



桂林中青旅国际旅游有限公司特色旅游部

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

13-day Adventure in the Western Region

<http://www.chinaexpeditiontours.com/city-tours/13-day-adventure-in-western-region.html>

It is an adventure deep into the western region of Tibet. During the hiking, you will see famous attractions and have a insight into local people' life, It is challenging yet interesting.

Tour Name: 13-day Adventure in the Western Region

Tour Code: HTB-KP

Hiking Duration: about 13 Days

Starting Point: Lhasa

End Point: Shigatse

Physical Rating: 3 (bit hard)

Cultural Shock Rating: 3

Tour Type: Private and Guided

Lunch: Brown-bagged Lunch and Local Home-made Meal

Attractions: Potala palace, Jokhang Monastery, Barkor Street, Lake Namtso, Yangbajain Area, Yamdrok Lake, Karula Glacier, Tsong Burg, Palkhor Monastery, Tashilhunpo Monastery, the Himalayas, Lake Manasarovar, Lhanag-tso, Mount Kailash, Yarlung Zangbo River, etc.

Itinerary

Day 1: Lhasa

After you arriving at Lhasa, our representative will pick you up at the airport or the railway station. You will be transferred to the hotel and have a rest. The altitude reaction will make you sick if you cannot adjust yourself to it. The height above sea level of Lhasa is 3,650 meters (10,950ft) and the oxygen content of it is only 65% of the sea level, so this environment will make many tourists have the altitude sickness. The effective methods to prevent this reaction is to keep a calm condition, drink more water, eat more fruits, take a rest and pay attention to no alcohol , no shower and less smoking.

Stay overnight in Lhasa.

Meals: (D)

Attraction: the landscape of valley in Lhasa

Distance: 70km (43.5miles)

Elevation: 3700m (12,139ft)

Road condition: Good

Time: about 1.5hours

Accommodation: Hotel

Tips: Be careful and protected from sunburn

Day 2: Lhasa

Potala Palace will be the first stop of our adventure. Situated on Potala Mountain in Lhasa, capital of the Tibet autonomous region, the Potala Palace was first built in the 7th century, for the wedding of the Tibetan king Songtsan Gampo. In 1653, the 5th Dalai Lama moved from Drepung Monastery to the palace. Thus the Potala Palace became the political center of Tibet. It is the majesty palace, with overpowering momentum and regarded as the world cultural heritage by UNESCO. After lunch, we will head for the Jokhang Monastery, "House of the Buddha" in Tibet. Its innermost shrine contains the oldest, most precious object in Tibet - the original gold stature of Sakyamuni -- the historical Buddha, which Princess Wen Cheng brought from Chang'an 1,300 years ago. For most Tibetans it is the most sacred and important temple in Tibet. They think that they can get the rebirth if they have a meet with the gold stature of Sakyamuni. Outside of the Jokhang Monastery is the famous circumambulation road -- Barkhor Street. You will have enough free time to wander on the street and buy some souvenirs and specialties.

Stay overnight in Lhasa.

Meals: (B/L/D)

Attraction: Potala palace, Jokhang Monastery, Barkor Street

Distance: 100km (62.1miles)

Elevation: 3700m (12,139ft)

Road condition: Good

Time: about 6hours

Accommodation: Hotel

Tips: pay attention to the security, sunburn; take the glacier cap, sun cream and drink more water.

Day 3: Lhasa-Lake Namtso-Lhasa

After breakfast, we will drive to the Yangbajain hot spring, which is 90km (55.9mile) north-west of Lhasa. This hot spring is multimineral and it is said that those minerals are good for the skin disease and the arthritis. However, you must be careful that Yangbajain Area is in a very high altitude, with strong wind and low temperature, it is better to keep warm and bring some food by yourself, in case that the local foods are unacceptable. You can have an enjoyable time and get relax there. After that, we will head for the Lake

Namtso, 250km (155.3miles) north to the Lhasa and 136km (84.5miles) northeast to the Yangbajain. It's the highest lagoon in the world and the largest lake in Qinghai-Tibet plateau, located at the southwestern foot of the Nyenchen Tanglha Mountains. It owns the high compliment that Lake Namtso is a large precious mirror besetting on Northern Tibet Grassland.

Stay overnight in Lhasa.

Meals: (B/L/D)

Attraction: Lake Namtso, Yangbajain Area

Distance: 500km (310.7miles)

Elevation: 4700m (15,420ft)

Road condition: Ordinary

Time: about 8hours

Accommodation: Hotel

Tips: Bring some small gifts like pencils or exercise book in order to get more close to the shepherd.

