

西藏





Lhasa — Tibet Museum — Sera Monastery — Potala Palace — Medicine King Mountain Viewpoint — Jokhang Temple — Barkhor Street — Seji La Pass — Lulang Forest Sea — Kadin Gorge — Basum Tso — Nagula Pass — Namtso — Nyainqentanglha Mountain Viewpoint — Yamdrok Tso — Karola Glacier — Zha Lhunpo Monastery





行程秒懂

- D1** Lhasa Airport Pickup
- D2** Lhasa — Tibet Museum — Sera Monastery — Lhasa Lhasa — Potala Palace — Medicine
- D3** King Mountain Viewpoint — Jokhang Temple — Barkhor Street — Lhasa
- D4** Lhasa — Seji La Pass — Lulang Forest Sea — Linzhi
- D5** Linzhi — Kadin Gorge — Basong Co — Lhasa
- D6** Lhasa — Nagenla Pass — Nam Co — Nyenchen Tanglha Mountain Viewpoint — Lhasa
- D7** Lhasa — Yamdrok Lake — Karola Glacier — Shigatse
- D8** undefined-hearted Home
- D9** Lhasa — Warm Home



THE EXPERIENCE
OF XIZANG

深度体验

Immersive travel
in search of
authentic Tibetan
culture





BEAUTIFUL SCENERY
IN TIBET

藏域美景

One-stop check-in Classic
scenic spots in Tibet



YangZuoYongCuo 羊卓雍措

One of the three sacred lakes of Tibet, a freshwater lake

The lake water is as clear as sheep fat and sweet enough to drink. The azure lake water blends with the snow-capped mountains in the distance, complemented by the colourful mountains on both sides, the distinctive Tibetan villages, and the cattle and sheep scattered across the land. The journey is truly exhilarating. This lake is also believed to be the turquoise earrings that a goddess left behind on earth.

A photograph of the Potala Palace in Lhasa, Tibet, taken during sunset. The palace is a large, multi-tiered structure with white walls and red roofs, built into the side of a mountain. The sun is low on the horizon, casting a warm, golden glow over the scene. The sky is filled with orange and yellow clouds, and the mountains in the background are silhouetted against the bright light. The overall atmosphere is serene and majestic.

Potala Palace

布达拉宫

The highest palace in the world

Located on Red Mountain in the centre of Lhasa City, Tibet Autonomous Region, at an altitude of over 3,700 metres, the Potala Palace was first built during the reign of Songtsen Gampo of the Tibetan Empire in the 7th century to welcome Princess Wencheng. It is a magnificent structure that combines a palace, a castle and a monastery.



NaMuCuo 纳木措

The highest lake in the world

The 'Heavenly Lake' of the northern Tibetan plateau, Nam Co, lies quietly in the embrace of snow-capped mountains in winter, its surface covered with blue ice.

D1 Pick up at Lhasa Airport—Check in at hotel

Arrive in Lhasa → Pick up at the airport and present you with a white khata → Check into hotel

Friendly reminder: Please refrain from bathing on the day of arrival. Eat plenty of vegetables and fruits, drink plenty of water, and avoid smoking and drinking alcohol.



D2 Lhasa – Tibet Museum – Sera Monastery – Lhasa

After breakfast, set off towards the Tibet Museum in the fresh morning breeze of Lhasa. This hall, which carries the thousand-year-old civilisation of the snow-capped plateau, is like a thick, three-dimensional history book. After lunch, head to Sera Monastery in the afternoon.

Enjoy breakfast between 8:00 and 9:00 (breakfast included at the hotel).

Meals: Breakfast | Accommodation: Lhasa

Tibet Museum:

The Tibet Museum is located at the southeast corner of the Norbulingka in Lhasa and is Tibet's first modern comprehensive museum. Its predecessor was the old museum built in 1999, which was later renovated and expanded before reopening in 2022. The museum houses over 520,000 artefacts and features multiple exhibitions, including 'The Eternal Song of the Snowland,' making it an excellent window into Tibet's history, culture, and customs.

