

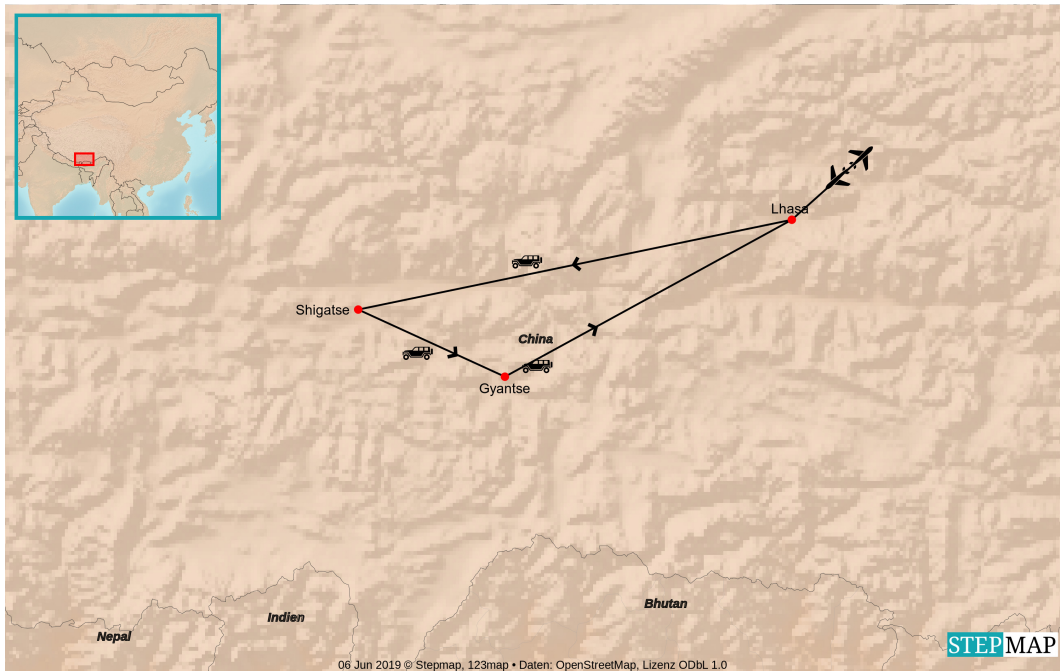


ALIDA Travel

上海安迅國際旅行社有限公司

The Golden Circle of Central Tibet (8 days)

Day 1 Arrival in Lhasa



Arrival at Gonggar Airport. Meet and Greet by your local tibetan guide. Transfer to Lhasa. The rest of time for free. Acclimatize yourself to the high altitude.

Day 2 Lhasa



Lhasa Essential Tour to the Potala Palace and the Jokhang Temple. Strolling along the Barkhor Street in the old town.

Day 3 Lhasa



Visiting the Sommerresidenz Norbulinka and the Sera Monastery, where you may watch monks debate on buddhistic topics.

Day 4 Lhasa-Shigatse



Transfer by car along the Bhuramaptra-River to Shigatse. En route magnificent landscapes of the River valley. Upon arrival visiting the Tashilumpo Monastery.

Day 5 Shigatse-Gyantse



Car ride through a fertile landstrip to Gyantse, the main crop grown here is barley. Visiting the Giant Stupa in the Pelkor Chode Monastery and the local market.

Day 6 Gyantse-Tsedang



Car ride across 2 mountain passes to Tsedang. En route Picknick at the Yamdrok Lake, one of the three holy lakes in Tibet.

Day 7 Tsedang-Lhasa



Tsedang was the birth place of the Tibetan Culture. Visiting the Yumbulakhang Castle, the first palace of the Tibetan Kingdom in the 7th. Century. Afterwards excursion to Samye Monastery at the other side of the Bhuramaputra River. Samye was the first temple in Tibet and is regarded as the orgin of Tibetan buddhism. Transfer to Lhasa.

Day 8 Depart



Transfer to airport. Depart.