



Treasures of Travel

Tibet extension, 2023 ~ 8 days/6 nights

Words fail to describe the beauty of Tibet, the highest, fairy-tale like region on earth, which is rightly nicknamed as the “Roof of the World” for its towering peaks. Tibet is home to the world’s highest peak Mt. Everest rising 29,029ft (8,848 m) above sea level, which country shares with Nepal. Besides the breathtaking landscapes at almost every step you make, Tibet’s friendly natives will fascinate you with their unique heritage and devotion to one of the oldest religions in the world.

Day 1, April 18/Oct. 02~ Depart the USA

Day 2, April 19/Oct. 03~ Arrive in Beijing

Upon arrival in Beijing you will be **met and transferred** to the hotel.

Day 3, April 20/Oct. 04 ~ Lhasa

In the morning you will be **transferred** to the airport for your flight to Lhasa located at 11,500ft above sea level. Upon arrival, you will be met by local guide and **transferred** to your hotel. The rest of the day will be at your leisure to get acclimatized to high altitude. Dinner will be arranged at local restaurant. Overnight in Lhasa. /Xinding Hotel or similar. (D)

Day 4, April 21/Oct. 05 ~Lhasa

We’ll start today’s sightseeing with a visit to the highest ancient castle-style architectural complex above the sea level -**Potala Palace** (1 hour), which was the residence of the Tibetan Dalai Lamas, as well as the political, educational and religious center of Tibet. The palace was built in the 7th century during the reign of Songtsen Gampo, and consists of two parts, the White Palace and the Red Palace. The main buildings of the Red Palace are the Buddhism stupas and chapels, while the White Palace used to act as the residence of Dalai Lamas. Next we’ll visit the Ani Tastang Kung Nunnery in a back street. In the afternoon, we’ll spend about an hour exploring the **Jokhang Temple** which was widely accepted as the spiritual center of Tibet. The monastery houses the precious Statue of 12-year Sak yamuni (the founder of Buddhism) brought to Tibet by Princess of Chinese Tang Dynasty, as well as the statues of some eminent Buddhists, and an exquisite collection of murals which represents the history and culture of Tibet. We’ll end our day by touring the **Barkhor Street** around the Jokhang Temple. Overnight in Lhasa. /Xinding Hotel or similar (B/L/D)

Day 5, April 22/Oct. 06 ~ Lhasa

Today’s tour includes visits to **Drak Yerpa Monastery**, which is built on a hillside with more than 80 meditation caves with over 1,500 years-old history and is regarded as the shrine of the Holy city Lhasa; **Drepung Monastery** called the "Nalanda of Tibet", which is known for its high standards in academic study with many precious cultural relics; and **Sera Monastery** where young monks train in the debating garden and prepare for scholastic examinations by holding mock debates. In Lama Buddhism, the debating garden is a whetstone where the mind is sharpened. Our last stop of the day will be at the Thousand Buddha Cliff Carvings which are highly worshipped by the local Tibetans. Overnight in Lhasa. /Xinding Hotel or similar (B/L/D)

Day 6, April 23/Oct. 07 ~Lhasa ~ Gyantse (11,850 feet) ~ Shigatse

In the morning we'll leave Lhasa for Shigatse, second largest city in Tibet. One of the most fascinating journeys of the lifetime will take us first to Kambala pass at 14,382ft above sea level about 1.5 hour later, then to the beautiful natural Yamdrok Yumtso Lake which is the famous Sacred Lake of Tibet. It will take another 1.5 hours to arrive at the foot of Naiqinkangsang Snow Holy Mountain. On the way we'll enjoy literally breathtaking views and landscapes which words fail to describe as they deserve. We'll pass by the famous Karo-la Glacier (16,680 feet), and stop for a visit to Palkhor Monastery, well-known for its Kumbum, which has 108 chapels in its four floors, filled with unique religious statues and murals. Overnight in Shigatse. /Tashi Choeta Hotel or similar (B/L/D)

Day 7, April 24/Oct. 08~Lhasa

After breakfast, we'll tour **Tashilhunpo Monastery**, located on a hill in the center of the city, which is a historic and culturally important monastery in Shigatse. The full name of the monastery in Tibetan means "all fortune and happiness gathered here" or "heap of glory". It was founded by the First Dalai Lama in 1447, and became the traditional seat of successive Panchen Lamas, which is the second highest ranking title after Dalai Lama in Tibetan Buddhism. The monastery was expanded by the Fourth and successive Panchen Lamas. We'll return back to Lhasa for overnight. /Xinding Hotel (4 star) or similar (B/L)

Day 8, April 25/Oct. 09 ~ Xian

After the morning tour of **Norbulingka, Tibetan Museum**, we'll **transfer** you to the airport for late afternoon **flight to Xian** to join the Silk Road Tour. (B/L)

Departure Dates: Based on 8 days/6 nights

April 18 ~ 25

October 2 ~ 9

Tour Price China portion:

\$2,700 person in double room based on 13-16 guests traveling together

\$500 single supplement

Price Includes:

- Accommodation for 6 nights at selected 4 star hotels
- All breakfasts
- 5 lunches and 4 dinners
- Two small bottles of water per day per guest
- Daily private sightseeing by comfortable car, van or minibus
Including professional driver
- English speaking tour guide including his/her expenses
- Entrance fees to the sites indicated in bold on the itinerary
- Two domestic flights (Beijing-Lhasa, Lhasa-Xian)
- Arrival and departure transfers
- Baggage handling
- Visa support letter