

HTT # 1: EXPLORE LHASA TOUR

Itinerary:

Day 01:

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.
KATHMANDU DURBAR SQUARE: Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.



Day 02:

Kathmandu city sightseeing (1,315 m) Today we explore the Kathmandu valley

SWOYAMBBHUNATH: Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

PASHUPATINATH: It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing sadhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

BOUDHANATH: The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

Day 03:

Kathmandu – Lhasa

The guide will meet you at Konggar Airport, and transfer you to Lhasa city. On the way, you'll get greeted by Nie Tang Budda, a Budda image engraved in the mountain face. After arrive in Lhasa, rest and acclimatize overnight in Lhasa.

TOURS IN TIBET

Day 04:

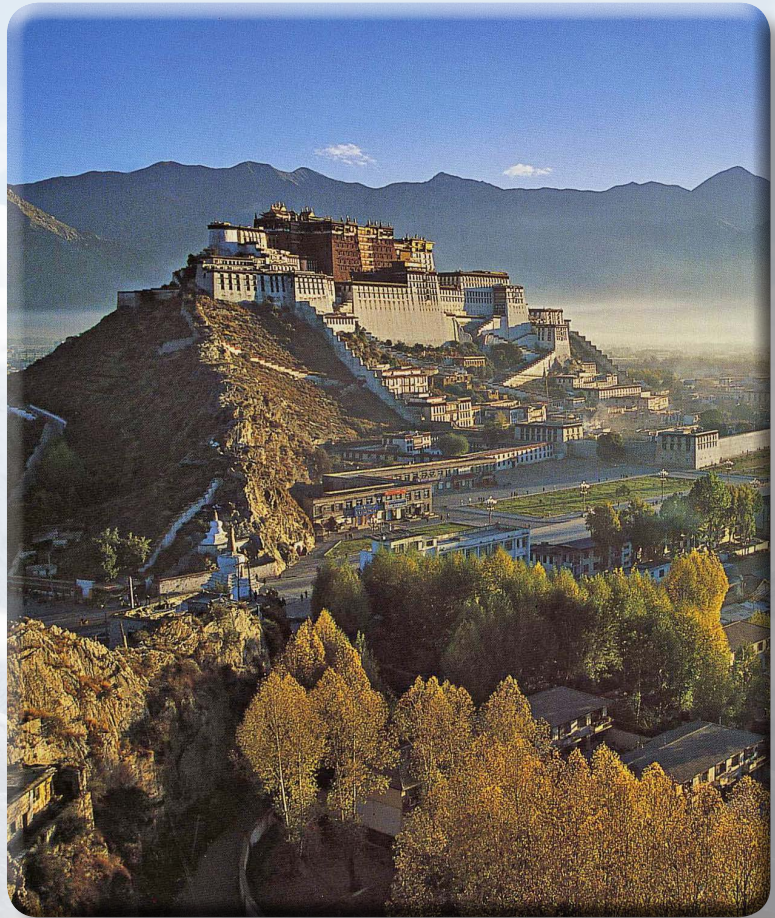
Lhasa Sightseeing

Full day city tour of The Potala Palace, The Jokhang Temple, and Barkhor Street. Overnight in Lhasa.

- **The Potala Palace:** The most imposing attraction in Lhasa. One of architectural wonders of the world contains 13 storeys tall and thousands of rooms. We kindly suggest you take taxi to the top of the palace which costs about 10 and then walk down after your visiting.

- **The Jokhang Temple:** It is 1300 years old and is one of Tibet's holiest shrines. It was built to commemorate the marriage of the the Tang princess Wencheng to King Songtsen Gampo, and houses a pure gold statue of the Buddha Sakyamuni brought to Tibet by the princess.

- **Barkhor Street:** It is essentially a pilgrim circuit that proceeds clockwise around the periphery of the Jokhang Temple. It is also a hive of market activity, an astounding pilgrim jamboree, and a wonderful introduction to Tibet.



Day 05:

Lhasa – Namtso – Lhasa

Full day trip to Yambajan and the mysterious Namtso Lake.

- **Yambajan:** It is famous for its hot spring and is a nice choice for those who want to get a close look at the Tibetan herders (drokpa) and their semi-nomadic lifestyle. Covering an area of about 150,000 square meters, Yambajan, 87 kilometers away from Lhasa, is situated in the basin at the foot of Nyainqentanglha Mountains to the northwest of Lhasa.

- **Namtso Lake:** Lake Namtso is located in Nagqu Prefecture, about 260 kilometers from Lhasa City. From Damxung to Lake Namtso, you have to drive on a gravel road and climb over a snow mountain. In the rainy season, the road, which may be destroyed the heavy rain, will make it difficult for the minibuses with low chassis to drive on.

TOURS IN TIBET

Day 06:

Lhasa Sightseeing

Full day trip to Drepung Monastery, Sera Monastery, Norbulingka.

