



LHASA SHORT STAY

Extension | 4 Days | Physical Level 1

Lhasa

Discover captivating Lhasa; Explore the Potala Palace, wander the Barkhor Circuit, admire Jokhang Temple and visit the Sera Monastery.

TOUR INCLUSIONS:

- Accommodation
- Meals as stated
- Daily tours and entrance fees
- English speaking guide
- Private transfers



ITINERARY

Day 1: Arrive Lhasa

Meals: None

Make your way to Lhasa airport or railway station. Upon arrival, you will be met by your local guide and transferred to your hotel by private car.

The rest of the day is at leisure to allow for acclimatisation.

Please note: Lhasa is at high altitude, reaching heights of 3,700m.

**Destination Information**

Lhasa – Historically and spiritually a centre for Buddhism, Lhasa is home to many culturally significant sights, including the Potala Palace, Jokhang Temple and the Norbulingka Summer Palace. Set on the Tibetan Plateau, Lhasa is one of the highest cities in the world, reaching heights of 3,700m.

Day 2: Lhasa

Meals: B, L

Sightseeing today includes a stroll around Barkhor Circuit where traditional dress, market stalls selling religious trinkets and the sound of chanted prayers by locals and pilgrims alike create a fascinating and vibrant atmosphere.

The heart of the Barkhor, visit Tibet's most sacred temple, the 7th century Jokhang Temple, before heading to Sera Monastery which has around 600 resident monks.

**Destination Information**

Barkhor – Encircling the Jokhang Temple, the Barkhor is a cluster of narrow streets that acts as a circuit of pilgrimage for Buddhists around the Jokhang. There are many stalls here where you can peruse for Tibetan trinkets, religious relics and exquisite jewellery. **Jokhang Temple** – Considered the most important and sacred temple in Tibet, the Jokhang Temple is located amongst Barkhor and dates back to the 7th century. The architecture is a simple blend of Indian, Chinese and Nepalese designs and is a mix of stunning colours both inside and out.

Sera Monastery – The Sera Monastery is one of the 'Great Three' monasteries in Tibet located 5km outside of Lhasa. Although its monk population is rather small, there is still a bustle of activity, especially in the morning and late afternoon, when you can see debates on religious theory.

Day 3: Lhasa

Meals: B, L

Explore the 'crown jewel' of Tibet - the Potala Palace. The palace is an architectural wonder that towers over the city, with thousands of rooms filled with treasures such as intricate shrines and beautiful frescoes.

Later, visit Norbulingka, the former summer residence of the Dalai Lama, containing several palaces and chapels.

**Destination Information**

Potala Palace – The former winter residence of the Dalai Lama, the Potala Palace has long been a symbol of Tibetan Buddhism and struggles between the Dalai Lama and the Chinese government. Abandoned by the Buddhist spiritual leader in 1950, the Potala Palace now acts as a museum of old treasures and intricate shrines. **Norbulingka** – Norbulingka served as the summer residence of the Dalai Lama from the 1780s to 1959. Set over an extensive park, Norbulingka is home to several chapels and palaces, as well as beautiful flower arrangements.

Day 4: Depart Lhasa

Meals: B

Your day is at leisure until the time comes to transfer from your hotel to the airport by private car. Here your arrangements end.



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