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## 9 days Tibet cultural tour including Yarlung Valley and Shigatse

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Lhasa  
Tsedang  
Samye Trekking  
Chimpu  
Tsedang  
Shigatse  
Lhasa

Discover Tibet's wonders on a 9-day Tibet tour from Lhasa, through the spiritual landmarks of Yarlung Valley to the tranquil Yamdrok Tso Lake. Witness Gyantse's architectural marvels and explore Shigatse's majestic Tashilhunpo Monastery.

Type  
Private  
Duration  
9 days  
Theme  
Culture and Heritage, Winter getaways  
Trip code  
TWT-TCH-03  
Price  
From £ 608 per person

### Itinerary

Day 01 :  
Arrival at Tibet- forbidden land of snow (3,600m)



At your arrival your Tibetan guide and driver will pick you up and transfer to the hotel in Lhasa, it is only 68km and two hrs from the airport, from 15km which take 20 minutes. Take rest to acclimatize and alleviate jetlag. Overnight at Lhasa.

#### Day 02 :

Lhasa city sightseeings (3,600m) (B)

Today marks your first day of sightseeing on the high plateau, and we have intentionally arranged visits to only Jokhang Temple and Potala Palace. Jokhang Temple, the most sacred shrine in Tibet, was built in the 7th century and is located at the heart of Lhasa's old town. The surrounding circuit, known as Barkhor Street, is an ideal place to purchase souvenirs. Potala Palace, a globally recognized landmark of Tibet, is a massive structure that houses a small world within its walls. It is most famous as the residence of the Dalai Lama lineages (Avalokiteshvara). Both sites are focal points for pilgrims from across the Tibetan world, with many engaging in circumambulation and prostration as a display of their profound faith. Enjoy a cup of Tibetan sweet tea in one of the local tea houses before your guide escorts you back to the hotel. Overnight stay in Lhasa.

#### Day 03 :

Lhasa City sightseeing, visit Drepung monastery, Sera monastery (3,600m) (B)

Today you will be arranged to visit Drepung monastery in the morning and Sera monastery in the afternoon. Both Drepung and Sera monasteries are Gelugpa (yellow hat) sect monastic colleges. Drepung monastery was the seat of the Government prior to Potala, it was once the world largest monastery in the history with 10,000 monks hailed from different monasteries all over Tibet. Sera monastery is famous for its Buddhism philosophical debate practice, the clapping sound and aggressive expression of the monks are well worth to see. Overnight at Lhasa.

**P.S.:** If you happen to visit Drepung Monastery on August 4th, 2024, you will have the opportunity to witness the grand opening ceremony of the Shoton Festival. Monks will be unrolling a large Thangka in Drepung Monastery very early in the morning. You will be arranged to join local Tibetan pilgrims in walking around the monastery to get a closer view.

#### Day 04 :

Drive to Tsedang at Yarlung Valley - visit Yumbulakhang Palace and Samye monastery (3500m) (B)

Today, you'll visit Tsedang in the Yarlung Valley, known as the 'cradle of Tibetan civilization'. After a 2-2.5 hour drive from Lhasa along the Brahmaputra River, you'll arrive in Tsedang, your guide will arrange the necessary travel permit at local PSB office. Then you will proceed to visit the historic **Yumbulakhang Palace**, known as the first palace in Tibet. You can walk or rent a horse to ascend the hill to the palace, offering a panoramic view of the valley.

Afternoon, you'll drive for about 40 minutes to **Samye Monastery**, Tibet's first monastery, notable for its mandala-like architecture symbolizing the universe. Time permitting, **hike up Hepo Ri Hill** for stunning views of the monastery, river, and valley. Your day concludes with an overnight stay at the Samye Monastery guest house.

#### Day 05 :

Day Trek to Chimpu Hermitage Site, 4/5 hours Hiking (4300m)

Today, set out on a **day hike to the Chimpu Hermitage Site**, one of the most well-known meditation sites in Tibet. Located approximately 16km northeast of Samye Monastery, this labyrinth of caves served as a meditation retreat for Guru Rinpoche. The hermitage holds deep spiritual significance and is a popular destination for travelers visiting Samye Monastery.

During the hike, you will venture up the hill, exploring the hermitage caves where monks and nuns meditate. Along the way, you will come across a small monastery built around Guru Rinpoche's original meditation cave. Take your time to explore this sacred site and follow the footsteps of pilgrims as you visit the meditation caves and scattered chapels throughout the area.

The entire hike usually takes around 4-5 hours.

As you ascend to the upper level of the mountain, you will be rewarded with incredible views of the hermitage site, the Yarlung Valley, and Samye Monastery in the distance. The serene atmosphere and breathtaking vistas make this hike a truly memorable experience for both spiritual seekers and nature enthusiasts alike. Later in the afternoon, we will drive back to Samye, where you can relax and enjoy a refreshing hot shower at the hotel. Overnight in Samye.

Day 06 :

Samye, Yamdrok lake, Gyantse and Shigatse (3,800m)

In the morning, you will depart from Samye and head towards **Yamdrok Lake**, celebrated as one of Tibet's most sacred and visually stunning lakes. Perched at an altitude of 4450 meters, the lake is famous for its vivid turquoise hue. From there, you can also catch a glimpse of Mt. Nojin Kangtsang, towering at 7191 meters. After soaking in the beauty of the lake, your journey will continue to Gyantse. This mid-sized town, located at 3950 meters above sea level, is renowned for its impressive hilltop military fort and the Pelkor Chode Monastery with its stunning Buddhist stupa- **Gyantse Kumbum stupa**, a marvel of Tibetan architecture. Then head to Shigatse for overnight, the 2nd largest city in Tibet.

Day 07 :

Shigatse - Return to Lhasa (3,800m) (B)

Morning you will be arranged to visit **Tashilunpo Monastery**, it is one of the six prominent yellow hat sect monasteries and renowned as the seat of the Panchen Lama. Tashilunpo Monastery houses the world's largest statue of Maitreya Buddha. The monastery's impressive halls and intricate artwork provide a glimpse into Tibetan spirituality and culture. Visitors can explore the vibrant religious life within its walls and admire the stunning architecture.

You will also visit the **Samzhubze Old Market in Shigatse**, where you can explore the lively market, interact with friendly residents, and immerse yourself in the vibrant atmosphere that defines this authentic Tibetan market.

Afterward, drive back to Lhasa along the Northern Friendship Highway, with marvelous landscapes and scenery along the Brahmaputra River continuing all the way back to Lhasa.

P.S. You also have the option to take a train from Shigatse to Lhasa instead of driving. Please note that train tickets for this option require an additional payment.

Day 08 :

Another day in Lhasa (B)



Today, you will have a day to freely explore Lhasa.

Day 09 :

Lhasa airport or train station see off (B)





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

Please note prices are based in CNY.

#### **General inclusions:**

All required government taxes and fees.

If you have any questions please inquire with one of our Travel Advisors.

All required Tibet permits and domestic travel documents.

3 Stars hotel (shared twin room, private bathroom and daily breakfast)

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.

Ferry ticket at Samye.

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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[info@windhorsetour.com](mailto:info@windhorsetour.com)

+86-28-85593923