

# Lhasa Yamdrok Shigatse Central Tibet Culture Small Group Tour (6 Days)



## Trip Overview

6 Days Central Tibet join-in group Tour is a small group tour starts from the holy Lhasa city, then extends the way to Gyantse and Shigatse in the west. You will deeply be overwhelmed by visiting numbers of world heritages, supernatural temples, bustling street in Lhasa, and experience the distinct Tibetan culture of western (Tsang) Tibet. You will never waste every single minute by discovering new experiences and wonders on the way to Gyantse and Shigatse.

Central Tibet tour is a Tibet cultural tour. If you are interested in cultural trip in Tibet, it is worthwhile.

**Total Trip Days:** 6 Days

# Itinerary

## Day 1:

Attractions: No

Meals: No

Hotel: 3★/4★ hotel in Lhasa

Welcome to Lhasa! Upon your arrival at Gonggar airport or Lhasa Railway Station, your professional Tibetan guide will meet you right in the hall on time, with your name sign. Then a comfortable car and experienced driver will take you to Lhasa hotel safely. It is about 65km from the airport to Lhasa city and takes less than an hour through the Airport Expressway. It is only 25km from the railway station and takes about half an hour.

After arriving at hotel, tour guide will help you check in. You can take a rest and get acclimatized to high altitude.

Tips:

1. To adapt to the high altitude ( over 3,600m ), you are recommended to have a good rest in the hotel, no running and intense activity, no smoking and no alcohol, no shower.
2. Please drink sufficient water and eat more vegetable, fruits, meat and eggs for more energy.
3. For the first-time visitors, it is common to have different degrees of high altitude sickness symptom.

## Day 2:

Attractions: Drepung Monastery, Tibet Museum and Norbulingka ( or Sera Monastery )

Meals: Breakfast, Welcome Dinner

Hotel: 3★/4★ hotel in Lhasa

After breakfast at your hotel, driven to visit Drepung Monastery. Drepung Monastery was ever the largest monastery with more than 10 thousand monks, and now is one of three great monasteries in Lhasa. Seen from the distant, its grand, white construction gives the appearance of a heap of rice. In the afternoon, you will visit Tibet Museum, where you can explore Tibetan culture through displays of daily life, traditional attire, unique architecture, and festive customs. Next, you will go to Norbulingka, a classic Tibetan-style royal garden that served as the Dalai Lama's summer retreat.

( Or in the afternoon driven to visit Sera Monastery, which is famous for the unique "Scriptures Debating" activity held from 3:30pm to 5pm in the central courtyard except each Sunday. )

Then transfer back to the hotel.

Tips:

1. Pack plenty of drinking water, sun glasses, suncream and some food.

### **Day 3:**

Attractions: Potala Palace, Jokhang Temple and Barkhor Street

Meals: Breakfast

Hotel: 3★/4★ hotel in Lhasa

After breakfast, your tour guide & driver will pick you and drive to visit the splendid Potala Palace, which is Lhasa's cardinal landmarks. You will have a whole morning to explore this world-level architectural works: White Palace, Red Palace, corridors and stairs and countless lama's dormitory. Others include: Buddha statues, red-robed lamas and devoted, murals, etc. In the afternoon, you will walk to visit the age-old Jokhang Temple, as the spiritual center of Tibet, which will deeply impress you with its magnificence and sincere pilgrims. You will see pilgrims donating butter oil to keep the lights burning for the Buddha; learning Tibetan Buddhism; hearing the red-robed Lamas praying; taking photos of the gold roof and enjoying the beautiful sunshine of Lhasa.

Tips:

1. In Potala Palace, your visiting time is limited on 1 hour. Climb up there, you might experience slight shortness of breath, please take your time and rest when needed.
2. Don't disturb pilgrims and Lama. Don't take photos of them without permission.

### **Day 4:**

Attractions: Yamdrok lake, Karuola Glacier, Pelkhor Chode monastery

Meals: Breakfast, Dinner

Hotel: 3★/4★ hotel in Shigatse

On leaving the Tibetan capital, we will first drive southwest towards the beauty of Lake Yamdrok taking the winding road up to the crest of the Gampa La pass at 4794 meters. From the pass you get the first glimpse of the beauty of Lake Yamdrok below ringed by snowy mountain peaks and stretching out across the whole landscape before you. In the distance the holy Mount Nyenchen Khangsar stands tall in the Nyenchen Tanglha Mountain Range.

On the way to Gyantse, after lunch, we cross over the pass at Karo La (5159m) where we can view the beautiful glacier that falls from the slopes of Mount Nyenchen Khangsar. In Gyantse we will stop at the Pelkor Chode Monastery to explore both the monastery and the outstanding 32-meter stupa that is the highlight of the day. Known as the Kumbum Stupa this one-

of-a-kind stupa has nine floors and 108 chapels which contain thousands of images and statues throughout. Then we will continue on in the late afternoon to reach Shigatse before nightfall.

### **Day 5:**

Attractions: Tashilunpo Monastery and Yalong Valley

Meals: Breakfast

Hotel: 3★/4★ hotel in Lhasa

After breakfast we will spend the first part of the morning touring around the famous Tashilhunpo Monastery the seat of the Panchen Lama before heading off along the Friendship Highway towards Lhasa. Built in 1447 by the first Dalai Lama, the monastery is now the traditional seat of the Panchen Lama Tibet's second highest religious incarnation. There you will be able to see the tombs of 7 Panchen Lamas explore the twisting cobbled streets and get a peek into monastic life.

On the route drive back to Lhasa by following Yalong Valley, you can stand on the viewing platform and view the vast Yalong River bed. Finally the guide will transfer you back to your hotels in Lhasa.

### **Day 6:**

Activity: See off to Lhasa Airport or Railway Station

Meals: Breakfast

Hotel: No

Today is free for you until you are escorted to the airport or railway station for departure and the guide will help you get on board.

## **Route Map**

06 Days

LHASA YAMDROK SHIGATSE CENTRAL  
TIBET CULTURE SMALL GROUP TOUR



ALTITUDE CHART