Day 4: Lhasa-Yamdruk Lake-Gyantse-Shigatse

Today we will start from Lhasa and cross the 4900m-elevation (16,076ft) Mt.Kampala. We can overlook the Kampala Radar Station and trace the old road to the highest freshwater--Yamdruk Lake. Yamdruk Lake is known as the sacred lake and according to local mythology; Yamdok Lake is the transformation of a goddess. Yamdruk Lake means Jasper Lake and also named Green Jade Lake in Tibetans; it is one of the freshwater in three Tibetan sacred lakes. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams. The lake does have an outlet stream at its far western end. The water is so clear that it is safe and sweet for people to drink. Along the way, we will pass the Karula Glacier to the ancient town Gyantse, the height above sea level is about 4040m (13,254.6ft). We can take a far looking at the Palkhor Monastery and the Gyantse Tsong Burg, a ruin of an ancient fortification, located in the center of Gyantse ancient city. Palkhor Monastery is a monastery having the characteristics of Han, Tibetan and Nepali architecture. Pelkhor Choede enjoys a high status in Tibet Buddhism history because it houses three sects - Sakyapa, Kadampa and Gelugpa together. Those three sects get along well with each other though they once quarreled and fought. Driving from the Gyantse, we will arrive the Tsang region-- Shigatse, visiting the Tashilhunpo Monastery.

Stay overnight in Shigatse.

Meals: (B/L/D)

Attraction: Yamdruk Lake, Karula Glacier, Tsong Burg, Palkhor Monastery, Tashilhunpo Monastery

Distance: 380km (236miles)

Elevation: 3800m (12,467ft)

Road condition: Good

Time: about 8hours

Accommodation: Hotel

Tips: Be careful and prevent the sunburn.

Day 5: Shigatse–The Everest

In the morning, we will drive along the China-Nepal highway after breakfast. We will have the chance to experience the strong flavor of the Tsang ethnic custom along the Gyatso-la Pass. After climbing up several steep mountains, we will arrive at Pang la Pass (elevation is 4900m, 16,076ft), the best viewing platform to the highest peak in the world—The Everest (elevation is 8844m, 29,016ft) and the other four above 8000-meter-peaks (above 26,246.7ft). If you are lucky, you will have the valuable chance to see the banner cloud on the Everest, waving as the fire. We will arrive at the Base camp of the Everest, at where you can appreciate the most beautiful peak in the world and take some photos. At the foot of Mt. Everest is located the highest temple in the world, Rongbuk Monastery and the Rongbuk Glacier around this area is also the largest among all the glaciers here. We will spend some time in visiting them and get close to them.

Stay overnight in Base camp.

Meals: (B/L/D)

Attraction: snow-capped mountains and grassland, the Himalayas

Distance: 350km (217.5miles)

Elevation: 5000m (196,850.4ft)

Road condition: Ordinary

Time: about 9hours

Accommodation: Guesthouse

Tips: Be careful and take a good rest.

Day 6: Everest-Saga County

After breakfast we will drive to Saga County. Saga means lovely place in Tibetans and is famous for its wildlife resources and hot spring. Going forward, we will get to the Paryang town by driving through Zhongba County. Paryang town is a small town in Tibet, showing the authentic western view. In the central town, there is a plaza for the important gathering meeting. And the outside town, a wide pasture is located between the snow-capped mountains, just like a dreaming rural painting.

Stay overnight in Saga County.

Meals: (B/L/D)

Attraction: snow-capped mountains and grassland, group of yaks, desert landscape

Distance: 450km (279.6miles)

Elevation: 4500m (14,763.8ft)

Road condition: Ordinary

Time: about 9hours

Accommodation: Guesthouse

Tips: Be careful and prevent the sunburn.

Day 7: Saga County–Holy Lake (Manasarovar)

After breakfast, we will proceed to the dream place—the holy lake -- Manasarovar, which enjoys the highest transparent rate among all of the Chinese freshwater lakes. People call it God's lake so they give the name Manasarovar meaning "unbeaten" and "victory". Buddhists believe that Lake Manasarovar is the most holy one in the world and that it is the manna granted by the Cakrasamvara (a sacred Buddha in Tibet), moreover, the water can wash troubles and evil thought away from their minds. She is the most ancient and sacred place among all the holy places of Buddhism, Hinduism and Jainism. She is so perfect that she becomes the real paradise, the Shangri-La of the gods or the bliss World of all things.

