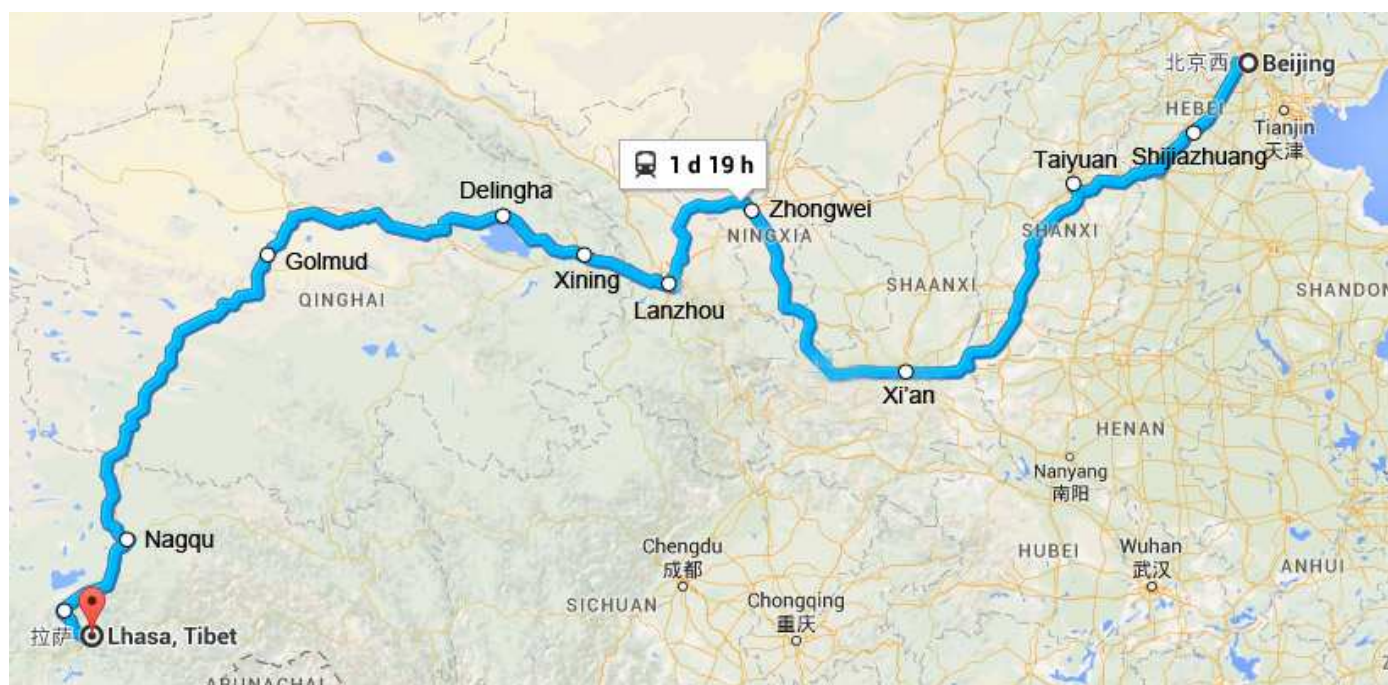


Tibet Railway <http://www.tibettravel.org/tibet-train/beijing-to-lhasa-train.html>

Beijing - Lhasa Train - No. Z21 - Timetable:

Day #	Station	Arrival	Departure	Stop Time	Distance	Altitude	Notice
1	West Beijing	--	20:10	--	--	44 m	
1	Shijiazhuang	22:50	22:55	5 min	291 km	80 m	
2	Taiyuan	0:37	0:44	7 min	516 km	820 m	
2	? Si-An			?20 min			?Změna lokomotivy
2	Zhongwei	7:10	7:25	15 min	1263 km	3000 m	
2	Lanzhou	12:26	12:43	17 min	1569 km	1530 m	Tibet, Žlutá řeka
2	West Xining	15:10	15:30	20 min	1785 km	2200 m	
2	Delingha	19:36	19:38	2 min	2306 km	2980 m	
2	Golmud	22:30	22:55	25 min	2615 km	2780 m	
3	Nagchu	8:35	8:41	6 min	3435 km	4500 m	
3	Lhasa	13:03	--	--	3757 km	3650 m	



