

Tibet

07 Nights 08 Days

Day 01 Lhasa



Potala Square

When you arrive in Lhasa either by train or flight, your guide will greet you and take you to your hotel. View the **Yarlung Tsangpo River / Bhamaputra River** (the longest and largest river in Tibet) and **Lhasa River** on the way. Check-in and relax, we recommend getting acclimatized to the high altitude and resting however if your health permits then do visit **Potala Square**, see the colourful fountain and enjoy amazing photo opportunities.

Hotel transfer, overnight Lhasa.

Insider Tip: To get acclimatized to the high altitude we advise a good nights rest for first time visitors, there is no rush to see all the attractions.

Day 02 Lhasa

Enjoy breakfast in the comfort of your hotel, your private tour takes you to the Winter Palace of the Da Lai Lama, **Potala Palace**. The most valuable collections are the gilded stupas of former Da Lai Lama's and the Meditation Cave of the 33rd King of Tibet.

After lunch, you will be escorted to **Jokhang Temple** founded in the 7th century. Inside the temple you will discover the statue of Buddha Sakyamuni at age twelve while outside you can see prostrating pilgrims. Around the structure is **Barkhor Street** where you can also take part in 'Kora', a religious circle of a building or mountain with locals, explore the **Old Market** prior to leaving.



Jokhang Temple

End the day with a welcome dinner, savour Tibetan Tea with locals in a teahouse. Hotel transfer, overnight Lhasa.

Optional: should time permit, your guide can take you to the Tibetan Handicraft Art Store and the Tibetan Traditional Medicine Center if you so choose. Another option is a Tibetan Culture Show in the evening.

Day 03 Lhasa



Drepung Monastery

Hotel breakfast, your private tour begins with one of the ‘*Great Three*’ Gelug Monasteries of Tibet, **Drepung Monastery**. Founded in the early 15th century, famous for housing a huge kitchen that supplied many people.

Enjoy a **Buddhist Sculpture Carving Workshop** nearby and learn of the amazing techniques used by artisans.

Head to **Sera Monastery** in the afternoon, another of the ‘*Great Three*’, from around 3.00 – 5.00 PM there is usually a Monk Debate that is very interesting to watch. Tour the Tibetan Religious Scripture Printing House and see the three beautiful sand Mandalas and colourful Rock Paintings of Buddha.



Sera Monastery

Hotel transfer, overnight Lhasa.

Day 04 Lhasa – Gyantse – Shigatse

After breakfast at your hotel, check-out and drive to Shigatse, on the way you will travel over Gampala Pass (4,790 m) and will be able to see **Yamdruk Tso** (4,400 m). This beautiful lake is surrounded by snow capped mountains and offers spectacular views of the highest mountain near Lhasa, Mount Nyenchen Khangsar.



Karola Glacier

Pass and enjoy **Karola Glacier** on the roadside and at **Manak Dam Lake**, you can hang prayer flags to **Simila Mountain Pass**. Arrive in Gyantse, Tibet's third largest city (after Lhasa and Shigatse). Visit the famous **Pelkor Monastery** and **Gyantse Kumbum** for great views of Gyantse Fortress.

Once ready, continue to drive from Gyantse to Shigatse, visit a traditional **Barley Mill** and enjoy

the landscape of the **Barley Fields**. Hotel transfer, overnight Shigatse.

Day 05 Shigatse – Lhasa

After your breakfast, check-out and begin your private tour with a visit to the home of the Panchan Lama, **Tashilhunpo Monastery**. See the world's largest statue of Jampa, well preserved. The monastery is an abiding place for successive Lamas.

Enjoy the drive back to Lhasa by Yalong Valley where you can experience amazing views of nature. Hotel transfer, overnight Lhasa.



Tashilhunpo Monastery

Day 06 Lhasa – Namtso

Enjoy breakfast in the comfort of your hotel, check-out and begin the journey to Namtso.



Namtso

See the **Nyenchen Tanggula Mountain Range** and nomads in flourishing grassland during the Summer, on the way you can appreciate the view of the **Sky Road Railway** with a wonderful snow mountain background. Upon arriving at the famous **Lagenla Mountain Pass** (5190m), you can enjoy the awe-inspiring vista of **Namtso** from above.

Embark on a leisurely trek around **Tashi Island** where your day tour concludes with a wonderful sunset. See how the sky transforms allowing you to view the Milky Way from the lakeshore.

Hotel transfer, overnight Namtso.

Day 07 Namtso – Lhasa

Breakfast, your tour guide will take you to an unforgettable sunrise at Namtso. Check-out and transfer back to Lhasa, on the way you will pass the **Yangpachen Hot Spring** for a great and relaxing experience.

Hotel transfer, overnight Lhasa.

Day 08 Lhasa

After breakfast, check-out, airport transfer or train station transfer for your onward journey.



Yangpachen Hot Spring