

# Tibet Shangri-La Tour

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Visit the famous religious sites and enjoy the high-altitude natural beauty with Lhasa tours.

Lhasa is the capital city of Tibet Autonomous Region. In Tibetan language the name means “the land of the gods”. It is a holy religious place with an altitude of about 3,000 meters. In Lhasa there are many significant religious sites of Tibetan Buddhism, like Potala Palace, Norbulingka and Drepung Monastery. At Barkhor Street you will experience the strong religious atmosphere of the local people.

Itinerary

## **Day 01: Arrival in Lhasa**

Our guide will greet you outside the baggage claim area at Gonggar Airport, where the altitude is 3,650 meters above sea level. A comfortable drive will transfer you to check in the hotel for a 3-night stay. It is suggested that you have a good rest at the hotel for the remaining time of the day to acclimate to the high altitude in case of acute mountain sickness.

## **Day 02: Lhasa Sightseeing**

After breakfast, you are going to visit the Drepung Monastery, located in the west suburb of the city. It is one of the ‘Three Great Monasteries’ and the largest one in Tibetan Buddhism. Looking at a distance, the monastery is like a heap of rice, consisting of a group of white buildings layer upon layer. In the afternoon, visit the Sera Monastery, the second largest monastery in Tibet which is well-known for the excellent debating of Buddhist doctrines among lamas. After that, turn to visit the nearby Norbulingka Park, the most beautiful and largest man-made park in Tibet. This park has been built for 200 years and used to be the Summer Palace of religious leaders of the region.

## **Day 04: Lhasa Sightseeing**

Your impressive excursion to the splendid Potala Palace is scheduled in the morning. Originally built in the 7th century as an imperial palace, the Potala Palace has experienced a 600-year's queasy time until the reconstruction in the 17th century. From then on, it has been the political, religious, cultural and economic center of Tibet. Currently, it is the largest treasure house of this mysterious land, attracting a great number of travelers and pilgrims everyday. The following is a visit to Tibet Museum, which exhibits a number of historical relics and treasures.

After lunch, you will come to the Jokhang Temple, which is located in the city center. Constructed in the 7th century, the peak time of Tubo Kingdom, this temple is the best architectural combination of Tibet, Han, Nepal and India. It is also a holy Buddhist temple of worshipping the rare life-size statue of Sakyamuni at age twelve. Around the temple, it is the thriving bazaar of Barkhor Street, which attracts a large number of pilgrims, travelers, businessmen and expats. Today's exciting journey will come to the end after visiting the Tibetan Traditional Medicine Hospital.

#### **Day 04: Departure from Lhasa**

If time permits, you will be invited to visit a Tibetan family and get acquainted with the local's life in detail this morning. Later, our guide and driver will transfer you to the airport for your return flight and see you off there.