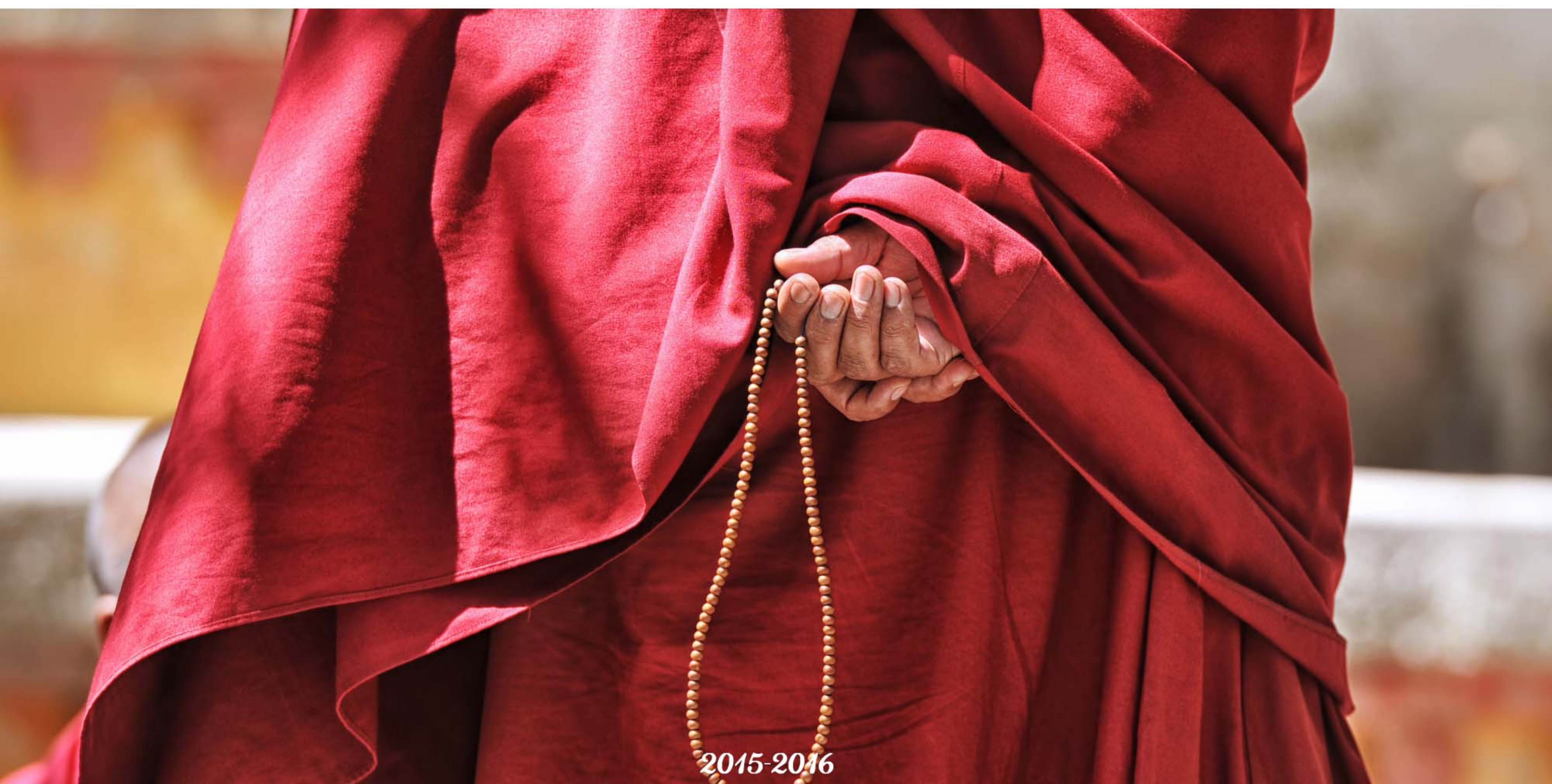




Travelling in Tibet

Journey Of life Discovery



2015-2016

Welcome to Tibet

Welcome to Tibet! Regarded as “the roof of the world”, Tibet is located in western part of China, neighboring India, Nepal, Bhutan and Kashmir. Scattered by Snow Mountains and lakes, Tibet can generally be divided into three parts: forest (in the east), grassland (in the north), and farmland (in the central and southern regions). With a history of thousands of years, Tibetan people created a splendid, unique civilization, which can be found in every corner of Tibet, especially in monasteries.

Remote and isolated, the natural environment of Tibet is so harsh. Besides, it is backward in economic level. So the tourist facilities are not good compared with other areas in China. But, with concerted efforts of Tibet Vista, your travel will definitely become an exciting and unforgettable memory in your entire life!

As a well-established travel agency specializing in Tibet travel, Tibet Vista cares deeply about each tourist’s long-expected travel in Tibet. It is a common practice for Tibet Vista to keep tourists well-informed with the latest information of Tibet Travel, offer customized travel itinerary, and arrange professional English-speaking tour guides to accompany you throughout the journey. The objective of Tibet Vista is to strive to live up to your expectations and ensure you a safe and pleasing travel in Tibet.



Meet Our Tour Guides

Lobsang Tsering(Lotse)



Lotse has around 10 years experience of being a tour guide in Tibet. A man with extraordinary leadership, he is so friendly and knowledgeable that he will live up to tourists' expectations and make tours run smoothly.

Tashi Namgyal (Tashi)



Grew up in Lhasa, Tashi has remarkable knowledge of Tibet and enjoys more than seven years experience conducting organized tours in a wide range of locations throughout the Tibet.

Sonam Tenphel (Sonam)

Energetic , responsible and reliable , Sonam is a guide with more than seven years experience informing visitors about heritage sites and attractions places in Tibet.



Khamsang

Khamsang is responsible and honest with more than six years of guide experience in Tibet. She has strong interpersonal skills and can communicate effectively with tourists.



Pema

Passionate, and extremely patient with tourists, Pema is one of the handful Tibetan guides who enjoy constant popularity by overseas tourists. He cares deeply about tourists and can often offer thoughtful service in a timely fashion.