Sera Monastery:

The full name of Sera Monastery is 'Sera Mahayana Monastery.' It is located at the foot of Sera Uzi Mountain in the northern suburbs of Lhasa and is one of the six major monasteries of the Gelug School of Tibetan Buddhism. Founded in 1419 by Jangchub Chöje, a disciple of Tsongkhapa, the monastery features grand architecture, numerous colleges, and monastic villages. It houses a vast collection of Buddhist statues and murals, and its unique debate sessions are a hallmark of the monastery. Shara Monastery is an important sacred site for understanding Tibetan Buddhist culture.



D3 Lhasa – Potala Palace – Yak Wang Mountain Viewpoint – Jokhang Temple – Barkhor Street – Lhasa

The tour guide will deliver a welcome speech. Due to the unpredictable schedule of the Potala Palace, the specific time will be adjusted based on the palace's schedule, so the tour guide will arrange the time flexibly. Visit the Potala Palace (approximately 2 hours, with a 1-hour time limit inside the palace). Visit the best photography spot at the Medicine King Mountain Viewing Platform (50 RMB), commonly known as the best angle to view the Potala Palace. Stroll through Barkhor Street + Jokhang Temple Square + enjoy Tibetan-style afternoon tea (no admission fee, no time limit, free to experience). Enjoy a dinner of roasted whole lamb. Breakfast will be served around 8:00–9:00 AM (breakfast included at the hotel).
Meals: Breakfast | Accommodation: Lhasa

Yao Wang Shan Viewing Platform: '50 RMB Check-in Point' Yao Wang Shan Viewing Platform (20-minute visit)

This is undoubtedly the best spot for capturing panoramic shots of the Potala Palace. It is also the location featured on the 50 yuan banknote. At sunrise and sunset, many backpackers and tourists set up their tripods here to wait. From this angle, the Potala Palace is so beautiful that you can simply press the shutter button and capture a stunning photo. Important reminder: There are many counterfeit and substandard goods sold at the stalls on Barkhor Street. Please exercise caution when purchasing handicrafts to avoid being scammed!

Potala Palace—A Medieval 'Sacred Temple' (90-minute tour)

Songtsen Gampo spent half of his life conquering Tibet and the other half building magnificent palaces and temples. Wandering through the gilded halls, stupas, sleeping quarters, and corridors, the lights are dim, the curtains are drawn, and the scent of butter tea fills the air, as if you have fallen into an ancient dream. unwittingly lost in the scriptures, Buddha statues, murals, and distant legends. After the snow, the Potala Palace, bathed in the warm winter sunlight, appears even more majestic. Free time to explore Barkhor Street: Barkhor Street—a world-renowned cultural street: the sacred pilgrimage route (visit time at your own discretion).

The area surrounding the outer walls of the Jokhang Temple is known as the Barkhor Street, or the Octagonal Street. This is the route that Tibetan Buddhists take to perform their ritual of circumambulation. It attracts pilgrims from all over the country, who gather on the old streets and in the narrow alleys. Tibetans dressed in colourful traditional costumes and devotees in tattered clothes crowd together on the same circumambulation route...



roast

whole lamb

Authentic
and delicious



Taste Tibet with local ingredients

D4 Lhasa – Seji La Pass – Lulang Forest Sea – Nyingchi

Depart from the hotel and head to the Seji La Pass to enjoy the beautiful scenery. Have lunch featuring stone pot chicken, then head to the Lulang Forest in the afternoon. Return to Nyingchi at around 18:30.

Enjoy breakfast around 8:00-9:00 (breakfast included in the hotel) Enjoy lunch around 12:00-13:00 (speciality stone pot chicken) Enjoy dinner around 18:00-19:00 (Hunan cuisine)

Meals: Breakfast + Lunch + Dinner | Accommodation: Linzhi

Seki Pass:

The Seji La Pass is located in Linzhi, Tibet, at an altitude of 4,728 metres. It is a must-see destination on the road from Lhasa to Linzhi and marks the watershed between the Nyang River and the Palong Zangbo River. Here, prayer flags flutter in the wind, and visitors can enjoy distant views of Mount Namcha Barwa and the nearby Lulang Forest. It is an ideal location for experiencing the highland scenery and viewing snow-capped mountains and forests.

