

## Explore Central Tibet Tour

### Trip Facts

**Duration:** 8 days

**Trip Start & End Point:** Lhasa

**Group Size:** 2 Person Or Above

**Tour Type:** Private

**Transportation & Drive Hours:** Private Vehicle (Approx. 2-3 Hrs)

**Best Season:** April Through November

This tour takes us to the home of Tibetan Civilization, Tsedang to unleash the mystery of Tibetan Buddhist in Tibet's most respected palaces and monasteries. The main highlights of the tour includes visit to Yumbulakang (Tibet's first palace), Samye Monastery (Tibet's first monastery), and Trundruk monastery where one can see stunning Tangkha of Pearls decorated with a total of 29,026 pearls.



# EXPLORE

— VACATION — PVT LTD

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## Day to Day Itinerary

### Day 1:ARRIVAL IN LHASA (3650 m/11972ft) – 90 KM, 45 MIN

The adventure begins in Lhasa. There are two ways to arrive—via Nepal or via mainland China. The flight from Nepal to Lhasa is considered one of the most beautiful air routes in the world, as it provides sweeping views of Everest (8848m), Kanchenjunga (8536m) and other Himalayan peaks. If traveling via mainland China, there are a wide variety of flights in addition to the world's highest train route to reach Lhasa. Upon arrival, you will be received by our Tibetan guide at the airport/train station. After approximately 1 hours of driving, you will reach Lhasa from Airport. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude. Overnight in Hotel

### Day 2:SIGHTSEEING IN LHASA (3650 m/11972ft)

The journey begins with a visit to Potala palace – a UNESCO World Heritage celebrated for its priceless treasury of Buddhist artifacts and bejeweled tombs of past Dalai Lamas. The Potala was also the tallest building in the world for 200 years following its construction in 1645. Equally breathtaking are the gardens and sacred spaces of the Norbulingka, the Dalai Lama's summer residence. We will also visit the Jokhang Temple followed by Barkhor Markets – a bustling road lined with vendors where you can sample the smells and sounds of Tibet, or browse through the Thankas, masks, prayer beads and countless other treasures inherent to Tibetan custom and tradition. Overnight in Hotel

### Day 3:SIGHTSEEING IN LHASA (3650 m/11972ft)

Today we have another highlight trip in Lhasa follow by Sera Monastery, accompanied by an experienced tour guide (who is also a translator). Sera is an exceptional space; its white-washed walls and golden roofs speak of Tibetan Buddhism's ancient wisdom and tranquility. The group will then move to Drepung Monastery, which was built in 14th century and was home to over 10,000 monks. Drepung was also the educational center for the lineage of Dalai Lamas, and is famed for attracting tens of thousands of pilgrims for its Thangka festival. Drepung has a poignant presence in the spiritual life of Tibetans, and is the most cherished of all Tibet's monasteries. And finally visit Tibet Museum to explore more knowledge on history, culture, arts & architecture of Tibet. Overnight in Hotel

### Day 4:LHASA TO SHIGATSE (3900m) – 270 KM, 5 HRS

Today we drive to Shigatse, the second largest city of Tibet through northern route and there is a speed control traffic rule in this highway. On reaching Shigatse, check into hotel and take lunch. Then we walk to Tashilhunpo Monastery which is the highlight of Shigatse, as it is one of the largest functioning monasteries in Tibet. This monastery is the residence or official throne of Panchen Lama built in 1447. This is a vast monastery with its own streets, housing sectors, plazas, back alleys and complex of temples and halls. Overnight in Hotel

### Day 5:SHIGATSE TO GYANTSE (3950m) – 92 KM, 2 HRS

After breakfast, you will move to Gyantse. The group will stop at Shalu monastery along the way; the structure embodies the Han, Tibetan and Indian styles of architecture. Following a brief look at Shalu, the journey

continues in Gyantse. Gyantse Dzong and the Kumbum are the jewels of Gyantse. Gyantse Dzong is a historical fort built in the 14th century, and overlooks Gyantse and the surrounding Nyang Chu Valley. The Kumbum rises 35km above the town, and is crowned by a golden dome. The grounds boast a chorten (stupa), several chapels and a stunning collection of Tibetan Buddhist murals, which inspired the name of the complex. The word 'Kubum' means 100,000 images in Tibetan. The group will travel along Friendship Highway, passing Khamba La (4794 m), where there will be the opportunity to appreciate majestic views of Yamdrok Tso Lake, a deep blue body of water renowned for its unique beauty. The group will also see Nazin Kang Sang glacier standing proud at 7252m. Ahead to the west, we will come across another Karo La pass at 5045m. Following a 261 km drive, we will enter the town of Gyantse, a stunning example of a traditional Tibetan village filled with beautiful stone farmhouses. Overnight in Hotel

#### **Day 6:GYANTSE TO TSEDANG (3650m) – 322 KM, 6 HRS**

Today we will drive back through southern highway to Tsedang. The group will travel along Friendship Highway, passing Khamba La (4794 m), where there will be the opportunity to appreciate majestic views of Yamdrok Tso Lake, a deep blue body of water renowned for its unique beauty. The group will also see Nazin Kang Sang glacier standing proud at 7252m. Ahead to the west, we will come across another Karo La pass at 5045m. Overnight in Hotel

#### **Day 7:TSEDANG SIGHTSEEING**

Breakfast in the morning at hotel and then begin sightseeing tour in Tsedang valley. We visit Yambulakhang Palace in Tsedang and drive further distant about 60 km to Samye and visit Samye monastery (1 hour). Then back to Tsedang and stay overnight in hotel.

#### **Day 8:DEPARTURE**

After breakfast, you will be transfer to the airport for your flight back to onward journey.

### **Trip Cost Includes**

- Tibet special permits and entrance fees
- Tibet group visa fee
- Transportation in Tibet by private van or coach
- Accommodation on sharing room with breakfast in Tibet
- Tibetan Guide (English Speaking)
- Taxes & service charges

### **Trip Cost Excludes**

- Flight ticket for Kathmandu – Lhasa - Kathmandu
- Arrival & departure transfers (Kathmandu)
- Hotel accommodation in Kathmandu with breakfast on sharing basis
- Lunch & dinner in Kathmandu & in Tibet Alcohol & bottle drinks
- Tips for guide, driver & staffs
- Any expenses of personal nature
- Your travel insurance

- Nepal visa
- Emergency & Evacuation costs
- Any extra cost due to unforeseen circumstances like natural calamities, political reason. Government rules et



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