

## Discover Lhasa Tour

<b>Trip code</b>	3656
<b>Package name</b>	Discover Lhasa Tour
<b>Duration</b>	5
<b>Max. elevation</b>	3656 m
<b>Level</b>	EASY
<b>Transportation</b>	Flight from Kathmandu - Lhasa and Grounded vehicals during the tour.
<b>Accomodation</b>	Standard Hotel twin sharing bed basis during the tour.
<b>Starts at</b>	kathmandu
<b>Ends at</b>	Lhasa
<b>Trip route</b>	kathmandu - Lhasa - Sera - Potala - Norbulikha - Ganggar
<b>Cost</b>	USD 1,460 per person

## Highlights

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- Exploring fascinating city Lhasa with cultural heritage of Potala palace.
- Sera and Drepung monastery.
- Jokhang Temple.
- Bharkhor market.
- Experience real daily lives of local Tibetan and feel their hospitality and friendliness.
- The beautiful high plateau landscape.

## Overview

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Discover Lhasa tour is a short tour which will lead you to the unforgettable glimpse of the city on the roof of the world. This tour will give you a good slant of Tibet's capital, Lhasa. You will get a fortuity to discover the beauty of Lhasa in just 4 days.

Lhasa, which means “Land of the Gods”, is over 1,300 years old. It is the capital city of Tibet and sits in a valley right next to the Lhasa River. Lhasa is considered as the heart of Tibet and is filled with distinct history, culture, and tradition. Lhasa is rightly one of the most featured and dreamt-about cities in the world. This is not only because of its high altitude at 3,650 meters (11,975 feet) which means remoteness and limited accessibility, but also because of its over 1,000 years’ cultural and spiritual history which leaves an impressive heritage that has helped to create the romantic and mysterious Tibetan religion. Tibet on its pride of spectacular mountain scenery and a rich cultural heritage is a place worth visiting. Tibet is indeed a very rich and beautiful land, located on the highest plateau on Earth at an average altitude over 4000 meter. Different from the inland cities and other places in that high land, Lhasa is unique with an allure all of its own. The city has also been appointed as one of the 24 historical and cultural cities of China.

During this tour, you will get an opportunity to visit Tibet’s holiest temple and most majestic palace. Wander the narrow back streets, alive with life. You will be expertly guided around the Tibetan monasteries, temples, monuments and important tourist sites by an expert local Tibetan guide. In Lhasa you explore the Potala Palace, Sera Monastery, Jokhang Temple, Drepung Monastery, Norbulinka monastery, Tibetan medical centre and the busy Barkhor Square. The legendary Potala Palace dominates the skyline with its Powerful and ancient architecture. The uncountable number of monasteries and temples of the city such as the great Jokhang Temple and Drepung allow the visitors to experience the real Tibetan Buddhism in this Discover Lhasa tour and Norbulinka allow the visitors to seek the beautiful gardens and the peaceful environment. The trip to these ancient monasteries and temples will provide you with a sense of wonder for years to come! Discover Lhasa tour is a comfortable tour. The neat and clean hotel accommodations will be provided in this tour which is centrally located and conveniently close to nearly all the major attractions in Lhasa. Although Lhasa is not a huge city, it is a small and bustling city. This would be the memorable outing for anybody who visits.

The journey to unlock the complexities posed by this arid mass of discovery begins with probably the most dramatic flight in the world. From Kathmandu, your journey begins to the huge backbone of the High Himalayas to land deep in the heart of the Tibetan plateau. A further two hours’ drive by road through barren wilderness Lhasa, the capital and home to the famous Potala Palace unfolds. Lhasa remains the major focus of Buddhist worship anywhere in the world, a place for the traveler to cast away any preconceptions he or she may have and join in Tibet’s journey of discovery along the way at least for a while.

## Trip Itinerary

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**Day 1 : Transfer to airport Kathmandu / Lhasa flight.**

In the morning you will be transferred to the Tribhuvan international airport to depart on your 1hr and 10 min flight to Lhasa. Upon arrival, you will be greeted by our Tibetan representative and then drive to hotel in Lhasa. It will be two hours scenic drive to your hotel. Check in to hotel and take it easy for rest of the day to acclimatize. Overnight stay in the hotel.

