

6 Days Lhasa Namtso Lake Tour

Basics

Tour Code: LCT - Tibet - 6D - 01

Attractions: Potala Palace, Jokhang Temple, Barkhor Street, Norbulingka, Drepung Monastery, Sera Monastery, Namtso Lake

Overview: Lhasa is not just about history and Buddhism; it's also about the scenery and landscape. This specially designed itinerary combines both the city highlights of Lhasa but the picture-postcard Namtso Lake. The exotic Buddhist monasteries in Lhasa city will give you a sense of what modern Tibetans look like, while the beautiful yet harsh landscape of the holy Namtso Lake will tell you about the Tibetan nomads. Join us for a once-in-a-lifetime journey.

Highlights

- Shower in the warm sunshine, azure blue sky and cool weather of Lhasa city;
- Be moved by the devoutness of the Tibetan Buddhist pilgrims;
- Taste the exotic Tibetan culture in the world-famous Barkhor Street;
- Marvel at the stunning scenery of Namtso Lake;
- Immerse yourself in the vigorous debates over Buddhism.

Itinerary

Date	Starting Time	Destination
Day 1	Flexible	Arrival in Lhasa
Day 2	9:00 a.m	Potala Palace, Jokhang Temple, Barkhor Street
Day 3	9:00 a.m	Drepung Monastery, Sera Monastery
Day 4	7:00 a.m	Drive to Namtso Lake, Overnight in a Namtso Guesthouse

Day 5	9:00 a.m	Namtso - Lhasa
Day 6	Flexible	Lhasa Departure

Day 1: Arrival in Lhasa

Upon your arrival in Lhasa, either by train or plane, our Lhasa guide and driver will pick you up and transfer you to your hotel. The rest of the day will be in your hands. Please take the time to acclimatize the high altitude.

Day 2: Potala Palace, Jokhang Temple, Barkhor Street

After breakfast, you will admire the holy **Potala Palace**, the very landmark of Tibet. As the political center of Tibet, Potala Palace was built by the 33rd Tibetan captain Songtsen Gangpo in the 7th century and has been the winter palace for Dalai Lamas in later generations. Inside the palace are numerous collections of Tibetan treasures. By admiring all these arts and the fine buildings in Tibetan style, you will have a complete sense of the enigmatic Tibetan culture.



At noon, your guide will introduce and take you to taste some authentic local food for lunch.

In the afternoon, you will head for the **Jokhang Temple**. As one of the most sacred places in Tibet, the Jokhang Temple is always packed with earnest Buddhist disciples. You will be deeply moved by those devout locals.

Afterwards, you will spend some time around **Barkhor Street**. It's an ancient street surrounding the Jokhang Temple. There are many Tibetan-style buildings on both sides of the street where you can find local food, crafts, and specialties.



Day 3: Drepung Monastery, Sera Monastery

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After breakfast, your adventure today begins with the **Drepung Monastery** - the highest-ranking monastery in the Gelug Sect. “Drepung” in the Tibetan language means “piles of rice,” which symbolizes prosperity. The fact is that the monastery has housed over 10,000 monks by now. It will be a journey of the spirit.



Your lunch will be arranged at a nice restaurant frequented by locals.

In the afternoon, we will leave for the **Sera Monastery** another great local monastery where the Debates over Buddhist Scriptures are very famous. Our guide will make sure you have a chance to observe the vigorous debating.



Day 4: Drive to Namtso Lake, Overnight in a Namtso Guesthouse

After breakfast, you will leave for the **Namtso Lake** from Lhasa, the journey takes about 6 hours. It's the second largest salt lake in China and the only one with the high altitude. On your way to the lake, you will view the miracle work - the grand Sky-Road Railway.

By the early afternoon, you will arrive at **Namtso Lake**. Your guide will give you some time to adjust before leading for the adventure. “Namtso” means “Heavenly Lake” in Tibetan. The lake did live up to its name. The whole lake is like a giant glass being surrounded by the Nyenchen Tanglha perennially covered with snow in the south, a vast expanse of plateau and lakeshore in the north and west. If you visit in Summer, you will be deeply impressed by the pure azure. If you visit in winter, you will see a frozen fairyland.



This night will be spent in a local Namtso Guesthouse; please prepare some warm clothes. The

night can be chilly.

Day 5: Namtso - Lhasa

After breakfast, you will enjoy the breathtaking sunrise of the Namtso Lake and trek around Tashi Island. Afterwards, we will drive back to Lhasa. We recommend a stop in the **Yampachen Hot Springs** where you can wash off all your fatigue. It's only optional.



Day 6: Lhasa Departure

Your guide and driver will be ready to take you to the airport or the railway station today. Your Lhasa adventure ends here.

What's Important:

What's included:

Tibet Travel Permit.
 Air-conditioned vehicles with experienced driver.
 Licensed English-speaking tour guide.
 Entrance fee for sights mentioned in the itinerary.
 Bottled water.

