Lhasa Tour - The Best Of Tibet

DURATION: 5 DAYS

Trip Facts

Group Size 1-10 Persons

Trip Grade Easy

Accommodation Hotel & Guest House

Start From Lhasa

End At Lhasa

Transportation Plane & Jeep

Duration 5 Days

Meals included Breakfast, Lunch & Dinner Days

Trip Overview

Tibet, Lhasa Tour, the traditional homeland of Asia is one of the most beautiful places in the world with splendid lakes, unique landscapes, spectacular views of the Himalayas, and unspoiled scenery. In other words, Tibet is known as the roof of the world because it is about 3 miles above sea level, and there are not many places on earth higher than that. The numerous beautiful monasteries of Tibet are inevitably the best spiritual experience for travelers. You can experience a warm welcome from the locals of Tibet; they are very friendly, humble, and generous. The people will truly make traveling in Tibet a profound joy with their disarming smiles, great tolerance, and openness of heart. The magical, mysterious, and rich heritage of Tibet invites hundreds of travelers from different parts of the world every year. The sacred Namtso lake and the deepest canyon in the world, Yarlung Tsangpo Canyon is the major attraction of Tibet for its travelers. Some of the other major attractions of Tibet are Potala Palace, Barkhor Street, Everest Base Camp tour, Ganden Monastery, **Sera Monastery, Samye Monastery, and Yamdrok Lake**. No individual travelers are allowed to enter Tibet without a licensed tour guide, the Tibet entry permit is very important to travel to this beautiful country. Explore the beauty of Tibet in your next holiday destination with our best value packages and first-hand travel information throughout your journey.

Trip Itinerary

Day 1 Arrival in Lhasa (3,650m/11,972ft)

You arrive at the Gonggar Airport in Lhasa, Tibet's administrative capital and one of the highest cities in the world. If you fly into Lhasa from Nepal, you will enjoy an hour of breathtaking views of The Himalayas on what is considered to be one of the most beautiful air routes in the world. If you choose to travel via mainland China, you may fly in or take the world's highest train route to Lhasa. You will be greeted by a representative of the Alpine Club of Himalaya upon your arrival at the airport or train station. You are advised to rest for the rest of the day to adjust to the altitude and minimize altitude sickness, as Lhasa has an elevation of about 3,600 m (11,800 ft) and lies in the center of the Tibetan Plateau with the surrounding mountains rising to 5,500 m (18,000 ft), and thus the air only contains 68 percent of oxygen. Overnight in Lhasa.

Day 2 Lhasa sightseeing: Potala Palace, Norbulingka Palace, and Tibet Museum: 5 – 6 hours

Lhasa, which means the “place of the gods”, is also the religious capital of Tibet, where Buddhist master Padmasambhava is said to have magically pinned down the earth demoness and built the foundation of the Jokhang Temple over her heart. You will visit the Potala Palace, which was the chief residence of the Dalai Lama and is now a museum and World Heritage Site. The building measures 400 meters east-west and 350 meters north-south, with sloping stone walls that have copper poured into the foundations to help prove it against earthquakes. The palace has thirteen stories containing over 1,000 rooms, 10,000 shrines, and about 200,000 statues, and is situated at 117 meters (384 ft) on top of Marpo Ri, the “Red Hill”, rising more than 300 m (about 1,000 ft) in total above the valley floor. It is magnificent and provides a breathtaking view of the valley. Next, we visit the Norbulingka Palaces, which were built by the 7th Dalai Lama and served both as the administrative center and religious center, was also the summer palace of the Dalai Lama. Also a World Heritage site, the palace has what is considered to be the largest man-made garden in Tibet. Next, we visit the Tibet Museum, the official museum of Tibet, which has a permanent collection of around 1000 artifacts related to the cultural history of Tibet. Overnight in Lhasa.

