



SPIRITUAL TIBET SHORT STAY

Extension | 6 Days | Physical Level 3
Lhasa - Gyantse - Shigatse - Lhasa

Uncover the best of Tibet as you stroll in the footsteps of the pilgrims at the Barkhor circuit and marvel at the grand Potala Palace in Lhasa. Journey out to Gyantse and Shigatse where you will see the spectacles of the Tashilunpo Monastery and Yamdrok-Tso Lake.

TOUR INCLUSIONS:

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



PLEASE NOTE This itinerary visits areas of high altitude, reaching over 4,000m. If you have an existing respiratory, vascular or coronary condition, we recommend checking with your doctor before undertaking this itinerary.

ITINERARY

Day 1: Arrive Lhasa

Meals: None

Arrive in Lhasa where you'll be met at the airport and transferred to your hotel. Lhasa is not only Tibet's capital but its heart and soul. This afternoon, join the traditionally dressed pilgrims on their circuit of the Barkhor and peruse the many market stalls.

**Destination Information**

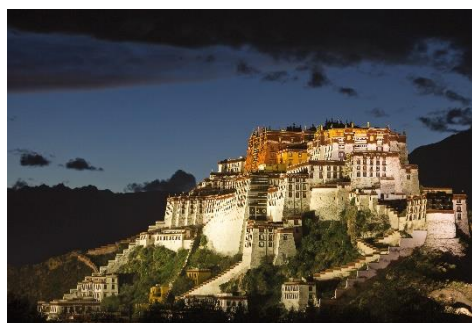
Lhasa – Historically and spiritually a centre for Buddhism, Lhasa is home to many culturally significant sights, including the Potala Palace, Jokhang Temple and the Norbulingka Summer Palace. Set on the Tibetan Plateau, Lhasa is one of the highest cities in the world, reaching heights of 3,700m.

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.

Day 2: Potala Palace

Meals: B, L

The official seat of the Tibetan government perched atop Marpo Ri (Red Hill) the Potala Palace is Lhasa's most magnificent sight – spend the morning exploring its many rooms. Later, visit the Jokhang, Tibetan Buddhism's most sacred temple.

**Destination Information**

Potala Palace – The former winter residence of the Dalai Lama, the Potala Palace has long been a symbol of Tibetan Buddhism and the struggles between the Dalai Lama and the Chinese government. Abandoned by the spiritual leader in 1950, the Potala Palace now acts as a museum of old treasures and intricate shrines.

Day 3: Travel to Gyantse

Meals: B, L

Travel by road to Gyantse taking an exceptionally scenic route through the Tibetan hinterland. Climb up to the mighty 14th-century dzong (fort) for wonderful views back over the city, and visit the monastic complex of Pelkor Chode.

**Day 4: Travel to Shigatse**

Meals: B, L

Travel on to Shigatse. Visit the Tashilunpo Monastery, the seat of the Panchen Lama, a miniature walled city sprawled down a hillside to the west of the city.

Destination Information

Shigatse – Shigatse has been developed by the government to become the second largest city in Tibet. It has an interesting local market and one of the largest functioning monasteries in Tibet, Tashilhunpo.

Day 5: Return to Lhasa

Meals: B

Depart Shigatse and return to Lhasa by road, pausing to admire the views over the spectacular Yamdrok-Tso Lake.

**Day 6: Depart Lhasa**

Meals: B

Transfer from your hotel to the airport, where your arrangements end.



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