Lulang Forest Sea:

Lulang Forest Sea is located in Lulang Town, Bayi District, Linzhi City, Tibet, along the 318 National Highway. In Tibetan, it means 'Dragon King Valley,' with an altitude ranging from 2,700 to 4,200 metres. The area is characterised by towering snow-capped mountains, lush forests, verdant meadows, winding streams, and vibrant wildflowers. It is often referred to as the 'Sichuan of Tibet' and the 'Switzerland of the Snowy Region,' earning it the reputation of being a breathtaking earthly paradise that leaves visitors spellbound.



D5 Nyingchi—Kadeng Gorge—Basongcuo Lake—Lhasa

Depart from the hotel and head to Kadin Gorge. Then drive to Basongcuo to visit Basongcuo, the island in the middle of the lake, and Cuocong Gongba Temple.

Enjoy breakfast between 8:00 and 9:00 (breakfast included in hotel stay) Enjoy lunch between 12:00 and 13:00 (Sichuan cuisine) Enjoy dinner between 18:00 and 19:00 (Sichuan cuisine)

Meals: Breakfast + Lunch + Dinner | Accommodation: Lhasa

Basongcuo:

Basongcuo, the only natural 5A scenic spot in Tibet, is known as the 'Little Switzerland' of Linzhi. It is a national scenic spot and has been listed as a world tourist attraction by the World Tourism Organisation. In 2001, it was awarded the title of national forest park. It combines snow-capped mountains, lakes, forests and other landscapes, with scenery that varies throughout the four seasons. Take a sightseeing bus to the lake's central island, Zaxi Island, where you will find the Tang Dynasty Red Sect Nyingma sect temple, Cuocong Gongba Temple.

Kadengou:

Also known as Gading Gorge, this is a AAAA-rated scenic area in Tibet, located at an altitude of 2,980 metres along the Nyang River, a tributary of the Yarlung Tsangpo River. The area features rugged, towering mountains and a typical canyon landscape, with 奇峰异石古树参天, a waterfall plunging nearly 200 metres in a majestic cascade, and natural rock formations resembling a Buddha, a goddess, Guanyin, guardian deities, the Buddha, monks chanting sutras, a divine turtle calling to heaven, a divine eagle offering treasures, butter lamps, and the Tibetan 'Six-Syllable Mantra' Buddha character.



D6 Lhasa – Nagenla Pass – Namtso Lake – Nyenchen Tanglha Mountains – Lhasa

The 'Heavenly Lake' of the northern Tibetan plateau, Nam Co, lies quietly in the embrace of snow-capped mountains in winter, its surface covered with blue ice.

8:30 a.m. Lhasa – Nagenla Pass (altitude 5,190 metres) – Nam Co – Nyingchi Tangula Viewpoint.

Return to Lhasa to savour the special yak meat hotpot and watch the Pot Dance.

Breakfast around 8:00-9:00 (Breakfast included in the hotel) Lunch around 12:00-13:00 (Hunan cuisine) Dinner around 18:00-19:00 (Special yak meat hotpot)

Meals: Breakfast + Lunch + Dinner | Accommodation: Lhasa



Yak meat hot pot



Savour the taste of Tibet on the spot, and enjoy the special potshang dance and traditional folk song performance.

D7 Lhasa - Yamdrok Tso - Karola Glacier - Shigatse

After breakfast, we will depart from the hotel by car. At around 9:00 am, we will visit the graceful Yamdrok Lake (visiting time about 40 minutes). At around 14:00 am, we will drive to Karola Glacier to enjoy the beauty of the ancient glacier, and stay at Rikaze in the evening.

Breakfast around 8:00-9:00 (Breakfast included in the hotel) Lunch around 12:00-13:00 (Sichuan cuisine) Dinner around 18:00-19:00 (Cantonese cuisine)

