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Enjoy a tour of the main tourist destinations of Lhasa, including the Potala Palace, Bekor Street, Jokhang Temple and Sera monastery. Tourists can also visit Namtso Lake, one of the four sacred lakes of Tibet, 4718 Meters high. Surrounded by its magnificent beauty, there is a spectacular view of the snow-capped mountain range of Ningchen Tanglaha, which is home to Tibetan nomadic species that live in harmony with their animals and their natural environment.

### 5 nights 6 days Tibet tour

- ❖ Visit the ancient houses of the Dalai Lama and appreciate the Tibetan architecture
- ❖ Wander the streets and admire the goods
- ❖ Discover ancient temples and monasteries and learn about the history of Tibet
- ❖ The magnificent view of the turquoise lakes with a Himalayan background

5 Nights 6 day tour of Tibet includes popular attractions in Lhasa, as well as day tours through the caves of Ganden Monastery and Drayerpa Cave. In Lhasa, you will visit the magnificent Potala and Norbulingka palaces, the traditional Tibetan hospital and the Barkhor Bazaar. Here you also visit some influential Tibetan monasteries such as Sera Monastery, Drepung Monastery and Jokhang Temple. In Tsedang, you visit the 8th-century Samai Monastery, the first Buddhist monastery in Tibet, the Chim Phu Caves and the Yamblekhang Fort. Next day was planning to explore the primary two attractions around Lhasa, Ganden Monastery and Dryrepa Cave, the ideal location of Ganden Monastery and the mysterious charm of Drapepa Cave.

## Travel itinerary

### **Day 01: Arrival in Lhasa and drive to Tedong**

You reach Gonggar Airport in Lhasa by a direct flight from Nepal or with the Chinese mainland. If you choose to fly from Nepal, you must take advantage of the hour-long flight in the Himalayas, which is considered one of the most beautiful flights in the world. It takes you to Everest, Kanchenjunga and other Himalayan peaks and glaciers. If you travel to Lhasa via mainland China, you can go from all major Chinese cities or take the railway line to Lhasa. Upon arrival in Lhasa, our representative will take you to your reserved hotel in Tedong, where you are advised to enjoy and rest properly.

### **Day 02: From Tsedang to Lhasa via Samye monastery**

After early breakfast, you start your road trip to Lhasa via Samye monastery. The first monastery in Tibet is the Samye monastery in the southern part of Lhasa on the north bank of the Yarung Sangpo River, known as Trisan Detson, the 38th king of Tibet and Guru Rinpoche. Samye monastery is a major attraction and one of the most spectacular and beautiful places in Tibet. Then you will head to Chim Phu Nunnery, the opening of the Chim Phu caves. From there, it takes four hours to get to the main cave and back. It is practically impossible to visit them because all the caves are not in the same place. They are spread over the upper valley. So you only visit a few caves and return to the nun. Then continue to Lhasa.

### **Day 03: Sightseeing around the Lhasa: Potala Palace, Norbulingka Palace and others**

After breakfast, you start a visit to Lhasa. Today is the day when you visit the magnificent palaces of Potala and Norbulingka. The Potala Palace, built in the 17th century, offers breathtaking views of the entire city and houses the private quarters of the Dalai Lama, many large halls and shrines. Norbulingka Palace is the Summer Palace, and the houses of the Dalai Lama are considered to be the most extensive artificial gardens in Tibet. You then visit the traditional Tibetan hospital, which is at the heart of the treatment, education, research and production of Tibetan Shadham.

#### **Day 04: Ganden Monastery and Drayerpa Cave:**

After breakfast, drive towards to Gandon Monastery at the top of the Wangbur Mountains in Lhatse County, 57 km east of Lhasa. It is the oldest of the six Gelug monasteries in Tibet and one of the "Big Three". The Gandon Monastery has many magnificent and delicate sculptures. In the afternoon, you visit the cave of Drayerpa in the beautiful valley with breathtaking landscapes. There are more than 30 caves for Lamas who want to meditate in a tranquil setting. In the evening, return to Lhasa and spend the night.

#### **Day 05: Sightseeing of Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and Barkhor Bazaar**

After breakfast, you will visit Drepung Monastery, Jokhang Temple, Sera Monastery, and Barkhor Bazaar. The 14th-century Drepung Monastery is said to have protected 10,000 monks in the past, but so far only a few hundred. The history, culture and religious beliefs of the Tibetan people are very concentrated in this magnificent monastery. Sera Monastery is a preserved monastery with whitewashed walls and golden ceilings. Another essential sacred place that reveals the deepest secrets of Tibetan Buddhism is the Jokhang Temple. You will continue to go to Barkhor Bazaar. With the many open stands, shops and travellers, it is the nerve centre of Lhasa.

#### **Day 06: last farewell**

Your secret visit to Lhasa and Tsedang ends today. Just shopping for souvenirs or relaxing in our hotel room. The representative of our office will take you to the airport or train station.

#### **Costs are includes**

- ❖ All necessary Tibetan travel permits
- ❖ Collection and return from the airport and the hotel
- ❖ Private deluxe vehicle for transportation
- ❖ Hotel in Tedong and Lhasa on twin sharing basis with breakfast
- ❖ An English-speaking, experienced and license holder Tibetan guide

- ❖ All Entry tickets fees for visits to monasteries and temple
- ❖ Necessary government taxes, paper work and service charges

### **Costs are not included**

- ❖ Any accommodation in Nepal and mainland China
- ❖ Chinese entry visa fees
- ❖ International air ticket cost
- ❖ Travel and health insurance
- ❖ Lunch and dinner during the tour
- ❖ Tips for driver and tour guide
- ❖ Nepal entry visa fees

### **Accommodation and meals**

During the Tibet tour, you will stay in a three-star category hotel. It is also possible to upgrade to a higher rated hotel by paying additional fees. All accommodations are in a double or twin share basis.

All of your tours include a daily breakfast. Lunch and dinner are not adding as we prefer to give our customers the freedom to try the local food themselves. Meals are usually served at the hotel. We cannot guarantee special meal requests, but we will do our best to meet your specific nutritional needs for meals.

### **Acclimatization**

At a higher altitude, you get less oxygen in the air. It takes your body a few days to get used to this less oxygenated environment. During this visit, you will spend the first four nights in Lhasa, which gives us plenty of time to acclimatize.

Therefore, it is a good idea to exercise or jog regularly, preferably a few weeks before travelling at high altitudes. We recommend that guests consult their doctor before starting their trip, especially those who suffer from known heart, lung, or blood disorders.

### **Best travel time**

Summer (June, July, and August) and autumn (September, October, and November) and Spring (April and May) are the best seasons for this trip in Lhasa. We can also enjoy this trip in the winter months, but it can get colder.

### **Necessary documents**

The documents below are essential and must be with you at all times.

- ❖ Minimum of six-month Valid passport
- ❖ Health and travel insurance card
- ❖ Plane or train tickets etc.
- ❖ Few passport size photos
- ❖ All necessary entry permits

### **Changes in travel Itinerary and cancellations**

We endeavour to arrange tours as stated on itinerary but reserve the right to change the itinerary or replace activities, hotels, meals, or transportation if we deem it necessary due to any reason. We also have the right to cancel a trip at any time before it begins for any reason, such as unforeseen circumstances or circumstances beyond our control. In this case, we will book you again on another day. However, if we cannot book you again, we will return a full amount