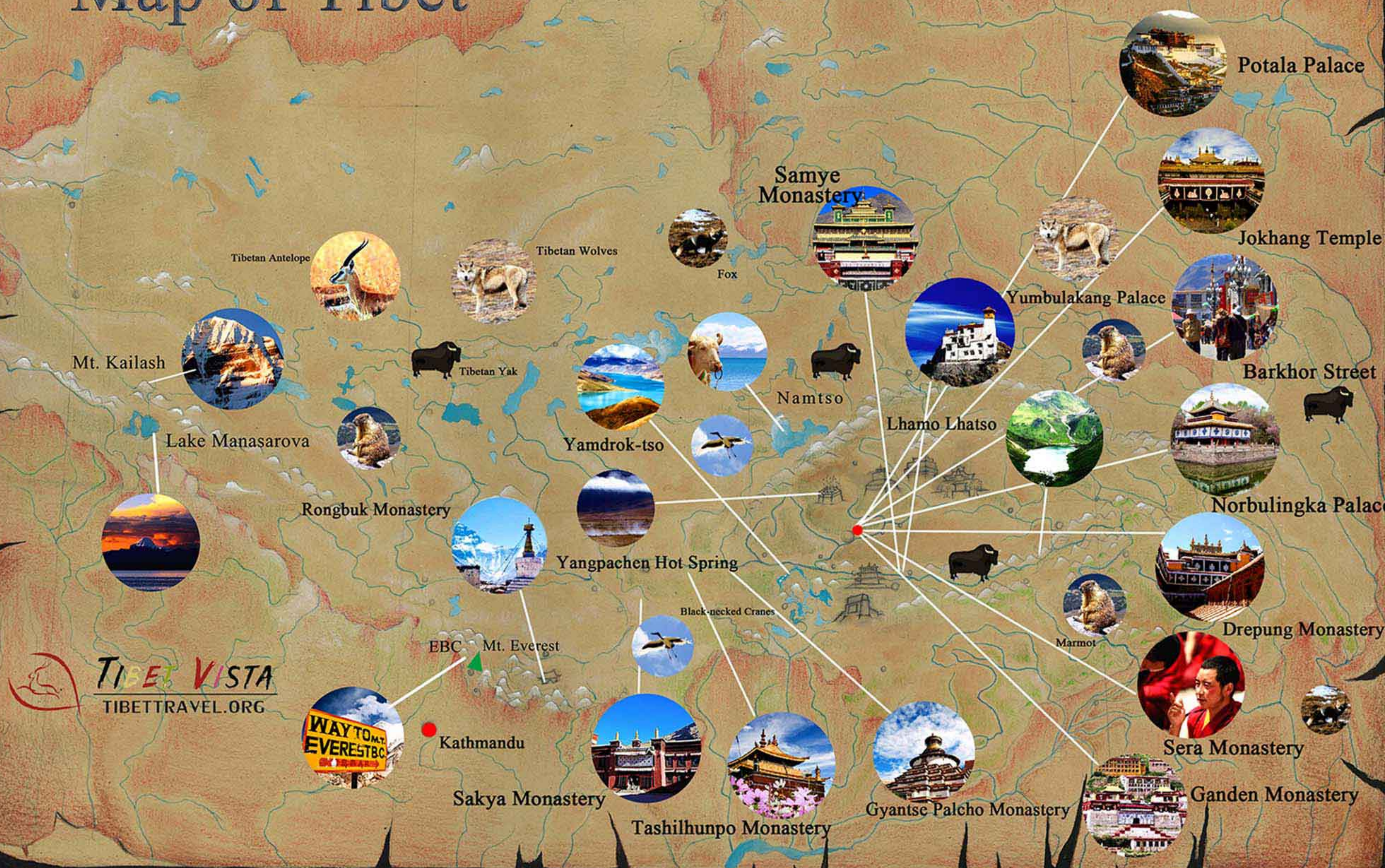


Kunga

Kunga was one of the handful Tibetan guides interviewed and mentioned by US press, which indicates undoubtedly his excellence. Few guides know better about Tibet than he does.



Map of Tibet



Xinjiang Uygur Autonomous Region

Tibet Political Map



Lhasa

Main Tourist Destinations of Tibet

Lhasa – The Place of the Gods

Lhasa, the capital of Tibet Autonomous Region, has a history of more than 1,300 years. Located in the center of the Tibetan Plateau with the surrounding mountains rising to 5,500 m, Lhasa is the political, economic and cultural center of Tibet. It is one of the world highest cities with three world heritage. Inside the city, a variety of renowned Tibetan Buddhist sites can be founded such as Potala Palace, Jokhang Temple, Ramoche Temple, Norbu Lingkha Palace and Barkhor Street “The oldest market and pilgrim circle in Tibet”.

