame, no later than 45 days before departure. Failure to comply may lead to reservation cancellation and deposit forfeiture.
2. Cancellation policy:
  - a. Cancellation of reservation must be made in writing to avoid any misunderstanding.
  - b. If no replacement is found, cancellation charges apply based on when we receive notice:
    - i. 45 days or more before the date of departure - Forfeiture of tour deposit
    - ii. 22 - 44 days before the date of departure - 70% of tour fare non-refundable
    - iii. Within 21 days before the date of departure - 100% of tour fare non-refundable
    - iv. No refund for fees already incurred and non-refundable from other relevant authorities, e.g., flight or train tickets
3. If there are any unforeseen circumstances or uncontrollable/force majeure (weather, tide, nature factor, traffic delays/cancellations, illness, pandemic, strikes, war or other causes), the company reserve the right to make changes to/cancel itinerary or postpone the tour at any time, no refunds are available.
4. Travel Document:
  - a. A tour member must have: An international passport or other recognized travel documents which should be valid for at least 6 months from the date of return to the country of origin; The necessary visa and vaccination and health certificates as required by the various authorities of the countries to be visited.
  - b. The company is not responsible for expenses, reimbursement, or tour price refund if a member is denied entry or deported due to improper documents or other reasons.
5. No refund or reduction will be made to any member in respect of airfare, accommodation, meals, sightseeing tours, transport or any other services which are included in the tour fare out not utilized by the tour member due to personal reasons.
6. The company reserves the right to cancel or withdraw any itinerary, or any reservation made for a client or decline to accept or retain any person from being a tour member if he is likely to endanger the health or safety, or impair the comfort or enjoyment of others on the tour.
7. All members are advised to purchase travel insurance for added protection against various unforeseen events.

**\*For the complete Terms and Conditions, please visit our website - <https://bucketlist.com.my/>**



# FAQ

## **1. Why choose May-June & October? Are they good seasons for Tibet?**

All four seasons are suitable for Tibet, each offering unique features. May-June is late spring to early summer with cool and pleasant weather. Daytime temperatures range from 20°C to 25°C, dropping to around 15°C at night. Nights at Everest Base Camp can reach around 0°C.

## **2. Who should avoid traveling to Tibet?**

People with hypertension, heart issues, and asthma are advised not to travel to high altitudes.

## **3. What documents are needed for Tibet travel?**

Only a passport and Chinese visa are required. We provide the necessary entry permit. (Singapore citizens enjoy a 15-day visa exemption)

## **4. Is travel insurance necessary?**

It's a must. The insurance should cover altitude sickness and related measures, and areas above 5000 meters.

## **5. Why fly instead of taking the train to Tibet?**

Taking a flight offers a shorter journey than the train, with a more comfortable cabin environment that allows participants to rest better. After landing in Lhasa, travelers can head directly to the hotel for half a day of rest, enabling better adaptation to the high-altitude environment and reducing the occurrence and severity of altitude sickness.

**Taking a train:** Factors like noise, inability to bathe, excitement, and the long journey can lead to inadequate rest, resulting in poor mental states and increased susceptibility to altitude sickness upon arriving in Lhasa.

Trains can reach altitudes as high as 5000 meters during the journey, potentially causing breathing difficulties. Additionally, showering is not possible during the 36-hour train ride.



# FAQ

## **6. How are train berths allocated?**

Berth allocation depends on the demand among Chinese travelers at the time. Generally, we prioritize soft berths, but allocation to different compartments is possible. If such situations arise, we will conduct a lottery system. For participants with hard berths, partial refunds might be provided for fairness.

## **7. Are lunch and dinner included?**

Tibet offers a wide variety of cuisine, including local specialties and a range of Chinese and fast food options. As such, we don't include lunch and dinner to allow participants the freedom to choose according to their preferences and explore different tastes.

## **8. Could you provide accommodation details and star ratings?**

We offer standard double rooms only; there are no triple rooms. Apart from staying in 4 to 5-star hotels, we'll also experience tent accommodation at Everest Base Camp.

## **9. How is the itinerary for the Potala Palace arranged?**

Potala Palace tickets are on a pre-purchase basis with limited visitation times. We'll flexibly adjust the itinerary based on the actual appointment time. One guide can lead only 10 participants due to restrictions. There's a security check upon entering the Potala Palace, and dangerous items and photography are prohibited.

# FAQ

## **Political Issues**

In a sensitive region like Tibet, which is within Chinese territory, it's important to avoid discussing political matters with local residents.

## **Respect Cultural Traditions and Avoid Taboos**

Tibet is a place rich in religious atmosphere, so it's crucial to adhere to behavioral guidelines when entering monasteries. Drone photography should be confined to open areas, such as Namtso Lake and Yamdrok Lake.

## **Uncertainties**

The policies of local government heavily impact the smoothness of your travel. Unexpected events beyond the control of the travel group can occur, so participants should be mentally prepared.

# FAQ

## **What to do if experiencing altitude sickness?**

Regarding altitude sickness, there's no need to worry excessively as not everyone will experience it upon arrival in Tibet. Before departure, we recommend taking preventative medication and getting adequate rest. Once in Lhasa, check into the hotel to rest and gradually acclimate to the high-altitude environment.

During the initial days, avoid strenuous activities and allow your body sufficient time to adjust. Gradually increase activity intensity to avoid overexertion. Opt for healthy vegetables and fruits to aid in acclimatization. Drinking some butter tea can provide energy and help with adaptation. Based on past experiences, most travelers effectively overcome mild altitude sickness symptoms.

## **What if acute mountain sickness occurs?**

Symptoms include headache, nausea, difficulty breathing, and loss of appetite. Prior to departure, adequate rest, avoiding excessive exertion, overeating, and alcohol consumption are advised. Mild symptoms can be alleviated with oxygen. Oxygen cylinders are easily accessible and provided in Tibet. For severe cases, participants will be taken to a hospital for intravenous treatment or further care.

## **What if there's severe altitude sickness?**

In the unfortunate event of severe altitude sickness, travelers need to seek treatment at a hospital. Local guides and the tour leader will assist. Hospitalization expenses are self-paid. We provide ample information on adapting to and combating altitude sickness before departure. It's important to follow the tour leader's instructions to ensure smooth adaptation. It's highly recommended for travelers to have appropriate travel insurance.

## **Is oxygen provided?**

Large oxygen cylinders are available on buses and in hotels, but they are only used in emergency situations (fainting). It's not advisable for participants to rely on oxygen cylinders. If altitude sickness occurs, rest is recommended. This is also why we opt for flights to Tibet, providing participants with more resting time.



Photograph by  
Tour Leader  
throughout the journey





Photograph by  
Tour Leader  
throughout the journey





Photograph by  
Tour Leader  
throughout the journey





Photograph by  
Tour Leader  
throughout the journey



# BUCKET LIST TICKED

Malaysia's pioneering travel platform, dedicated to get your lifetime travel bucket list TICKED! Explore exceptional destinations and iconic landmarks across the globe, craft an unparalleled experiences for you. Ready to embark an extraordinary journey with us?

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