

## **TRAIN : Qinghai Tibet Railways**

## JOURNEY : Xining to Lhasa (& vice - versa)

## **Journey Duration : Scenic Day Trip**

## Day to Day Itinerary

Xining is the starting point of the Qinghai-Tibet Railway, and all trains to Tibet from mainland China will stop here for a while, before moving on to Lhasa. Whereas, there is only one train that originates from the Xining Railway Station, which is Train No. Z8991. The train departs every other day at 21:50 p.m., and will reach Lhasa on the next day. On the way back, Train No. Z8982 will leave at 09:25 a.m. for Xining.

Station	Arrival	Departure	Stop Time	Days	Distance
Xining	-	21:50	-	Day 1	-
Golmud	03:50	04:15	25 min	Day 2	830 km
Tuotuohe	09:01	09:03	2 min	Day 2	1238 km
Amdo	12:24	12:26	2 min	Day 2	1524 km
Nagchu	14:00	14:06	6 min	Day 2	1650 km
Lhasa	17:39	-	-	Day 2	1972 km

The train from Lhasa to Xining runs for the shortest railway journey to mainland China from the lofty Tibetan plateau. During the 21 hours' ride, you will cross a collection of renowned scenery sites along the Qinghai-Tibet Railway. Check the major railway stations, altitude change ascent along the way in the following real time train schedule.

Station	Arrival	Departure	Days
Lhasa	-	09:25	1
Nagchu	13:16	13:22	1
Amdo	14:42	14:45	1
Golmud	23:39	00:04	2
Xining	06:25	-	2

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