



ESCAPE TO LHASA - 5 DAYS

Overview:

Lhasa, the heart and soul of Tibet, is a city of wonders. Potala Palace has been the focus of travelers for centuries. It is the cardinal landmark and a structure of massive proportion. Similarly, Norbulingka was the summer palace of His Holiness Dalai Lama. Drepung Monastery is one of the world's largest and most intact monasteries, Jokhang temple the heart of Tibet and Barkhor market is the place to avail necessities for locals as well as souvenirs for tourists. Also visit the Samye Monastery, a place without which no journey to Tibet is complete.

Trip Facts:

Destination: Tibet

Theme: Culture

Activity: Tour

Difficulty: N/A

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

Best Season: April - May/ July - November

Highlights:

- Visit the significant religious and cultural sites of Lhasa.
- Visit the Potala Palace, a cardinal landmark and a structure of massive proportion.
- Go shopping and mingle with locals at the Barkhor market.



Itinerary at glance:

Day	Program	Accommodation
1	Fly to Lhasa	Hotel
2	In Lhasa	Hotel
3	In Lhasa	Hotel
4	In Lhasa	Hotel
5	Final Departure	Hotel

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) in Lhasa, 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 [-/-/-]

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 7th 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: In Lhasa

A short drive to North – East of Lhasa is the Yerpa Cave, one of the holiest cave retreats. The site is very peaceful and offers stunning views. 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.

Overnight at Hotel [B/-/-]



Day 5: Final Departure

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

Trip Ends

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.
- 4 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.
- Meals which are not mentioned in the above program.
- Refreshments, bottled drinks.
- 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 in the above cost.
- Photography charges in the monasteries and monuments.
- Any other services and items which are not mentioned in the above program inclusion.