



# TibetanGuide

M I M A D H O N D U P

## DISCOVER TIBET – 7 days / 6 nights Tour –

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Tashi delek! Tibetan Guide Travel Tours is your trustworthy boutique travel agency based in Lhasa that offer bespoke guided tours across the Tibetan Plateau. Being a Tibetan owned business and with highly experienced Tibetan drivers and tour guides, we well know our traditions and mother land. We are confident that you would not be disappointed if you choose our services; safety and customer satisfaction is our priority. We have our own tourism license and one of the few authorised to receive foreign groups and apply for their Tibet Travel Permit without any intermediary.

### Proposed itinerary

#### Day 1: Lhasa arrival [3650m]

Welcome to Lhasa! Your English-speaking Tibetan guide and driver will warmly welcome you and accompany you to your hotel. Lhasa is one of the highest cities in the world. We understand that the high altitude of Tibet can be challenging for some, so we recommend taking your time to acclimate. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and take a good rest to minimise any altitude sickness symptoms. Get ready to embark on a once-in-a-lifetime adventure! *Overnight in Lhasa.*

#### Day 2: Lhasa sightseeing

At the assigned time, we'll begin our tour by visiting the iconic Potala Palace. Built in the 17th century by the fifth Dalai Lama, this magnificent palace offers breathtaking views of the entire city and is home to the private quarters of the Dalai Lama, numerous grand state rooms, and chapels. Afterward, we'll visit the revered Jokhang Temple, founded in the 7th century by Songtsen Gampo, which is considered the most sacred monastery in Tibet. Immerse yourself in the rich cultural heritage of this magical land: take a stroll through the vibrant Barkhor old quarter and follow pilgrims from all over the Tibetan plateau on a kora around the Jokhang Temple. Kora is a term used in Tibetan Buddhism that refers to the practice of circumambulating around a sacred site, such as a temple, stupa or mountain, as a way of showing devotion and accumulating merit. The practice involves walking clockwise around the site, often while reciting mantras, prayers or other sacred texts. It is also believed to bring good fortune and blessings to those who undertake it. *Overnight in Lhasa.*

#### Day 3: Lhasa sightseeing

Today we'll visit Drepung and Sera monasteries. After breakfast, we'll venture to the outskirts of Lhasa to witness the grandeur of the Drepung Monastery, the largest in Tibet, which once housed 7000 monks. Along with the monasteries of Ganden and Sera, Drepung is one of the three great centers of Tibetan Buddhist education in the Gelugpa school, also known as the Yellow Hat Sect. Founded in the 15th century, it was the former residence of the Dalai Lama before the construction of the majestic Potala Palace. In the afternoon, you'll be mesmerised by the famous debates of the Sera Monastery, where the monks engage with vibrant energy in intellectual discourse and challenge each other's understanding of Buddhist philosophy. It's a truly awe-inspiring experience not to be missed! *Overnight in Lhasa.*

# Discover Tibet

## 7 days Tour



### Day 4: Lhasa – Shigatse [354Km, 3840m]

Let the adventure begin! We'll hit the road and head West to reach Shigatse, the second largest city in Tibet, before dinner time. We'll start ascending the Kampa-la Pass [4797m], where you'll witness the stunning Mt. Noijin Kangsang [7206m] and the breathtaking turquoise waters of holy lake Yamdrok-Tso. An unreal sight that will leave you spellbound all along the way to the Karo-la Pass [5050m], where you'll marvel at the glacier that majestically hugs the roadside. The last stop will be the charming Gyantse town, home to the Kumbum Stupa inside Pelkor Chode Monastery, renowned for its exquisite Tibetan art paintings. From the top of the Kumbum, you'll also be treated to a magnificent view of the majestic Gyantse Dzong fortress overlooking the valley. *Overnight in Shigatse.*

### Day 5: Shigatse – Lhasa [272Km, 3650m]

Our last day of our Tibetan traverse goes along the Yarlung Tsampo (Brahmaputra) River. This is the most direct route to Lhasa and part of the Friendship Highway. As early as possible, we'll be visiting the Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama and currently the seat of the Panchen Lama. On the way, we'll make a short stop to learn how traditional Tibetan incense is made. Free time for the rest of the day in Lhasa. *Overnight in Lhasa.*

### Day 6: Ganden Monastery and Drak Yerpa Hermitage day trip [140Km]

We will begin the day with a visit to Ganden Monastery, located atop a hill in the Kyichu valley, 50 km from Lhasa. It is the main seat of the Gelug Sect and was founded by Tsongkhapa in 1409. You can also do a kora around the monastery, which offers peaceful views of the typical Tibetan landscape. After lunch, we'll head to the off-the-beaten-path complex of Drak Yerpa meditation caves and temples, one of the most holy pilgrimage sites since the 7th century. The visit takes about 2-3 hours of walking on a hillside. We'll then return to Lhasa for some free time. *Overnight in Lhasa.*

### Day 7: Tibet departure

Enjoy your last hours in Tibet exploring Lhasa on your own until your guide and driver meet you at the hotel to transfer you to the airport. *End of our services.*

*Consider extending your trip walking the wonderful ancient route between two of our most important Monasteries: [The Ganden to Samye Trek](#). It's also possible to spend one-two more days visiting holy Namtso lake in North Lhasa (250Km, 3 hours drive, one way). Or even take a relaxing day in Lhasa on your own!*

*Please, contact us for further information about any available extension of your trip.*



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**PRICE :** **Contact us for the latest available rates.** Discounted price from November 1st to March 31st.  
– Single room occupancy available at additional cost (hotels only).

**TOUR :** Lhasa visits order might change depending on your travelling dates.  
The max group size is 12 people.

**Day 01** Lhasa arrival [3650m].

**Day 02** Lhasa sightseeing: Potala Palace & Jokhang Temple.

**Day 03** Lhasa sightseeing: Drepung & Sera monasteries.

**Day 04** Lhasa – Shigatse [354Km, 3840m]: Yamdrok-tso lake, Karo-la glacier, Pelkor Chode Monastery.

**Day 05** Shigatse – Lhasa [272Km, 3650m]: Tashilhunpo Monastery.

**Day 06** Ganden Monastery and Drak Yerpa Hermitage day trip [140Km].

**Day 07** Tibet departure.

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### ACCOMMODATION:

Lhasa, Thangka Hotel 4\*, just a few steps from Barkhor Square and Jokhang Temple (city centre).  
Shigatse, Gesar Hotel 4\* (new building).

### INCLUDED :

All necessary travel permits in Tibet.

All entrance fees to temples, monasteries and palaces.

All environmental fees to lakes, glaciers and National Parks.

Accommodation in shared room basis with breakfast described in the itinerary above.

Experienced Tibetan guide in Tibet (English language).

Transportation in Tibet (Airport / train station group pick up & drop off).

Driver and guide's food and accommodation.

Vehicle fuel, tools and vehicle repairs (if necessary).

Oxygen tank & bottled mineral water available in the group vehicle.

Welcome dinner.

### NOT INCLUDED :

China VISA

Plane or train tickets in / out of Tibet.

Meals, drinks and any other personal expenses.

Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)

Tips to guide and driver, but this totally depends on you.

Anything not specified in the "included" section.

**By joining this tour, you agree to our booking conditions, terms and policies**