

## Tibet Highlight Tour

**Destinations:** Lhasa, Gyantze, Shigatse, Lhasa

**Tour Features:** On this 7 days Tibet tour, you'll see the world famous Potala Palace and other cultural relics. From Lhasa travel to other important Gyantze and Shigatse to visit other monasteries, pagodas and temples, as well as the home of a Tibetan family.

**Tour Code:** CCT-TAT02S

**Tour Class:** Standard

**Tour Departure:** Flexible

### Inclusion & Exclusion

#### Tour map

**Tour Price:** From 613 USD



Shoulder Season	Quotation	Single Supplement
10 Person or up	USD613/Person	USD160/Person
6-9 Person	USD718/Person	USD160/Person
2-5 Person	USD1052/Person	USD160/Person

Peak Season	Quotation	Single Supplement
10 Person or up	USD676/Person	USD160/Person
6-9 Person	USD802/Person	USD160/Person
2-5 Person	USD1,1264/Person	USD160/Person

### Itinerary

#### Day 01 Lhasa

Arrive in the holy city of Lhasa, capital of the mystical Buddhist Kingdom of Tibet. Tibet is a land as profound as that millions of pilgrims regard it as the world center of holiness. In Tibetan, Lhasa means 'The land of the Gods', or 'Holy Place'. Three out of the six most important Tibetan Buddhist Monasteries are in Lhasa. Almost one third of Tibetan Lamas practice and live in Lhasa, home to some of the world's richest religious relics. You are greeted by tour guide at the airport and transferred to the first-class the VIP building of Yak Hotel.



### Day 02 Lhasa (B, L)

Tour starts from the religious Potala Palace built in the 7th century by the famous Tibetan king-Songtzen Gampo. The present one was built by the 5th Dalai Lama in the 17th century. The Potala is full of elaborate artwork and frescos that tell many stories. They portray religious subjects as well as the customs and traditions of Tibet. After lunch, you will visit **Jokhang Temple**, situated in the old section of Lhasa. King Songtzen Gampo built this temple in the mid-7th century A.D. Now it is the most sacred place in Tibet. Pilgrims come here to pay homage from all over Tibet.

### Day 03 Lhasa (B, L)

Full day sightseeing takes you to **Drepung Monastery**. "Drepung" in Tibetan means "the hill of rice", because this white Monastery looks like a big hill of rice. This monastery occupies an area of 150,000 square meters with 7700 lamas and becomes the largest monastery in Asia. After that, you will visit **Norbulingka Park**. In 1752, the 7th Dalai Lama built the first palace here for successive Dalai Lamas to carry out their political and religious activities during the summer season. Today Norbulingka has become a public park for picnicking, relaxing and entertainment.



### Day 04 Lhasa (B, L)

Today you will visit **Drigung Monastery** which is a notable monastery in Tibet, known for performing sky burials. It is named after its location in a valley about 150 km east from Lhasa, in Drigung district, and is the mother monastery of the Drigung Kagyu tradition. In the afternoon, you will visit **Drak Yerpa Monastery**. Built on a hillside with more than 80 meditation caves, Drak Yerpa is described as the "life tree" or spiritual axis of Lhasa. The site had a powerful spiritual heritage, having been visited by Songsten Gampo, Padmasambhava, Yeshe Tsoygel, Padampa Sanggye, and Asisha.

### Day 05 Lhasa / Gyantze / Shigatse (B, L)

Drive to Gyantze, the once fortified city at the junction of two major caravan routes: one to India and the other to Nepal. Pass the giant Yamdrok Yamtso Lake, the holy lake of the Tibetan people. Enjoy a **Tibetan family visit** and share the tea with local friendly Tibetans. Then continue the trip to Gyantze. Upon arrival, visit **Palkhor Monastery** and the Ten-thousand-Buddhist Pagoda. Travel to Shigatse by coach. Check into the local best Shigatse Hotel.



### Day 06 Shigatse / Lhasa (B, L)

After breakfast, visit the **Tashilhunpo Monastery**, traditional seat of the Panchen Lama who is the second holiest man in Tibet. Lunch is served at the local popular restaurant. Drive back to Lhasa and arrive by late afternoon. Over night accommodation is at the VIP building of Yak Hotel.

### **Day 07 Lhasa departure (B)**

Transfer to the airport or the train station for your departure.

#### **Remarks:**

1. Seasonality

Shoulder season: March 15-31, April, May, June, July, August, October, 2010

Peak season: July, August, September, 2010

2. Above prices are not valid during Spring Festival and National Holiday (1-7 October). Please contact us if your equerries fall into the above periods.

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