Dinning car (next to the soft sleeper) offers 3 meals a day. For breakfast, passengers will be served with pickles, eggs, bread and milk, which is just 10 CNY. Nabízí "západní" a "čínskou" snídani, obě se skládají z pár mořských řas, zelí v oleji a misky rozvařeného rýže s tofu. "Západní" obsahuje navíc skleničku (1 dcl) vodou ředěného mléka a jedno volské oko. U čínské varianty dostanete vejce vařené a sklenku převařené vody. Převařená voda je k dostání ve všech vagoněch zadarmo.

You also can order Snow Vegetable Noodle, Beef Noodle, Steak Noodle, etc. There are 55 cold dishes, 8 Tibetan dishes, 32 ordinary dishes and 8 soups. You may order e.g. stewed yak with Crassulaceae (?tlustice?) at 25 CNY, Turnip & carrot yak at 28 CNY and Ginseng salad at 18 CNY...

In non-meal service time, you are kindly required at least to buy a beer or a cup of tea to seat there, otherwise, you will be driven back to your compartment.

Mind that menu may not be in English and the waiter or waitress may not speak English. So, an English-Chinese phrase book may be useful. **Next important thing is to have enough tissue or toilet paper.**

Besides, there is food carried by a handling cart to each train car. All the food on the cart is Chinese style such as fried pork and vegetables usually sold at 20 RMB/serving.

Must Views of the Tibet railway

Qinghai Lake (120 km od **Xining**, za světla v cca **17:00**) largest salt water lake of China, regarded as holy by Tibetans and Mongolians.

Golmud, also known as a rising city of the **Gobi desert** (za tmy v cca **22:30**):



Na trase Golmud - Lhasa je 9 vyhlídkových nádraží: Yuzhu Peak Station, Chumaer River, Tuotuo River, Buqiangge, Tanggula Mountain, Lake Namtso, **Nagqu**, Damshung, Yambajan. My stavíme pouze v **Nagchu** (dle JR 6 minut).



750 kilometers from Xining, **Qarhan Salt Lake**, the largest salt lake in China lies. 32 km long „**Ten Thousand Zhang Salt Bridge**” across the lake, offers endless grotesquely-shaped salt flowers and unusual salt lake surroundings (za tmy v cca **1:00**):



The salt surface is 15-18 m in depth, hard enough to take the load of the railway/highway. The ‘bridge’ is like a jade belt passing through the lake, surprising people with its beautiful surroundings and extraordinary construction, without guardrails or piers.

