

6 Days Tibet Culture Tour to Lhasa and Tsedang

Basics

Tour code: LCT - Tibet - 6D-02

Attractions: Potala Palace, Jokhang Temple, Barkhor Street, Norbulingka, Drepung Monastery, Sera Monastery, Yumbulhakang Palace and Trandruk Monastery, Samye Monastery, Chim-puk Hermitage

Overview:

It's common knowledge that Tibet is a kingdom of Buddhism, but did you where and how everything began? Join this tour to discover the origin of Tibetan Buddhism and culture. You will start from the modern Tibet of Lhasa and make your way to Tsedang, "the cradle of Tibetan Civilization," where you will visit the first imperial palace Yumbulhakang Palace, the first Tibetan monastery, the Samye Monastery, the first scripture, and more. It will be a truly enlightening journey.

Highlights

- Marvel at the spectacularly circular complex of Samye Monastery, the first monastery in Tibet;
- Admire the grand Yumbulhakang Palace and listen to the amazing stories of the first king of Tibet;
- Discover the rich and profound Tibetan Buddhism in history-soaked Tsedang;
- Explore the iconic Potala Palace and be deeply impressed by the numerous treasures inside;
- Visit the holy Chim-puk Hermitage, where many great Tibetan monks practiced meditation.
- Taste the different yet flavored Tibetan food.

Itinerary

Date	Starting Time	Destination
Day 1	Flexible	Arrival in Lhasa
Day 2	9:00 a.m	Potala Palace, Jokhang Temple, Barhkor Street
Day 3	9:00 a.m	Norbulingka, Drepung Monastery, Sera Monastery
Day 4	8:00 a.m	Lhasa to Tsedang by car, Yumbulhakhang Palace and Trandruk Monastery
Day 5	9:00 a.m	Samye Monastery, Chim-puk Hermitage
Day 6	Flexible	Lhasa Departure

Day 1: Arrival in Lhasa

There are two ways for you to enter Lhasa, train and plane. We recommend a flight. Upon your arrival, your local guide and driver will be waiting for you at the exit and transfer you to the hotel. We will leave the rest of the day at your hands. You can use it to rest, which will be conducive to your health.

Day 2: Potala Palace, Jokhang Temple, Barhkor Street

Your Tibet exploration starts officially from this morning. The first stop will be the first highlight of the tour - the iconic **Potala Palace**. Sure, you might have seen it elsewhere, but today, you will ascend the lofty building and unveil the interior mysteries. One thing to remind you, you can't take photos inside the palace. The Potala Palace was a work of a Tubo King Songtsen Gampo in the 7th century. It was like a wedding gift to the Tang Dynasty princess Wencheng when she married the Tibetan King. When the Tubo dynasty declined, the palace was destitute for a long time until the mid-17th century, when the Fifth Dala Lama established the Galdan Phobrang regime and resumed the palace. Since then, the Potala Palace became the winter palace for later Dalai Lamas.



After all these centuries, the palace has collected tons of treasures and Buddhist relics.

In the afternoon, we will head for the **Jokhang Temple**, another masterpiece from Tubo King Songtsen Gampo. It's one of the most sacred places in Tibet. You will see many Buddhist disciples practice worship in the temple. What makes the temple even more famous is the magnificent building



You will see it's a wooden building with traditional Tibetan, Chinese, Nepalese, and Indian architectural marks.

The last stop today is **Barhkor Street**, which is just outside the Jokhang Temple. Many Tibetan Buddhist disciples with revolving prayer wheels in their hands make their pilgrimage clockwise around the Jokhang Temple. It's striking to see local people so devout and reverent. Of course, you will also see a lot of local specialties, arts, crafts, and souvenirs.

Your day tour comes to an end by now. Your guide and driver will escort you back to your hotel.

Day 3: Norbulingka, Drepung Monastery, Sera Monastery

After breakfast, we will soak up in the fresh morning air of the **Norbulingka**, the summer palace of Dalai Lamas. It's the largest artificial garden in Tibet and a place with rich historical stories and amazing



landscapes, making it a fantastic place for leisure. It's now turned into a park where you will see a lot of stores and shops.

Next, we will leave for the **Drepung Monastery**. "Drepung" in Tibetan means "rice piles," symbolizing prosperity. The monastery is also the



Tel: +86 18629295068

Email: lilychinatours@hotmail.com; service@lilysunchinatours.com

largest one in Tibet and one of the three most important monasteries of Gelug Sect. It has cultivated a lot of Buddhist masters for Tibet. To visit the monastery, you have to trace along the mountain road, which can be energy-consuming. Please be prepared.

At last, we will pay a visit to the **Sera Monastery**, another prestigious Gelug monastery. The name “Sera” came from the fact that there are a vast expanse of rosewood on the mountain on which the monastery was built. Every afternoon, the monastery will organize a big meeting where monks debate over the Buddhist scriptures, which can be intriguing to observe.

