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## 5 days Lhasa Tour with Drak Yerpa Meditation Caves

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Lhasa

Drak Yerpa

Lhasa

Explore the Lhasa's key highlights, make an short excursion to the sacred Drak Yerpa Caves near Lhasa and pay a visit to a Tibetan family. Through this short Tibet tour, you will gain an understanding of Tibetan culture, religion and lifestyle.

Type

Private

Duration

5 days

Theme

Culture and Heritage, Winter getaways

Trip code

WT-104

Price

From CN¥ 2,600 per person

### Itinerary

Lhasa, the historic capital city of Tibet, its golden sunshine and blue sky is the dream of many travelers all over the world, it is also the pilgrimage destination of all Tibetans, pilgrims are busy with their full-body-prostration circulation around the Jokhang temple and Bakhor Street. There are also many famous monasteries, such as Sara and Drepung Monastery, and summer palace of Dalai lama-Norbulingka. You will also visit the holy caves Drak Yerpa, which is one of the holiest caves in Lhasa area. A local Tibetan home visiting will be arranged after the trip of Drak Yerpa. This tour is possible to arranged throughout the whole year.

Day 01 :

Arrival at Lhasa [3,595m]

Upon your arrival at Lhasa airport or train station, you will be greeted by your Tibetan guide, from airport to Lhasa city is 68km, around an hour drive will take you to the holy city Lhasa. Driving along the

Brahmaputra river and Lhasa river, you will not only amazed by the spectacular plateau scenery but also have a chance to see flocks of black-necked crane, wild duck and many other kind of wild birds, if you are not tired, stop at Nethang Giant Buhhda caving on the way. If you take the train to Lhasa, normally you will arrive in the late afternoon or evening, 20 minutes drive will take you to your hotel in Lhasa city. Check into hotel, have a good rest to acclimatize the high altitude. Overnight at Lhasa.

Day 02 :

Lhasa City sightseeing, visit Drepung monastery and Sera monastery (B)

Today is your first day of sightseeing on the high plateau, so we have purposely arranged only 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 (Not available on Sunday), the clapping sound and aggressive expression of the monks are well

worth to see. Overnight at Lhasa.

#### Day 03 :

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

After one and half day day acclimatization of the high altitude in Lhasa city, today you will be arranged to visit Jokhang Temple and Potala Palace. Jokhang temple is Tibet's most scared shrine built in 7th century, located at the heart of old town of Lhasa and the circuit around it called Barkhor street. 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). Both of them are the focal points of pilgrims from entire Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. After the sightseeing your guide will take you to drink the Tibetan sweet tea at once sweet tea shop near Barkhor, afterwards you can freely walk around the Barkhor street. Overnight at Lhasa.

#### Day 04 :

Day Excursion to Drak Yerpa Caves and Tibetan family Visit (B)

Today you will make an excursion tour to visit **Drak Yerpa Caves**, it is a sacred cave complex located on the hillside of a mountain near Lhasa. It holds deep historical and religious importance as it is believed that renowned Tibetan spiritual figures like Guru Rinpoche and Yeshe Tsogyal meditated in these caves. Considered one of the holiest cave retreats in the region, Drak Yerpa attracts pilgrims and visitors who seek its serene atmosphere and breathtaking views of the surrounding valley. Even today, you can still find monks and nuns engaged in meditation practices within these caves. During the winter season, Drak Yerpa Caves become a significant pilgrimage destination for local devotees in Lhasa.

In the afternoon, you will return to Lhasa, where you will have the privilege to visit a local Tibetan family, gaining insight into their way of life and experiencing their warm hospitality. Stay overnight in Lhasa.

#### Day 05 :

Lhasa airport /train station send-off (B)



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

### Prices

Period

2 Persons

3 Persons

4-6 Persons

Nov. to Mar.

Regular priceCN¥ 3,600CN¥ 2,900CN¥ 2,600

Apr. to Jun. and late Oct.

Regular priceCN¥ 4,000CN¥ 3,300CN¥ 2,900

Jul. to mid Oct.

Regular priceCN¥ 4,500CN¥ 3,700CN¥ 3,300

### 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.

3 Star hotel located near Barkhor Street (shared twin room with private bathroom)

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.

Comfortable and clean private minivan with driver (please note that on days designated with walking tours, no private vehicle will be arranged by default.)

**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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