

## Overview

Tour around Lhasa is one of the most "want to visit" cities in the world. People want to visit Lhasa either because of its remoteness or its impressive heritage of over a thousand years of Tibetan culture and religion.

Sandwiched by the colossal mountain ranges to the north and south and located on the north banks of the Lhasa River, Lhasa is the capital of the Tibet Autonomous Region of P.R.C. and also the center for Tibetan politics, economy, culture, and religion. This Lhasa Tour is the ideal short trip to explore the ancient city of Lhasa to appreciate its rich cultural history. We include visits to the Jokhang, the Norbulingka (the Summer Palace of the Dalai Lama), and the famous Potala Palace with side trips to the nearby monasteries of Drepung, Sera or Tsurpu.

## Itinerary Details

### Day 01 : Fly From Kathmandu To Lhasa (3,650m/11,972ft)

This morning we take the one hour flight from Kathmandu to Lhasa. On arrival at Lhasa Airport you will be transferred to the city – a drive that takes around two hours. The afternoon is set aside to rest and acclimatization.

### Day 02 : Tour In Lhasa City

Today's sightseeing: Drepung Monastery about 1.5 hour, and Sera Monastery 2 hour, overnight in Lhasa. Drepung Monastery - was built in 1416 and is the largest monastery of the Gelug Sect. It covers an area of 250,000 square meters. Sera Monastery: Located 5km north of Lhasa, this monastery was the first Gelugpa monastery in Lhasa and has remained the main seat of this major Buddhist order ever since. About 600 monks are now in residence here. Debating takes place from 3:30pm to 5pm in a garden next to the assembly hall in the center of the monastery. There is a fine kora path around the monastery.

### Day 03 : Tour In Lhasa City

Today's sightseeing: Potala Palace 1 hour & Jokhang Temple 1 hour, overnight in Lhasa  
The Potala Palace: Potala Palace is perched on the 130m-high Marpo Ri ( Red Hill ) with 13 storeys and more than 1000 rooms in the middle of Beijing Road, the heart of Lhasa City. It was once the winter residence of the Dalai Lama. The first recorded use of the site dates back to the 7th century AD when King Songtsen Gampo built a palace here. The present construction began during the reign of the fifth Dalai Lama 1645. It takes at least 2-hour to visit those rooms, halls and chapels. The Jokhang Temple: The 1300-year-old Jokhang Temple is now the spiritual center of Tibet. From earliest dawn to last light, daily worshippers and once-in-a-lifetime pilgrims make the inner circumambulation (kora) of the

### The Ancient City Of Lhasa

Jokhang to earn religious merit. Some of them prostrate outside circuiting the temple. The Jokhang Temple is best visited in the early morning. It now houses the life-sized statue of the twelve year-old Sakyamuni brought by Songtsan Gampo's Chinese wife - Princess Wencheng.

#### **Day 04 : Drive To Tsedang (3,550m/11,646ft) 95km, 1.5 Hours**

Located 170km Southeast of Lhasa in the picturesque Yarlung Valley, the Tsedang region is home to many historical sites. We will visit Thadruk Droma Monastery which houses a famous pearl Thangka. We will overnight at a local hotel.

#### **Day 05 : Tsedang To Lhasa (3,650m/11,972ft) Via Samye Monastery, Chim Phu Caves And Yambulakhang Palace: 150 Km, 8-10 Hours**

On the way to Lhasa, we visit Samye Monastery, which is located in the north bank of the Yarlung Tsangpo River among the open farmlands. Samye Monastery was the first Buddhist monastery built in Tibet. It is nestled in a spectacular valley and a visit to Tibet would not be complete without a visit to this significant site. The first Tibetan monks were ordained at Samye, and are known as the 'Seven Examined Men'. Our visit to Samye is a highlight of our entire journey.

#### **Day 06 : Final Departure**

This morning we make the drive back to Lhasa Airport for our return flight to Kathmandu. Our adventure Tour and Treks comes to an end today! If we have more time we can do some shopping or sightseeing. A representative from Mountain Sherpa Trekking & Expeditions will escort us to the airport for our onward journey. We can either get back to Kathmandu or continue to mainland China on our way to home.