

JOURNEY: Chengdu to Lhasa (& vice - versa)

**Journey Duration: Upto 3 Days** 

**TRAIN: Qinghai Tibet Railways** 

## **Day to Day Itinerary**

Chengdu-Lhasa train gives you a quick ride from Sichuan province to the heart of the Tibetan Plateau within 34:30 hours. You will experience gradual altitude ascent from Xining all the way to Lhasa and witness spectacular snow-capped mountains and boundless Naggu pasture and enchanting alpine lakes along the way.

Station	Arrival	Duration	Stop Time	Days	Distance
Chengdu West	21:11	0 km	1	Day 1	1
Guangyuan	02:28/02:38	319 km	10 min	Day 2	319 km
Lanzhou	08:20/08:40	902 km	20 min	Day 2	902 km
Xining	11:21/11:41	1118 km	20 min	Day 2	1118 km
Delingha	15:30/15:36	1639 km	6 min	Day 2	1639 km
Golmud	17:51/18:16	1948 km	25 min	Day 2	1948 km
Lhasa	07:41	3070 km	-	Day 3	3070 km

The Lhasa to Chengdu train Z324 departs every other day at 19:00 from Lhasa Railway Station, and arrives at 07:03 at Chengdu West Railway Station on the third day, taking 36:06 hours to cover a distance of 3,070 kilometers. The return train is Z322 Chengdu-Lhasa train.

Station	Arrival		
Nagchu	22:30		
Golmud	09:27		
Xining	16:50		
Lanzhou	19:52		
Guangyuan	01:57		

