

# Highlights of Tibet

8 days | Starts/Ends: Lhasa



Discover the highlights of Tibet - the rooftop of the world, locked away in its Himalayan fortress! Discover enchanting Lhasa - home to the famous Potala Palace and Jokhang Monastery, the spectacular Yam Drok Lake, Gyantse's Kumbum, Tashilunpo Monastery in Shigatse and Yumbulakhang, the oldest palace in Tibet.

## HIGHLIGHTS AND INCLUSIONS

### Trip Highlights

- Tsedang - Discover Yumbulakhang, the oldest palace in Tibet
- Lhasa - Marvel at the iconic Potala Palace and visit the sacred Jokhang Temple, Drepung, Sera and Norbulinka Monasteries
- Yam Drok Lake - Take in spectacular views of this beautiful sacred lake, surrounded by snow capped mountains
- Gyantse - See Khumbum Stupa, the largest chorten of its kind in Tibet, and visit Pelku Chode monastery
- Shigatse - Explore the striking Tashilunpo Monastery, seat of Panchen Lama and stroll around the free market of Shigatse.

### What's Included

- Breakfast daily
- 7 nights - standard accommodation
- Arrival and departure airport transfer on day 1 and day 8
- Guided sightseeing in Lhasa, Gyantse, Shigatse and Tsedang
- Private chauffeur driven vehicles
- English speaking local guide during scheduled sightseeing
- Entrance fees to all included sites
- Tibet travel permit. Note: Tibetan travel permits are only issued from mainland China ie Beijing or Chengdu or from Kathmandu in Nepal, therefore prior to travelling to Lhasa you will need to spend a minimum of two days in one of these cities in order for us to arrange the permit for you

### What's Not Included

- International flights and visa.
- Tipping - an entirely personal gesture

## ITINERARY

### Day 1 : Lhasa

Lhasa. Arrive at Lhasa Gongkar Airport where you will receive a warm Tibetan welcome by our representative at the airport. Transfer to Lhasa (approx 70kms), soaking up the wonderful mountain scenery en route. Check into your hotel and spend the remains of

the day at leisure, to acclimatise. **Overnight - Lhasa**

### Day 2 : Drepung & Sera Monastery

Today enjoy a guided tour of the autonomous region's capital. Visit the 15th century Drepung Monastery, which was formerly one of the largest monasteries in Tibet, once housing 10,000 monks and bustling Barkhor Street. Continue on to explore the Sera Monastery which is still a working retreat, 600 years after its foundation as a main teaching monastery, and it's one of the three great Gelukpa 'universities' once housing more than 5500 monks. **Overnight - Lhasa (B)**

### Day 3 : Potala Palace & Jokhang Temple



On another full day of sightseeing in the fabled city of Lhasa, visit to the beautiful Potala Palace - the dominant landmark of Lhasa, towering 117 meters above the city below. Construction started on the red hill in

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1645 under the 5th Dalai Lama. This immense building is a masterpiece in design, 13 storeys high with walls 3 meters thick, containing over 1000 rooms, 10,000 shrines and 200,000 statues, it was both the residence of the current Dalai Lama and tomb of the former Heads of state. The entire building is made of stone and wood and covers an area of 130,000 square meters. The Potala is full of elaborate art work and frescos that tell many stories.

The highlight of the day is a visit to Jokhang Temple, the most sacred and important temple in Tibet and also the most captivating. There is an electric atmosphere at the temple as crowds of pilgrims travel around the chapels, praying and prostrating themselves. Then continue on to Norbulinka monastery - the Dalai Lama's summer palace which was completed in 1783 under the Eighth Dalai Lama. Set in beautiful grounds with fountains, chapels and pools, Norbulinka is located on the outskirts of Lhasa and it is from here that the present Dalai Lama fled in the 1950's. **Overnight - Lhasa (B)**

## Day 4 : Yamdrok Tso Lake



Lhasa (via Yamdrok Tso Lake) - Gyantse. After breakfast depart Lhasa and journey to Gyantse. En route visit the Drolma Lhakang Temple, which is associated with the Buddhist teachings of Atisha (a revered Bengali scholar). You'll also stop at the elevated view point of Kampa La to soak up the incredible views of the spectacular scorpion shaped Yamdrok Lake. Yamdrok is one of Tibet's three sacred lakes and according to local mythology, it is the transformation of a goddess. At over 72kms in length, with electric blue water and surrounded by snow capped mountains, it's an incredible sight to behold. Continuing your journey, drive

alongside Yamdrok lake for about an hour to reach Gyantse. Upon arrival spend the remains of the day at leisure. **Overnight - Gyantse (B)**

## Day 5 : Gyantse



Gyantse - Shigatse. Today after breakfast, visit Kumbum and Pelku Chode, two of the prime sightseeing spots in Gyantse. The giant, gold domed Kumbum stupa was founded in 1427 by a Gyantse prince, it has 9 floors and contains 77 chapels. Pelku Chode is the Monastery inside the same compound of Kumbum. Bidding farewell to Gyantse you'll drive on to Shigatse, Tibet's second most important city. **Overnight - Shigatse (B)**

## Day 6 : Shigatse



Shigatse - Tsedang. After breakfast enjoy a tour of Tashilunpo Monastery, which is the largest Yellow Hat sect monastery in Tibet and the seat of the Panchen Lamas. Tashilunpo contains chortens, temples and the Panchen Lamas palace, and at its peak it was home to 4,000 monks. The monastery is a striking red, white and black Tibetan structure with a golden roof. Within the monastery there is a 5 story temple, which contains a 26 meter high sitting statue of the Maitreya Buddha, cast from 6,700 ounces of gold and over 115,000 kg of copper, making it the biggest copper Buddhist statue in the world. After the sightseeing and strolling around the

free market, journey to Tsedang. **Overnight - Tsedang (B)**

## Day 7 : Yumbulakhang Palace

Tsedang - Lhasa. This morning visit Samye Monastery which was founded in the 8th century during the reign of King Trisong Detsen, with the help of the Indian Buddhist masters Padmasambhava and Shantarakshita, whom the king had invited to Tibet to help spread Buddhism. The first Tibetan monks were ordained here after examination, and are referred to as the Seven Examined Men. Over the centuries Samye has been associated with various schools of Tibetan Buddhism and today Tibetans of all traditions come to worship here.

Continue on to explore Yumbulakhang, the oldest palace in Tibet. It was believed that King Nyatri Tsenpo descended from heaven to build this palace in 2nd century BC and myths says it is the founding of Tibetan civilization. Yumbulakhang is constructed at the perfect crest of the hill divided into three different components; the tower, the chapel and monk's quarters.

Not far from Yumbulakhang is Tandruk Monastery, situated at the road side. It's said that renowned figures in the history of Tibetan Buddhism, such as Padmasambhava and Milariba, had practiced Buddhism nearby after it was built and the remaining relics are sacred land for the devotees. After a tour of the monastery travel back to Lhasa. **Overnight - Lhasa (B)**

## Day 8 : Lhasa

After breakfast transfer to Gongkar Airport for your onward flight. (B)

### PRICES / DATES INFO

Prices shown are per person when there are 2 persons sharing a room. The 'Single supplement' is compulsory if your booking party cannot reach the minimum of 2 persons in a room and this amount needs to be added to the per person price. The single supplement

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offers the comfort of your own room and is also available to any other person wanting their own room. If travelling solo, an additional '1-person' supplement will apply.

### PRICES / DATES 2021

Date	Twin Share	Single
26 Feb	USD 2,745	USD 3,205

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