



TibetanGuide

M I M A D H O N D U P

TASTE OF TIBET – 6 days / 5 nights Group Tour –

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]

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Welcome to Lhasa! Your English-speaking Tibetan guide and driver will warmly greet 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 acclimatise. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and get plenty of rest to minimise any symptoms of altitude sickness. Get ready to embark on a once-in-a-lifetime adventure! *Overnight in Lhasa.*

Day 2: Lhasa sightseeing: Potala Palace & Jokhang Temple.

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At the scheduled 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 city and houses the Dalai Lama's private quarters, numerous grand state rooms, and chapels. Afterwards, we'll visit the revered Jokhang Temple, founded in the 7th century by Songtsen Gampo and considered the holiest monastery in Tibet. Immerse yourself in the rich cultural heritage of this magical land as you stroll through the vibrant Barkhor Old Quarter, following pilgrims from across 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 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: Drepung & Sera Monasteries.

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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 centres 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 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.*

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

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Let the adventure begin! We will head west towards the Tsang region, ascending the Kampa-la Pass [4797 m], where you'll enjoy stunning views of Mt Noi jin Kangsang [7206 m] and the breathtaking turquoise waters of the sacred Lake Yamdrok-Tso. An unreal sight that will leave you spellbound all the way to the Karo-la Pass [5050m], where you'll marvel at a glacier cascading majestically down to the roadside. Our next stop will be the Kumbum Stupa inside Pelkor Chode Monastery, renowned for its exquisite Tibetan art paintings. From the top of the Kumbum, you'll be treated to magnificent views of the Gyantse Dzong fortress overlooking the valley. Finally, we'll continue on to Shigatse [3840 m], Tibet's second-largest city. If time allows, take a kora around Tashilhunpo Monastery for sweeping views of the valley and the imposing Dzong. *Overnight in Shigatse.*

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

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Our final day on this Tibetan traverse follows the Yarlung Tsangpo (Brahmaputra) River, taking the most direct route back to Lhasa along the Friendship Highway. As early as possible, we'll visit the Tashilhunpo Monastery, built in the 15th century by the First Dalai Lama and currently the seat of the Panchen Lama. On arrival in Lhasa, enjoy some free time to relax or explore at leisure. *Overnight in Lhasa.*

Day 6: Tibet departure

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Enjoy your final hours in Tibet exploring Lhasa at your own pace before your guide and driver transfer you to the airport for your onward flight. *End of our services.*

Optional activities available: local tea house experience, blind massage, cooking classes, religious offerings at temples or monasteries, visit to a Tibetan family, and more. Please consult with us.

Early arrival / late departure available: Consider taking a relaxing day in Lhasa on your own! It's also possible to spend few more days visiting the Lhasa surroundings or even the holy Namtso lake in North Lhasa (250Km, 3 hours drive, each way). Please, contact us for further information about any available extension of your trip.

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TOUR : Max. 12 people. The sequence of visits may change depending on local conditions.

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 Tibet departure.

PRICE : **Contact us for the latest available rates.**

– Single room occupancy available at additional cost (hotels only).

INCLUDED

Experienced Tibetan guide in Tibet (English-speaking).

All necessary travel permits for Tibet (delivery to any address within mainland China).

All entrance fees to temples, monasteries, and palaces.

All environmental protection fees for lakes, glaciers, and national parks.

Accommodation in shared twin rooms with breakfast, as described in the itinerary.

Transportation within Tibet (airport/train station pick-up and drop-off at any time — no extra fees).

Driver and guide's meals and accommodation. Vehicle fuel, tools, and repairs if required.

Oxygen tank for emergency & bottled mineral water available in the group vehicle (fair use, 2 bottles/day).

Welcome dinner.

ACCOMMODATION

Lhasa: Shambhala Palace Heritage Hotel or Banakshol Hotel 3*.

Shigatse: Shiga Yangcha Grand Hotel or similar.

NOT INCLUDED

China / Nepal visa (ask us for details).

Hand delivery of Tibet Entry Permits at mainland China airports.

Plane or train tickets to/from Tibet.

Accommodation, visits, or transfers in Mainland China / Nepal.

No breakfast provided at Samye hotel.

Meals, drinks, and other personal expenses not specified.

Personal travel / medical insurance (highly recommended).

Expenses arising from unforeseen events, whether third-party or weather-related (delays, cancellations, floods, landslides, snowfalls, natural disasters, etc.).

Tips for the guide and driver (optional, but expected if the service has been satisfactory).

Anything not specified under the “Included” section.

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