

Tour to Holy City Lhasa

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Exploring Lhasa and Tsedang with Namtso Lake covers popular landmarks in Lhasa and Tsedang with a day tour of the Namtso Lake. In Lhasa you will visit the astonishing Potala, Norbulingka Palaces, Tibet Museum and Barkhor Bazaar. You also tour a number of impressive Tibetan monasteries like Sera Monastery, Drepung Monastery and Jokhang Temple.

In Tsedang you visit the 8th century Samye Monastery, the first Buddhist monastery in Tibet, Chim Phu caves and Yambulakhang palace. A separate day is set aside to explore Namtso Lake, one of the three holiest lakes in Tibet. The lake was also selected as one of the five most beautiful lakes in China by the Chinese National Geography magazine.

Itinerary

Day 01: Arrival in Chengdu

Arrival in Chengdu, the capital of Sichuan province, pick up and transfer to hotel and then free time. O/N in 3 star hotel.

Day 02: Flight Chengdu - Lhasa

In early morning transfer to airport and fly to Lhasa (3650 m), and after arrival at the Gonggar airport drive directly to Lhasa. In the afternoon a rest at hotel to acclimatize to the new environment is essential because of the sudden ascent from 500m above sea level to an altitude of over 3,650 meters. O/N in 3 star hotel.

Day 03: Lhasa Sightseeing

In the morning visit Potala, which was originally constructed in 637 by Songtsen Gampo, the first king of the united Tibet, and later expanded and served as the winter residence of the Dalai Lamas as well as the religious-political nexus of traditional Tibet. The crowds of pilgrims, innumerable magnificent murals, Buddhist statues, scriptures and rare treasures altogether create a dense religious and art atmosphere that impresses every visitor. In the afternoon visit Jokhang monastery, the center of the Tibetan Buddhism and the sacred land of Buddhist followers where innumerable pilgrims come for worship everyday. The temple, built in 647, is the earliest wood-and-masonry structure still existing in Tibet. Walk on the Barkhor street surrounding Jokhang, a big free market with its prolific stalls for selling local specialties. O/N in 3 star hotel.

Day 04: Lhasa Sightseeing

In the morning visit Drepung monastery the sacred land of Gelukpa sect., which was created in 1416 and the second, third and fourth Dalai Lama once resided in. In the afternoon visit Sera monastery, which was created in 1419 and has always been an important Buddhist seminary. As rose are planted everywhere in the monastery, it is also called “the court of wild rose”. Today still 200 lamas live in there. O/N in 3 star hotel.

Day 05: Lhasa - Namtso Lake

Drive to the holy Lake Namtso Lake and hike there. O/N in simple guesthouse.

Day 06: Namtso Lake - Tsedang

Drive to Tsedang, on the way visit Mindrolin monastery.

Day 07: Tsedang - Samye - Tsedang

In the morning, drive along and then cross over the Yarlung Tsangpo River by small ferry to visit the magnificent Samye monastery built in the late 8th century. It is the first monastery in Tibet that possessed the three essences of Buddhist monastery: Buddha, Scripture and Monk. The original building is no longer intact due to destruction caused by wars and natural disasters, but the monastery has been rebuilt each time and still remains the symbol of Tibet's national identity. The grand building complex was structured in the model of the boundless universe regulated by the Buddhist scripture. Its main building is a three-story tower with an interior influenced by Tibetan, Han and Indian styles. In the afternoon you drive to Yarlung valley to visit Yumbulakhang, a reconstruction of Tibet's oldest palace originally established on this site by the founder of the Yarlung dynasty – Nyatri Tsenpo during the 1st century BC.

Day 08: Flight Lhasa-Chengdu/Kathmandu

In the early morning transfer to the airport and fly back to Chengdu. Then connecting flight. End of our services