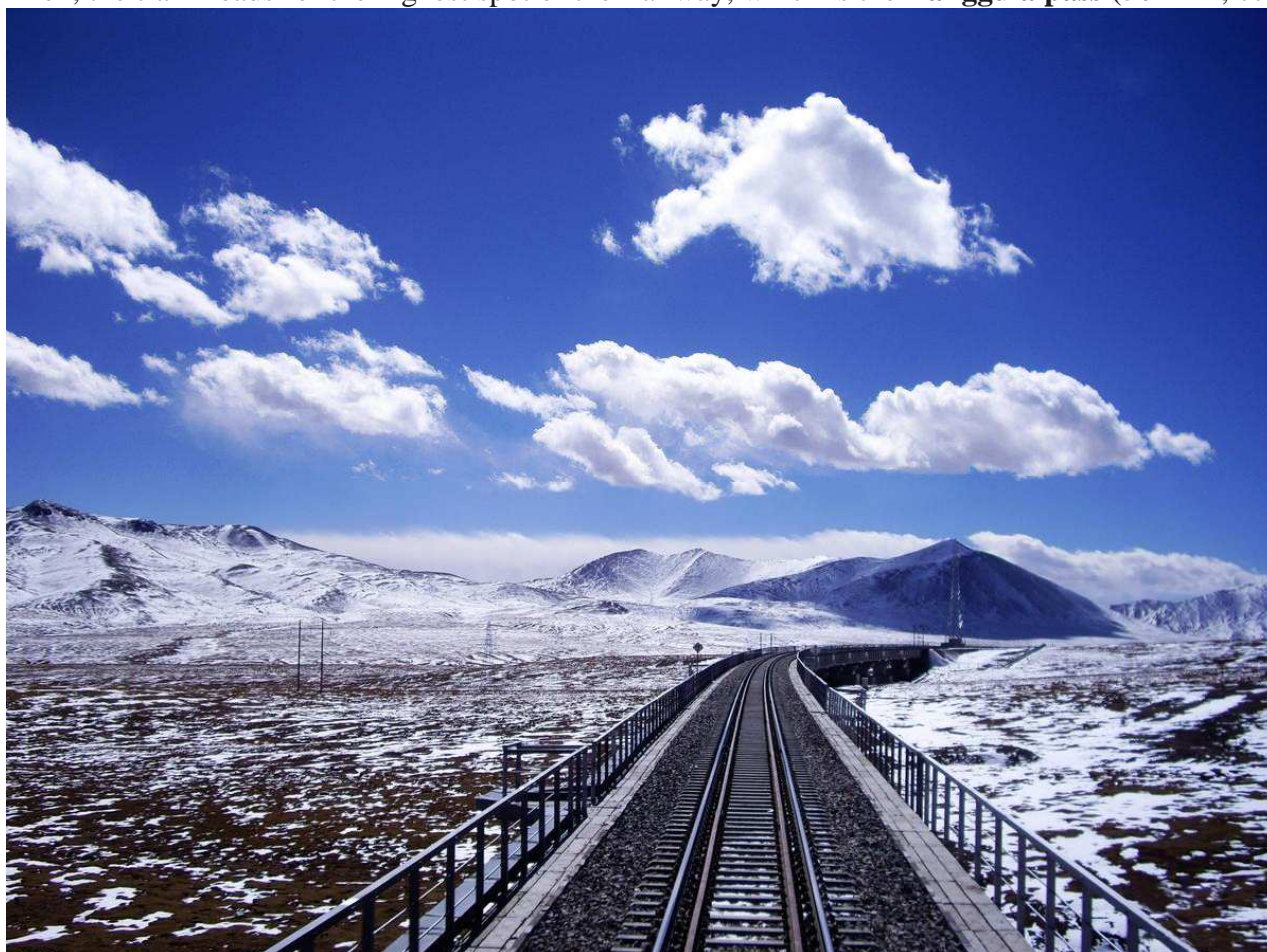
As the train keeps moving up, it will stop at station of **Yuzhu Peak** (one of the highest peaks of Khun Lun Mountains, 6178 m; průjezd za tmy **2:35**):



Shortly passing **Yuzhu Peak**, the trains enter *Kekexili nature reserve*, isolated and the least populated region in the northwestern part of the Qinghai-Tibet Plateau in China. It is home to many wildlife such as Tibetan antelope, wild yak, wild Tibetan donkey, etc. Then, the train will arrive at the station of **Tuotuo He River**, the source of Yangtze River:



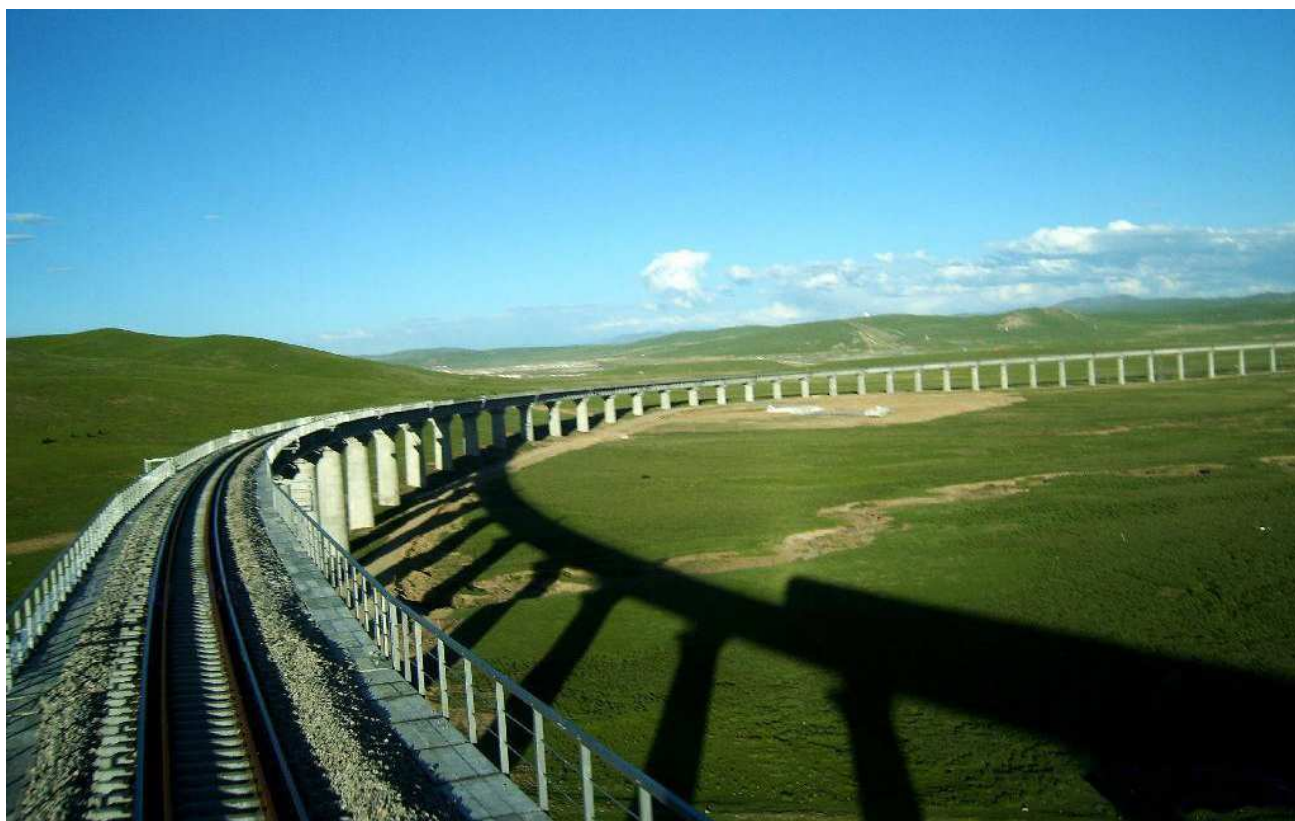
Then, the train heads for the highest spot of the Railway, which is the **Tanggula pass (5072 m; cca 8:00)**:



V Nagchu máme 6 minut zastávku (8:35 až 8:41), snad vyfotíme **Tsonag Lake (Cona Lake 4650 m)**, one of the highest fresh water lakes in China which is believed to be a sacred lake by local Tibetans:



The surrounding of the lake, boundless **Qiangtang prairie**, is one of the top five pastures in north Tibet plateau (home to nomads and numerous of rare wildlife):



30 km from Damxung railway station, the sacred **Namtso**, the second-largest saltwater lake in Qiangtang prairie is located (nám zůstane skryto za hřebenem hor). In the Tibetan language, “Namtso Lake” means “Heaven Lake”. Each year, numerous Tibetan pilgrims do the circuit around the sacred lake:



Lhasa, the final destination of Qinghai-Tibet train:

