

CHINA TIBET BUS TOUR BTCPTD2

8-Day Lhasa-Gyantse-Shigatse-Namtso Tour

Trip Overview

Enjoy this multi-day tour and explore Tibet through some of its impressive sights: Potala Palaces, Jokhang temples, Drepung and Sera monastery, snow-capped mountains of Nyenchen Thanglha and holy lakes Yamdrok, real Tibetan villages and nomads. Lhasa is one of the highest cities in the world with the altitude of about 3600 meters and prides the world-highest salt lake Namtso. Tourists will also visit the mystical Buddhist monasteries of the Kumbum Stupa in Gyantse, Tashilhunpo monastery in Shigatse.

Highlights:

- **Potala Palace:** Winter palace of the Dalai Lama
- **Jokhang Temple :** Spiritual Center for Buddhists in Tibet
- **Sera Monastery:** One of the “great three” Gelug monasteries of Tibet, the hot attraction is monks debate.
- **Drepung Monastery:** Drepung used to be a seat of central government until the 5th Dalai Lama built Potala Palace.
- **Namtso Lake:** It is the "Heavenly Lake" which is one of the four holy lakes of Tibet and also the highest salt-lake;
- **Tashilunpo monastery:** The seat of the Panchen Lama.

Outline Itinerary

B=Breakfast D=Diner

Day	Place & Transport	Accommodation	Meals	Today's Activities or Sightseeing
Day 1	Arrive in Lhasa	Economy Hotel	-	Airport/train station to hotel transfer
Day 2	Lhasa	Economy Hotel	B, D	Potala Palace, Jokhang Monastery, Barkhor Street
Day 3	Lhasa	Economy Hotel	B	Drepung Monastery, Sera Monastery
Day 4	Lhasa–Gyantse–Shigatse (330 km)	Economy Hotel	B	Karola Glacier, Yamtso Tso Lake, Kumbum Monastery
Day 5	Shigatse – Lhasa (280 km)	Economy Hotel	B	Tashilunpo Monastery, Brumaputra River
Day 6	Lhasa — Namtso Lake	Tent Hostel by Lake	-	Namtso Lake, Tashido island, Grassland

Day 7	Namtso — Lhasa	Economy Hotel	B	Sunrise by Namtso Lake
Day 8	Depart from Lhasa	-	B	Hotel to airport/train station transfer

Detailed Itinerary

Day 1 Arrive in Lhasa by plane or by train

You are warmly welcome to Tibet by saying Tashi Delek at the Train station/airport by our professional employee and send you to reserved hotel in Lhasa. Then have a good rest to acclimatize the high altitude in the afternoon.

Meals included: —

Hotel: Lhasa YAK Hotel (or other similar Hotel)

Day 2 Lhasa (B, D)

The tour will begin from UNESCO World Heritage site - Potala Palace, which is also the winter palace of Dalai Lama. It's situated at 12,139 feet above sea level. It's a 13-story high building that contains over 1,000 rooms, various statues, stupas, murals and artifacts.

Then continue to Jokhang Temple, another UNESCO World Heritage site. It's a spiritual center for Buddhists in Tibet. Next to the temple there is Bakhor Street, filled with pilgrims and street vendors, selling traditional Tibetan items such as prayer wheels and jewelry.



Meals included: Breakfast & Dinner

Hotel: Lhasa YAK Hotel (or other similar Hotel)

Day 3 Lhasa (B)

In the morning, you are going to visit Drepung monastery which was one of the “three great” Gelug monasteries of Tibet and was founded in 1416. Ganden palace is used as Dalai Lama’s palace in the Drepung before moving to the Potala palace.

Afternoon, Sera Monastery---It was one of the “three great” Gelug monasteries of Tibet and was founded in 1419. The highlight is the Monks debate at around 3 - 5 in the afternoon .



