

Contact Details:

- ✓ Web: - www.nepaltouroperators.com
- ✓ Email: - nepaltouragency@gmail.com
- ✓ Cell No: - +9779871016865 (whatsapp, viber, WeChat)

The word Tibet, known as the real Shangri-La, forbidden and holy land. If people call Tibet, they will describe this country as the roof of the world. Due to its altitude, Tibet is a snow country and a mysterious place to explore. Mountains of snow and grassland, scattered herds of yaks and nomads on the plateau, spectacular monasteries and immature smiles, calm lake and transparent blue skies, everything can be seen in this magical land. Tibet is a region of the natural surprise, a treasure trove of cultural and an attractive adventure destination.

8 Nights 9 day Tibet tour

- ❖ You will visit the Potala Palace, a UNESCO World Heritage Site, and follow the Tibetan customs
- ❖ You will see how the monks debate in the Sera monastery
- ❖ You will visit a local Tibetan family home to enjoy a few local drinks and snacks.
- ❖ You will see the 39 chapels in the Tashilumpho Monastery
- ❖ You will see the origins of Tibet in the Yarlung Valley on the last day

Trip introduction

The 8 Nights 9 Day Tibet Tour is one of the most popular Tibetan tourist attractions that you should visit at least once in your life. Your journey takes you to the beautiful turquoise lakes of the past, Yamadrok-Tso, one of the three largest sacred lakes in Tibet, and Nam-Tso, the world's highest saltwater lake. In addition to the Potala Palace and the Jokhang Temple, you will also visit other important sights such as the Sama Monastery, the first Buddhist monastery in Tibet, and the Drepung Monastery is prime monastery in tibet. You can visit Tibet's first palace, Yumbu Lakhang, and Tibet's largest stupa, the Kumbum

Pagoda. You'll visit the world's tallest hot springs and the Chibu Caves, one of the most sacred retreats in the green valleys of Tibet, the city of the Yangbing Rays. On your journey, you will cross some high passes, visit old streets and cities, enjoy beautiful and impressive mountains and drive on long and winding roads.

Tibet is a place that will change the way you see the world and will be with you for years to come. All the places you visit during your 9-day trip have their history and religious significance. This famous Tibet tour offers you a comprehensive tour and integrates the most famous sites and holy places in the country is an ideal package for Tibet.

Day to day Itinerary

Day 01: Welcome to Lhasa and drive to Zedong.

You will fly directly from Nepal or the Chinese mainland to Gongagar Airport in Lhasa. If you choose to travel from Nepal, you will enjoy the one-hour Himalayan flight that takes you over the Everest, Kanchenjunga and other Himalayan peaks and glaciers. If you travel to Lhasa via mainland China, you can travel from the main Chinese cities or take the world's highest railway line to Lhasa. When you arrive in Lhasa, our representative will pick you up from the airport or train station then drop to your hotel in Tedong. We advise you to rest for the rest of the day to reduce altitude sickness.

Day 02: From Tsedang to Lhasa through Samye monastery

After having breakfast, you will start your journey to Lhasa through Samye Monastery. The first monastery in Tibet is the Samye Monastery in the southern part of Lhasa on the north bank of the Yarung Sangpo River, known as Trisan Detson, the 38th King of Tibet and Guru Guru Rinpoche. Amidst the breathtaking view, a unique monastery is a major attraction and one of the most spectacular and beautiful places in Tibet. Next, you go to the Chim Phu Nunnery, the opening of the Chim Phu Caves. From here, it takes four hours to reach the main cave and return. It is practically impossible to visit them because not all of the caves are in one place. They extend through the upper valley. Therefore you visit only a few caves and return to the nunnery. Then you will continue your drive for Lhasa.

Meal included: Breakfast

Day 03: Sightseeing tour around Lhasa

You start your tour visiting beautiful flower pots and palaces of Norbulingka, also known as the Winter Palace and Summer Palace. The Potala Palace was built in the 17th century and offered a breathtaking view of the entire city. It is located in the private quarters of the Dalai Lama. The Norbulingka Palace is considered the largest artificial garden in Tibet. You then visit the traditional Tibetan hospital, which is the center for the treatment, education, research and manufacture of Tibetan medicine.

Meal included: Breakfast

Day 04: Continue sightseeing around Lhasa

After having breakfast, you visit Drepung Monastery, Jokhang Temple, Sera Monastery, and Barkhor Bazaar. The Drepung Monastery, built in the 14th century, is considered the largest monastery in the world and previously housed 10,000 monks. The history, culture and religious beliefs of the Tibetan people are highly concentrated in this magnificent monastery. The Sera monastery is a protected monastery with white walls and golden roofs. The main attraction of the visit to this monastery is the discussion of the monks, which takes place every day except Sunday from 3 p.m. to 5 p.m. The Jokhang Temple is another important sacred place that reveals the deepest secrets of Tibetan Buddhism. Inside, you can see a statue of the Sakyamuni Buddha at the age of twelve. You will continue to go to the Barkhor Bazaar. With the multitude of open stands, boutiques and travelers, it is the nerve center of Lhasa.

