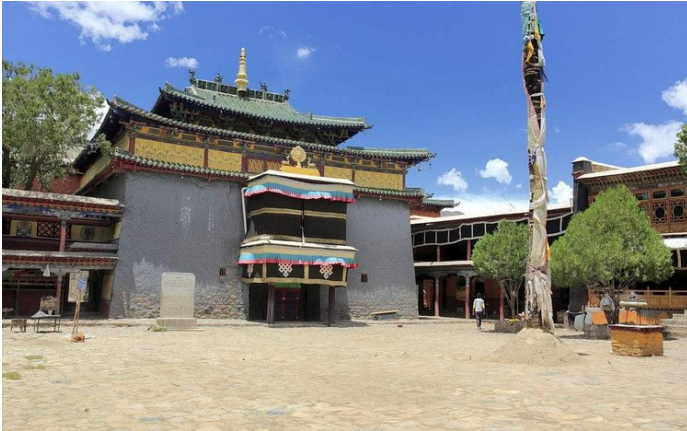


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8 days Trek from Shalu Monastery to Nartang Monastery

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Lhasa
Gyantse
Nartang Trekking
Shigatse
Lhasa

Begins at the historic Shalu Monastery, this journey go through several villages and uninhabited canyons. With spectacular views of the vast prairie landscape, you can easily get a feel of the Tibetan optimistic lifestyle.

Type
Private
Duration
8 days
Theme
Trekking & Biking
Trip code
WT-503
Price
From £ 652 per person

Itinerary

This two or three day walk is a good opportunity to get a feel for trekking in Tibet. The two passes en route, Showa-la and Char-la, are not very high or difficult and the trailheads are easily accessible from Shigatse.

This trek begins at the historic Shalu Monastery and traverses west over a couple of small ranges to Ngor Monastery. From Ngor it is a downhill slog to Nartang Monastery. The route passes through several villages as well as uninhabited dry canyons. It is about a 10 hour walk to Ngor from Shalu, which is best divided into two days and another seven hours from there to Nartang. This trek tour can be done from April to the end of October.

Day 01 :

Arrival at Lhasa [3658m]

Upon arrival at Lhasa airport or train station, to be met and transferred to your hotel in Lhasa. Then have a good rest to acclimatize the high altitude. Overnight at Lhasa.

Day 02 :

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

After breakfast, visit Jokhang Temple, it's the most sacred shrine in Tibet which was built in the 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. Then visit Potola Palace, 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 the Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. Overnight at Lhasa.

Day 03 :

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

Today you will be arranged to visit Drepung, Sera monasteries. Both 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.

Day 04 :

Lhasa / Yamdrok-tso (4300m) / Gyantse (3900m), 270km, 6 hours drive (B)

Head to Kambala pass which is 4794m high, you will have a glimpse of Yamdrok-Tso there. It is one of the three holy lakes in Tibet. Then drive to Chushul along Nepal friendship way to Gyantse, visit the famous stupa - Gyantse Kumpum, the most stunning architectural wonder in Tibet. Overnight at Gyantse.

Day 05 :

Drive 2 hours to Shalu Monastery (3980m) / Trek 5-6 hours to upper Lungsang (4060m)

Drive to Shalu Monastery from Gyantse, only 49km away. Visit Shalu Monastery the seat of Buton Rinchenchub (1290-1346) who was the great codifier of the Tibetan translations of the Indian Buddhist canon. Then start trekking in the afternoon to Upper Lungsang. Camping.

Day 06 :

Trek 4 hours to Ngor Monastery / Drive 1 hour to Shigatse

Today trek through the fields to the day's destination Ngor village, the Ngor monastery is renowned for its Sanskrit library and Newar-style murals. There were once five assembly halls, 18 colleges and 400 monks, but presently there are only 25 monks. Our driver will pick you up there and drive to Shigatse, stop to visit Nartang Monastery. Overnight at Shigatse.

Day 07 :

Shigatse (3800m) / Lhasa, 270km, 5 hours drive (B)

Visit Tashilunpo Monastery and its spectacular tombs of Panchen Lamas in the morning, afternoon drive back to Lhasa via northern friendship highway, following along the Brahmaputra river. 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. Wish to see you again in the future.

Inclusions

Tour notes:

Please note prices are based in CNY.

General inclusions:

All required government taxes and fees.

All required Tibet permits and domestic travel documents.

Necessary oxygen and medicine for the acute high altitude sickness.

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.)

Camping gears for the trekking including tent, mattress and sleeping bags. (Optional)

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.

All necessary animals for portage of luggage. with their caretakers (i.e. Camels, Horses or Yaks).

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.

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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