

## Tibet Tour

### 8 nights

### Chengdu – Lhasa – Chengdu

#### Day 1 Hong Kong – Chengdu

Depart Hong Kong (HKG) 1000hrs by flight CX986, arrive Chengdu (TFU) 1240hrs, hotel transfer, overnight Chengdu.

#### Day 2 Chengdu – Lhasa



Lhasa

Airport transfer, depart Chengdu (TFU) 1100hrs by flight CA2763 1100hrs, arrive **Lhasa (LAX)** 1335hrs, hotel transfer, check-in and rest, acclimatize to the altitude.

Welcome one of the world's highest cities, perched on the banks of the Kyichu River in a mountain-fringed valley. In Tibetan, *Lhasa* means 'Holy Land' evident by the vast collection of sacred sites. Enjoy your welcome dinner at the hotel showcasing traditional local culture, home to an ornate Tibetan and Chinese textile boutique art garden. Today's schedule facilitates an easy introduction to the high altitude and stunning surroundings.

Overnight Lhasa.

#### Day 3 Lhasa

Enjoy breakfast in the comfort of your hotel before embarking on your full day tour which begins **Potala Palace**. Explore this iconic landmark that has been transformed into a fascinating museum, an incredible UNESCO World Heritage Site.

Lunch at a local restaurant, get crafty at a Thangka Workshop by painting Buddhist images onto silk.

Continue to Norbulingka, this sprawling site contains Tibet's largest manmade garden and is fascinating to walk around. Return to your accommodation in time to enjoy an authentic Tibetan style dinner.



Potala Palace

Overnight Lhasa.

## Day 4 Lhasa



**Jokhang Monastery**

After breakfast, set off for **Jokhang Monastery**, Tibet's spiritual centre. This sprawling 7<sup>th</sup> century complex attracts scores of pilgrims, listed as a UNESCO World Cultural Heritage Site. The ornate structure blends Han, Tibetan, Indian and Nepalese styles all into one. Your tour continues to Barkhor Street in Lhasa Old Town, the heart of Lhasa, a famous pilgrimage circuit and home to a vibrant bazaar.

After lunch at a traditional restaurant, you will be escorted to Ramoche Monastery, the sister temple to Jokhang. This site houses a small young bronze Buddha statue.

Dinner at the hotel, overnight Lhasa.

## Day 5 Lhasa

You will be led to Tibet's second-highest monastery **Zhayeba Monastery** after breakfast. An important sacred site for pilgrims, perched on a cliff face, the 7<sup>th</sup> century complex comprises a series of small cave-chapels built mostly by the Tibetan king Songtsen Gampo. Explore the impressive network of temples carved into the mountainside, followed by lunch.

In the afternoon, you will have free time to relax in preparation for your culturally rich evening, there is the option to embark on some solo exploration of the area if you prefer as well.

Enjoy a Tibetan-style dinner accompanied by traditional musical performances. Today's itinerary provides the perfect opportunity to discover more of the ingredients that make Tibet such a unique destination.

Overnight at Lhasa.



**Zhayeba Monastery**

### Day 6 Lhasa

Bathe in breath-taking natural beauty as we join local pilgrims at two of Tibet's most sacred spots.



**Lhasa River**

Hotel breakfast, head off on your 50km scenic drive to Gandan Monastery, a sprawling complex located atop a lush valley. The largest of the Gelugpa sect monasteries, join pilgrims at this site as they follow the kora, learn of their traditional practice involving devotees walking around the temple as they undertake meditative thoughts. From this height, marvel at a vista that stretches across the **Lhasa River**.

Enjoy a packed lunch while surrounded by incredible nature. Your tour continues to Sera Monastery, another of the Gelug university monasteries, treasured due to the key role it played in Tibet's history and the growth of Buddhism. Experience monks debating at the monastery. Dinner at hotel, overnight Lhasa.

### Day 7 Lhasa

After breakfast, hit the road for a drive through magnificent landscapes on the way to **Yamdruk Lake** one of Tibet's three largest sacred lakes. Flanked by snow-capped peaks and lush rolling hills perfectly reflected in the still turquoise waters. Local pilgrims flock to the banks to circumnavigate the entire length over a week.

Ppicnic lunch at a scenic spot overlooking majestic landscapes before returning to Lhasa. Freshen up in your room before a farewell dinner at the hotel. Today's breath-taking scenery forms a backdrop to a perfect last day of relaxation. Overnight at Lhasa.



**Yamdruk Lake**

### Day 8 Lhasa – Chengdu

All good things must come to an end, your tour has taken you deep into Tibet's unique culture, visited ancient monasteries and met the pilgrims who flock to worship. You have passed through sweeping landscapes of snow-capped peaks, lush rolling hills, sprawling plains and dense forests and tasted delicious local food along the way while learning about authentic Tibetan culture.

Airport transfer, depart Lhasa (LXA) by flight CA2538 at 1620hrs, arrival Chengdu (TFU) 1835 hrs, hotel transfer, overnight Chengdu.

### Day 9 Chengdu – Hong Kong

Airport transfer, depart Chengdu (TFU) by flight CX987 at 1355hrs, arrive Hong Kong (HKG) 1655hrs.

# Package Information

## HKD 25,680 per person

### Flight Information

CX986 HKG-TFU 1000/1240  
CA2763 TFU-LXA 1100/1335  
CA2538 LXA- TFU 1620/1835  
CX 987 TFU-HKG 1355/1655

CX – Cathay Pacific Airways  
HKG – Hong Kong  
TFU – Chengdu  
LXA – Lhasa

**Best Season to travel is between Apr and Nov**

### Hotels

**Chengdu** – Holiday Inn, Chengdu Airport  
**Lhasa** – Songtsam Linka Retreat

### Package Includes

Tours and transfers with English speaking guide  
Accommodation in sharing twin / double at mentioned hotels (2 nights in Chengdu and 6 nights in Lhasa)  
Transportation for tour and transfers by private vehicle  
All entrance fees for visits as mentioned in the program  
All lunches during programme (food included, beverages not included)

### Package does not Include

Personal expenses (extra meals, airport and hotel portorage, drinks, tips, shopping, laundry, visa fees etc.)  
Air ticket from TFU-LAX-TFU not included (approx. HKD 8,490 + taxes per person)  
Voluntary carbon emission compensation: USD 1.50 per person per day  
Flights as mentioned above – we will find the best rates and provide based on preferred dates of travel  
Anything else not mentioned under Package Includes

### Black-out Dates

Package not valid on  
27 Apr – 5 May International Labour Day, 27 Sep – 8 Oct National Holiday

*All travellers have to apply for **Tibet Permit** to enter Tibet except Hong Kong Resident holding Home Return Permit. Tibet visa takes approx. 3 weeks after we submit all hotel and tour reservations.*