

Trekking around Namtso Lake

(TT-002) Trekking around Namtso Lake (12 days / trekking 7 days)

Namtso Lake trekking is a popular trekking route in Tibet. Namtso Lake, lying at the foot of snow-capped Nyainqentanglha Mountain, is the highest lake in the world and the biggest salty lake in Tibet, considered as the holy lake in Tibet. The lake is 70 kilometers long from east to west and 30 kilometers wide from north to south, covering an area of 1,920 square kilometers with an altitude of 4,700 meters above sea level. Namtso Lake is the seat of Paramasukha Chakrasamvara for Buddhist pilgrims. In the fifth and sixth month of Tibetan Calendar each year, many Buddhists come to the holy lake pay homage and pray. Walking around Namtso Lake takes about one week.

The best season for Namtso Lake trekking is late May to October, however you must be prepared at all times for wet weather, snow and cold winds. It is a very remote region so we should carry camping, sleeping bags, kitchen equipments and other provision for the entire trekking part.



Day01 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 (90km). On the way, you'll be greeted with Nie Tang Buddha – a Buddha image engraved in the mountain face. Upon arrival, rest and acclimatize yourself to the local time and altitude. (D)

Day02 Lhasa

The first day of sightseeing starts from Lhasa's cardinal landmark - **Potala Palace**, an awe-inspiring Tibetan architectural complex. The stone-and-wood-structured Potala Palace consists of the White Palace and Red Palace. The White Palace, comprising halls, temples and courtyards, serves as the living quarters of the Dalai Lama. The Red Palace includes various chambers for worshipping Buddha and chambers housing the eight stupa that contain

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the remains of fifth through thirteenth Dalai Lama. All the stupas are covered with gold foil. 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. A golden statue of the young Buddha Sakyamuni at age 12 brought to Tibet by Princess Wen Cheng from Chang'an, capital of the Tang Dynasty, is enshrined in the center of the main hall. 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)

Day03 Lhasa



Today's highlight is the sightseeing of Drepung Monastery, Norbulingka and Sera Monastery in Lhasa. **Drepung Monastery**, known as the most important monastery of Gelugpa in Tibetan Buddhism. The monastery was established in 1416 by Tsong Khapa's disciple Jamyang Qoigy, and under the patronage of plutocrats, it developed as the richest monastery of Gelugpa and became the mother temple of Dalai Lamas. **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, where they handle political affairs, practiced religious activities and spent holidays. **Sera Monastery**, located a few miles to the north of Lhasa, is one of three famous monasteries in Lhasa along with the Drepung Monastery and the Ganden Monastery. The debating traditions in the Sera Monastery are unique among the three famous monasteries in Lhasa. Debates are conducted by the lamas in the monastery every day beginning at 3:00pm. In a battle of words, they supplement their efforts by using a variety of gestures including clapping their hands, pushing their partners for an answer, or plucking their prayer beads to win the virtue of the Buddha. (B,L,D)

Day04 Lhasa

Day is at leisure! You will have one whole day to rest and acclimate in Lhasa. (B)

Day05 Lhasa-Reting Monastery

After breakfast, drive north 180km from Lhasa to **Reting Monastery**. Reting Monastery, established in 1056 by Atisha's chief disciple Drom Tonpa the picturesque Lhasa River, is the ancestral monastery of the Gedain Sect of Tibetan Buddhism. The monastery holds the Cuckoo Worshipping Ceremony on the 15th day of the fourth month in the Tibetan calendar. Walk around some villages down the Kyichu River Valley. (B,L,D)

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Accommodation: Reting Monastery guesthouse

Day06 Reting Monastery-Namtso Lake-Bali Village-Duoqia Temple

Drive through some rugged road to be on Qinghai-Tibet Highway. You will pass by Damxung Town and Bali Village where you will be impressed by the walls made by dairy manure, then reach Duoqia Temple, the biggest temple by Namtso Lake, which was built in 1716. There is an enigma of this temple in the evening, which is that you hear the sound of mani stone carving, but when you approach the sound disappears, and as long as you go away you hear it again. **Namtso Lake**, lying



at the foot of Nyainqentanglha Mountain, is the highest lake in the world and the biggest salty lake in Tibet, considered as the holy lake in Tibet. The lake is 70 kilometers long from east to west and 30 kilometers wide from north to south, covering an area of 1,920 square kilometers with an altitude of 4,700 meters above sea level. It is said the holy lake Namtso and the holy mountain Nyainqentanglha are a couple of lovers, who altogether guard the vast pasture and cattle. (B,L,D)

Accommodation: camping

Day07 Trekking Duoqia Temple-Buguzari-Bularanka

After breakfast, start the trekking from Duoqia Temple to Bukuzari, the miracle of the world in the minds of the local people. Inside the caves in this area, you see numerous images of birds, animals, trees, flowers, clouds, characters, etc. So strange they are! These images change constantly, sometimes clear and obscured after some while. (B,L,D)

Accommodation: camping

D08 Trekking Qiadunanka Island-Angbakonglong Island

On the Qiadunanka Island, there are many naturally made Buddhist images and characters as well as many caves. The remains of the former Qiaduo Temple, faces toward the Nyainqentanglha Mountain ridges, which had been destroyed during the Cultural Revolution. Several remaining erected giant stones are regarded as the entrance door of the holy Nyainqentanglha Mountain. During the journey of today, you will see lots of Mongolian gazelles and blue sheep on the way. (B,L,D)

Accommodation: camping

D09 Trekking Angbakonglong Island-Jiachanguiguo

Leave from Angbakonglong Island, head for Jiachanguiguo Bathing Gate, regarded as one of the Four Great Bathing Gates of the Holy Namtso Lake. It is believed by the people that

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having bathing and baptism in this holy lake will help them be extricated from the sin and bring luck and longevity. Today's trekking on the sandlot along the lake is somewhat hard. Stay overnight by camping by the lake. (B,L,D)

Accommodation: camping

D10 Trekking Jiachanguiguo-Zhaxi Peninsula

After breakfast, go ahead of Zhaxi Peninsula, the largest peninsulas around Namtso Lake. The approaching of Zhaxi Peninsula means the completion of walking around the holy Namtso Lake. Explore Zhaxi Peninsula where features some unusual rock formations, pinnacles, grottoes and caverns. Some interesting cave paintings can be seen in various grottoes. Also you will visit



Zhaxi Dor Monastery, a cave temple of Nyingma Sect at the southeast of the Zhaxi Peninsula. (B,L,D)

Accommodation: camping

Day11 Namtso Lake-Yambajing-Lhasa

In the morning walk around the peninsula and then drive back to Lhasa. Pass by Yambajing, the highest-altitude hot springs in the world, 90 kilometers northwest of Lhasa. This area is rich in geothermal resources and densely distributed with various fountains, geysers, hot springs, boiling springs as well as hot-water lakes. It is a wonderful enjoyment to take a bath in the high-quality hot springs. En route, you will be greeted with the spectacular scene of vast Northern Tibet Grassland. (B,L,D)

Day12 Depart from Lhasa

Transfer to the airport, and fly out of Lhasa. TOUR ENDS! (B)

Note: B-Breakfast L-Lunch D-Dinner