

# 8848 Nepal

## Tibet Tour

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### Trip Facts

**Trip Duration:** 7 Days

**Difficulty Level:** Easy

**Trip Area:** Tibet

**Maximum Altitude:** 3977m/13,047.90ft-Gyantse

**Best Season:** Spring & Autumn

**Meals:** Full Board

**Accommodation:** Teahouses/Guesthouses/Lodges

**Transportation:** Flight/Jeep/Bus

**Trip Start:** Lhasa/

**Trip End:** Lhasa

### Itinerary Highlights

- World-renowned Potala Palace
- Summer Palace Norbulingka, Famous New Panchen Palace
- Buddhist spiritual center: Jokhang Temple
- Historic significant beautiful monasteries: Drepung, Sera, Pelkor Chode, Tashilhunpo, & Shalu
- Mesmerizing Yamdrok Lake & Karola Glacier
- Exploring handmade Tibetan goods and authentic Tibetan foods on Barkhor Street

### Trip Overview

Tibet is a homeland to Tibetans which lies in East Asia and is the highest region on earth. It is widely held as the 'Roof of the World'. The famous Lhasa city and the Tibet region on the Tibetan plateau are surrounded by several snowy mountains including the world's highest Mt. Everest. Tibetan Buddhism is mainly practiced here. Tibetan history and culture are greatly preserved here in the monasteries and palaces. Tibet has several lakes, amazing high passes, artistically beautiful and impressive palaces, & monasteries. This small region is abundant in its culture and has great faith in its religion.

Our 7-day tour in the mysterious and heavenly destinations of Tibet is full of surprises, adventure, and cultural values. Potala Palace, Norbulingka Palace, New Panchen Palace,

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Jokhang Temple, Monasteries (Drepung, Sera, Pelkor, Tashilhunpo, Shalu), Excursion to mesmerizing Yamdrok Lake and Karola Glacier are some of the prime attractions in Tibet. The circumambulation in Barkhor Street and exploring Tibetan goods and foods are wonderful. Join us to experience the real Tibet and meet friendly Tibetans.

### Detail Itinerary

#### Day 01: Arrival at Lhasa

Our representative greets you upon your arrival at Lhasa airport or station. After fulfilling all the formalities, you are transferred to the hotel. The day is spent taking rest and acclimatizing to adjust to the altitude. Overnight stay in Lhasa.

#### Day 02: Lhasa Sightseeing and Exploration

Today is Lhasa sightseeing day. A visit to 3 UNESCO-listed World Heritage Sites is full of amazing beauty.

##### **Potala Palace**

The world-renowned Potala Palace is a major attraction in Tibet. The Winter Palace of Dalai Lama was established in the 7th century. It lies at an altitude of 12,140 ft. and includes White and Red Palaces built on Red Mountain. The main attractions are a huge collection of sutras, almost 10,000 painted scrolls, mesmerizing 698 murals, shrine rooms, several sculptures, curtains, canopies, pottery, jade, and private rooms. The palace preserves essential historical documents and a collection of gold & silver best objects. Tibetan culture and Buddhism are treasured in a great way. Visit the sacred Phakpa Lhakhang Temple and Namgyal Monastery Assembly Hall.

##### **Norbulingka Palace**

The Summer Palace of Dalai Lama is also famous as Plateau Botanic Garden. You can see several rare species of flora from the Himalayas. Besides, the Podrangs inside are artistically impressive. Visit Kalsang Podrang, Takten Migyur Podrang, Tyokil Podrang, and Chensal Podrang. Also, appreciate the historic Tibetan relics.

##### **Jokhang Temple**

The renowned temple is a spiritual center for Buddhists. The beautiful landscape, mesmerizing murals, and rich ornamental decoration makes the temple more fascinating. A visit to the chapels and the sight of the holy Jowo Shakyamuni Buddha is wonderful.

##### **Barkhor Street**

The full day of sightseeing ends with a visit to the popular Barkhor Street. Circumbate the street in a clockwise direction. You can see several Tibetan-style architectural houses. Try some authentic Tibetan foods in nearby stalls. Also, visit the bazaar where you can find traditional Tibetan items, scrolls, paintings, and many more. Handmade goods are best for souvenirs. Enjoy dinner with friendly Tibetans. Overnight stay in Lhasa.

#### Day 03: Visit the monasteries (Drepung, Sera)

Today is the day to sightsee the popular monasteries in Lhasa. We visit the largest Drepung Monastery followed by Sera monastery.

