

5 days Lhasa tour

Detail Itinerary

Day

01 : Fly over the highest mountains of the world to Gonggar airport (approx 1 hr). If weather is clear one can see Mt. Everest very clearly. Transfer to Lhasa 3650 m (2 hrs). Rest of the day free for acclimatization.

02 : AM - Sightseeing tour of Jokhang Temple and Barkhor Bazar (down town of Lhasa) - the foremost temple in Tibet, built in the 7th century ad and now housing the most prized Buddhist relic, a 1300 year old Sakyamuni Buddha statue. The main section of the temple is topped with golden roofs found no where else, except in Tibet. Watch the many worshippers paying their respects and prostrating themselves at the main gate. The Jokhang is encircled by the Barkhor Bazar, a sacred pilgrim path and also a lively and colourful market, where you can bargain over "treasures" such as ornate long bladed knives, prayer wheels and exquisite jewellery.

PM - Sightseeing tour of Sera Monastery. Sera is more like a small town on the outskirts of Lhasa, at the base of Tatipu hill. It is the main teaching monastery and one of the three great Gelukpa Universities - one housing more than 5500 monks. Here one can see the young novices learning scriptures in the debating garden and being rewarded for a correct answer by a resounding hand-clap from their master, Sera is also the birthplace of Tibetan medicine.

03 : AM - Sightseeing tour of Potala Palace, the dominant landmark of Lhasa, 117 meters above the city below construction started on the red hill in 1645 under the 5th Dalai Lama. an immense building, 13 stories high with walls 3 meters thick and over 1000 rooms, containing 10,000 shrines and 200,000 statues. it was both the residence of the current Dalai Lama and the tomb to the former head of state. The entire building is made of stone and wood and covers an area of 130,000 square meters. The Potala is full of elaborate art work and frescos that tell many stories.

PM - Sightseeing tour of Norbulingka Palace (next door to Holiday inn) is on the banks of Kyichu river. there is a tree and flower filled park known as the Norbulingka or "Jewel Park". covering a total area of 360,000 square meters, the park was originally laid out in the 1750s. there are fountains, pavilions, terraces and stone tables where visitors may rest amidst the numerous kinds of flowers and various colours. the whole park consists of two main areas - Norbulingka in the eastern part and Jianselingka in the western part. Norbulingka is also the site of the summer palace of the Dalai Lamas (8th to 14th). The small palace of the of the 13th Dalai Lama is an odd mixture of traditional Tibetan architecture and modern paraphernalia, such as philips radiogram and Victorian bathroom fittings !

04 : Am - Sightseeing tour of Drepung Monastery 8 km 15 minutes drive from Lhasa. It is situated in the western suburb of Lhasa city, formerly the largest and richest monastery in the world,with 10,000 monks, it now has only 400 monks. it is the size of small town and lies sprawled over the side of a mountain. Of particular interest is the medieval monk's kitchen with its great cauldrons of steaming barley "tsampa" sitting on top of huge earthen stoves and tended by saffron-robed monks wielding massive ladles from the roof of the monastery one can enjoy the natural beauty of the Lhasa valley to one's hearts content.

PM - Free for individual activities or visit Lhasa carpet factory. the making of Lhasa carpets,traditional handicraft of folk characteristics, has a history of more than 600 years. Watch how the carpet weavers skillfully make the most beautiful patterns in the colourful carpets.

05 : Early morning transfer to airport for your flight to Kathmandu.

