Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Lhasa Namtso Tour Brief Itinerary

Day 01 : Kathmandu to Lhasa Flight (3658m)

Similarly You will be greeted by your Tibetan guide upon your arrival at the Lhasa Gonggar Airport or the Lhasa railway station. From the airport to your hotel in Lhasa city is approximately 68 km (42 mi), around an hour drive. From the train station into the city is only 15 km (9 mi) and takes a brief 20 minutes. During the drive, you will have time to enjoy the spectacular scenery Tibetan plateau and glimpses of scattered Tibetan villages. Once you arrive at your hotel and check in, the rest of the day will be free in order to rest and acclimatize to the high altitude.

Day 02 : Lhasa City Tour

However Potala Palace is the most well known known icon of Tibet. The massive complex is a small world within itself and is generally renowned as residence of the Dalai Lamas (Avalokiteshvara). It was first built by the 33rd ruler of his dynasty, King Songtsen Gangpo, in 7th century, but continual restoration efforts keep it looking majestic. Jokhang temple is the most scared shrine in Tibet, located in the heart of Lhasa old town. It is the most popular pilgrimage destination of all Tibetans. Barkhor Street is a popular Kora (religious walking circuit) which surrounds Jokhang Temple, and mingling with pilgrims around the Barkhor Street is a truly authentic experience. It is also a main shopping district where you can buy gifts for your family or friends. Lhasa Old Town gives a glimpse into the daily life of Lhasa Tibetans.

Day 03 : Lhasa-Gaden-Lhasa

Morining visit to Ganden Monastery is the largest of the six primary monasteries of Buddhism’s Gelugpa sect. In addition to its magnificent architecture and religious importance, there is an extremely fabulous view on top of the Ganden Wangpo Hill. Kichu Valley is behind Ganden monastery, and we recommend a hike around the monastery for a bird’s-eye view of the valley. After lunch, visit to Sera monastery’s famous monks’ debate between 3 pm to 5pm (not available on Sunday), an exhibition certainly worth seeing. The group will be driven here to see the debating after lunch at a special restaurant at Ganden.

Optional program: At night, your guide can take you to enjoy a local Tibetan show (price is not included).

Day 04 : Lhasa-Namtso-Lhasa

Lhasa / Namtso Lake / Nomad Family Visit / Lhasa

After breakfast at hotel, Drive along the Northern Tibetan grassland, one can get a distant view of the Nyenchen Thanglha snow mountain ranges, and cross over the Nargen-la pass [5,190m]. Namtso Lake is one of the three holiest lakes in Tibet, and also the highest salt-water lake in the world. Visitors can do a bit trekking around the shore of the lake, and then in the afternoon, drive back to Lhasa. En route, a visit with a nomad tent family has been arranged, giving a unique chance to see their daily life and share a cup of authentic butter tea. Late afternoon, drive back to Lhasa.

Day 05 : Lhasa to Kathmandu By Flight

Lhasa Train Station or Airport Drop Off. Our guide will be there at airport to assist you with boarding pass and see you off.

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- Special meet, greet assistance & welcome in the airport.
- Transportation through tourist Couch from Kathmandu – Pokhara – Kathmandu.
- Tea house accommodation during the treks.
- All your standard mentions Meals during the trek **(7 B-Breakfasts, 7 L-Lunches, 7 D- Dinners).**
- Lodges/Guesthouses accommodation during the trek
- Perfect Local **GLOBAL TREKS** English speaking guide.
- National Park Permits and TIMS for trekking.
- Private transportation (**Pokhara-Nayapul /Nayapul-Pokhara**)
- Food, accommodation, salary, insurance, and medicine for staff.
- All our government taxes, vat, tourist service charges.
- Welcome room refreshment on arrival in Kathmandu.
- Official expenses.

Cost Exclude

- Travel insurance covers emergency Rescue and Evacuation.
- Any kind of personal expenses or optional Tours/ Extra Meals ordered.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the **trekking equipment** page).
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Excess baggage charges.
- Nepalese visa fee.
- Lunch and dinner in Kathmandu and Pokhara hotel.
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in the ‘Price Includes’ section.
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary.
- Tips for guide(s), porter(s) and driver(s)

Trip Map

Annapurna Base Camp (4130m)
Mount Annapurna (8091m)
Machhapuchre Base Camp (3700m)
Mount Machhapuchhre (8091m)
Poon Hill (3120m)
Tadapani (2630m)
Deurali (3200m)
Ghorepani (2860m)
Himalayan Hotel (2920m)
Bamboo (2310m)
Jhino Dada
Tikhedhunga (1491m)
Ghandruk
Chhomrong (2170m)
Hile (1400m)
Landhruk (1640m)
Potana (1890m)
Nayapul (1050m)
N
Phedi (1440m)
Pokhara (820m)
Kathmandu (1400m)
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