

# Tibet Tour

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## Day 1

### **Kathmandu – Lhasa (Fly)**

On arrival at Gonggar Airport, you will be met by our representative and transferred to hotel.[70 Km: 01Hrs]Check in at hotel.Rest of the day is at leisure for acclimatization. Overnight is at Hotel in Lhasa.

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## Day 2

### **At Lhasa**

Breakfast is at hotel.Today, you will be visiting the Potala Palace which dominates the city of Lhasa, spectacular building, it contains the private quarters of the Dalai Lama as well as numerous grand state rooms and many important chapels.Potala Palace is the cardinal landmark and a structure of massive proportion. This symbol of Tibet, an architectural gem built in the colossal monastic style of Central Tibet by GyelwaNgapa, the fifth Dalai Lama, in the 17th century, stands 300m above the valley atop the hill called Marpo Ri. The thousand rooms in Potala date from 1645 when the fifth Dalai Lama began erecting a palace that would serve as a sacred and administrative centre. It served many succeeding Dalai Lamas and as one of Tibet,s most impressive and enduring monuments, the Chinese Army of Red Guards protected it during the Cultural Revolution.In the afternoon, you will visit as well as the Jhokhang Temple, possibly the most sacred shrine in Tibet and there is always a procession of devout Tibetans through the complex. Jokhang Temple is in the heart of old Lhasa, most sacred temples in Tibet established in 7th century by King SongtsenGampo, the King who brought Buddhism to Tibet. Tibetans, in general, consider this temple as the most sacred and important temple in Tibet. The temple is currently maintained by the Gelug School, but they accept worshippers from all sects of Buddhism. The temple's architectural style is a mixture of Indian Vihara design, Tibetan and Nepalese design.In the evening, visit Barkhor Bazaar is the market place where everything is available, also good for people watching. Tibetans spin prayer wheels and shop as they circumambulation. Good for shopping everything from trinkets to Tantric ritual objects. Later, drive back to hotel. Overnight is at hotel in Lhasa.

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## Day 3

### **Lhasa – Trubshi Village (Approx. 50 Km 1.5 Hrs)**

In the morning, you will drive to Trubshi Village where you can experience the Tibetan countryside life. Trubshi Village is highly reputed as one of the most beautiful Tibetan villages, which is also the starting point of Ganden to Samye trek. You may do horse ride if horses are available (Horse riding is not free, please discuss the price with local people, Approx US\$ 50.00). You can communicate with the family member and take part in their daily homework like cooking Tibetan Food, etc. Overnight is at Local Farmer's House.

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## Day 4

## **Trubshi Village – Ganden Monastery – Terdrom Hot spring**

Today you will trek from Trubshi Village to Ganden Monastery(4-5 Hrs) which is situated on the Wangpori mountain with an elevation of 3800m above sea level and is considered to be one of the “Great Three” Gelugpa monasteries, founded by the Great Tsongkhapa in 1409. It is very interesting to go for Lingkor (circuit) around the monastery and tourists can see the Great Tsongkapa’s meditation cave and the beautiful view of Lhasa valley. Then, drive northeast for 100 km to Terdrom hot spring and enjoy a bath there. Located at 4500 meters above sea level and with a history of 1,400 years, Terdrom Hot Spring is known as “the world’s first hot spring” and became one of the four holy springs in Tibet as a result of Padmasambhava’s blessings on it. Overnight is at hotel in Terdrom.

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### **Day 5**

#### **Tedrom Hotspring – DrakYerpa – Lhasa(Approx. 200, 4hrs)**

Drive back to Lhasa. En-route visit Drak Yerpa meditation cave. It is a mountain said to be in the shape of Tara's body, who is a Buddha-enlightened being of compassion. The significance of Drak Yerpa is that it has 108 caves that have been used by some of Tibet's great lamas and meditators for 3 and 12-year meditation retreats. Not only have the caves been used in the past, but also there has been an unbroken continuity of use to this day. The place has a palpable sense of power. Meditating in the cave may be a powerful experience. It's a sense of happiness welling up within, an energetic sense of peacefulness. After tour drive back to Lhasa. Overnight is at hotel in Lhasa.

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### **Day 6**

#### **Lhasa – Tsedang (Approx. 200 km, 3-4 Hrs)**

In the morning drive to Tsedang. Sightseeing in Tsedang of Yambulakhang Palace and Tandruk Monastery. Built in the 2nd century B.C, Yambulakhang Palace stands on top of a hill on the east bank of the Yalong River in the southeast of Naidong county. It is situated about 12 kilometers south of Tsedang and was built by King NyatriTsedpo who is believed to have descended from heaven. It's the oldest known building in Tibet, and the first building in Tibet. It is a fortress-like dwelling built on the spur of a hill that commands an impressive view of the entire fertile valley. This Monastery blends into the hillsides and is a worthwhile site to see. It is one of the most important Nyingmapa monasteries. Parts of it were dynamited during the Cultural Revolution but most of it has been beautifully restored. At the time of the 1959 revolt against Chinese Communist rule in Central Tibet, there were approximately 300 monks at Mindroling. The interior holds the statue of its founder and a throne for its incarnate Lama. The small stupa contains relics of a recalcitrant monk who died in jail in 1959. In the small chapel to the left are two good statues of Sakyamuni and Padmasambhava (Guru Rinpoche). Drive to Samye. Overnight is at Samye Monastery Hotel.

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### **Day 7**

#### **At Samye**

Morning visit Samye Monastery. Samye Monastery: Situated amidst breathtaking scenery, built in the 8th century, Samye Monastery was the first Buddhist monastery to be founded in Tibet by King TrisongDetsen of Tibet who sought to revitalize Buddhism, which had in the 7th century. A unique monastery and village rolled into one, Samye is a highlight of a visit to Tibet. Samye is famous for its sacred mandala design: the central temple symbolizes the legendary Mount Meru, center of the universe. It is a popular pilgrimage

destination for Tibetan Buddhists, some of whom travel on foot for weeks to reach it. This monastery is designed to represent the Buddhist Universe and many of the buildings in the courtyard are cosmological symbols. At the center of the monastery ground is the most impressive of the monastery buildings, and the center of this is a central pole, which represents the core of the Universe. The complex originally had 108 buildings (an auspicious number to the Tibetans) and there were 1008 chortens on the circular wall that rings the monastery. Then after visit Chim-puk medication cave. Chim-puk Hermitage is one of the most well-known meditation retreats in Tibet. It's said that many prestigious persons like Padmasambhava, Santiraksita and TrisongDetsen all have been practicing here for many years. And their hand prints and footprints impressed on the rocks still can be found in this hermitage. Situated in Shannan area, Chim-puk Hermitage have a very pleasant climate and beautiful scenery. It's neither too hot in summer nor too cold in winter. A day trek from Samye Monastery to Chim-puk Hermitage is extremely popular among tourists and hikers. Overnight is at Samye Monastery Hotel.

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## **Day 8**

### **Drive to Gyantse via Yamdrok lake and high passes of Kora La (5010 m) and Kambala (4794m) (Approx. 160 km, 3 Hrs)**

The third most important city Gyantse is one of the least Chinese influenced towns in Tibet and is worth a visit for this reason alone. Yamdrok Lake is one of the three largest sacred lakes in Tibet. It is over 72 km (45 miles) long. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams. The lake does have an outlet stream at its far western end. Around 90 km to the west of the lake lies the Tibetan town of Gyantse and Lhasa is a hundred km to the northeast. According to local mythology, YamdokYumtso Lake is the transformation of a goddess. Yamdrok Lake, has a power station that was completed and dedicated in 1996 near the small village of Pai-Ti at the lake western end. This power station is the largest in Tibet. The lake with an area of 621 square kilometers and the unknown depth is fan-shaped, spreading to the South but narrowing up to the North. The mountainous lake has a dozen of islands, the largest of which is about 3,000 square kilometer. The lake freezes up in winter. Like mountains, lakes are considered sacred by the Tibetan people, the principle being that they are the dwelling places of protective deities and therefore invested with special spiritual powers. Overnight is at Hotel in Gyanste.

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## **Day 9**

### **Gyantse – Shigatse (Approx. 90 Km, 1.5 Hrs)**

Drive to Shigatse [90 KM – 1.5 Hrs] Tibet's second-largest town and the traditional capital of Tsang province, Shigatse is a modern, sprawling city, with wide boulevards humming with traffic (even in the pedestrian-only street). As you drive in across the plains, the site of the Potala-lookalike Shigatse Dzong, high on a hilltop overlooking the town, will probably fire your imagination, but the fort is empty and most of what you see dates from a 2007 reconstruction. It is the Tashilhunpo Monastery, to the west of town that is the real draw. Since the Mongol sponsorship of the Gelugpa order, Shigatse has been the seat of the Panchen Lama, and this seat was traditionally based in the monastery. Palkhor Monastery: Located about 100 km east of Shigatse, the unique Palkhor Monastery, also named Palcho Monastery, is very different from other monasteries. It is reputed as the lord of Tibetan stupas and is famous for its architecture, sculpture, and mural painting art. Palkhor Monastery enjoys a high status in Tibetan Buddhism history because it houses three sects, Sakyapa, Kadampa and Gelugpa together. It was built in collaboration with the Newari architects and Tibetan artists. Kumbum: The spectacular Bodhi stupa, or Kumbum in Tibetan was built in 1412 and completed 10 years later. Deemed as the symbol of the monastery, the spectacular "stupa" consists of hundreds of chapels in layers, housing about a hundred thousand images of various icons. The elegant structure is worth visiting. The famous Kumbum pagoda, built in collaboration with Newari artists from

Nepal and Tibetan artists, also stands in the same courtyard with nine stories, 108 doors and 77 chapels containing clay sculptures and various murals. The Stupa rises over four symmetrical floors and is surmounted by a gold dome. The dome rises like a crown over four sets of eyes that gaze serenely out in the cardinal directions of the compass. .Kumbum means 10,000 images. The pagoda is said to have 100,000 images, either sculptured or painted, this is the reason for its name "100,000 Image Pagoda". Overnight is at Hotel in Shigatse.

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## **Day 10**

### **At Shigatse**

In the morning, visit is one of the Six Big Monasteries of Gelugpa (or Yellow Hat Sect) in Tibet. Also called the Heap of Glory, it is located at the foot of Drolmari (Tara's Mountain), Shigatse. Founded by the First Dailai Lama in 1447, the monastery's structure was expanded by the Fourth and successive Panchen Lamas. Covering an area of nearly 300,000 square meters (3,229,279 sq. ft.), the main structures found here are The Maitreya Chapel, The Panchen Lama's Palace and The Kelsang Temple. Tashilhunpo is the seat of the Panchen Lama since the Fourth Panchen Lama took charge in the monastery, and there are now nearly 800 lamas. Explore the market in the evening. Overnight is at hotel in Shigatse.

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## **Day 11**

### **Shigatse – Sakye (Approx. 210 km, 4 Hrs)**

This morning Sakya and visit Sakya Monastery. Sakya Monastery was built in 1073 by Khon Khonchog Gyalpo. It is located in the city of Sakya, in the Tibetan region of Tsang, about one hundred miles north of the border between Tibet and Nepal. The region is unique for its gray (kya) earth (sa), hence the name Sakya. From 1073 until 1959, this monastery served as the seat of the Sakya Order and of the Sakya Trizins who are the spiritual leaders of the order. Sakya Monastery was built at an auspicious location prophesied by the great Indian master Atisha, who foresaw that emanations of Mahakala, Manjushri, Vajrapani, and Avalokiteshvara would take birth at this place and perform great activities for the benefit of the Dharma and all beings. Overnight at Hotel in Sakya.

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## **Day 12**

### **Sakya to EBC (5200m) via Tingri (B) (Approx. 250 km, 5-6 Hrs)**

After that, we will pass sola Pass(4600M), and Gyatsola Pass(5248M). Shortly after we enter Mt. Everest National Nature Reserve, tourists can enjoy the panorama of Himalaya at Gawula Pass (5198m). Then we drive along the New zigzag road to Everest Base Camp(5200m). You can get closer to gaze at the Mt. Everest peak. The sunset of golden Everest peak if time and weather permits at the lodging area. Stay overnight at Rongbuk.

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## **Day 13**

### **Rongbuk to Gyirong Border (Approx. 370km, 7-8 Hrs)**

In the morning, you can appreciate the sunrise of Everest Peak if weather permits at the lodging area and then visit the - the unique highest monastery with nuns and monks living together. Later, we can visit the Everest

Base Camp and take pictures of Mt. Everest at the closes distance in EBC. After that, we can drive from EBC to Kyirong border. On the way, tourists can enjoy breathtaking view of Mt. Shishapangma and the Pekutso Lake. After passing the GhungtangLhamo(5236M), we will arrive in Kyirong in late afternoon. Stay overnight in the guesthouse in Kyirong

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## **Day 14**

### **Kyirong day excursion 70Km**

Morning Hike to Kepu Village which is just near the kyirongtwn, less than 1km, crosing the deep suspension bridge, then arrived the Kepu village. hike insie the village about 3-4km, then arrvive the point of Nepal-Tibet border. along the way, enjoy the local's village and farmland views together with the snow capped mountains if weather permits. Then hike to Nitsunvillaha. Nitsun is the best spot to enjoy natural landscapes including icy peaks, sunrise and sunset because of its elevated land and wide vision. From this position and view, the snow mountains and glaciers seem more splendid and charming. The snow-capped Mt. Qumugula stands before your very eyes clearly across the western valley, snowy ridges stretch for miles and stone peaks stand in stalwart figure. In the afternoon, drive from Kyirong town to Border, China Custom, 24km. Stay overnight in the guesthouse in Kyirong

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## **Day 15**

### **Kyirong border to Kathmandu (B)**

Our Tibetan guide will assist you to exit China via Gyirong border.

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