Day 3 Ganden Monastery and Drayerpa Cave: 5 – 6 hours

In the morning, we drive to Ganden Monastery, one of the “great three” Gelug university monasteries of Tibet located at the top of Wangbur Mountain at an altitude of 4,300m. Ganden Monastery has extremely delicate and fine murals and sculptures, with more than two dozen major chapels with large Buddha statues. The monastery also houses artifacts that belonged to Tsongkhapa, including his tomb. It also has an armor suit decorated with gems worn by Emperor Qianlong, which was bestowed to the monastery as an offering to Tsong Khapa, founder of the Gelug sect. We then drive to Drayerpa Cave located in a beautiful valley with a stunning landscape, that has more than 30 caves for Lamas who wish to meditate. In the evening, we drive back to Lhasa. Overnight in Lhasa.

Day 4 Lhasa Sightseeing: Sera Monastery, Drepung Monastery, Jokhang Temple, and Barkhor Bazaar: 5 – 6 hours

We visit the Drepung Monastery, Sera Monastery, Jokhang Temple, and Barkhor Bazaar. The Drepung Monastery, which was built in the 14th century, is believed to have sheltered around 10,000 monks in the past. The history, culture, and religious beliefs of the Tibetan people are strongly concentrated and centered in this marvelous monastery. The Sera Monastery is a preserved monastery with white-washed walls and golden roofs. Jokhang Temple is another important sacred site that unravels more deep-seated mysteries of Tibetan Buddhism. We then stroll through the Barkhor Bazaar (market). With its open-air stalls, shops, and a crowd of pilgrims, it is the epicenter of Lhasa. Overnight in Lhasa. Overnight in Lhasa.

Day 5 Final departure- Home Sweet Home

Departure day; you can complete your last-minute shopping. Representatives of the Mount Adventure Holidays will transport you to the airport. Important Note: Your safety is of paramount importance to us at the Alpine Club of Himalaya. We have the absolute authority to cancel the trip or change the itinerary, when deemed necessary or when we have reason to believe your safety is at stake. Weather conditions, the health condition of a group member, natural disasters, and such, can contribute to changes in the itinerary when traveling in remote mountainous regions. In these extreme situations, we kindly request that you offer your full cooperation to the trusted leader of the group appointed by the Mount Adventure Holidays. However, we assure you that we will make every effort to keep to the above itinerary.

Cost Includes

- Lodgings: 4 Nights, twin room en suite in 3*

- 1 Night, dorm bed at GUESTHOUSE or NOMAD TENT;
- Meal: 4 Breakfasts & 1 Welcome Dinner
- The travel-licensed vehicle according to group size & season as itinerary needed including gas and parking fee;
- Lhasa Railway Station transfer at all times on the first & last day;
- Pick-up from Lhasa Gonggar Airport to your hotel at 9:30 am, 13:00 pm, and 16:00 pm on the first day;
- The drop-off from your hotel to Lhasa Gonggar Airport at 6:00 am?8:30 am and 12:30 pm on the last day;
- Guide: experienced local English-speaking tour guide
- Attractions: all entrance fees mentioned in the itinerary
- Permit: Tibet Tourism Bureau Permit (TTB); Alien's Travel Permit(PSB) to be applied in Shigatse with your original passport which takes abt 30mins;
- Travel Agency Liability insurance
- Government Tax;
- An express delivery fee of Permit (eg. SF. Express)
- Food & lodgings for guide & driver;
- Oxygen tank for emergency use;
- Two bottles of mineral water per person per day

Cost Excludes

- Domestic flight/train to and out of Lhasa; (We'd like to book the domestic flight/train ticket at the BEST price. Please contact us for details.)
- If you miss the free transfer schedule due to flight delay or cancellation, then you are required to pay a private transfer from USD 80/vehicle/time.
- Lunch & Dinner are not included but we will recommend some good ones for you according to your requirements. Usually, it takes 3-10 USD per person for each meal.
- While Gratuities for guide and driver is NOT mandatory, it is expected. Based on their service, you can tip them on the last day of the tour. You are suggested to tip each of them 5-10 USD/day in total;
- All the commission and tax charged by PayPal, Bank, and government when making payment.
- Personal expenses;
- Anything not mentioned in the Inclusions.