Meal included: Breakfast

Day 05: From Lhasa to Gyantse via the Caro La Pass and Lake Yamadrok Tso

Today you have a nice trip from Gyantse. On the way, you cross the Khamba La Pass, Yamadrok Tso, the three largest sacred lakes in Tibet and the beautiful Najin Kang Song Glacier. You will soon reach another pass called Caro La Pass. From

your vehicle, you can enjoy the view of a huge glacier that falls on the road before you reach Gyantse.

Meal included: Breakfast

Day 06: Sightseeing around Gyantse: Palcho Monastery, Kumbum Pagoda

In the morning, you will visit the Palcho Monastery, which was founded in the 14th century by the first Panchen Lama and the local chief Kusang Robten. You see the stupa of the Kumbum Pagoda (popularly known as the "King of the Pagoda"), which was built in the 14th century. It is the largest and most important stupa in Tibet. Then you will stroll through the ancient city of Gyantse, where the old traditional Tibetan houses are located, to Shigatse. Here you visit the Tashi Lampo Monastery, the residence of the Panchen Lama, founded in 1447 by the first Dalai Lama, Gundun Drup. The monastery is located on a hill in the center of Shigatse, the second-largest city in Tibet. Night in Shigatse.

Meal included: Breakfast

Day 07: Drive to Namtso Lake from Shigatse through the Tagdruka-Xugula pass-Yangbajing

You start your journey from Shigatse with a landscape of dunes and villages on the banks of the Brahmaputra. From Tadruk, you will leave the main road and drive along the road that crosses the Jugu La Pass, from where you have a beautiful view of the Ninchen Tangla Mountains until you reach Yangbeijing. Although Yangpachen is not as popular as other sites in Tibet, it attracts visitors because of its unique resources, hot springs. After a short trip, you finally arrived at Lake Namto. You will spend the night at Lake Namtso.

Meal included: Breakfast

Day 08: Explore the Lake Namtso and walk around Tashi Dor hermitage

After having breakfast, you will see the splendor of Lake Namtso, the highest saltwater lake in the world. The word "Namtso" means "Lake of Heaven." Since it is surrounded by deep blue water and spectacular Himalayan Mountains, You

know that the name of the lake is a perfect combination. Then you visit the Tashi Dor hermitage and walk around the peninsula with more than 50 hermit caves, some of which are small chapels. Then you return to Lhasa.

Meal included: Breakfast

Day 09: farewell

Your Himalayan adventures come to an end today with the great memories of this memorable trip to Tibet. If time permits, you can go shopping or walk at the last minute. Depending on the flight schedule, our representative will take you to the airport or train station for your next destination.

Meal included: Breakfast

The cost is included

- ❖ All necessary Tibetan travel permits
- ❖ Pickup and delivery from at the airport..
- ❖ Deluxe transportation as per the group size
- ❖ Accommodation in Tibet on double sharing with breakfast
- ❖ An English speaking experienced and trained Tibetan tour guide
- ❖ All entry fees for a visit to monasteries according to the itinerary
- ❖ All applicable documents, government taxes and service fees.

Costs not included.

- ❖ All flight or train ticket costs
- ❖ China entry visa fees
- ❖ Entry Visa fees for Nepal
- ❖ Health and travel insurance
- ❖ Meals (Lunch and dinner)
- ❖ Tips for driver and guide

Accommodation and meals

During the Tibet tour, you will stay in a three-star category hotel. It is also possible to upgrade to a higher rated hotel by paying additional fees. All accommodations are in a double or twin share basis.

All of your tours include a daily breakfast. Lunch and dinner are not adding as we prefer to give our customers the freedom to try the local food themselves. Meals are usually served at the hotel. We cannot guarantee special meal requests, but we will do our best to meet your specific nutritional needs for meals.

Acclimatization

At a higher altitude, you get less oxygen in the air. It takes your body a few days to get used to this less oxygenated environment. During this visit, you will spend the first four nights in Lhasa, which gives us plenty of time to acclimatize.

Therefore, it is a good idea to exercise or jog regularly, preferably a few weeks before traveling at high altitudes. We recommend that guests consult their doctor before starting their trip, especially those who suffer from known heart, lung, or blood disorders.

Best travel time

Summer (June, July, and August) and autumn (September, October, and November) and Spring (April and May) are the best seasons for this trip in Lhasa. We can also enjoy this trip in the winter months, but it can get colder.

Necessary documents

The documents below are essential and must be with you at all times.

- ❖ Minimum of six-month Valid passport
- ❖ Health and travel insurance card
- ❖ Plane or train tickets etc.
- ❖ Few passport size photos
- ❖ All necessary entry permits

Changes in travel Itinerary and cancellations

We endeavor to arrange tours as stated on itinerary but reserve the right to change the itinerary or replace activities, hotels, meals, or transportation if we deem it necessary due to any reason. We also have the right to cancel the trip any time for any reason, like unforeseen circumstances or circumstances beyond our control. In this case, we will book you again on another day. However, if we cannot book you again, we will return a full amount