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## 8 days Central Lhasa spiritual

<https://windhorsetour.com/tibet-sightseeing-tour/central-tibet-tour>

Lhasa  
Namtso  
Reting  
Tidrum  
Drigung Til  
Lhasa

Explore rural Tibet along a road less traveled. Stay within central Tibet and see the different lifestyles and traditions of the nomads along with traditional villagers. Relax yourself in the unrivaled beauty of holy Namtso Lake.

Type  
Private  
Duration  
8 days  
Theme  
Culture and Heritage  
Trip code  
WT-109  
Price  
From \$ 750 per person

### Itinerary

This tour is a less visited route especially designed for those who want to explore Tibet deeper, experience its rural lifestyles and traditions from a different angle. This clockwise loop tour allows you to see various lifestyles from Jangtang nomads at Namtso to typical villagers within the Nyanang valley, unrivaled beauties of the holy lake and Reting monastery are not only the wonderful part of the trip, but soaking in the natural hot spring at Tidrum nunnery will relax your body before the trip end.

Day 01 :

Arrival at Lhasa [3,658 m]

Upon arrival at Lhasa airport or train station, You will greet by your tour Tibetan tour guide & driver and will transfer to your hotel / hostel in Lhasa, from the airport it is 68km to Lhasa and it takes one and half hour, from the train station it is only 15km and it takes 20 minutes. Afternoon have a good rest to acclimatize the high altitude. Overnight at Lhasa. **B=breakfast**

Day 02 :

Lhasa City sightseeing, visit Potola Palace & Jokhang Temple (B)

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 scared 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 (Avalokiteshvara). Both of them are the focal points of pilgrims from entire Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. Overnight at Lhasa.

#### Day 03 :

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

Today you will be arranged to visit Drepung monastery in the morning and Sera monasteries 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.

#### Day 04 :

Lhasa / Tsurphu Monastery / Namtso [4,750 m], 300 km, 4-5 hrs drive. (B)

Drive about 70km west of Lhasa to visit Tsurphu Monastery, which is the seat of the Karmapa branch of the Kagyupa order of Tibetan Buddhism. Tsurphu Monastery is located in a valley, while you do Tsurphu Kora, you will have the splendid views of Tsurphu valley. Early afternoon retrace back to the main road and continue drive to Lake Namtso. The World highest salt water lake Namtso is one of the three most holy lake in Tibet and it is 60km far from Damshong town. From the top of the Lagen La(5100m) pass, you can have the first view of the Namtso lake. After descending the pass, you will be driving along the most beautiful grassland next to the shore of Namtso lake and finally arrive at Tashi do hermitage. Overnight at Local tent guesthouse.

#### Day 05 :

Namtso / Reting[4230m], 293km, 5-6hrs.

Morning you may see the sunrise at Namtso Lake, and walk around at Tashi Dor. Late morning start driving from Namtso Lake to Reting, after 15km driving back towards Lhasa, the rugged country road to Reting Monastery is branched from the main road to the east into Rongchu valley, after hours drive through the valley the Reting Tsangpo (river) meet at Pondo, which is the former Lhundup county, from there follows the Reting Tsangpo upstream for 47km through the beautiful Miggi valley to arrive at Reting, the monastery is located at 4230m high, amidst of remarkable juniper wood on the lower slopes of Mount Gangi Rarwa, you may hike to its retreat chapel which is half locate up on the hillside, remarked with prayer flags around it. Overnight at Reting monastery guesthouse.

#### Day 06 :

Reting/ Tidrum Nunnery[4600m], 130km, 4hours.

Today drive back to Pondo and continuous trace the road along the Reting Tsangpo, amazing Tibetan villages are lined within the valley one after one. a beautiful lake is encountered before entering the Drigung valley, it is newly formed after a Hydro-electric powerstation was build around it. Then at Nyimachanra the road meet with paved road from Lhasa to Tidrum nunnery. Following the road take you straight to the nunery with 4600m high, the nunery is simple mingled with local guesthouses and shops in the basin valley, it is very famous for its natural and mineral rich hotsprings, afternoon soak in the hotspring and relief for the day shaky drive. Overnight at local guesthouse.

#### Day 07 :

Tidrum Nunnery [4,600m] / Ganden [4,500] / Lhasa, 180KM, 3 Hours.

Today drive back to Lhasa, enroute visit Drigung Til monastery and Ganden monastery. Drigung Til is the head monastery of the Drigungpa school of the Kagyupa order, right now there are about 270 monks living in. Up to the hill of Drigung Til is one of the holiest sky-burial site in Lhasa region, if you want to see the sky-burial behind the monastery, you need to ask for the permission from the the family of the deceased and the senior lama who conducts the ceremony. If they don't want you to attend, please just forget it and continue you trip to Ganden monastery. Ganden monastery was once one of the biggest monasteries around Lhasa, it is gloriously located on top of the Ganden Wangpo Hill and Lhasa Kichu river is calmly flowing in the valley behind it. Overnight at Lhasa.

#### Day 08 :

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

Apr. to Jun and late Oct.

Regular price\$ 1,093\$ 873\$ 750

Jul. to mid Oct.

Regular price\$ 1,203\$ 956\$ 818

### 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.)

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

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

**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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