4 Days Tour

Day 1 Arrival in Lhasa

Day 2 Lhasa

Potala Palace and Jokhang Temple

Day 3 Lhasa

Norbu Lingkha Palace and Sera Monastery

Day 4 Depart from Lhasa

5 Days Tour

Day 1 Arrival in Lhasa

Day 2 Lhasa

Potala Palace and Jokhang Temple

Day 3 Lhasa

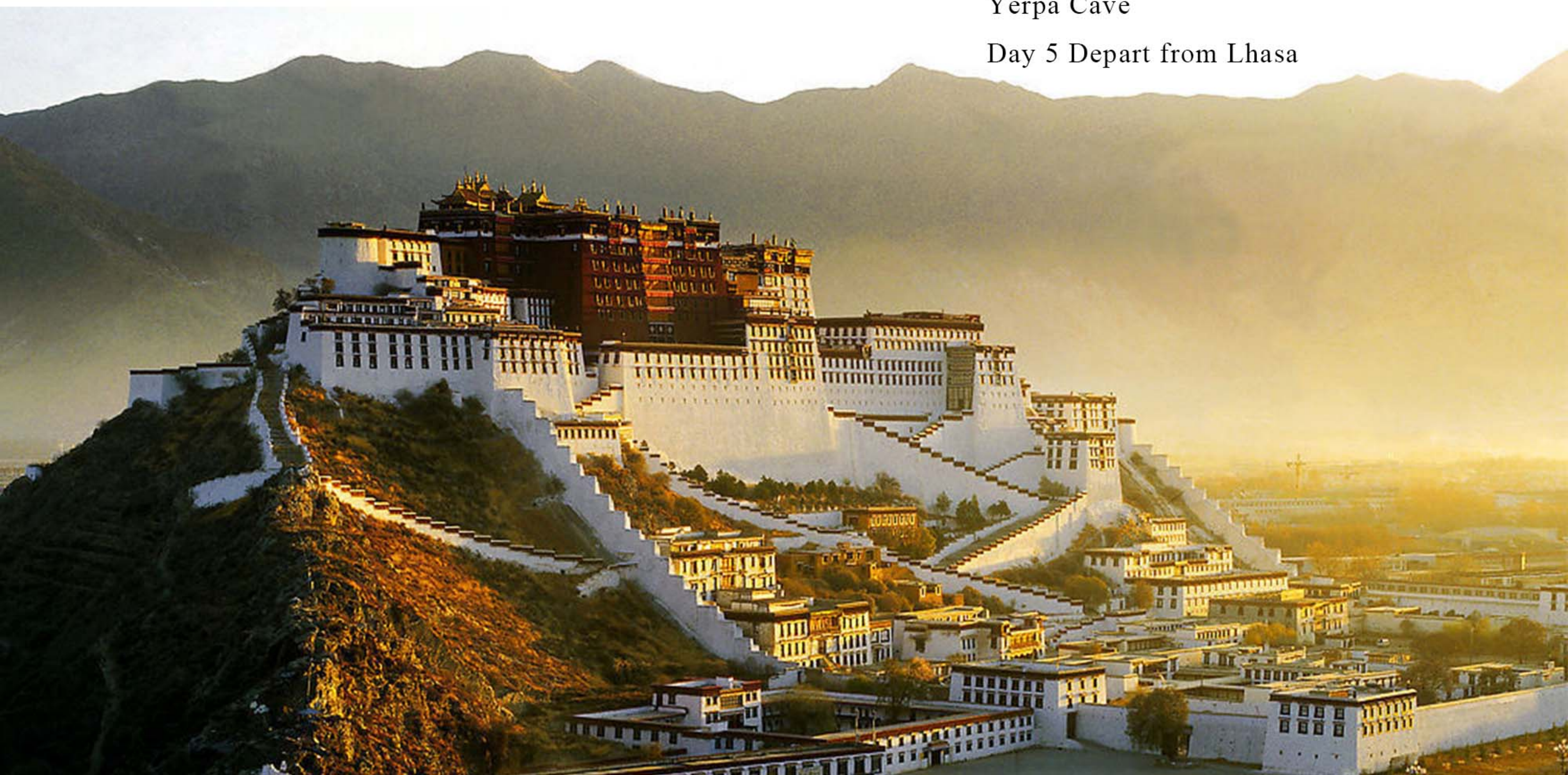
Norbu Lingkha Palace and Sera Monastery

Day 4 Around Lhasa

Namtso Lake/Ganden Monastery/Drak

Yerpa Cave

Day 5 Depart from Lhasa





The Tibetan Handicraft Center

The Handicraft Center offers training like dyeing skills of carpet, apron and clothes etc..., wood painting and craft-making skills for arrange of items like frames, boxes, tables and shrines etc..., sewing skills for making clothing and hats.

Discover

More

The Tibetan Cooking Workshop

Due to the high altitude, Tibetan food has been adopted to help Tibetans survive on this extreme altitude. So the well-made Tibetan cuisine is eaten to help keep warm, and give lots of energy to Tibetans at the high altitude. There are a variety of Tibetan cuisine. There are some good restaurants where visitors can learn how to make Tibetan food and enjoy eating with them. Some of the staple Tibetan food are Tsampa, Momo and Sha phaley...



in Lhasa



The Tibetan Painting Workshop (Thangka)

Thangka painting is an integral part of the Tibetan tradition and is very essence of Tibetan Buddhism. A thangka is a painting on cotton or silk usually depicting a Buddha, Buddhist deity or mandala, etc.

Tsedang is the fourth largest city in Tibet and is located in the Yarlung Valley 183 km southeast of Lhasa. It was the source of the ancient emperors of Tibet, a place of great importance with an elevation of 3,100 meters. Tsedang is situated near the flank of Mount Gongpori 3,400 meters where many ancient ruins are located. It is known as the cradle of Tibetan's civilization.

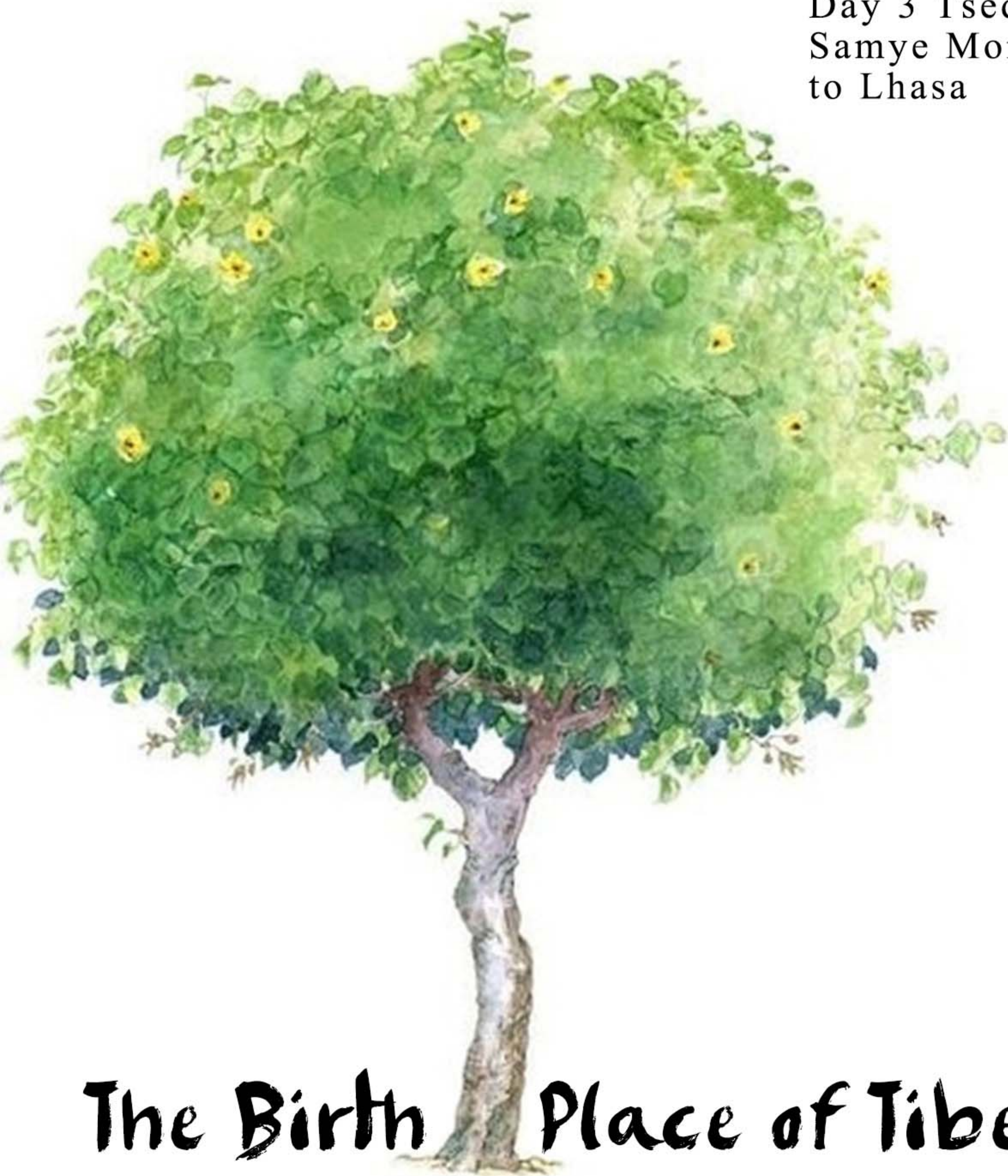


3 Days Tour

Day 1 Arrival at airport
Meet at the airport then get transferred to Tsedang which is 100km away from the airport.

