Namtso Lake Trek

Trip Facts

Duration: 13 days
Trip Destination: Lhasa, Tibet
Trip Start & End Point: Lhasa
Duration Of Trip: 13 Days
Group Size: 2 Person Or Above
Accommodation: Hotel In City & Tented Camp In Trek
Tour Type: Private
Maximum Altitude: 4740 M
Transportation & Drive Hours: Private Vehicle (Approx. 3-4 Hrs)
Trekking Hours: 6 To 7 Hours
Trip Grade: Moderate Difficult
Best Season: April Through November
Highlighted Places: Lhasa- Ganden-Samye-Tsedang

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Day to Day Itinerary

Day 1:Arrival in Kathmandu

Upon arrival in Kathmandu at Tribhuvan International Airport, our officer will receive you and transfer to Hotel. Overnight at Hotel.

Day 2:Sightseeing in Kathmandu & visa preparation day

After breakfast, sightseeing tour in Kathmandu city. Visit Budhanilkantha Temple, Swoyambhunath Stupa & Kathmandu Durbar Square. In the mean time, we will prepare for visa process and obtain it by evening. Overnight at Hotel

Day 3:Arrival in Lhasa (3650 m)

You will be met at Gonggar Airport by your Tibetan guide. After immigration formalities, you will be driven to Lhasa (3650 meters). It takes around 45 minutes to reach the old city. On the way, you'll be greeted with Nie Tang Buddha – a Buddha image engraved in the mountain face. After checking in at your hotel, you are advised to take rest and take it easy. Drink plenty of fluids and let your body get used to Lhasa's high altitude. Overnight at Hotel

Day 4:Sightseeing in Lhasa (3650 m)

After breakfast, you will be briefed on the day's program. An experienced guide will take you on a tour to Sera Monastery, Norbulinkha and the Barkhor Square. At the famous Sera Monastery, you will get an insight into the important aspects of Tibetan Buddhism. You pay a visit to Norbulinkha, the summer retreat of the Dalai Lama. Completed in 1956, the handsome building is ornately decorated with Tibetan carvings and paintings. Jokhang temple provides yet another glimpse of the rich Tibetan cultural heritage. You will also get the chance to stroll around the busy Barkhor Square, the nerve centre of Lhasa. After the day's tour, you will be escorted back to your hotel.

Day 5:Sightseeing in Lhasa (3650 m)

After an early breakfast, you will be escorted by your guide to the majestic Potala Palace. The imposing structure of the palace dominates the landscape of Lhasa. As you are guided through the ancient chambers of the palace, you get to see Tibetan art at its best. The Potala Palace has a vast array of intricate Tibetan murals and beautiful statues. You will also get to view the tombs of the eight Dalai Lamas. Later in the day you will visit the beautifully landscaped Drepung Monastery where you can observe nuns and monks chanting and performing religious discourses. After the day's tour is over, you are escorted back to your hotel for a well-earned rest. Note: Only a limited number of visitors are allowed inside the Potala Palace every day. So the order of sightseeing places will be decided upon by your guide. Overnight at Hotel

Day 6:Drive, Lhasa to Reting Monastery

After breakfast, drive towards north at Reting Monastery, is the ancestral monastery of the Gedain Sect of Tibetan Buddhism. The monastery is established in 1057 by Atisha's chief disciple Drom Toenpa the picturesque Lhasa River. The monastery situated in the midst of Cypress forest as it was believed that Cypress

forest had developed from a tuft of hair from Drom Toenpa who buried it at the beneath of the soil. The monastery holds the Cuckoo Worshipping Ceremony on the 15th day of the fourth month in the Tibetan calendar. Besides visiting Monastery, you can walk around some villages down the Kyichu River Valley and outside monastery hiking along the Lingkhor (outside Zhuanjing route) for approx an hour. Overnight stay at accommodation in Monastery guesthouse

Day 7:Drive, Reting to Namtso Lake via Damxung (4130m)

With early breakfast, we begin our further ultimate journey toward Namtso Lake driving through rugged road of Tibet-Qinghai Highway. On the way, you will pass Damxung city and Bali Village where you will fascinate by impressive walls made by dairy manure. On reaching around lake, you will visit Duoqia Monastery, the biggest temple built in 1716 around Namtso Lake. You will realize the mystery of the temple in the evening as you will hear the sound of mani stone carving from far distance but when you go near to the direction of sound in the temple the sound will disappear. And when you will go far away you will hear it again. It is believed that the holy mountain Nyainqen Tanglha (Nyenchen Tangula) & Lake Namtso are the couple of lovers, who guard the vast pasture & cattle together. Today is short hiking trip through beautiful meadow and camp at near herder place. Overnight at Tented Camp

