

POTALA PALACE AND CLASSICAL MONASTERIES ON THE SLOPES OF TIBET

STUNNING MOUNTAIN VISTAS AND ANCIENT BHUDDIST MONUMENTS



DAY ONE GUANGZHOU – LHASA

Depart Guangzhou at 2:55 PM and arrive at night at Gonggar Airport, **Lhasa**, situated at a soaring 3650 meters above sea level. Meet a Tibetan guide for your hotel transfer. Enjoy the stunning vistas of the Tibetan mountains, a rugged land crowned by snow-capped peaks, with a turquoise lake visible through the grey-green slopes. Spend the evening acclimating to the altitude and stay overnight at the hotel.



DAY TWO LHASA – ACCLIMATE – BARKHOR STREET

Spend half the day resting and acclimating to Tibet's high altitude at your leisure. In the afternoon, go to **Barkhor Street**, the heart of Lhasa, an ancient thoroughfare and bustling bazaar surrounding the **Jokhang temple**. Barkhor Street preserves the ancient style of living and culture of Lhasa city, giving a glimpse of what life was like centuries ago. Traditional Tibetan goods can be found here, including exotic handicrafts, as well as the best restaurants and street stalls.

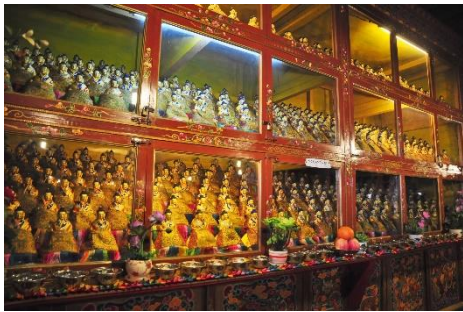


DAY THREE LHASA

Visit the world famous **Potala Palace**, the seat of the Dalai Lama since the 7th century. Originally it housed a school for monks and administrators; now it is an important destination for Buddhist pilgrims due additionally to the tombs of past Dalai Lamas. The vast palace contains 698 murals, 10 000 painted scrolls, along with fine objects, historical documents and innumerable artefacts. You will also see **The Jokhang Temple**, home of the most venerated statue in Tibet and considered the most sacred temple in Tibet.

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DAY FOUR LHASA

Spend the day visiting **The Drepung Monastery**, situated at the foot of the Mountain Gambo Utse. It is considered one of the 'Three Great Monasteries' of Tibet, covering an area of 250,000 square meters. It once held 7,700 monks in total and possessed 141 fazendas and 540 pastures, the largest scale monastery of its kind. Seen from afar, the grand, white construction appears to be a heap of rice; in the Tibetan language, its name means the “Monastery of Collecting-Rice.” Explore **The Sera Monastery** at the foot of Tatipu Hill. Another of the 'three great monasteries, view scriptures written in gold powder, statues, scented cloths and unparalleled murals.



DAY FIVE LHASA – GYANTSE - SHIGATSE

Depart for **Shigatse**, across the Tibetan plateau, which offers vistas of spectacular landscapes. Stop at the **Kambala Pass**, where you will have a beautiful view of the sacred lake **Yamdruk Tso**. Stop to have lunch at the city of **Nagartse**. Continue towards **Gyantse**, an ancient walled city dominated for a fortress built in 1390. Visit **Phalkor Monastery**, which has a special place in Tibetan Buddhism due to its unification of three different sects- the Gelugpa, the Sakyapa and Kadampa Sects in a single monastery. The famous **Kumbum pagoda** also stands in the same courtyard at nine storeys, with 77 chapels containing clay sculptures and murals. The pagoda is said to have 100,000 images, whether sculpted or painted. You will also view the famous **Kumbum Stupa**.



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DAY SIX SHIGATSE – LHASA

After breakfast visit the **Tashi Lunpo Monastery** before your drive back to Lhasa.. **Tashi Lunpo Monastery** was founded in 1447 CE by Gedun Drub, the nephew and disciple of the famous Buddhist philosopher Je Tsongkhapa, who was later named the first Dalai Lama. Relax at your leisure for the remainder of the day and stay overnight in Lhasa.



DAY SEVEN LHASA - GUANGZHOU

You will be picked up from your hotel in time to connect your flight for the onward journey to Guangzhou by at 2:55 PM, arriving at 8:35 PM.