Day 2 Tsedang
Trandruk Monastery and Yumbu Lhakhang Palace

Day 3 Tsedang to Lhasa
Samye Monastery and drive back to Lhasa



4 Days Tour with Hiking

Day 1 Arrival at airport

Day 2 Tsedang
Trandruk Monastery and Yumbu Lhakhang Palace

Day 3 Tsedang
Samye Monastery and short hiking around Hepori

Day 4 Tsedang to Lhasa
Get back to Lhasa

The Birth Place of Tibetan Civilization

Shigatse

07/54

Gateway of Great Himalaya

Shigatse, meaning 'a manor of the most fertile soil', is located in the alluvial plain at the confluence of the Brahmaputra and the Nyanchu River. It is the second largest city in Tibet with a distance of 273 kilometers west of Lhasa. At an elevation of 3,800 meters, it is an ancient city with a history of 600 years. The Mt Everest's North Base Camp is located in Tingri County, Shigatse Prefecture at an altitude of 5200 meters. In the middle of the 15th century, Gendun Drup, the first Dalai Lama, directed the building of Tashilhunpo Monastery at the foothills of Nima Mountain, laying a solid foundation for the city. Tashilhunpo Monastery is the traditional seat of the Panchen Lama, the second highest lama in Tibet. The ancient buildings of the monastery maintain the Tibetan style and have also absorbed some Han architectural features.



3 Days Gyantse - Shigatse Tour

Day 1 Lhasa to Gyantse
Gyantse Kumbum stupa/Palkor Monastery

Day 2 Gyantse to Shigatse
Tashi Lhunphu Monastery/Panchen's Dechen Palace/Old Tibetan Market

Day 3 Back to Lhasa

4 Days Shigatse and Sakya Tour

Day 1 Lhasa to Gyantse
Gyantse Kumbum stupa/Palkor monastery

Day 2 Gyantse to Shigatse
Tashi Lhunphu monastery/Panchen's Dechen Palace/Old Tibetan Market

Day 3 Shigatse to Sakya
Sakya Monastery

Day 4 Back to Lhasa

4 Days Tour to Everest Base Camp

Day 1 Lhasa-Gyantse-Shigatse
Visit Yamdrok Lake, Karo Glacier and Gyantse Palkor

Day 2 Shigatse to Mt. Everest
Himalaya Mountain Range, Rongbuk Monastery and Everest Base Camp

Day 3 Mt. Everest to Shigatse

Day 4 Back to Lhasa

4 Days Tour from Lhasa to Kathmandu

Day 1 Lhasa -Gyantse - Shigatse
Visit Yamdrok Lake, Karo Glacier and Gyantse Palkor

Day 2 Shigatse to Mt Everest
Himalaya Mountain Range, Rongbuk Monastery and Everest Base Camp

Day 3 Mt. Everest to Tingri

Day 4 Tingri to Zhangmu
See off from friendship border to Nepal



Nyingchi

09/54



3 Days Tour

Day 1 Lhasa to Nyingchi
Visit Draksum lake on the way to Nyingchi

Day 2 East of Nyingchi
Lulung forest area and huge cypress forest

Day 3 Drive back to Lhasa
or See tourists off at Nyingchi airport

Nyingchi, meaning "throne of the sun" in Tibetan, is located in southeast of Tibet, where the Himalaya Mountains and Nyain-qentanglha Mountains extend from west to east, like parallel huge dragons, to join the Hengduan Mountains in the east. It is the lowest area in Tibet with an average elevation of around 3,000 meters, some areas even below 800 meters. Nyingchi is at a distance of 390 km east of Lhasa. With green mountain slopes, snow-capped peaks and crystal-clear rivers, Nyingchi sometimes is referred to as the 'Switzerland of Tibet'.

5 Days Tour with Rawo Lake

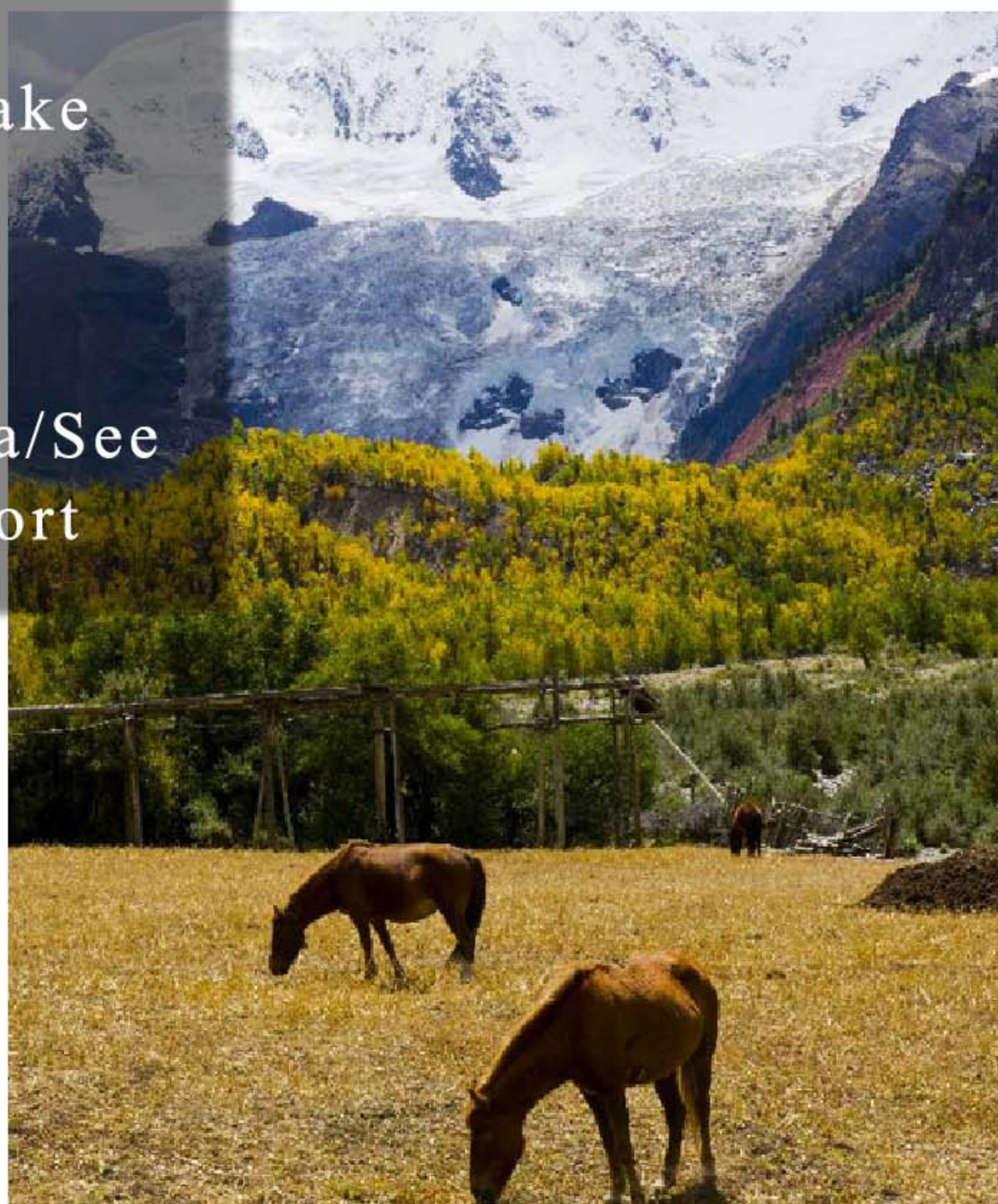
Day 1 Lhasa to Nyingchi
Visit Draksum lake