Day 8:Start Trek to Buguzari-Bulanranka

Here the day comes to begin actual trekking in Namtso lake through glaciated valley. We set off our hiking from Duoqia Temple to Buguzari, the miracle place of the world in the minds of the local people. You will have wonderful sights of the caves where you will see numerous strange but beautiful images of birds, animals, trees, flowers, clouds and characters etc inside cave. We will find the change of images constantly by clear vision sometimes and obscured after a while. Overnight at Tented Camp

Day 9:Continue trek to Qiaduonanka Island & Angbakonglong Island

Today our trek goes to Qiduonanka Island where you will see many naturally built Buddhist images and characters as well as several caves. The remains of the former Qiaduo Temple faces towards the Nyenchen Tanglha Mountain ridges. It has been destructed during the Cultural Revolution and here you will see the several remaining erected giant stones are regarded as the entrance gateway of the holy Nyenchen Tanglha Mountain. On the way of trekking journey, you will hike along green meadows and also find lots of Mongolian gazelles and blue sheep in the trail. Today you will cross Kong La pass from where you will have beautiful view of Nyenchen Tanglha range & Namtso Lake. Overnight at Tented Camp

Day 10:Trek, Angbakonglong Island to Jiachangcuiguo

Your adventure holy trek will head to Jiachangcuiguo camp for today. The trek follows green meadows, several nomad camps with their herds of animals and trek on the sandlot along the lakes will makes you tired and little difficult day. Jianchangcuiguo Bathing Gate is regarded as one of the four great bathing gates of the holy Namtso lake. Also believed by the people that one having bath and baptism in this holy lake will help to extricated from the sin and brings luck and longevity in their life. Overnight at Camp by the lakeside.

Day 11:Trekking to Tashi (Zhaxi) Peninsula

The ultimate point of your trekking to holy lake will be reaching today at Tashi Peninsula. It is the largest

peninsula around Namtso lake, and is believed that arriving at Tashi Peninsula indicates the completion of walking around the Namtso holy lake. You will today explore this Peninsula by walking around holy hill, the cliff of which have eroded from centuries and other such unusual formation of rocks, pinnacle, cavern, grotto. Also you will see piles of mani stones stand and some interesting cave paintings in various grottoes. You will also visit to Zhaxi (Tashi) Dor Monastery, a cave temple of Nyingma Sect at the southeast of the Zhaxi (Tashi) Peninsula. Overnight at Camp near Yak hair tents of Nomads.

Day 12:Trek finish and Drive to Lhasa via Yangbachen hot springs

The final short wondering around peninsula to experience its mystical beauty again in the morning. Then we leave for our return journey to Lhasa. You will cross over Lache la and Damxung then further drive to Yangbachen, the highest altitude hot springs in the world. It lies at distance of 90 km northwest of Lhasa, which is rich in terrestrial heat and densely distributed with various fountains, geysers, hot springs, boiling springs as well as hot-water lakes. It is a wonderful enjoyment to take a bath in an indoor swimming pool. You will also greeted with the spectacular scene of vast Northern Tibet Grassland on the way back. Rest of day at leisure in Lhasa for shopping or relaxation and have memorable dinner at decent restaurant.

Day 13:Departure

After breakfast in the hotel at earliest, your guide will see off you at the airport or train station for your onward destination.

Trip Cost Includes

- Arrival & departure transfers
- Hotel accommodation in Kathmandu with breakfast
- Sightseeing tour in Kathmandu
- Tibet special permits
- Monuments entrance fees
- Transportation in Tibet by comfortable Hiace Van or Jeep
- Hotel accommodation on twin sharing room with breakfast in Tibet
- Tibetan Guide (English speaking)
- Oxygen bottle (portable) available in transport for emergency use
- Tibet group visa fee
- Tented camp accommodation during trekking
- All meals (breakfast, lunch & dinner) during trekking
- Support staffs (cook, helpers) for trekking arrangements
- Camping equipments like sleeping tents, mattresses, kitchen tents, kitchen utensils, food etc
- Yaks & Yakmen for carrying luggage & camping equipments
- Support truck for carrying luggage & staffs
- Taxes & service charges

Trip Cost Excludes

- Lunch & dinner during your hotel stay in Kathmandu & in Tibet (except during trekking)
- Flight ticket for Kathmandu to Lhasa & return (on request we can arrange)

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- Alcohol & bottled drinks
- Tips for guide, driver & staffs
- Any expenses of personal nature
- Your travel insurance
- Nepal visa fee
- Emergency & Evacuation costs
- Any extra cost due to unforeseen circumstances like natural calamities, political reason. Government rules etc

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