

Contact Details:

- ✓ Web: - www.nepaltouroperators.com
- ✓ Email: - nepaltouragency@gmail.com
- ✓ Cell No: - +9779871016865 (whatsapp, viber, WeChat)

Tibet is a culturally rich and beautiful country. Its location is on the highest plateau in the world at an average height of over 4,000 meters. It is the southwestern border of China. The Tibet Autonomous Region, with over two million inhabitants, extends over an area of 1.2 million square kilometers. Tibet has a long and complex history. China has been invaded in 1959 and the inevitable watering down of Tibetan culture. However, Tibet has proven over the years that its way of life could withstand this influence.

6 nights 7 days Tibet Tour Highlights

- ❖ Visit the great Potala Palace and sacred Buddhist temples and monasteries
- ❖ Sightseeing in Lhasa, such as the Jokhang Temple and Drepung Monastery
- ❖ Explore the beautiful landscapes, lakes, surrounded by forests
- ❖ Visit huge glaciers, Snow Mountains, meadows, villages, etc.

6 nights 7 days Tibet tour is ideal for travelers who want to experience the culture and natural landscapes on a short trip. You start your journey from Lhasa, where you can visit the famous sights in and around the city of Lhasa at a relaxed pace. Then you have a long trip to Nyingchi, which is a hidden gem. The altitude is lower (2900 m) so that most people feel more comfortable there. Tourists do not suffer from altitude sickness or excessive drought or cold. Instead of returning to Lhasa, leave Tibet by plane directly from Nyingchi Milin Airport.

Itinerary

Day 1: Arrival in Lhasa

Welcome to Lhasa, Tibet. It is a holy land of Tibetan Buddhism. Your guide will greet you at the airport arrivals hall and escort you to your reserved hotel in Lhasa city center. You will enjoy the magnificent views on the way.

After check-in at the hotel, you can rest and get used to the altitude and weather in Lhasa for the rest of the day. Avoid strenuous physical activity on this first day, as this can lead to altitude sickness, but you can take a few quiet walks around the city to get used to the air and altitude of the city of Lhasa. We strongly suggest that you do not drink alcohol on the day of arrival, a lot of water and fruit are recommended instead.

Day 2: Sightseeing tour around Lhasa City

After having breakfast, you will start an incredible exploring the city of Lhasa. The great Potala Palace will be the first place to discover. After more than 1,300 years of historical change, this massive palace still dominates the skyline of the city of Lhasa. The palace is the political and religious center of Tibet and served as a place of government and preaching for the Dalai Lama. As you climb the sacred steps of the Red and White Palace, explore their wonderful interiors with exquisite Thangkas, numerous Buddha statues, living murals, and other works of Buddhist art.

In the afternoon, you will first visit Tibet's most sacred Buddhist temple, the Jokhang Temple, where the 12-year-old statue of Shakyamuni is inaugurated. With a 1300-year history, this temple combines the architectural styles of Tibet, China, Nepal, and India. As the spiritual center, the Jokhang Temple attracts hundreds of pilgrims who devote themselves to worship there every day. Behind the gate of the Jokhang Temple is the famous Barkhor Street pilgrimage circle, where you can join Tibetan believers in colorful outfits as you circle the circle around the Jokhang Temple.

Meals included: Breakfast

Day 3: Continue Sightseeing in Lhasa

After breakfast, you will continue your day with a visit to the Dalai Lama's Summer Palace and the largest Tibetan garden Norbulingka Park. Lush trees and flowers, cool ponds, and comfortable palaces make Norbulingka the best place for a summer vacation. Then drive about 5 km west to the monastery of Drepung, which played a crucial role in Tibetan Buddhism as a school for the Dalai Lamas. As you walk, huge temples and chapels pop up in your eyes. At its peak, more than 10,000 monks lived and studied in the monastery. Various Buddhist rituals are practiced in the monastery during the holidays. The best known is the ceremony of the Buddha's exhibition at the annual Shoton Festival.