Day 2 East of Nyingchi
Lulung forest area and huge cypress forest

Day 3 Nyingchi to Rawo
Midui glacier and Rawo lake

Day 4 Rawo to Nyingchi

Day 5 Drive back to Lhasa/See
tourists off Nyingchi airport



Ali

Ali," Ngari" lies at 4,500 metres above sea level in the northwest of Tibet, at a **10/54** distance of 1,600 km west of the Lhasa. Ngari is best known for Mt. Kailash and lake Manasarovar. Mt Kailash is 6,714 m above sea level and is the main peak of the TransHimalaya (also called the Kailash Range or Gangdise Mountains). Manasarovar lies at 4,588 m. The holy mountain and lake are associated with a number of religions: Buddhism, Hinduism, and Bon, among others, attracting numerous domestic and international religious pilgrims and tourists. Ngari was once the heart of the kingdom of Guge.

The Spiritual Adventure of Himalayas

14 Days Tour

Day 1 Drive Lhasa to Gyantse
Day 2 Lhasa sightseeing (Potala Palace, Jokhang Temple)
Day 3 Lhasa sightseeing (Drebung, Sera Monastery)
Day 4 Drive Gyantse to Shigatse
Day 5 Drive Shigatse to Saga
Day 6 Drive Saga to Manasarovar
Day 7 Drive Manasarovar to Darchen
Day 8 -Kora-
Day 9 -Kora-
Day 10 -Kora-
Day 11 Darchen to Saga
Day 12 Saga to Shigatse
Day 13 Shigatse to Lhasa
Day 14 Drop to Airport

17 Days Tour

Day 1 arrival in Lhasa
Day 2 Lhasa sightseeing (Potala palace, Jokhang temple)
Day 3 Lhasa sightseeing (Drebung, Sera monastery)
Day 4 Drive to Lhasa-Gyantse
Day 5 Gyantse-Shigatse
Day 6 Shigatse-E.B.C
Day 7 E.B.C -Saga
Day 8 Saga-Lake Manasarovar
Day 9 Lake Manasarovar-Guge kingdom
Day 10 Guge kingdom -Darchen
Day 11 -Kora-
Day 12 -Kora-
Day 13 -Kora-
Day 14 Darchen to Saga
Day 15 Saga to Shigatse
Day 16 Shigatse to Lhasa
Day 17 see tourists off at airport or train station



pick up tourists at airport



cozy accommodation



tasty dishes



small group, detailed explanation, friendly company



Small Group

Tibet Vista ingeniously initiated Small Group Tour, which enables tourists travelling in Lhasa to participate in 3-8 days tour packages.

Traveling in a small group of 5-12 travellers benefits tourists by enjoying relatively lower price, especially hand-picked hotels, featured tour route and fixed departure date.

Travel Pleasure

Fixed Departure and Worry-free Booking

Small Groups have about 10-15 fixed departure dates in a month, depending on different travel seasons. And once the booking is confirmed,

Big Saving than Private Tour

With a fairly competitive and reasonable price, tourists can enjoy the accommodation and transport at group discount rates, and they can share the guide fees and services charge with other group members.

Tourists will find the price of our small group tours fairly competitive, even when traveling solo. Approx. cost from 100USD.

Tour Itineraries Cover Main Destinations of Tibet

6-8 specially-designed itineraries cover focal areas of Tibet, including Lhasa, central Tibet, Western Tibet, and those itineraries involve hot destinations including Mount Everest Base Camp, Namtso Lake, Mt.Kailash and Lhasa to Kathmandu overland.

Small Group under 12 People to Guarantee an Enjoyable Trip

It's the perfect size for travel if a group consists of fewer than 12 people. Slipping into the flow of local life without disrupting it, you'll get a more authentic impression of Tibet. Your tour guide will be able to focus on your needs and give you due care.

