

# **Tibet Tour / Tibet Lhasa tour - Itinerary**

## **1. Arrive in Lhasa (Dinner/Bed)**

When you arrive in Lhasa either by train or flight, your guide will greet you and take you to your hotel. Tourists may view the Yarlung Tsangpo River/ Bhamaputra river (the Longest and largest river in Tibet) and Lhasa river on their way to Lhasa. After arriving in Lhasa, you can take a rest and get acclimatized to high altitude. If you feel to go out, then you can go to the Potala Square, where you will enjoy the fountain with different colors and get amazing photos of the Potala and around. Stay overnight in Lhasa.

## **2. Lhasa Tour - Potala Palace, Jokhang Temple, and Barkor Street (Bed/Breakfast)**

Today's tour will first bring you to the Potala Palace which is the winter palace of the Dalai lama. It was put to use since the 7th Century by the 33rd great king of Tibet. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and meditation Cave of the 33rd great king of Tibet. Then after lunch, tourists head to Jokhang Temple which was founded by the 33rd great king of Tibet in the 7th century, in order to promote the Buddhist religion. Inside you can see the statue of Buddha Sakyamuni at the age of twelve, perhaps the only most venerated object in Tibetan Buddhism. Around the temple is Barkhor street where you can do kora (a religious circle of a building or mountain) with pilgrims and locals, in the meantime you can buy souvenirs. Stay overnight in Lhasa.

## **3. Lhasa Tour - Drepung and Sera Monastery (Bed/Breakfast)**

In the morning, you are going to visit Drepung monastery which is one of the "great three" Gelug monasteries of Tibet, founded in 1416 by Jamyang chogye, one of the Tsongkhapa's main disciples. Ganden palace used to be Dalai lama's palace in the Drepung before he moved to the Potala palace. In the Afternoon, Tourists will visit Sera Monastery which is another one of the "great three" Gelug monasteries of Tibet, founded in 1419 by Jamchen Choje, one of the Tsongkhapa's main disciples. The hot attraction is the Monks debate at around 3 - 5 in the afternoon. Stay overnight in Lhasa.

## **4. Departure from Lhasa (Breakfast)**

The guide will transfer you to the airport or train station and help you get on board.

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