Day 4: Lhasa to Tsedang by car, Yumbulhakang Palace and Trandruk Monastery

Today, we will leave for **Tsedang** to explore the origin of Tibetan history and culture. The journey between Lhasa and Tsedang is about 2.5 hours, but you will be amazed by the scenic views on the road.

The first sight in Tsedang will be the **Yumbulhakang Palace**. According to legend, the palace was built by the first king of Tibet, Nyatri Tsenpo, in 127 B.C, who was believed to teach locals farm. There is still a piece of farmland preserved near the palace. Since locals learned how to farm, the



tribes grew powerful. Finally, during the reign of the 33rd Songtsen Gambo, all tribes in Tibet was unified and the Tubo Kingdom was established. The political center was shifted from Tsedang to Lhasa. The glory of this ancient palace began to fade into history. Nowadays, the Yumbulhakang Palace houses a lot of statues and relics like Shakyamuni Buddha, Songtsen Gambo, Princess Wencheng, and the first Buddhist classics. In a valley northeast of the palace is a spring that never dries. It’s said that the spring water can cure all diseases. Therefore, many Buddhism disciples came here for water.

Afterwards, we will head for the **Trandruk Monastery**. Built during the reign of Songtsen Gambo, the Trandruk Monastery was the first



Buddhist hall in Tibetan history. It's said the Princess Wencheng came here for Buddhism practice. The utensils used by the princess were still reserved in the temple. The lower layout and formation resemble that of the Jokhang Temple in Lhasa. There is a big copper bell hanging in the temple, which is very famous. The treasure of the temple is the Pearl Thangka, which shows the image of Arya Avalokiteshvara resting.

Stay overnight in a Tsedang hotel.

Day 5: Samye Monastery, Chim-puk Hermitage

After breakfast, we will explore the first actual monastery in Tibet - the **Samye Monastery**. As the first monastery with Buddha, Dhamma, and Sangha, the monastery has a mixed architectural style of Tibet, Han and India. Therefore, it was regarded as "the masterpiece in the history of architecture." The



whole monastery sits in the north and faces the south. The layout of the monastery is based on the world in Buddhist scriptures. The main hall in the center represents the Mount Sumeru; four halls surrounding the main hall represents jambudvipas; the wall outside the temple symbolizes the Cakravadarparvata. Besides, four pagodas in red, white, green, and black were built around the main hall to subdue the devils. Inside the main hall and the corridors, many exquisite murals depict not only the Buddhas but also the history of Tibet.

In the afternoon, we will set out for the **Chim-puk Hermitage**. In the hearts of Tibetan people, Chim-puk Hermitage is a must after visiting the Samye Monastery. Let's see why. The Chim-puk Hermitage is located about 15km from the Samye Monastery. It's said that there were 108 caves, 108



Zhodo Tidro Hermitages, and 108 divine springs in the Chim-puk Mountain. Many flagellants came here for practice, making the place a small village. Therefore, many locals deem it a holy

place. Please take some food and water as there is no restaurant on the mountain.

After the tour, we will drive back to Lhasa.

Day 6: Lhasa Departure

Your Tibet Culture tour comes to an end. Your guide and driver will pick you up a few hours before your flight and take you to the airport.

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. Please follow your guide's steps closely in the monasteries and be sensitive about the cultural difference.
2. 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.

3. As our customer, your time is very valuable to us. We will never take you to any factories or shops for shopping.
4. 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.
5. 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.
6. 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.
7. Please be aware that your itinerary can be changed at anytime. Whenever you want to adjust it, we will help you with that.
8. 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. When is the best time to visit Tsedang?

The best time to visit Tsedang is from August to October when the climate is pleasant and the oxygen is sufficient.

2. What to do in Tsedang?

Tsedang is a town about history and Buddhism. There are firsts here like the first monastery, first palace, first scripture and first village. Besides the classical places of Yumbulhakhang Palace, Trandruk Monastery, Samye Monastery, and Chim-puk Hermitage, you can hike in the Yarlung

Valley if you have more time.

3. How to visit Yumbulagang Palace?

Like many other Tibetan palaces and monasteries, Yumbulagang Palace is built on a small hill. The path to the top of the palace will take about 30 minutes. Most of our guests walk up the stairs, but we can arrange a horse for you if you like.

4. 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 the train will cost you too much time.

5. 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 of cities are unbearably hot during the time, but the Lhasa is at its prime times thanks to its advantageous location. Therefore, Lhasa is a great resort in Summer.

6. 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 you a private car. The whole journey lasts about 80 minutes.

7. 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.

8. Can we take a bath in Lhasa hotel?

Tel: +86 18629295068

Email: lilychinatours@hotmail.com; service@lilysunchinatours.com

Lhasa is largely 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.

9. 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.

10. 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.

11. 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 bath as Lhasa's temperature is lower than most places in China. It's very dangerous to get cold in the plateau region, because the sickness can easily cause pulmonary inflammation. On the other hand, the sweltering 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.

12. 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.