Next will be the Lhanag-tso, which is also well-known as the Ghost Lake and called Rakshas. It is located at the Burang County of Ngari Diqu and at an altitude of 4574 meters (15,006.6ft). And it is next to Mapam Yumco, being a lagoon. It appears dark blue and is quite salty. No plants, no cattle or sheep could be found around the lake. It seems lifeless here. So people call it the "Ghost Lake".

Later we will get to the Mount Kailash, the well-known Holy Mountain. It is considered a sacred place in four religions: Bön, Buddhism, Hinduism and Jainism. The mountain lies near Lake Manasarovar and Lake Rakshastal in Tibet. Though Mount Kailash is not the highest mountain in this region, as the peak is permanently crowned with snow reflecting the sunlight, it stands out. What's more, unique shapes make it win full religious piety and marvel.

Stay overnight at our Manasarovar.

Meals: (B/L/D)

Attraction: Lake Manasarovar, Lhanag-tso, Mount Kailash

Distance: 300km (186.4miles)

Elevation: 4500m (14,763.8ft)

Road condition: Ordinary

Time: about 6hours

Accommodation: Guesthouse

Tips: Take some solid food.

Day 8: Mount Kailash-Guge

After breakfast, we will depart for the Ruins of Guge Kingdom, located at a mound about 300 meters away from a village on the south bank of the River Sutlej. Existing ruins left behind is the remains since the demise of Guge. Mike. Yang, an English man, held the earliest ruins examines in 1912, he travelled up along the Sutlej and found the ruins. Since then, a lot of explorers, travelers, photographers and artists have come here to explore and visit.

In 1985, the Tibet Region Autonomous Government held a field measurements there and they found that total site area is approximately 720,000square meters (177.9acres), they recorded 445houses, 879caves, 58forts, 4underground passages, 28various pagodas, and 1 tomb; what's more, they discovered one arsenal with weapons, one with stone pot, 11barns, 4Buddha caves, as well as a tomb in the wall and a tomb buried in ancient way. Moreover you can also appreciate the views of Monastery of Toling and the soil forest landscape.

Stay overnight in Guge.

Meals: (B/L/D)

Attraction: picturesque plateau

Distance: 300km (186.4miles)

Elevation: 4300m (14,107.6ft)

Road condition: Ordinary

Time: about 8hours

Accommodation: Guesthouse

Tips: Be careful and prevent the sunburn and take some solid food.

Day 9: Guge-Mount Kailash

After having the breakfast, we will start our return. Enough time will be there to take photos of Mount Kailash and the Holy Lake.

Stay overnight in Mount Kailash.

Meals: (B/L/D)

Attraction: the Ruins of Guge Kingdom, forest landscape, Monastery of Toling

Distance: 300km (186.4miles)

Elevation: 4500m (14,763.8ft)

Road condition: Ordinary

Time: about 8hours

Accommodation: Guesthouse

Tips: Be careful and prevent the sunburn and take some solid food.

Day 10: Mount Kailash–Saga County

Today we will drive back to Saga County after breakfast.

Meals: (B/L/D)

Attraction: picturesque plateau

Distance: 450km (279.6miles)

Elevation: 4400m (14,435.7ft)

Road condition: Ordinary

Time: about 8hours

Accommodation: Guesthouse

Tips: Be careful and prevent the sunburn and take some solid food.

Day 11: Saga County–Shigatse

After having breakfast, we will drive back to Shigatse, passing the 22nd-Daoban, Lhazê County.

Meals: (B/L/D)

Attraction: picturesque plateau

Distance: 450km (279.6miles)

Elevation: 4500m (14,763.8ft)

Road condition: Ordinary

Time: about 8hours

Accommodation: Hotel

Tips: Be careful and prevent the sunburn and take some solid food.

Day 12: Shigatse-Lhasa

After the breakfast, we will go to Tashilhunpo Monastery, the preaching place of Banchan Lama Great Master. Tashilhunpo Monastery is located in eastern slope of Nema Hill, west of Shigatse City. It is the largest monastery in Shigatse. It turned in to the preaching place of after the 4th Banchan Lama Great Master. It was regarded as one of Top Four Monasteries of Gem Sect of Tibetan Buddhism. The other three are Ganden Monastery, Sera Monastery and Drepung Monastery. Tashilhunpo Monastery is regarded as one of six famous Yellow Sect monasteries. After the visit, we will drive back to Lhasa via No.318 National Highway.

Meals: (B/L/D)

Attraction: Yarlung Zangbo River

Distance: 280km (173.98miles)

Elevation: 3700m (12,139.1ft)

Road condition:

Time: Good

Accommodation: Hotel

Tips: Be careful and prevent the sunburn.

Day 13: Departure from Lhasa

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