Small Group Tours Available

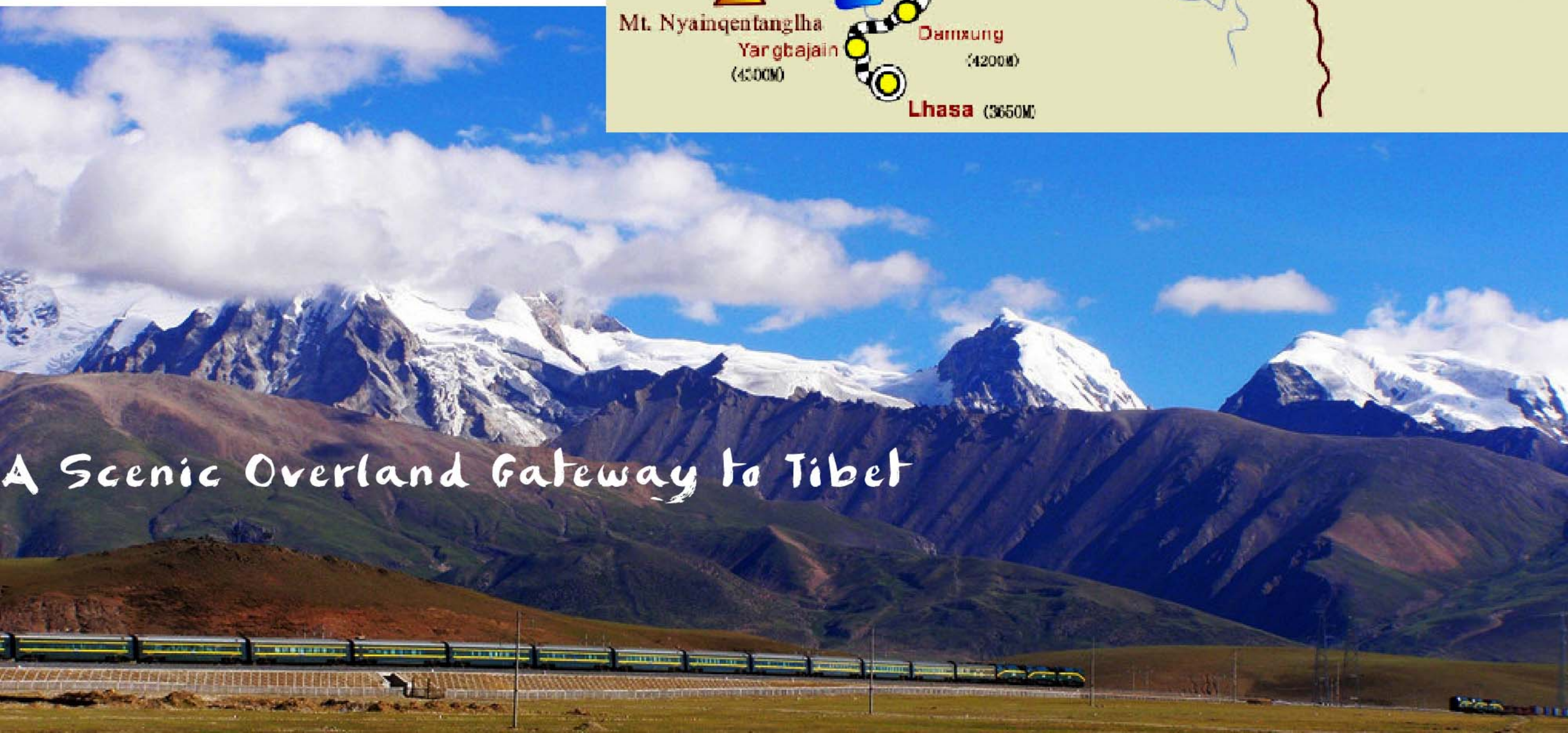
<u>Code</u>	<u>Tours</u>	<u>Price fr.(p.p)</u>
[SG001A]	8 Days: Explore the Snow Land - Lhasa –Gyantse –Shigatse – Everest Base Camp	810US\$
[SG002A]	7 days: Lhasa to Kathmandu via Everest Base Camp Tour	920 US\$
[SG003A]	6 Days: Lhasa – Gyantse –Shigatse – Lhasa Tour	720 US\$
[SG005A]	6 Days: Lhasa – Namtso Lake	790 US\$
[SG005B]	5 Days: Lhasa and Ganden Monastery	520 US\$
[SG005D]	4 Days: Explore Holy City Lhasa - Lhasa	450 US\$
[TGT016]	15 Days : Group Tour to Mt.Kailash and Guge Kingdom	1980 US\$

***The prices above are used for reference in 2015-2016. For the further inquiry, please send an e-mail. ***



Extending 1,956 kilometers on the Qinghai-Tibet Plateau, the Qinghai-Tibet Railway connects, Xining, capital of Qinghai Province, and Lhasa, capital of Tibet. The Qinghai-Tibet Railway ends Tibet's history without railway, and sets a new record for the world's highest railway.

Having a ride on the Qinghai-Tibet train, a man-made wonder on the Qinghai-Tibet plateau



A Scenic Overland Gateway to Tibet

*** The World’s HIGHEST Railway**

960 kilometers of this railway lie at 4,000 meters above sea level, and its highest point is 5,072 meters, at least 200 meters higher than the former world’s highest railway, the Peruvian railway in the Andes.

*** The World's LONGEST Plateau Railway Route**

The total length of the Qinghai-Tibet Railway is 1,956 kilometers from Xining to Lhasa. The Golmud-Lhasa section zigzags 1,142 kilometers across the Kunlun and Tanggula mountain ranges.

*** The World's LONGEST Track on Frozen Earth**

550 kilometers of the railway is built on frozen earth, the longest in any of the plateau railways on Earth.



Currently, there are 7 major railways that run from inland China to Tibet.

Routes	Distance	Hours	Frequency
Beijing to Lhasa	3757km	42:42 hours	Daily
Shanghai to Lhasa	4373km	47:37hours	Daily
Guangzhou to Lhasa	4980km	54:1hours	Every two days
Chengdu to Lhasa	3360km	42:55hours	Every two days
Chongqing to Lhasa	3654km	46:12hours	Every two days
Lanzhou to Lhasa	2188km	25:20hours	Every two days
Xining to Lhasa	1960km	22:19hours	Daily

The soft sleeper is the best choice as it offers more privacy and it is more spacious.