Then, you will enjoy visit the Sera monastery, six hundred years old and it is grand ceremony of Buddhist debates and its beautiful temples with sensational icons, murals, and history.

Meals included: Breakfast

Day 4: Drive from Lhasa to Gyantse

Today you will move from Lhasa to Gyantse 6 hours by car. After about an hour and a half drive from Lhasa, you will reach the famous sacred Yamdrok Lake. With a height of 4,441 meters, it is known as one of the three most beautiful holy lakes in Tibet. The pure turquoise lake is located between snow-capped mountains. Around the shores of the lake are peaceful Tibetan villages in the flat valleys. If you look into the distance, you can still see yaks and spotted sheep grazing on the meadows. Continue to the next destination Gyantse and enjoy the view of the grand and immense Karola glacier.

Upon arrival in Gyantse, visit the emblem of the Gyantse Palcho Monastery. It is a traditional Tibetan monastery, which is a mixture of Han, Tibetan, and Nepalese architecture and which has both temples and stupas. Finally, climb to the Dzong Fortress for a panoramic view of the city of Gyantse.

Meals included: Breakfast

Day 5: Drive from Gyantse to Shigatse

Today, early morning, you will go to a spectacular place where you can have a clear view of the old conditions of life a hundred years ago - Pala Manor, a private mansion of the Pala family, a famous aristocrat from the 17th to the 19th century. The hosts lived in bright, large, and luxurious rooms and enjoyed expensive furniture and imported luxury such as OMEGA Watch, LV Purse, wine, etc. All the houses and rooms of the aristocrats and serfs remain in order.

After visiting the Pala Manor, drive about 2.5 hours to Shigatse, the second-largest city in Tibet. Upon arrival, explore the famous Tashilhunpo Monastery. It was built in the Ming dynasty in 1447 by the pupil of the Buddhist master Tsongkhapa and then became the Buddhist center of the Tsang region. It was the traditional seat of the Panchen Lamas, one of the two most powerful Buddhist leaders in Tibet. A 3,000-meter wall surrounds the Tashilhunpo Monastery. The entire monastery was built against the backdrop of a mountain with a view of the sun. There are 58 sutra chapels and around 3600 halls. In Tashilhunpo Monastery, you can view many buildings erected with golden tiles, white and red walls intertwined, and thangka exhibition platform.

Meals included: Breakfast

Day 6: Drive from Shigatse to Lhasa

Today, after breakfast, you will return to Lhasa. It takes around 5 hours. On the way, you will enjoy the fantastic landscape of the valley and the snowy mountain and feel the special feeling of traveling in the outback far away from modern civilization. Before arriving in the city of Lhasa, take excursions to the unique Nyemo Tunba and the great Nyethang Buddha.

Nyemo Tunba is famous for being the birthplace of Tunmi Sangbusha, who invented the Tibetan character and incense in the 7th century. There is an exhibition space for travelers to learn more about the Tibetan characters. The interesting thing is to view at the process of making Tibetan incense with a water mill.

Meals included: Breakfast

Day 7: Drop to Airport or train station

Today is free for you until the time to go to the airport or train station to leave Tibet. Please check your luggage and make sure everything is ready. Then check out your hotel before noon.

Meals included: Breakfast

What is includes

- ❖ Professional, English speaking, license holder tour guide
- ❖ All necessary travel permits to Tibet, including the entry permit to Tibet
- ❖ Entry tickets fees for all attractions as per the itinerary
- ❖ Three-star Hotel accommodation with breakfast as per itinerary
- ❖ Required transfers as indicated in the itinerary
- ❖ Collection and return at the airport or train station

What is excludes?

- ❖ China entry visa fees
- ❖ single supplement charge
- ❖ Visits that are not on the itinerary
- ❖ flights or trains ticket fees to and from Lhasa
- ❖ Tips for the driver and guide
- ❖ Lunch and dinner during Tibet tour

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 traveling 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 endeavor 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 the trip any time for any reason, like 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