



Tibet Spiritual Odysseys Tour INS-CN27

Country: China

Duration: 8 days

Accommodation: Included

Meal: As per program

Transportation: Included

This spiritual journey covers most prominent monasteries around Lhasa including remote Reting monastery through off the beaten path, wonders of the journey start from the holy city Lhasa by appreciating its prominent historical and religious sites like Potala Palace, Jokahng temple, Sera and Drepung monastery, you will deeply overwhelmed by visiting numbers of world heritages and supernatural temples. Other than the bustling streets and tourist crowd, this spiritual journey focuses peaceful hermitage cliffs and natural hot springs in the far remote, astonishing off the beaten track through the alpine valley will highlight the isolated villages, hermitages at Reting monastery and Tir drum nunnery, after a long drive you can get a relief by soaking in the famous natural hot spring at Tir drum nunnery and then complete the kora to its starting point Lhasa via visiting Dregong till and Ganden monastery. This tour avoids the tourist crowds and follow the footprint of the devoted Tibetan pilgrims.

Day 1: Entry Lhasa (-)

At your arrival at the Gonggar airport or Lhasa Train Station (3680m), you will be greeted by our Tibetan guide and driver and transfer to your hotel in Lhasa; check in the hotel and take it easy for the rest of the day to acclimatize. Stay overnight in Lhasa.

Day 2: Lhasa (B)

Today visit the Jokhang Temple in the centre of the Old Lhasa city and you have time to walk around the Bakhor street which is one of the most devotional circuit as well as crowded central market of Lhasa. The day will ended with a visit to the Sera Monastery, home to several hundred monks from different part of Tibet. Stay overnight in Lhasa.

Day 3: Lhasa (B)

Today we will visit the famous Potala Palace, the masterpiece of Tibetan architecture. Walking though the long steps are quite challenging. In the afternoon, we will visit the Drepung monastery, once the world's largest monastery that housed for more than 10,000 monks. Stay overnight in Lhasa.

Day 4: Lhasa / Namtso lake (B)

We drive out to the northern nomadic grassland, over the Qinghai-Tibet highway, then cross the Legan la pass (5190m), from the pass you will astound by the first glimpse to stunning holy Namtso lake in the west and Thangula range in the far north. Afternoon, explore around the Tashi Do promontory; it is worthwhile to follow the pilgrimage trail circumambulate around the hill by passing long mani-stone wall and mystical caves. Stay overnight in local guesthouse (4600m).

Day 5: Namtso / Reting (B)

This wonderful journey complete with its featured drive to off the beaten track within the alpine valleys, cutting through isolated villages and lone nomads family tents highlight the rural beauties, then the peaceful Reting monastery. Stay overnight in local guesthouse (4300m).

Day 6: Reting / Tidrum (B)

Today follow the Reting river and several old Kadampa stupas situated along the route lead us to Tidrum nunnery, it is located down at the bottom of basin valley and heaps of prayer flags crossing over the stream is the spiritual contribution of local pilgrims, short hiking up to the retreat caves behind the nunnery give you a complete pictorial scene of the valley. Stay overnight in local guesthouse (4500m).

Day 7: Tidrum / Lhasa (B)

On the last day we will visit Drigung monastery that sprouting up on a high and steep ridge and Ganden monastery. Late afternoon back in Lhasa. Stay overnight in Lhasa (3680m).



Day 8: Exit Lhasa (B)

Free to enjoy your day until being transferred to the airport. End of the fabulous tour in Tibet.

Included:

- 7 night accommodation in a double or twin share room with daily breakfast
- Meals: as mentioned in the program (B = Breakfast, L = Lunch, D = Dinner) on the basis of a local restaurant
- All necessary travel permits to Tibet
- Private guide: English speaking local Tibetan guide during all tours and transfers
- Entrance ticket fees for all the sight spots listed in the program
- Private transportation in Tibet: Ranging from 4WD land cruiser to bus depending on the group size and trip route (car gasoline is included)
- Lunch or dinner as specified in the itinerary
- Service charge and government tax

Excluded:

- Airfare international
- Entry visas to China
- Meals not specified in the itinerary
- Travel Insurances (We highly recommend that you purchase an adequate insurance)
- Gratuities for guides and driver
- Other services which are not specified in the itinerary