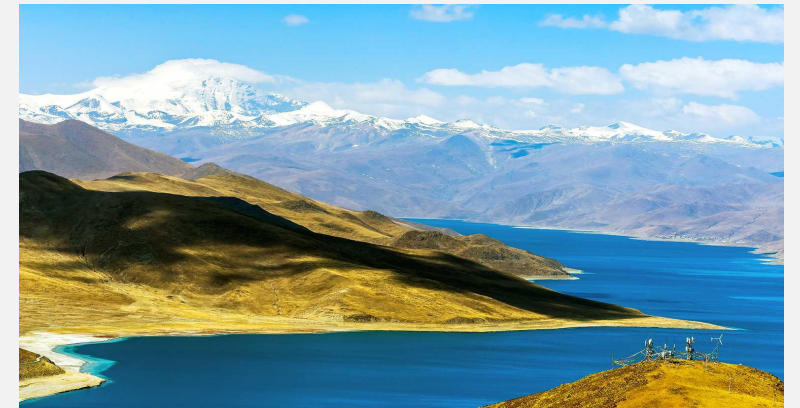
Meals: Breakfast + Lunch + Dinner | Accommodation: Shigatse

Yamdrok Tso:

Goddess Turquoise Earrings, Yangzuo Yongtso is a holy lake in Tibet with clear and sweet water. The lake is blue, and snowy mountains, mountains, villages, cows and sheep reflected, relaxed and happy. Area of 638 square kilometres, elevation 4441 metres, the lake shoreline 250 km. Gangbala mountain top view, yangzhuo yongtso as sapphire.

Karjola glacier (Switzerland):

Karola glacier is located in shannan city Langkazi, jiangzi county junction, from jiangzi county 71 kilometres, for the year Chu river east source. The main peak elevation 7191 metres, ice tongue leading edge elevation 5560 metres. Backed by naiqin kangsang peak south slope, the upper part of the glacier for the ice cap, the lower part of the two hanging glacier form the ice tongue. Area of 9.4 square kilometres.



D8 Shigatse - Zashilunpo Monastery - Lhasa

After breakfast to Zashilunbu Monastery, covers an area of 150,000 square metres, the monks premises 57, all the temple houses a total of 3,600, its building a blend of the traditional architectural features of the Tibetan region and the characteristics of Buddhism, the traditional Tibetan craft and architectural features of the Tibetan Buddhist Buddhist art, the Banchen Lingta of the solemnity of the performance of the better.

Breakfast around 8:00-9:00 (Breakfast included in the hotel) Lunch around 12:00-13:00 (Sichuan cuisine) Dinner around 18:00-19:00 (Hunan cuisine)

Meals: Breakfast + Lunch + Dinner | Accommodation: Lhasa



D9 Lhasa-cozy home!

Return to your cosy home in Zahidol with the touching and wonderful memories that the Tibetan area has given you!

Warm tip: Please double check that you have all your belongings before you leave.



Precautions

1. Patients with serious high blood pressure, heart disease, lung disease, etc. should not go to Tibet, and please do not bring colds into Tibet.
2. Tibet is located in the plateau, most of the guests will have more or less plateau reaction, as long as pay attention to rest and eat properly (do not eat too full, increase the burden on the stomach and intestines), will naturally overcome; before and after the Tibet can be appropriate to take some medicines, such as: high plateau, high plateau, etc., the serious ones can be appropriate to inhale oxygen, or hanging saline.
3. in view of the special situation in Tibet, please pay attention to the safety of the guests, remember not to privately out of the team or change the schedule; valuable belongings please send in the hotel front desk, not in the room, the night out to play, please companion, be sure to go back to the hotel before 12:00 pm, so as not to affect the next day's trip.
4. Due to the long route in Tibet, a lot of time is in the car, inevitably can not eat on time, please bring some snacks and biscuits, American ginseng can help you refreshment, you can bring some. Pay attention to their own warmth during the trip, the first day, please try not to bathe, wash your hair, so as not to catch a cold. The temperature difference between morning and evening is big in Tibet, the altitude of the pass is higher, the temperature is lower, please bring woolen sweater, thick jacket, jeans, etc., pay attention to keep warm. Tibet sunshine is strong, the climate is especially dry, sunscreen, sunglasses, lip balm and other essential.
5. In accordance with the relevant provisions of the National Tourism Administration, due to the guest's own reasons for not completing all the excursion projects, or return to the departure point in advance, will be regarded as an automatic abandonment of the tour, the guests will not be refunded the tour fees.
6. excluding all costs outside the itinerary, does not include single room difference.

Tibet's clouds and dreams, quietly planted when turning around, looking forward
to the next reunion, and then continue this plateau love song.

