

BY ODYSSEY

TRAIN: Qinghai Tibet Railways

JOURNEY: Guangzhou to Lhasa (& vice -

versa)

Journey Duration: Scenic Day Trip

Day to Day Itinerary

Despite the long riding distance, Guangzhou is an important gateway city to enter Tibet by train. The Train No. Z264 from Guangzhou departs every day at 09:15 a.m. and arrives in Lhasa at 14:17 on the third day. It is the longest journey (53:02 hours) one could experience by taking a train to Tibet. The train will cross several southeast provinces after joining in the Qinghai-Tibet train route at Xining Railway Station. From Lhasa, the return train departs at 12:40 for Guangzhou.

Station	Arrival	Departure	Stop Time	Days	Distance
Guangzhou	-	09:15	-	1	-
Chenzhou	13:21	13:24	3 min	1	374 km
Changsha	16:58	17:04	6 min	1	707 km
Wuchang	20:23	20:44	21 min	1	1069 km
Zhengzhou	01:34	01:40	6 min	2	1605 km
Luoyang	03:06	03:10	4 min	2	1729 km
Xian	07:43	07:53	10 min	2	2116 km
Baoji	09:20	09:26	6 min	2	2289 km
Lanzhou	15:05	15:32	27 min	2	2792 km
Xining	17:53	18:13	20 min	2	3008 km
Delingha	22:04	22:10	6 min	2	3529 km
Golmud	00:21	00:46	25 min	3	3838 km
Anduo	08:47	08:50	3 min	3	4532 km
Nagchu	10:09	10:15	6 min	3	4658 km
Lhasa	14:17			3	4980 km

The Lhasa to Guangzhou train (Z266) departs every day at 12:40 from Lhasa Train Station, and arrives at Guangzhou Railway Station at 20:11 on the third day, taking 55:31 hours to cover a distance of 4,980 kilometers. It is the longest railway route out of Lhasa and its return train is Z264 Guangzhou-Lhasa train.

Station	Arrival		
Nagchu	16:29		
Golmud	03:56		
Xining	10:40		
Lanzhou	13:37		
Xi'an	21:47		
Zhengzhou	03:50		
Wuchang	08:52		
Changsha	12:17		
Chenzhou	16:04		