

(TE-012) Lhasa-Nyingchi-Lhasa-Yamdroktso Lake-Gyantse-Shigatse-Lhasa (8 Days)

Nyingchi, "throne of the sun" in Tibetan, is located in southeast Tibet. With green mountain slopes, snow-capped peaks and crystal-clear rivers, Nyingchi looks just like heaven on the Qinghai-Tibetan Plateau.

Day 1/Arrive in Lhasa

Arrive in Lhasa, rightly one of the most featured and dreamt-about cities in the world, not only limited accessibility for its remoteness and its high altitude at 3,650 meters, but also the mysterious Tibetan religion. In Tibetan, Lhasa means the Holy Land or the Buddha Land. The guide will meet you at Konggar



Airport, and transfer you to Lhasa city with about 1.5 hours' driving (100km). On arrival at the hotel, rest and acclimatize yourself to the local time and altitude. (D)

Day 2/Lhasa

The first day of sightseeing starts from Lhasa's cardinal landmark- **Potala Palace**, a structure of massive portions. Its towering image has already appeared on various occasions, but your first sight of the Potala will still be an awe-inspiring moment. It takes at least a good 2-hour to visit those rooms, halls and chapels. Some 2km to the east of the Potala is the most revered religious structure and the holiest temple in Tibet - **Jokhang Temple**. Bustling with worshippers and redolent with mystery, the Jokhang is an unrivalled experience. The quadrangle of streets surrounding the Jokhang is the **Barkhor Market** - Lhasa's most interesting pilgrimage circuit. This area of the Old Town is both the spiritual heart of Lhasa and the main commercial district for Tibetans. The rest of day is free. (B,L,D)

Day 3/Lhasa

Sightsee of the Drepung Monastery, Sera Monastery and Norbulingka in Lhasa. **Drepung Monastery**, the largest and richest monastery in Tibet, was founded in 1416 by a disciple of Tsong Khapa under the patronage of a noble family and later enlarged by the Fifth Dalai Lama. Nowadays it stands as Tibet's most important and largest monastic university in Tibet. **Norbulingka Park** (Treasure Garden) was built in the 1740s during the reign of the seventh Dalai Lama. Later it was renovated and enlarged and became the Dalai Lama's Summer Palace. **Sera Monastery** is located a few miles to the north of Lhasa, is one of the three largest monasteries. (B,L,D)

Day 4/Lhasa-Nyingchi

Depart from Lhasa in the morning, go ahead of Nyingchi, crossing over Mila Mountain standing at the altitude of 5013 meters. Pay a visit to **Basum Lake Scenic Zone**, an stunning alpine lake at the middle and upper reaches of the Ba River, is about 3,538 meters above sea level. The blue, limpid lake water reflects the verdant and picturesque snow-capped mountains around the lake combine into a charming scene. Stay overnight in Bayi Town, the seat of Nyingchi County administration, lied at Nyang River lower valley. (B,L,D)

Day 5/Nyingchi-Lhasa

Nyingchi is surrounded by a thick, beautiful forest. Take sightseeing of the most impressive **Forest of Great Cypresses**. Then, drive back to Lhasa, greeting with the enchanting view of Nyang River, the largest one of Yaluzangbujiang (Yalung Tsangpo) among its five tributes. Stay overnight in Lhasa. (B,L,D)

Day 6/Lhasa-Gyantse



Drive from Lhasa to Gyantse (at 4,040 meters above sea level), and pass by **Yamdrotso Lake** for sightseeing. Yamdrotso Lake is one of the four holy lakes of Tibet, and legend has it that if the lake ever disappears, it will mark the end of Tibet. In Gyantse, visit **Palkor Monastery**, the symbolic architecture of Gyantse. On one side of the Palkor Monastery stands a white tower - **Kumbum Stupa**. It is said that there are altogether more than 100,000 Buddha statues engraved on the tower; hence the name "One Hundred-Thousand-Buddha Tower." (B,L,D)

Day 7/Gyantse-Shigatse-Lhasa

Proceed to Shigatse and visit **Tashihunpo Monastery**, the new Palace of Panchen Lama. Tashihunpo's magnificent outside may make you gaps in admiration, its inside just offers you more religious tranquility and sincerity. Then, drive back to Lhasa. Miles away from Shigatse, you can already see the gold tops of Tashihunpo Monastery shinning under the sun. (B)

Day 8/Depart from Lhasa

Pack up your luggage and transfer to the airport for leaving. TOUR ENDS! (B)