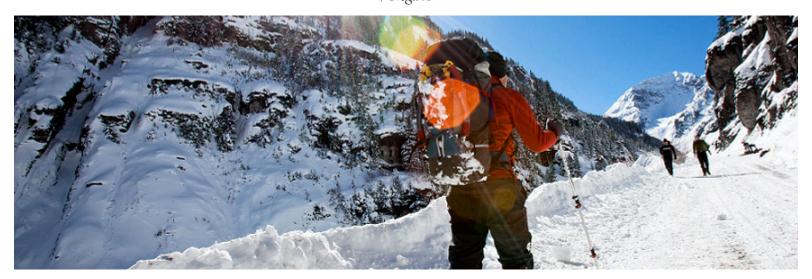


Classic Tibet 7 Nights



Summary

Whether you come to photograph or simply to gaze at the spectacle, we welcome you to the roof of the world -Mt. Everest. Your trip includes iconic landmarks such as Potala Palace, the holy Yamdrok Lake, and the inspiring Mt. Everest, as well as countless opportunities to observe and experience Buddhist culture.

Enjoy the once-in-a-lifetime experience of surveying Mount Everest from the Everest Base Camp. A caring and experienced local guide will ensure your safety and maximum comfort.

Overview

Interest: Group – Family-- Couples Level of Comfort: Minimum # of passengers: none Maximum # of passengers: none



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Day 1: Lbasa

Upon arrival at Lhasa airport, meet greet and transfer to your hotel To pre-empt altitude sickness, we suggest you have a good rest and do not get too excited Day at leisure

Day 2: Lbasa

Visit Norbulingka in the morning; formerly the summer palace for the Dalai Lamas. Nowadays, Norbulingka is a beautiful public park and a good place to see locals camping and picnicking in summer.

Watch a monks' daily debate in Sera Monastery (elevation 4,000 m), the second most important monastery in Tibet. The debate not to be missed is held at 15:30 every day, except Sundays. Monks are happy to live in the monastery and study Buddhist scriptures there.

Later you will visit Drepung Monastery, renowned as the site for the annual Shoton Festival. If you visit in early August, you will have a chance to see for yourself this largest of Tibetan festivals.

Day 3: Lbasa

This is your 3rd day in Tibet, so you should be physically ready for Potala Palace—the palace with a lot of steps. Climb up to Potala Palace, Tibet's iconic landmark. You'll see a lot of precious decorated statues, Buddhist scriptures and murals inside. Your guide will reveal to you the interesting history of the palace.

Visit Jokhang Temple (elevation 3,700 m), said to be the spiritual heart of Tibetan Buddhism. You will see many pilgrims prostrating themselves near the temple. Take part with locals in the 20-minute walk with prayer wheels, clockwise around Jokhang Temple. Take a stroll round Barkhor Street and see some Tibetan handicrafts.

Day 4: Lhasa to Shigatse

Today our adventure will take us southward, all the way to Shigatse near the holy Yamdrok Lake.

Take a break from monasteries and see the fantastic Yamdrok Lake, which seems too beautiful to be true. If it's good weather, travelers can enjoy a lakeside picnic including sandwiches, vegetables and fruit. On sunny days, the lake appears turquoise. It's one of the top 4 Buddhist holy lakes in Tibet.

We will also view the fabulous scenery of Karuola Glacier, one of the top 3 continental glaciers in Tibet. Its highlights are ice towers and elegant patterns. Once you arrive at Gyantze town, visit Palcho Monastery. It's famous for a pagoda with one bundred thousand Buddhas. See different styles of monastery construction. Buildings, sculpture, and murals are all recommended.

Day 5: Shigatse to Dingri

Visit Tashilunpo Monastery, the home of more than 600 monks. It was traditionally the seat of successive Panchen Lamas. Built in 1447, the monastery has a grand and majestic view. Its building style is different from the monasteries in Lhasa. Even the Buddhist culture here is different. Compare and contrast with what you have already seen.

The journey from Shigatse to Dingri takes about a 4½-hour drive, but you will not get bored; there are stunning views along the way!







Day 6: Mt. Everest

Take a 4-hour trip towards the roof of the world. When you reach the Mt. Everest Base Camp (elevation 5,200 m), you'll see Mt. Everest right there in front of you. With a feeling of excitement and accomplishment, you'll find it's truly a oncein-a-lifetime experience; unless of course you return one day to climb the mountain.

Visit Rongbuk Monastery near the base; see the hard life of the monks and nuns there. The monastery is the highest temple in the world, at 5,100 meters. Angles for photos from Rongbuk Monastery are different from usual and dramatic.

Day 7: Shigatse to Lhasa

Drive back to Lhasa. The journey takes about 6 hours, but there is marvelous scenery on the way. We'll go along the Yarlung Tsangpo Grand Canyon. You'll see plateau lakes, rivers, snowy mountains and traditional Tibetan villages. Your guide knows some interesting stops.

Day 8: Lbasa

Transfer to the airport for your departure flight

This is a product sheet elaborated in order to give you a quick overview of package suggestions our destination specialists can propose. Make an appointment to order to customize it as per your needs and get a detailed quotation.

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