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Meals included: Breakfast

Hotel: Lhasa YAK Hotel (or other similar Hotel)

Day 4: Lhasa - Namtso Lake (220km, 4 hours) (B)

Drive from Lhasa to Lake Namtso. On the way, clients will see Nyenchen Thanglha (snow mountain ranges) and lots of nomads with yak and sheep grazing nearby. Namtso Lake is the "Heavenly Lake" which is one of the four holy lakes of Tibet and also the highest salt-lake. You can do a very relaxing trek around lakeside and the Tashi Island. Overnight you will stay at Namtso Guestroom.



Day 5: Namtso Lake - Lhasa via Yampachen (230km, 5 hours) (B)

After breakfast clients will enjoy morning at the lake shore and trek along to Tashi Dor Island to explore the meditation caves. Afterward, drive to Dumxung to have lunch. In the afternoon, tourists may enjoy Yangpachen hot spring (optional) and both indoor and outdoor swimming pool filled with hot spring's water. Then head back to Lhasa.



Day 6: Lhasa – Gyantse – Shigatse (B)

Travel to Gyantse. On the way, tourists will catch a glimpse of Yamdrok-tso (4400m) .The Lake is surrounded by many snow-capped mountains and in the distance you can enjoy spectacular views of Holy Mountain Nyenchen Khangsar, (7191m) - the highest mountain near Lhasa. Afterwards, head to

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visit the famous Pelkor Monastery (also known as Gyantse Kumbum). After one and a half hour's driving, clients will arrive to Shigatse, which is the second largest city in Tibet.



Day 7: Shigatse – Lhasa (B)

In the morning, visit Tashilunpo monastery of Gelug Sect - the seat of the Panchen Lama, built in 1447. The monastery houses a giant statue of the Maitreya Buddha - the biggest gilded statue of Maitreya (Buddha of the future) in the world and a tomb of all the Panchen Lama containing plenty of jewels and gold. In the afternoon, clients will go back to Lhasa.



Day 8 Depart from Lhasa (B)

Transfer to Lhasa airport or train station.

Service ends.

Meals included: Breakfast

Services Included

1. All necessary travel permits for Tibet (excluding Chinese visa);
2. Professional Tibetan **English speaking** tour guide;
3. Admission fee of all tourist sites listed in above itinerary;
4. Tourist bus/minibus with local driver for transportation between airport/train station and Hotel at designated period of time, and transfers for above tours;
5. Accommodation of 6 nights (3 star hotel) with daily breakfast , 1 night Lake Shore Guest House

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Dorm with humble facility without breakfast;

6. Welcome Tibetan dinner;
7. Oxygen bottles provided during the tour days in Tibet.

Services Excluded

1. China Visa;
2. Lunches and Dinners;
3. Breakfast at Namtso Lake;
4. Tips to guide and driver;
5. Insurance;
6. Other personal expense;
7. Any air tickets/ train tickets.

Important Notes:

1. Our free **airport--Hotel** transfer are based on bus transfers on below timings:

Lhasa airport--hotel: 12:20 noon, 4:00 pm

Hotel--Lhasa airport: 07:30 am; 11:00 am

If you miss the above timing, or if your flight cannot match the above time, or if your flight delay, or if you dont want to wait for other people, or if you prefer your own private transfer, we can arrange the following for you at extra cost:

500 Yuan/per taxi with guide for airport--hotel or vise verse (all year);

650 Yuan/per 5 seats Chinese business van with guide for airport--hotel or vise verse(all year except July--Oct)

750 Yuan/per 5 seats Chinese business van with guide for airport--hotel or vise verse (July--Oct)

--please note transfers include tour guide is per government requirement.

2. Lhasa **train station--hotel** in Lhasa transfer is free on tour date

If you miss the above timing, or if your train cannot match the above time, or if your train delay, or if you dont want to wait for other people, or if you prefer your own private transfer, we can arrange the following for you at extracost:

350 Yuan/per taxi with guide for train station--hotel or vise verse (all year);

480 Yuan/per 5 seats Chinese business van with guide for train station --hotel or vise verse(all year except July--Oct)

580 Yuan/per 5 seats Chinese business van with guide for train station --hotel or vise verse (July--Oct)

--please note transfers include tour guide is per government requirement.

3. We can upgrade your hotel with extra cost.

Tashi Delek & Enjoy Tibet and Tibetan culture!