

[Tour code: TE-008] Lhasa-Gyantse-Xigatse-Sakya-Xegar-Tsedang (12 Day)

Day01 Arrive in Lhasa The guide will meet you at Konggar Airport, and transfer you to Lhasa city with about 1 1/2 hours' driving (100km). On the way, you'll get greeted by Nie Tang Buddha, a Buddha image engraved in the mountain face. After arrive in Lhasa, rest and acclimatize. Overnight in Lhasa. (D)

Day02 Lhasa The first day of sightseeing starts from Lhasa's cardinal landmark - Potala Palace, a structure of massive portions. Its towering image already appearing 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. Stay overnight in Lhasa. (B-L-D)

Day03 Lhasa-Yamdrotso-Gyantse-Shigatse Sightseeing 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. Stay overnight in Lhasa. (B,L,D)

Day04 Lhasa-Gyantse-Xigatse Drive 265km from Lhasa to Gyantse. Pass by

Yamdrotso Lake and the Karola Glacier. Yamdrotso Lake, also called "Scorpion Lake" because of its shape, is one of three sacred Tibetan lakes. The snowy peaks in the back (view direction south) are 6000-7000m Himalaya peaks. In Gyantse, visit Kumbum Monastery which is the only monastery where four religion schools including Gelug School, Gegyu School, Sagya School and Nyingma School, built their own monasteries. Kumbum Pagoda in Palkor Monastery is also well-known and it is said that there are 108 gates and 76 shrines in the pagoda. Continue to head for Xigatse. Stay overnight in Xigatse.(B,L,D)

Day05 Xigatse-Skaya Drive to visit Tashilunbu Monastery and Sakya Monastery. Tashilhunpo Monastery is the new Palace of Panchen Lama. Standing on the entrance of Tashilhunpo, visitors can see the grand buildings with golden roofs and white walls. The remarkable Thangka Wall which is nine floors high was built by the First Dalai Lama in 1468. Sakya Monastery which is known as "An Art Gallery" is a "must see" for visitors to Tibet, lied 130 kilometers (80 miles) southwest of Shigatse. Sakya, meaning "Grey Soil" in Tibetan since the soil surrounding it is gray; it is the central monastery of Sakyapa sect of Tibetan Buddhism. Stay overnight in Skaya.(B,L,D)

Day06 Sakya-Xegar Depart Sakya and leave for Xegar. Stay overnight in Xegar.(B,L,D)

Day07 Xegar Enjoy visiting to Rongbuk. Rongbuk Monastery by Jeanne-Marie Gilbert On the north side of the Himalaya sits the partially reconstructed Tibetan



Buddhist monastery of Rongbuk, once the largest monastic center in the region. The Rongbuk Glacier is located in the Himalayas of southern Tibet. This glacier is used to climbing expeditions and trekking parties

to reach Everest base camp on the north side of Mount Everest.(B,L,D)

Day08 Xegar-Xigatse Drive back to Xigatse from Xegar. Stay overnight in Xigatse.(B,L,D)

Day09 Xigatse-Gyantse After breakfast, drive to Gyantse. Take a sightseeing of Phalkhor Monastery and Kunbum. The Phalkhor has a special influence over Buddhism in Tibet owing to its unity of Gelugpa, Sakyapa. In Gyantse, visit Kumbum Monastery which also be called “Ten Thousand fo Buddha Stupa”, the Kumbum Stupa designed by Newari architects from Nepal. Stay overnight in Gyantse (B,L,D)

Day10 Gyantse-Tsedang Drive from Gyantse to Tseding, stopping at Yamdroktso Lake. Yamdroktso (4441m) is one of Tibet’s three holy lakes. It’s mostly mountain road, winding and bumpy, even thrilling somewhat. After about 3 1/2 hours’ driving, climbing over the snow pass of Kambala (5030m), the dazzling Yamdroktso just lies several hundred meters below the road, and in clear weather is a fabulous shade of deep turquoise. Far in the distance is the huge massif of Mt. Nojin Kangsang (7191m). Stay overnight in Tsedang. (B,L,D)

Day11 Tsedang Today’s highlight is to visit the Samye monastery, Yonbulakhang and Drandrok monastery. Samye Monastery is a stunning sight. Designed as a representation of the ideal Universe as described in Buddhist. Yonbulakhang is the first palace of Tibet. (B,L,D)

Day12 Tsedang-Lhasa-Beijing After a relaxed breakfast at the hotel, be transferred to the Lhasa airport and board on your plane. Say goodbye to Tibet and fly out. (B)

B:Breakfast L:Lunch D:Dinner