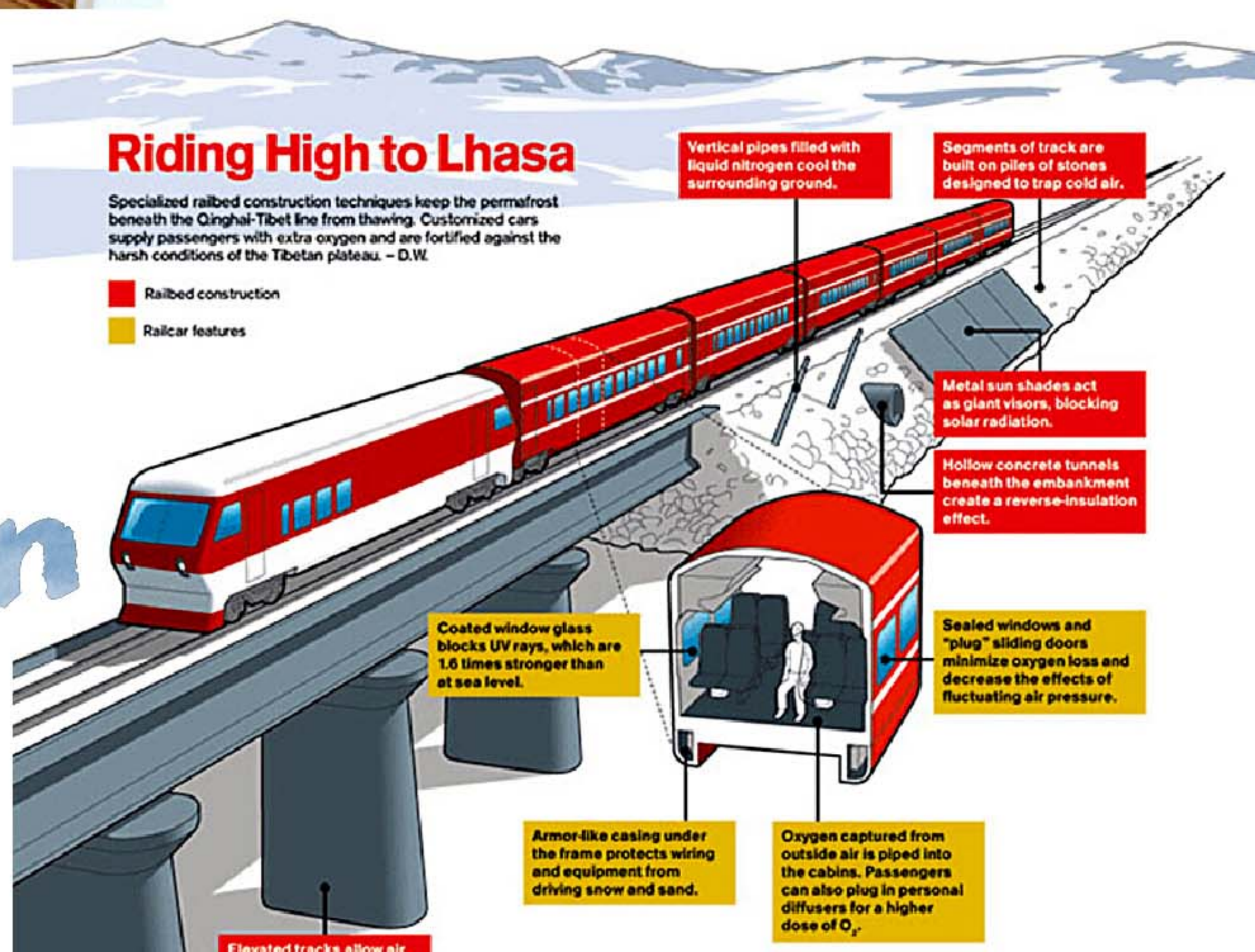
Three Major Accommodations on the Train

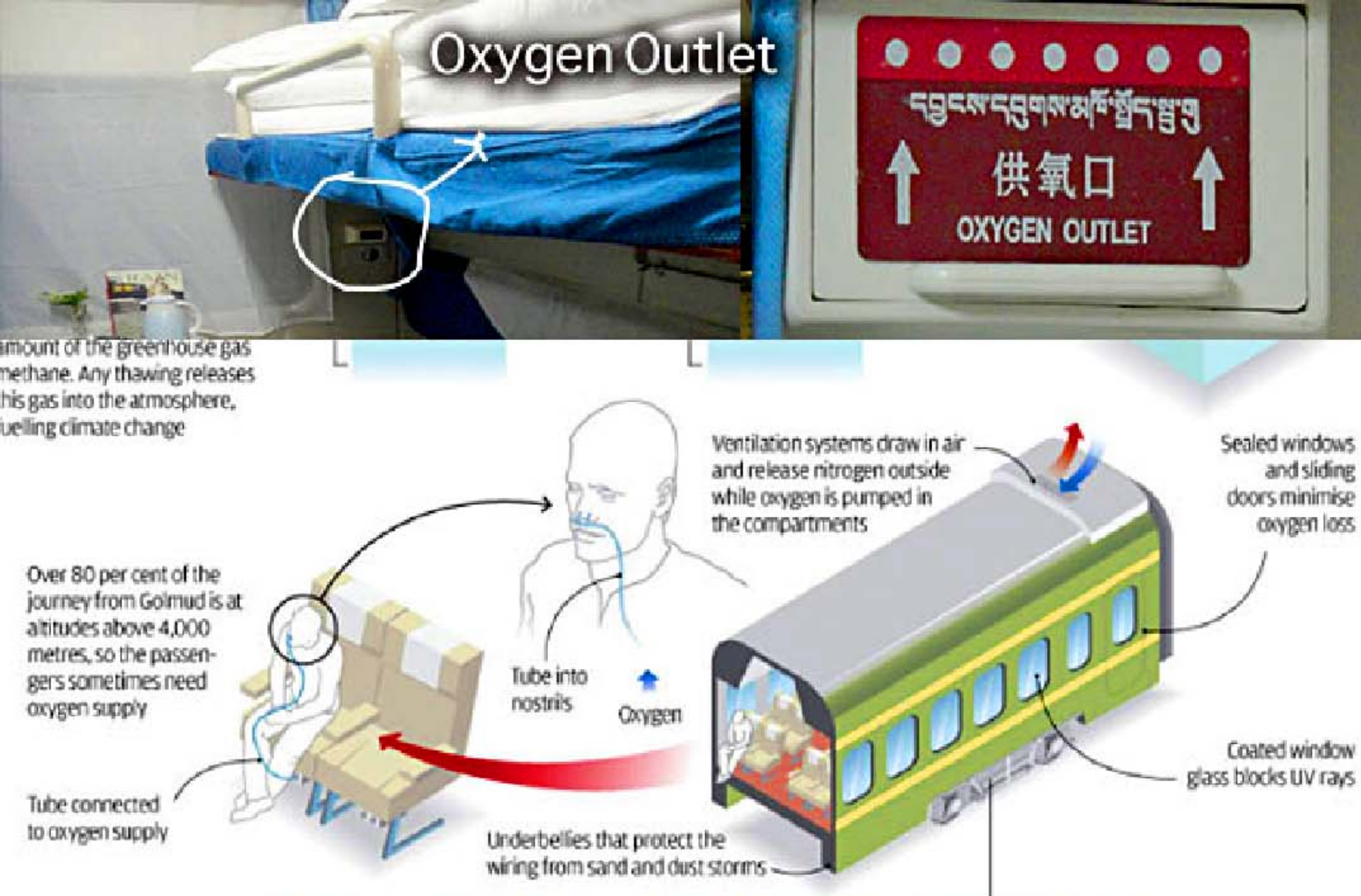


Dinning Car

Traditional Chinese dishes are sold in the dinning car. Tourists can also buy food from the trolley loaded with cooked food, snacks and beverage at mealtimes when the staff push it to different cabins.

