



## HIKE TO DRAK YERPA CAVES - 6 DAYS

### Overview:

A hike to the caves of Drak Yerpa is a fantastic gateway when in Tibet. A refreshing break from the monasteries and temples, the Drak Yerpa Caves is one of central Tibet's outstanding hermitage power places. The history of this place includes many great names responsible for the establishment of Buddhism in Tibet. A visit to these meditation caves also provides amazing views of the valley. This is an easygoing short hike for beginners and children and can be enjoyed with families.

### Trip Facts:

**Destination:** Tibet

**Theme:** Spiritual

**Activity:** Tour

**Difficulty:** Easy

**Max Altitude:** 4,885 m/ 16,011 ft

**Best Season:** February - May/ September - November

### Highlights:

- Discover Buddhist temples, monasteries and cultural sites that Lhasa is home to.
- Drive East of Lhasa to the Yerpa cave, one of the holiest cave retreats, and a peaceful and stunning place.
- A unique monastery and village rolled into one, Samye is a highlight of a visit to Tibet.



## Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Lhasa	Hotel
2	In Lhasa	Hotel
3	In Lhasa	Hotel
4	Hike to Drak Yerpa Caves	Hotel
5	In Lhasa	Hotel
6	Final Departure	

## Detailed Itinerary:

### Day 1: Arrive in Lhasa

Distance (Airport to Lhasa): 62kms/ 32 miles

Drive Time: 1 hour approx.

Altitude: 3,490 m/ 11,450 ft

Upon arrival at Gonggar Airport (3570m), you will be met and assisted by our representative. After checking in to the hotel, rest for most of the day.

Lhasa is a city of wonders that contains many culturally significant Tibetan Buddhist religious sites and lies in a valley next to the Lhasa River.

*Overnight at Hotel [B/-/-]*

### Day 2: In Lhasa

Visit Sera and Drepung Monastery.

Founded in 1419, **Sera Monastery** is one of the "great three" Gelukpa university monasteries in Tibet. 5km north of Lhasa, the Sera Monastery's setting is one of the



prettiest in Lhasa. The **Drepung Monastery** houses many cultural relics, making it more beautiful and giving it more historical significance.

*Overnight at Hotel [B/-/-]*

### Day 3: In Lhasa

Visit Potala Palace, Jokhang, Norbulinka and Barkhor Market.

**Potala Palace:** Potala Palace, the chief residence of the Dalai Lama since the 7<sup>th</sup> century has been the focus of travelers for centuries. It is the cardinal landmark and a structure of massive proportion. It symbolizes Tibetan Buddhism and its role in the traditional administration of Tibet.

**Norbulingka** means 'Treasure Park' in Tibetan and is situated in the western suburb of Lhasa City, on the bank of the Kyichu River, about one kilometer southwest of the Potala Palace. It is the biggest man-made garden in Tibet. **Jokhang Temple** also houses many invaluable cultural relics. Every year, the Great Prayer Festival is held here.

Visit **Barkhor Street**, the oldest street in Lhasa and runs through the center of the old city. It is a circular street where Tibetan culture, economy, religion and arts assemble.

*Overnight at Hotel [B/-/-]*

### Day 4: Hike to Drak Yerpa Caves

Drive and hike time: 90 minutes' drive and 1.5-hour hike

A short drive to North – East of Lhasa is the Yerpa Cave, one of the holiest cave retreats. At one time the hill at the base of the Cave – dotted cliffs were home to the Yerpa Monastery. The Monastery, however, was effectively laid to waste in the Cultural Revolution and there is little to see nowadays. The site is very peaceful and offers stunning views.



It is probably not of great interest for the average traveller but, for those with an interest in Tibetan Buddhism, Yerpa is one of the holiest cave retreats ever. The history of Dark Yerpa includes many of the great names responsible for the establishment of Buddhism in Tibet. The Emperor Songtsen Gampo meditated in seclusion here: Guru Rimpoche and several of his disciples also meditated here: and here Jowo Atisha chose to preach extensively. Although the ancient Kadampa Gompa has been destroyed, the geomantic qualities that made Drak Yerpa a major power place remain and still attract hermits to its caves.

It is about a 90 minutes' drive each way. Getting to the Yerpa Caves involves an hour and half hike with gradual ascent and 45 minutes' walk back.

*Overnight at Hotel [B/-/-]*

## Day 5: In Lhasa

Visit Samye Monastery and Chimpu Caves.

Situated amidst breathtaking scenery, built in the 8th century, **Samye Monastery** was the first Buddhist monastery to be founded in Tibet by King Trisong Detsen. A unique monastery and village rolled into one, Samye is a highlight of a visit to Tibet.

We will also visit the Chimpu caves, which is located above the monastery. Transfer back to Lhasa after the sightseeing.

*Overnight at Hotel [B/-/-]*

## Day 6: Final Departure

You will be transferred to international airport for your onward journey. [B]



## Trip Ends

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**Note:** All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]

### Trip Includes:

- All necessary arrival/departure transfers.
- Meet assistance at the airport.
- 5 nights' hotel accommodation in Lhasa in a twin sharing basis on bed and breakfast basis.
- Sightseeing tour and all surface transfers in Tibet will be provided as per the itinerary with English speaking Tibetan guide by private vehicle.
- Tibet Travel Permit.
- All entrance and monuments fees as indicated in the program.

### Trip Extras:

- Chinese Visa Fee.
- International airfare.
- Refreshments, bottled drinks, and meals which are not mentioned in the above program.
- Tipping.
- Insurance and rescue of any form.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Expenses of personal nature and any other expenses not mentioned above.
- Photography charges in the monasteries and monuments.
- Any other services and items which are not mentioned above.