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

Tibet Lhasa Tour Brief Itinerary

Day 01 : Kathmandu to Lhasa.

You will be greeted by your Tibetan guide (who can speak English well) once you arrive in Lhasa Gonggar airport or train station. It is 68km from airport to Lhasa city, around 1.5 hour by drive and 15km takes 20 minutes' drive from train station. You will have a good rest to acclimatize the high altitude in Lhasa. Overnight at Lhasa

Day 02 : Explore Lhasa (Potala Palace– Jokang temple)

After breakfast at hotel, visit to Potola Palace, Potala Palace is the worldwide known cardinal landmark of Tibet. The massive structure itself contains a small world within it. Mostly it is renowned as residence of the Dalai Lama lineages (Avalokiteshvara). In after noon, visit to Jokang Temple, Jokang temple is the most sacred shrine in Tibet which was built in 7th century and located at the heart of old town in Lhasa, the circuit around it called Barkhor street, which is a good place to purchase souvenirs. Both of them are the focal points of pilgrims from entire Tibetan world. Overnight at Lhasa

Day 03 : Explore Lhasa (Derpu monastery

After breakfast at hotel, visit to Derpu monastery Situated at the foot of the Mountain Gambo Utse, 5 kilometers (3.1 miles) from the western suburb of Lhasa, The monastery was established in 1416 by Tsong Khapa's disciple Jamyang Qoigyi, in 1546, the third Dalai was welcomed as the first Living Buddha into it.
Afternoon ,You will drive to Sera monastery Located at the foot of Tatipu Hill in the northern suburb of Lhasa City, Sera Monastery is one of three famous monasteries in the city. It is dedicated to the Gelugpa or Yellow Hat Sect, a branch of Tibetan Buddhism, founded by Tsong Khapa. Jamchen Chojey, in 1419 during the Ming Dynasty (1368-1644). The monastery was named Sera which mean wild rose in the Tibetan language, because the hill behind it was covered with wild roses in bloom when it was built. In evening see its famous monks debating between 3pm to 5pm (not available on Sunday). Overnight at Lhasa

Day 04 : Final Departure

After breakfast at hotel, you and your guide will drive you to Lhasa airport or train station. It is the time to say farewells to your guide and driver. The trip ends.

Cost include

- Tibet Permits, China visa
- Air tickets/Train/Private Transportation Kathmandu to and from Tibet.
- Private professional Local Tibetan English-speaking tour guide
- The private vehicle with driver and Luggage Transfers.
- All necessary Tibet travel permits.
- All accommodations, based on double-occupancy with attached bathroom in city and Guesthouse or tent in remote areas.
- Meals, as noted in the itinerary. (B-Breakfast, L-Lunch, D-Dinner)
- Admission fees and activity expenses, as noted in the itinerary
- Service Charge (the planning, handling, operational and communication charges) & government taxes.
- Tourists Accident/Casualty Insurance

Cost Exclude

- Sightseeing not listed in the itinerary.
- Meals not listed in the itinerary.
- Personal expenses such as laundry, drink, fax, telephone call, optional tour activities, etc
- Gratuities, tips to guides, drivers, bellboys, etc.
- Excess Baggage Charges, Single room supplement.