TibetanGuide

MIMA DHONDUP

THE FORBIDDEN CITY OF LHASA
– 4 days / 3 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] **[– , – , D]**
Welcome to Lhasa! Our Tibetan staff 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. Prepare to begin your journey of a lifetime! *Overnight in Lhasa.*

Day 2: Lhasa sightseeing: Potala Palace & Jokhang Temple. **[B, – , –]**
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 over Lhasa and houses the Dalai Lamas' private quarters, grand ceremonial halls and numerous chapels filled with sacred Buddhist treasures. Afterwards, we'll visit the revered Jokhang Temple, founded in the 7th century during the reign of King Songtsen Gampo and considered the holiest temple 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 an expression of devotion and a way of accumulating spiritual merit. The practice involves walking clockwise around the site, often reciting mantras and prayers, in the belief that this practice brings blessings, good fortune and spiritual purification. *Overnight in Lhasa.*

Day 3: Lhasa sightseeing: Drepung & Sera Monasteries. **[B, – , –]**
After breakfast, we'll head to the outskirts of Lhasa to visit Drepung Monastery. Founded in 1416, Drepung was once the largest and most powerful monastery in Tibet, housing over 7000 monks. Along with Ganden and Sera, it is one of the three great monastic universities of the Gelug school of Tibetan Buddhism, also known as the Yellow Hat School. Drepung was also the residence of the early Dalai Lamas before the construction of the Potala Palace. In the afternoon, we'll visit Sera Monastery, where we'll witness the famous philosophical debates between Buddhist monks. With animated gestures, rhythmic clapping and lively exchanges, the monks challenge each other's understanding of Buddhist teachings in a centuries-old tradition that remains an essential part of their monastic education. It's a fascinating experience and one of the highlights of any visit to Lhasa. *Overnight in Lhasa.*

The Forbidden City Of Lhasa
3 nights Group Tour

Day 4: Tibet departure **[B, – , –]**
Enjoy your final hours in Tibet exploring Lhasa at your own pace before we transfer you to the airport for your onward flight. ***End of our services.***

TOUR : Max. 8 people. The sequence of visits may change depending on local conditions.

Day 1 Lhasa arrival [3650m].
Day 2 Lhasa sightseeing: Potala Palace & Jokhang Temple.
Day 3 Lhasa sightseeing: Drepung & Sera monasteries.
Day 4 Tibet departure.

PRICE : Contact us for the latest available rates.
– Single room occupancy available at additional cost (hotels only).

INCLUDED
Experienced English-speaking Tibetan guide.
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 (hotels only).
Transportation within Tibet (airport/train station pick-up and drop-off at any time — no extra fees).
Driver's and guide's meals and accommodation. Vehicle fuel, tools, and repairs if needed.
Oxygen tank for emergencies & 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*.

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.
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

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.