- **Drepung Monastery:** Drepung Monastery lies in west of Lhasa under Mt. Gambo Utse, clustered round by the black mountain, its white grand buildings shining under the sunlight. Built in 1416, it is considered as one of the largest monasteries in the six principle monasteries of Gelu Sect in China. Drepung Monastery used to be the living palace of Dalai Lamas before the reconstruction of Potala palace.

- **Sera Monastery:** It is known as one of the three greatest monasteries of Tibet. As one of the three main monasteries of Lhasa, it is here that the monk famous daily debate takes place.

- **Norbulingka:** Norbulingka means «Jeweled Garden». It was constructed as a summer palace for the Dalai Lama and later served the whole governmental administration.



Day 07:

Lhasa – Kathmandu

Leave Lhasa. Pack your luggage and get ready for leaving. The guide will transfer you to the airport, and help you board the plane. Say goodbye to Tibet and fly out to Kathmandu. Transfer to Royal Penguin Hotel.

Day 08:

Kathmandu Sightseeing

Early in the morning, you could enjoy optional mountain flight tours to Mount Everest. In the afternoon, we will tour to Bhaktapur Durbar Square & some other places in Kathmandu.

Bhaktapur Durbar Square: This Square is an open museum holding exciting palace, courtyards, royal bath, sculptures, pagodas, Shikhara style temples and Buddhist monastery along with exclusive architecture. In other words, this is the most beautiful Durbar you visit in your Nepal tours.

Day 09:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips. Tour ends with THANK YOU!

TOURS IN TIBET

Package Cost:

1 pax: US \$ 2520
2 – 4 pax: US \$ 2300
5 – 8 pax: US \$ 2150
9+ pax: US \$ 2000

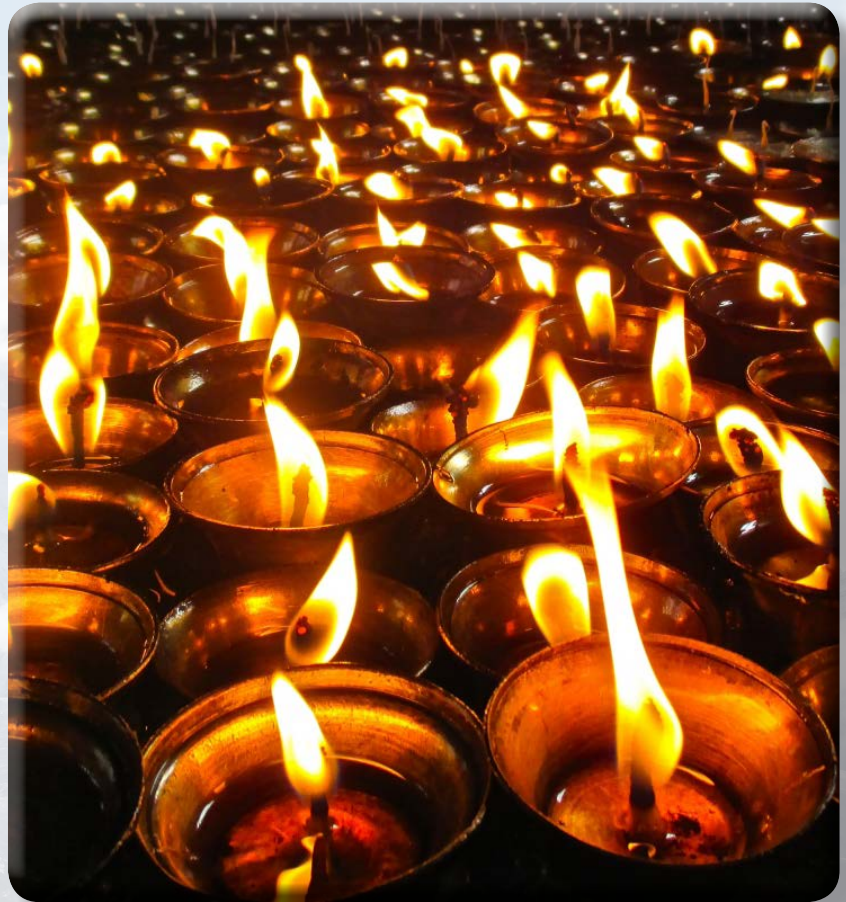
Single Supplement:

US \$ 330 per person

Hotels:

Kathmandu: Royal Penguin
Boutique Hotel & Spa

In the tour it is also possible
to take **1 hr mountain flight
to Everest.**



SERVICES INCLUDED:

- Twin sharing accommodation as per the itinerary on BB basis in cities (Bed and Breakfast)
- English speaking Tour guide in Kathmandu & Tibetan Guide in Tibet
- Transportation as per the itinerary by Jeep
- Tibet Group Visa Fee
- Entry fee of mention sightseeing places in Tibet
- Sightseeing entrance fees in Kathmandu
- Airfare KATHMANDU – LHASA - KATHMANDU
- All necessary permits
- All Government Taxes

SERVICES EXCLUDED:

- Travel Insurance
- Lunch and Dinner
- Liquor beverages (hard and soft drinks)
- Expenses of personal nature, phone calls, laundry etc.
- Gratuity to staff
- Services not mentioned here