What's not included:

Meals
 Personal expenses or private entertainment items at sights.
 Tips or gratuities for guide and driver if we did a good job (recommended)
 Accommodation
 Airfare or train fare to Lhasa.

What to take: smile and a relaxed enthusiastic attitude.

Good to know:

1. This trip involves several cities that host mostly minority people, some of whom don't even speak Mandarin, let alone English. They have their own languages. We can't promise that the local guides will possess the English language skills as masterfully as the guides in big cities like Beijing, but we do promise that you will understand them. They will be very polite, enthusiastic, and eager to share what they know about their hometown.
2. As our customer, your time is very valuable to us. We will never take you to any factories or shops for shopping.
3. For lunch, we will take you to a nice local restaurant, where you can enjoy the local food at a fair price. Please inform us about your food preferences in case you have any allergies.
4. A regular day tour will last 8-9 hours. If you want a tour with a duration exceeding the working period of our tour guide and driver, we need to charge you for your extra hours at the standard rate of 100 RMB per hour.
5. The tour we provide you is based on days, not the hours. A regular day tour will last 8-9 hours. In case you only need our service for between 6 hours to 8 hours in one day, we will consider it a day tour.
6. Please be aware that your itinerary can be changed at anytime. Whenever you want to adjust it, we will help you with that.
7. What we provide are high-quality private tours, you will only be with your families or friends. There are no other people joining your tour.

FAQ

1. Why is the Namtso Lake a must-see?

Namtso Lake is one of the three holiest lakes in Tibet. Tibetan Buddhist disciples regard the five islands in the lake as the embodiment of Five Dhyani Buddhas. Many Tibetan Believers come here to pay their respect.

2. When is the best time to visit Namtso Lake?

The best time to visit Namtso Lake is from June to September. The road to the Namtso Lake will be sealed by snow during October and November. While other days are just too cold and dry for travel. Even if you visit the lake in the summer days, please take some down jackets. It will get cold.

3. How is the accommodation near Namtso Lake?

We provide two accommodation options for you, one being near the Namtso Lake and the other option being spending your night in Dangxiong county. Whichever place you choose, the accommodation condition is not very ideal. Please consult your guide about what to bring for the night.

4. Can I try some Tibetan costumes?

Yes, we can help to rent some Tibetan costumes for you.

5. How to get to Lhasa?

Lhasa has many direct flights to domestic cities like Beijing, Shanghai, Chengdu, Chongqing, Xian, Guangzhou, Xining, Shenzhen, Hangzhou, Guiyang, Xiamen, etc. Also, trains are connecting Lhasa and other major cities of China. However, taking train will cost you too much time.

6. How is the weather in Lhasa? When is the best time to visit Lhasa?

Lhasa has a relatively moderate temperature with small annual temperature differences but a distinct temperature difference between day and night. The best time to visit Lhasa is from June to September when the climate is the best, the oxygen concentration is the highest, and the scenery is

the most beautiful. Most cities are unbearably hot during the time, but the Lhasa is at its prime times thanks to its advantageous location. Therefore, Lhasa is an excellent resort in Summer.

7. How to get to Lhasa downtown from the airport?

Shuttle buses are running between the downtown area and the airport. However, if you want a trouble-free transfer, we can arrange a private car. The whole journey lasts about 80 minutes.

8. Is it safe to rent a car in Lhasa?

It's safe to take a taxi in Lhasa, but you might be overcharged. We suggest you hire a local tour agency like us to help you with transportation. In this way, you will have plenty of time to travel.

9. Can we take a bath in the Lhasa hotel?

Lhasa is mostly the same as other big cities in China. It also has many four-star and five-star hotels of international standard. You don't have to worry about the bath problem.

10. What local food do you recommend us to taste?

There is so much local food waiting for you to taste, and we highly recommend tsampa with butter and cheese, butter tea, yak meat, Tibetan noodles, sweet tea, and highland barley wine.

11. Can you recommend some souvenirs?

There are many local specialties in Lhasa like Thangka, Tibetan silverwork, yak fur, cordyceps sinensis, local milk, Tibetan wine, carpet, etc.

12. Why can't I take a bath when I just arrive in Lhasa?

There are two reasons you can't take a bath right after you get to Lhasa. On the one hand, you might catch a cold during the shower as Lhasa's temperature is lower than most places in China. It's very dangerous to get cold in the plateau region because sickness can easily cause pulmonary inflammation. On the other hand, the hot bath may make you dizzy, especially in a place deficit in oxygen as Lhasa. Therefore, please give your body some time to adapt to the height.

13. How can I book the ticket for Potala Palace?

There is a limit regarding how many tickets can be sold per day. Therefore, people often book tickets in advance. You can either book on the official website of the Potala Palace, or buy on the spot. To make everything easy, we are here to help.