

[Home](#) > [Tibet private tours](#) > 8 days Lhasa Shigatse and Namtso Tour



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Lhasa
Yamdrok Tso
Gyantse
Shigatse
Namtso

This Tibet tour showcases a blend of historical, cultural, and natural landscapes throughout central Tibet. Highlights include key sites in Lhasa, visits to Gyantse and Shigatse, and the sacred Lake Namtso in the northern Changtang grassland.

Type
Private
Duration
8 days
Theme
Culture and Heritage, Natural scenery
Trip code
WT-111
Price
From £ 852 per person

Itinerary

This Central Tibet tour offers an enriching blend of cultural depth and natural beauty. Dive into Tibetan heritage with visits to Lhasa's iconic Potala Palace and Jokhang Temple, and immerse yourself in local traditions. Marvel at the stunning landscapes of Yamdrok Tso and Namtso lakes, renowned for their dramatic mountain backdrops. Explore historical sites like Gyantse's Gyantse Kumbum, celebrated for its Buddhist art, and Shigatse's Tashilhunpo Monastery, a spiritual center. The tour is a photographer's delight, offering countless opportunities to capture both breathtaking scenery and architectural marvels.

Participate in local religious practices for a deeper spiritual connection, and engage with Tibetan nomad families to understand their daily lives and customs better. Designed to allow for acclimatization to high altitudes, this Tibet tour ensures a comfortable pace, making it ideal for travelers seeking both adventure and insightful experiences.

Day 01 :

Arrival at Lhasa [3,650m]



Upon arrival at Lhasa train station or airport, you will be picked up and transfer to hotel in Lhasa downtown. Rest and acclimatize for the high altitude for the rest of the day. Overnight at Lhasa.

Day 02 :

Lhasa City sightseeing, visit Potala Palace & Jokhang Temple (B) - walking tour is arranged today.

Today is your first day of sightseeing on the high plateau, so we have purposely arranged only to visit Jokhang temple and Potala Palace. **Jokhang 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. **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. Both of them are the focal points of pilgrims from entire Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. The rest of the day is for you slowly explore Lhasa old town with or without your guide. Overnight at Lhasa.

Day 03 :

Lhasa city sightseeing, visit Drepung Monastery and Sera monastery (B)

Today you will 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's largest monastery with 10,000 monks hailing from monasteries all over Tibet. **Sera monastery** is famous for its practice of debating Buddhism and philosophy, the clapping sound and the aggressive expression of the monks -all are well worth seeing. Overnight at Lhasa.

Day 04 :

Lhasa / Yamdrok Lake [4,441m] / Gyantse [3,980m], 270KM, about 6-7 hours' drive (B)

Morning drive to cross Kambala Pass which is 4794m high. Kambala Pass provides you the first sight of the holy lake - **Yamdrok tso**.

Then drive down to the bank of Yamdrok tso Lake, it takes about half an hour driving along the beautiful river bank to the nearest town - Nangartse, normally groups will have their lunch here. After lunch, continue on Southern Friendship Highway towards west, enjoy the spectacular views of the snow capped mountains, valleys and grasslands with the groups of nomads. Arrival at Gyantse in the afternoon, In Gyantse, visit the famous stupa - **Gyantse Kumpum**, which is the most stunning architectural wonder in Tibet. Overnight at Gyantse.

Day 05 :

Gyantse / Shigatse [3,840m], 90KM, about 1.5 hours' drive (B)

Morning after breakfast at hotel, climb up to **Gyantse Dzong**, an old fort where you will enjoy a great view of the old Gyantse Town. Hand-made carpets in Gyantse are the best one in Tibet, we highly suggest you to include a **hand-made carpet factory or workshop** to see how the carpets are woven.

Late morning drive about 1.5 hours to Shigatse, the second largest town in Tibet. Upon your arrival in Shigatse, you will visit **Tashilunpo Monastery**, which is one of six great Gelugpa monasteries in Tibetan area and is the seat of the Panchen Lama lineage. The monastery is also famed for its Grand Hall, which houses the opulent tomb of the fourth Panchen Lama. Around the monastery is the **Kora path**, which leads to a great hike behind the monastery and provides a great view of the whole city of Shigatse.

Afterwards take a walk to the **free market in old part of Shigatse city** Compared with Barkhor Area in Lhasa, the souvenirs in

this market tend to be much cheaper. Walk around here and see if there are anything you want to buy.
Overnight at Shigatse.

Day 06 :

Shigatse / Shuege la [5,300m] / Namtso [4,718m] / Damxung [4,300m] , 470Km, around 7-8 hours drive (B)

Early in the morning, drive 80 km back towards Lhasa via the Northern Friendship Highway to Dazhuka. From there, cross the bridge over the Brahmaputra River and head through the valley northward to Namtso Lake. Along the way, you will pass many typical Tibetan villages set in peaceful environments. Cross the Shuege-la Pass, soaring over 5,300 meters high. In the afternoon, arrive at Namtso and take the sightseeing bus to the Tashi Do peninsula. Enjoy a leisurely hike around Tashi Dor and the Namtso lakeshore. Climb to the top of the hill on Tashi Dor for a panoramic view of Namtso Lake, where the circular lake resembles a boundless blue sea surrounded by snow-capped mountains. If the weather permits, witness the stunning sunset at Namtso Lake. Afterwards, return to Damxung County for an overnight, the nearest town to Namtso Lake.

Day 07 :

Damxung / Lhasa [3,595m], 250Km, 4hours drive (B)

In the morning, start your journey back to Lhasa, enjoying the stunning, vast northern grasslands and the Nyenchen Tanglha mountain ranges. Along the way, you'll encounter happy nomadic families dwelling in cozy yak wool tents on the grassy pastures. During the summer months, with your guide's assistance, stop to **visit one of the nomadic families** in their black tent. Made from yak hair, these tents are designed to retain heat and resist rain, perfectly suiting the plateau's variable climate. You'll be invited to enter their tent, meet their sheep and yaks, and share butter or sweet tea with them to gain insight into the Tibetan plateau nomadic lifestyle.

In the afternoon, enjoy some free time to explore Lhasa on your own and take the opportunity to shop for souvenirs on Barkhor Street for your friends and family. Overnight in Lhasa.

Day 08 :

Departure from Lhasa (B)

After breakfast, your guide and driver will see you off at Lhasa train station or airport, end the trip with WindhorseTour.

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.

All required Tibet permits and domestic travel documents.

Your selection of 3, 4 or 5 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.)

Airport and/or train station pick-up and drop-off.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

General exclusions:

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

Tips for your guide and driver.

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.)

Meals not specified in the itinerary.

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