

Beijing Great Wall Int'l Travel Agency

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Trekking around Karola Glacier and Yamdrotso Lake

(TT-004) Trekking around Karola Glacier (9 days / trekking 4 days)

Yamdrotso Lake is one of the three holy lakes (the other two are Namtso Lake and Manasarovar Lake). Within the boundary of Nankartse County, Yamdrotso covers an area of 678 square kilometers, at 4,441 meters above sea level. The lake has nine islands, of which one houses the famous Samding Monastery - a Nyinmapa monastery. This monastery is the only Tibetan monastery to be headed by a female reincarnation, heading a community of about 30 monks.

Yamdrotso Lake is rich in hydroelectric power. The drop between the lake surface to the Yarlung Tsangpo River at the foot of the mountain falls more than 800 meters. The Yamdrotso Power Station at such a high altitude is well known in the world.

The charming lake produces abundant fish resources. In the lake and the surrounding expansive pastures, animals and birds grow with vitality.

Trek around the lake and surrounding snow-capped mountains and glaciers, enjoy the diversified fauna and flora, and visit the villages scattered in this area.



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

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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 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-Yamdroktso Lake-Karola Glacier

Drive to Gyantse (4040m), and pass by **Yamdroktso Lake** for sightseeing. Yamdroktso Lake is one of the three holy lakes of Tibet, surrounded by many snow-capped mountains and is

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fed by numerous small streams. According to the mythology, Yamdroktso Lake is the transformation of a goddess, showing the intoxicating color of Turquoise. Drive ahead of **Karola Glacier** (5560m), quite close to the road, a breathtaking view of the Karola Glacier is an unforgettable experience. Start the trekking around Karola Glacier and Yamdroktso Lake. (B,L,D)



Day05-08 Trekking around Karola Glacier-Lhasa

4-days trekking ends around Yamdroktso Lake, then, transfer back to Lhasa. (B,L,D)

Day09 Depart from Lhasa

Transfer to the airport, and fly out of Tibet. (B)

Note: B-Breakfast L-Lunch D-Dinner