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China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin

Tibet Expedition Tour

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Tour Code: CET-AV05

Length: 10 days and 9 nights

Cities Visited/Stayed: (Beijing), Lhasa, Gyangtse, Shigatse, Tingri, (Beijing)

Highlight Attractions: Jokhang Monastery, Potala Palace, Barkhor Street

Experience & Features: Potala Palace, Tibetan Family, Jokhang Temple, Barkhor Street, Everest Base Camp, Mt. Everest

Tibet, known as "The Roof of the World", is famous for its unique natural sceneries and primitive cultures. During this tour you can discovery mysterious Tibet by yourselves. With a long history, Tibet has magnificent and wonderful natural scenery as well as simple and unsophisticated Tibetan Monastery for us to explore. You will be amazed by spectacular and fascinating snow-capped peaks, glaciers, high mountains, wide rivers, unique highland lakes, geothermal springs, vast pastoral areas, magnificent monasteries, brilliant religious arts and interesting ethnic customs in Tibet. Welcome to join us to make your Tibet dream come true.

Itinerary

Day 1: Beijing-Lhasa

Today we drive to the airport for a flight to Lhasa. We will arrive in Lhasa in the afternoon, and you will be transferred to the hotel and get yourself acclimatize to the high altitude in the afternoon. The rest of day is on your own.

Stay overnight in Lhasa.

Meals:

Day 2: Lhasa

This morning we visit the magnificent [**Potala Palace**]. King Songtsen Gampo built Potala Palace 1,300 years ago in Tang Dynasty (618-907AD). Potala is the name of the place, which means residence of the Goddess of Mercy in Tibetan language. It covers an area of more than 130, 000 square meters (about 32 acres). It mainly consisted of the White Palace (administration building) and the Red Palace (religious building). The Potala Palace used to be a center for both temporal and religious administration. It is closely connected with many important figures in the history of Tibet, such as Songtsen Gampo, Princess Wencheng and several generations of Dalai Lamas. After lunch, we will visit the [**Sera Monastery**] -- one of three most famous monasteries in Lhasa. Later we will visit the [**Norbulingka Park**]. It is the Summer Place of Dalai Lamas, and they handle political affairs and hold festival celebrations there. Then we pay a visit to a [**Tibetan family**]. Dinner is served at your hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 3: Lhasa

This morning we visit the [**Jokhang Temple**] -- the ultimate pilgrimage destination for devotional Pilgrims. The Jokhang, or "House of the Lord," is the holiest site in Tibet and is the ultimate pilgrimage destination for Tibetan Buddhists. It is a very important pilgrimage destination for Tibetan Buddhists. Pilgrims come from all corners of Tibet, usually on foot and often performing austerities for penance along the way. Later let's go to explore the [**bazaar of Barkhor Street**] which is also a must-see place for the tourists. Barkhor Street is an ancient style street full of stalls of exquisite articles, so you may be amazed at delicate handicrafts and be happy to purchase some. After lunch, we go ahead to visit the [**Tibet Museum**] for a glance into Tibet's civilizations. What follows next is a visit to [**Tibet Carpet Factory**] which is one of the remarkable enterprises in Tibet mainly producing traditional Tibetan Carpet. All the carpets here are hand-made, in beautiful pictures and excellent quality. Those elegant and colorful carpets are nice decorations. Here you can purchase them at competitive prices with many choices. You will have your dinner in your hotel.

Stay overnight in Lhasa.

Meals: (B, L)

Day 4: Lhasa-Gyangtse

In the morning we will drive to Gyangtse, and we will stop on the way to visit the [**Yomdrok Lake**] that locates in the north bank of the Yarlung Tsangpo River, surrounded by mountains. The holy lake is so unique that everybody is looking forward to enjoy the beauty there. Upon your arrival at Gyangtse, you will be transferred to the hotel. We will visit the [**Palkhor Monastery**] which is another typical Tibetan monastery and is famous its unique structural style and be considered as the lord of Tibetan stupas. Later you can enjoy a walk on the [**Gyangtse Old Street**].

Stay overnight at Gyantse.

Meals: (B, L)

Day 5: Gyantse-Shigatse

Today let's go to Shigatse that situates in central - southern Tibet. It is the second largest city of Tibet and a political, economic and cultural center of the region. Then we visit **[Tashilhumpo Lamasery]**--one of the four lamaseries of the Galu sect of Lamaism and the residence of the Panchan Lama for long time.

Tashilhumpo is a vast monastery with its own streets, housing sectors, plazas, back alleys and complex of temples and halls. One of the most attractive sites of Tashilhumpo monastery is the giant Maitreya (Future Buddha). This twenty six meters tall statue is very big; it consists of lots of precious things like pearls, turquoises, corals and ambers, and solid gold. The monastery houses the 22.4-meter-high (about 73 feet) gilded bronze statue of Qiangba Buddha, the tallest of its kind in the world. You will find that the Buddha is kind and generous. Also included is a visit to the **[New Palace of Panchen Lama]**.

Stay overnight at Shigatse.

Meals: (B, L)

Day 6: Shigatse-Tingri

Today we will drive to Tingri. We will get off on the way to visit the **[Sakya Monastery]** and **[Lhatse city]**. Sakya Monastery has a history of more than 900 years. Those cultural relics and classic books are extremely abundant, especially those scriptures. The Sakya Monastery is the ancestral temple of Sakyapa sect of Tibetan Buddhism. It was built in the 6th year (1073) of the Xining reign of the Song Dynasty (960-1279) by Khon Konchog Gyalpo who is the founder of Sakyapa sect of Lamaism. Usually the out walls of building are white in Tibet, but here you can see walls are in different color. In town, you will see a lovely picture of local people's life: they lead along donkey along the street. And there are more animal power vehicles than motor vehicles. The town is so ancient that you will feel like walking in a place 200 years ago. It's really a nice place to get new experience of living.

Stay overnight at Tingri.

Meals: (B, L)

Day 7: Tingri-Everest Base Camp-Tingri

Today we take a coach to the **[Everest Base Camp]**. There you can enjoy Everest and innumerable spectacular mountains views. **[Rombuk Monastery]** is the world's highest monastery with 5154meters

(about 3 miles) above sea level, and it locates in the North Slope of Rombuk Glaciers. You will see Mt. Everest right from there. Then we hike to Mt. Everest Base Camp and take pictures of the magnificent Himalayas natural scenery. Then we drive back to Tingri.

Stay overnight at Tingri.

Meals: (B, L)

Day 8: Tingri-Shigatse

Today we leave Tingri and drive back to Shigatse. Upon your arrival, you will be transferred to the hotel. The rest of the day is leisure at relax.

Stay overnight at Shigatse.

Meals: (B, L)

Day 9: Shigatse-Lhasa

Today we return to Lhasa and you will be transferred to the hotel when you get there. This afternoon is available for you to explore more of Lhasa by yourself.

Stay overnight in Lhasa.

Meals: (B, L)

Day 10: Lhasa-Beijing

You can spend the morning time to appreciate Lhasa by yourself. In the afternoon, you will be transferred to the airport to take a flight back to Beijing.

Meals: (B)

Add: 3rd F, Dongfang Bldg, 30 Qixing Rd, Guilin 541004, China

Website: ChinaExpeditionTours.com

Tel: 86-773-5817222, 5817255

Fax: 86-773-5829185