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### **Drepung Monastery**

Drepung Monastery situated on the Gambo Utse Mountain is the largest of the 3 Gelug monasteries. The Jamyang Choge temple and the white pagodas surrounded by chapels and other halls are magnificent. The monastery was built around the caves and its layout and structure are charming. Visiting the 4 great dratsangs/colleges, Coque hall, and Ganden palace inside the monastery is worthwhile.

### **Sera Monastery**

Sera Monastery is a renowned hermitage and nunnery place for learning. One of the 3 great Gelug monasteries is a very significant monastery in Tibet. The Great Assembly Hall, the Tratsangs, and several hermitages and nunneries are the prime attractions. The images of Buddha and other deities painted on the rocks are fabulous. The tour to the monastery ends with attending monks' debate on the Buddhist doctrines in the Sera College inside the complex. Overnight stay in Lhasa.

### **Day 04: Drive from Lhasa to Gyantse (3,977m)**

After breakfast, head towards Gyantse. On the way, we visit the popular **Yamdruk Lake**. The turquoise color of the lake is very fascinating. It is at an altitude of 4,441 meters. The beauty of this lake is that it is visibly different when direct sunlight falls on it. If the weather is clear, get a sight of Mt. Nojin Kangtsang (7,191 m). An awesome view of pasturelands surrounding the lake and can also see many animals grazing on its shore.

After a few hours of riding in a vehicle, traverse Simila Pass to reach the **Karola Glacier**. From the highway, a glimpse of a white glacier looks stunning. The glacier is at an elevation of 5560m and is 5200 m high. The surrounding snow-capped peaks and nearby turquoise waters add beauty to this glacier. Take some pictures and get ready to go to Gyantse. Overnight stay in Gyantse.

### **Day 05: Gyantse Sightseeing, Drive to Shigatse (3,845m)**

After breakfast, head towards **Pelkor Chode Monastery**. In Tibetan Language, it means '**Auspicious Wheel Joy Monastery**'. The monastery is enclosed by mountains on 3 sides and situated at the foot of Dzong Hill. The monastery consists of valuable sculptures, murals, carvings, paintings with 3 themes, a grand Sutra Hall, and the main tower. These are all major tourist attractions. There is also the Maitreya Buddha bronze sculpture, silk Thangka, 3-dimensional Mandala, and 1049 sets of ancient Tibetan sutras which are greatly treasured. All valuable things inside the monastery are significant to Tibetan history and religion.

Have lunch and drive towards Shigatse. Upon reaching, take a rest in a hotel. After that, a visit to the popular **Tashilhunpo Monastery**. In Tibetan language, it means '**All fortune and happiness gathered here**'. The main attraction here is the world's tallest and largest bronze Buddha statue. The 26.2 m high Buddha statue is ornamented with more than 1,400 precious jewels and is squatted on a 3.5m high lotus seat. Meet the monks and interact with them. This monastery is the seat of Panchen Lama, the second most important Lama in Tibet. The Chapel of Jampa, Victory chapel, Tomb of the 10th & 4th Panchen Lama, Kalachakra Mandala, Kelsang Temple, and the main assembly hall are worth exploring.

The day ends with a visit to the **New Palace of Panchen**. The beautiful garden, wall murals, and paintings are lively. The palace safeguards several precious historical Tibetan Buddhism

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items. Adore the local artistic workings and explore the sitting rooms and audience chamber. Overnight stay in Shigatse.

### **Day 06: Drive Back to Lhasa**

It's time to drive back to Lhasa. After breakfast, admiring the scenic beauty return to Lhasa. On the way back, visit one of the oldest Shalu monasteries popular for its extraordinary murals. Tibetan history, art, and religion are very well illustrated. The monastery is a perfect amalgamation of Tibetan and Han architectural styles. In the Tibetan language, Shalu means 'New Bud'. The monastery was built in 1087 AD and consists of 4 religious treasures. The 4 religious treasures are Sutra Board, Holy Jar, 6 characters inscribed stone tablet, and Huge Stone Basin. All these 4 religious treasures are historically and religiously significant. After exploring, continue a ride back to Lhasa. Transfer to a hotel for rest. In the evening, spend time wandering the streets and enjoying Tibetan foods. Overnight stay in Lhasa.

### **Day 07: Final Departure**

Our amazing and memorable Tibet Tour comes to an end. Our representative receives you from a hotel and bids farewell to you at the airport or station. Have a safe journey.