## **Day 2 : Sightseeing tour of Sera Monastery, Jokhang Temple and Barkhor Bazaar.**

Today after breakfast, visit the Jokhang Temple -Tibet's holiest temple which contains a jeweled image of the Buddha in the Centre of the Old Lhasa city. This four storied temple is the fusion of Nepali and Tibetan architectural style. After that you have time to walk around the Barkhor Street which is one of the most devotional circuit as well as crowded central market of Lhasa. It is about a kilometer and the devotees make circumambulation of the temple through this street. As a busy public square, the street gives you a closer look at the day to day life of Tibetans. Being "a saint road" in the eyes of Tibetan, you can feel the local spiritual belief by seeing different pilgrims from all over Tibet with different dresses and dialects to pray devoutly along Barkhor Street. Like a miniature of Lhasa, it shows you another aspect of the Tibetan material life. There are an eye full of fantastic stores and shops along the street to display most characteristic items and commodities, including thangkas, prayer wheels, prayer flags, Tibetan styled clothing, milk tea and more. Barkhor Street is such a great place to buy some souvenirs and suck up the local Tibetan lifestyle. The day will end with a visit to the Sera Monastery, home to several hundred monks from different part of Tibet. It is one of the biggest monasteries, located in the northern foothills of Lhasa. This magnificent monastery comprises of big halls, colleges and dormitories. Setting against a backdrop of mountains, it makes for a good photographic experience by climbing the halfway mountain behind. Noted for its debate session, Sera Monastery stored many precious relics, arts, scriptures for monks to learn Buddhist knowledge. The daily Buddhism debating is a truly spiritual "class" to practice and test their mastery of Buddhism. As the top highlight in Sera Monastery, the debate is open to public for tourists to enjoy the charm of Buddhism and find some enlightenment, which can't be missed out. Stay overnight in Lhasa.

## **Day 3 : Sightseeing tour of Potala Palace and Drepung Monastery.**

Today after breakfast, we will visit the famous Potala Palace, the masterpiece of Tibetan architecture. As the symbol of Tibet, Potala Palace has many things worth seeing, the architecture of the entire construction, the splendid well-preserved artworks and various kinds of religious treasures and etc. By sightseeing all those highlights, you can trace back to old days and experience the glory of Tibet history.

Though walking through the long steps to reach the place are quite challenging. After the sightseeing of the Potala palace, relax for a while and observe the scenic beauty of Lhasa. In the afternoon, we will visit the Drepung monastery which is 7 km away from the Potala palace. As the largest monastery of Tibet constructed in 1416, there was a total of 10,000 monks once lived here in the peak times, Drepung Monastery plays an important role in Tibet Buddhism. The

monastery is especially known as the site of the annual Shoton Festival, during which a giant thangka painting will be unfurled on the hillside. After sightseeing return back to hotel. Overnight, stay in hotel.

#### **Day 4 : Sightseeing tour of Norbulinka Palace and Tibetan Medical Centre.**

Today after breakfast, drive to Norbulinka palace. Norbulinka, which means “Treasure Park” in the local language, is a palace. It was the summer palace of Dalai Lama till 14th Dalai Lama’s exile. The palace consists of several complexes, and gardens; and is considered the biggest one of its kind in Tibet. Norbulingka expands its scale into over 360,000 square meters and more than 374 rooms, including Dalai Lamas’ palaces for 7th to 14th. Dotted with various kinds of precious flowers and plants, it is the genuine “Plateau Oxygen Bar”. With peaceful atmosphere and tranquility, you will easily get yourself relaxed when walking inside this pure land. After refreshing up yourself with the beautiful gardens and architectural palace of Norbulinka drive to Tibetan Medical centre. Originally built in 1916, Mentsekhong (also called ‘Tibetan Medical and Astrological Institute’ at that time) was the place of research for Tibetan medicine and calendar calculations for the former local government. After a large expansion in 1980, it became the center for the treatment, training, research and production of Tibetan medicine. Here you can observe the traditional treatment method and other important surgical condition. After the excursion of the centre, drive back to hotel. Overnight stay in hotel.

#### **Day 5 : Transfer to Gonggar airport for your flight to Kathmandu or other onward destination.**

Today you will be transferred to Gonggar airport as per your flight to Kathmandu or onward destination. Till your flight schedule you can stroll around the place nearby your hotel and add more memories to your lifetime experience of Lhasa.

## **Inclusions**

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### **What is included?**

- Airport pick up and drop as per the itinerary.
- Tibet Visa
- Flight from kathmandu to Lhasa.
- Necessary Tibet Travel Permit.
- Private Transportation by jeep/van in Tibet.
- Sightseeing and entrance fee as per the itinerary in Tibet.
- English speaking Tibetan guide.
- All the Government and local taxes.

Hotel Accommodation on twin sharing basis Tibet.

Full board meals ( Lunch, Dinner and Breakfast) with cup of Hot drinks during the trip in Tibet.

### **What isn't included?**

International airfare.

Insurance of any kind.

Personal expenses like beverage, mineral water and tips.

Loss, theft or damage to baggage and personal effects. (We strongly advise you to get personal travel insurance.)

### **Complimentary**