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## 6 days Lhasa and Tidrum Hot Spring Tour

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Lhasa  
Tidrum  
Drigung Til  
Lhasa

This 6-day Tibet tour offers a life-changing spiritual journey as you explore the highlights of Lhasa, relax in the therapeutic hot springs at Tidrum Nunnery, and discover the serene ambiance of Drigung Til Monastery.

Type  
Private  
Duration  
6 days  
Theme  
Culture and Heritage, Winter getaways  
Trip code  
TWT-LXA-02

Price  
From A\$ 723 per person

### Itinerary

#### Day 01 :

Arrival at Lhasa (3,600m), Rest & Acclimatize to the High Altitude

Upon your arrival, your Tibetan guide and driver will be ready to greet you and provide transportation to your hotel in Lhasa. The airport is approximately 68km away, and the journey typically takes around two hours. If you are arriving from the train station, the distance is shorter, about 15km, and the travel time is approximately 20 minutes. It's important to take some time to rest and acclimatize to the high altitude, allowing your body to adjust and alleviate any jet lag. Overnight at Lhasa.

#### Day 02 :

Lhasa City Tour - Visit Jokhang Temple and Potala Palace (B)

Today is your first day of sightseeing on the Tibetan high plateau, and we have purposely arranged for you to only visit **Jokhang Temple** and **Potala Palace**.

Jokhang Temple is the most sacred Temple in Tibet, built in the 7th century and situated in the heart of Lhasa's old town. The Jokhang Temple is particularly significant because it houses the life-sized statue of the Shakyamuni Buddha at age 12, which is considered the most sacred statue in all of Tibet. The temple, with its golden roofs and richly decorated interiors, attracts thousands of pilgrims annually who come to prostrate, pray, and make offerings. The temple's architectural style is a mixture of Indian vihara design, Tibetan and Nepalese design. The circuit around Jokhang Temple, known as Barkhor Street, is one of the most devout circuits and the central market in Lhasa city, an ideal place to buy souvenirs.

Potala Palace, a cardinal landmark globally recognized as a symbol of Tibet. This historic site served as the former seat of the Tibetan government and the winter palace of the Dalai Lamas. The Potala Palace comprises the rooftop White Palace, the Dalai Lama's living quarters, and the central Red Palace, used for religious functions. The Palace now serves as a museum and was designated as a UNESCO World Heritage Site in 1994. Both Jokhang Temple and Potala Palace attract countless pilgrims from all corners of Tibet who display their unwavering faith through circumambulation and prostration. Stay overnight

in Lhasa.

Day 03 :

Lhasa City Tour - Visit Drepung and Sera Monasteries (B)

Today you will be arranged to visit **Drepung** and **Sera monasteries**. Both monasteries are Gelugpa (yellow hat) sect monastic colleges.

Drepung Monastery, founded in 1416, served as the seat of the Dalai Lama until the 5th Dalai Lama constructed the Potala Palace. Located on the outskirts of Lhasa, Drepung was once the world's largest monastery, housing over 10,000 monks at its peak in Tibetan history. The monastery is renowned for its annual Shoton Festival in August, during which a large Thangka is displayed on the nearby mountains.

In the afternoon, you will visit Sera Monastery, founded in 1419 by Sakya Yeshe, a disciple of Tsongkhapa. Sera grew to become one of the largest monasteries in central Tibet, accommodating approximately 5,000 monks. The monastery is famous for its monk debates, which occur every afternoon at 3:00 pm, except on Sundays. It's believed that these debates foster a deeper understanding of Buddhist philosophy and help monks attain higher levels of comprehension of Buddhism.

Day 04 :

Drive to Tidrum Nunnery for the Natural Hot Spring, then Half Day Hiking around Tidrum

Morning enjoy a scenic two-hour drive to **Tidrum Nunnery**, a famous hermitage linked to Guru Padma Sambhava. This tranquil haven is home to Buddhist nuns who dedicate themselves to meditation and study. The nunnery's serene ambiance and ancient prayer halls preserve Tibetan Buddhist traditions, providing a space for deep contemplation and spiritual exploration.

Even today, you can spot Yogis meditating in the caves around the hill. **Take a hike up the hill** behind the nunnery, where you can put up your prayer flags and send heartfelt prayers for your loved ones by writing their names behind the flags. Afterward, head back to the guest house in Tidrum and treat yourself to a soothing soak in the natural hot spring.

**Tidrum Hot Spring** is a popular attraction for pilgrims and visitors alike, known for its therapeutic properties and mineral-rich waters. Each year, numerous Tibetans flock here, dedicating several nights to soaking themselves solely in the rejuvenating hot spring, seeking both physical and spiritual renewal. It's a truly special experience that promises relaxation and rejuvenation for your body and soul.

Day 05 :

Drive to visit Drigung Til Monastery, Afternoon Return to Lhasa

Take a short half-hour drive in the morning to reach **Drigung Til Monastery**, the head monastery of the Drigung Kagyu sect of Tibetan Buddhism. This stunning monastery sits at an elevation of 4150m and has an impressive complex with more than 50 buildings offering breathtaking views of the valley, it is the home for approximately 250 monks. The hike up to the monastery can be a bit steep, but it's totally worth it, especially during festivals when you can meet fellow pilgrims along the way. Follow the local pilgrims and complete the pilgrim Kora around the monastery. One thing to note is that Drigung Til is famous for its sky burial site, but unfortunately, non-Tibetans are not allowed to be present during these private and sacred events that should be respected. If you're lucky enough to visit during Losar (Tibetan New Year), you'll witness the lively gathering of many pilgrims, making the atmosphere even more vibrant and exciting.

Day 06 :

Lhasa Airport or Train Station Dropping off, End Your Tibet Tour.



Your guide and driver will see you off at the airport or train station, end your Tibet trip.

### **Inclusions**

#### **Tour notes:**

All of our tours can be customized to suite your requirements, interests and budget. It is our specialty! Please feel free to contact us.

The tour price is based on 3 star standard hotels. At your request we can provide pricing for different levels of service such as budget hostel, luxury 4 star standard hotels or deluxe 5 star standard hotels.

Please note prices are based in CNY.

#### **General inclusions:**

All required government taxes and fees.

All required Tibet permits and domestic travel documents.

Where possible 3 star hotels will always be provided, if the city or town does not have then the local guest house or monastery guest house will be provided (i.e. tent / dormitory bed, no private bathroom etc.)

All entrance tickets as noted in the tour's itinerary.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not listed please let us know, we are certain we can assist your needs.)

Comfortable and clean 7/8 seats minivan for groups of 5 persons or less; for larger groups minibus and tourist coach are available.

Please note that on day 2 there is no private vehicle arranged as this day is a walking tour that will start and end from your accommodation.

#### **General exclusions:**

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Flight tickets or train tickets in and out of Lhasa (Please note: We can offer you train and/or plane tickets in and out Lhasa from all cities within China. Please check the latest price with us via email.)

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