The Sky Train





Oxygen Outlet

16/54

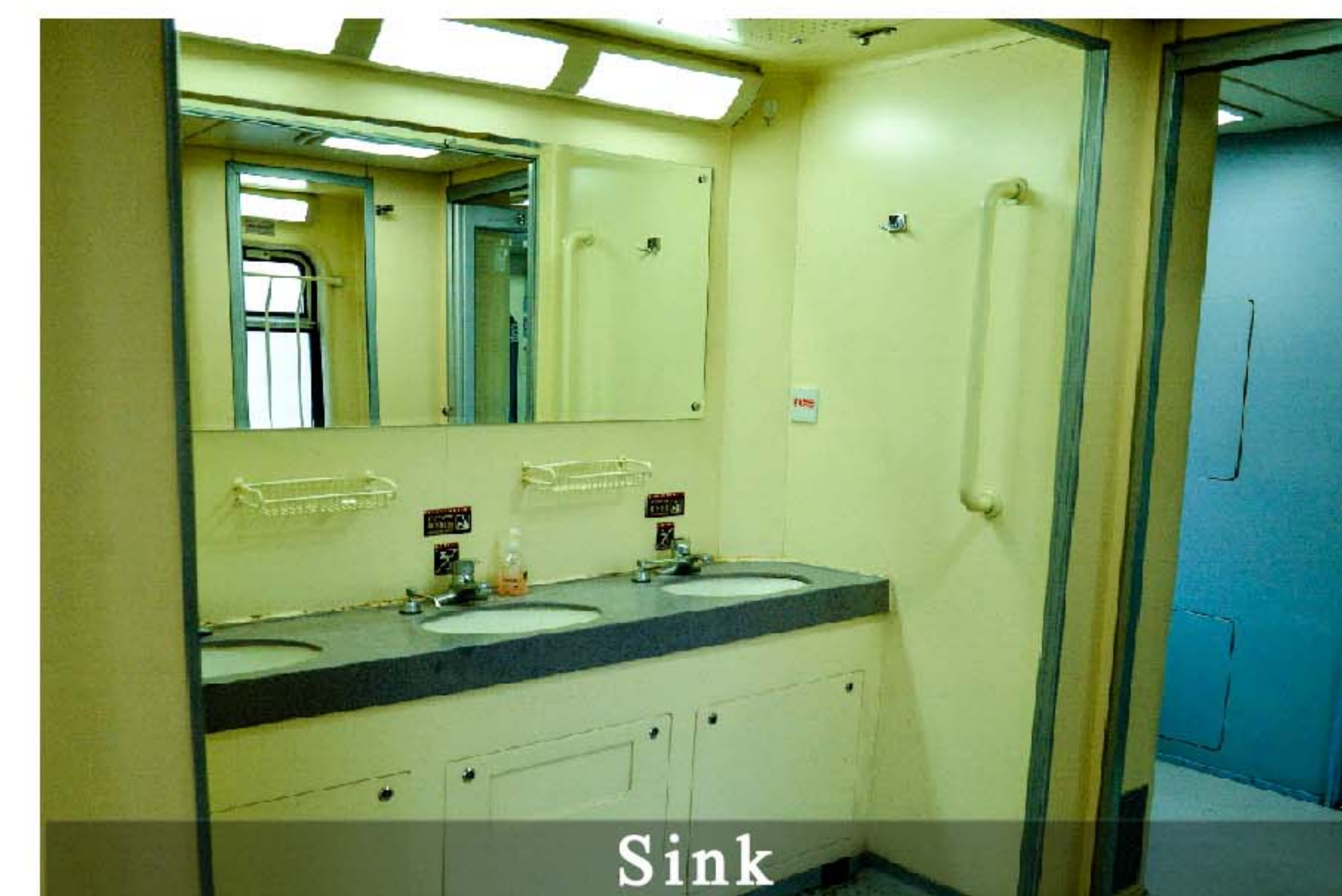
To ease the altitude sickness symptom, the Qinghai-Tibet train is furnished with oxygen outlet to release oxygen into the cabin. The passengers may also turn it on manually when headache and other discomforts come.

Other facilities



Train Ticket Booking

Tibet Vista, specializing in Tibet tour and Qinghai-Tibet train travel, stood out as one of the leading Tibet travel agencies as early as in 2006. Each year, eighty percent of Tibet-bound tourists would choose to take the Qinghai-Tibet train to Tibet. As a seasoned travel agency with wide resources and ticket-booking guarantee, Tibet Vista offers efficient and reliable train booking service with customized ticket booking ranging from soft sleeper, hard sleeper, even private train cabin for family members.



No.1: The Way to Himalayas

Mt Everest, the world's highest mountain, has an elevation of 8850 and its summit rises into the zone of perpetual snow. The 8 days tour involves both cultural and natural sites and tourists will travel from the central Tibet to the west and reach the foot of Mount Everest with an elevation of 5200m. The expedition goes across through Gyantse and Shigatse and tourists are about to visit the different kind of monasteries and world cultural heritage sites along the way.

8-Days: Lhasa-Gyantse- Shigatse- MT Everest

Day1:Arrival in Lhasa

Drive from airport to Lhasa(70km) and stay in the comfortable hotel

Day 2:Lhasa Day Tour

Visit winter/Potala palace and Jokhang temple during the first day

Day 3:Lhasa Day Tour

Sumer/Norbu Lingkha palace and Sera monastery in the afternoon

Day 4:Lhasa to Shigatse

Visiting Yamdrok Lake(4700m), Karo Glacier (5030m) and Gyantse Palkor monastery(4050m). Sleep at Shikatse(3836m)

Day 5:Shikatse to Rongbuk monastery

Gyatsola passes (5248m), Mt Everest and sleep at tourist base camp

Day 6:Rongbuk monastery to Shigatse

View the sun rise on the MT Everest, pass Gyatsola pass (5248m)

Day 7:Shikatse to Lhasa

Follow the Friendship high way and Yerlung Valley drive back to Lhasa

Day 8:see tourists off at airport/train staion



No.2: The Cultural and Scenic Tour of Tibet

9 Days: Lhasa – Tsethang – Shigatse – Namtso lake

Tourists are expected to visit the cradle of Tibetan civilization, involving the first monastery, palace, temple. While tourists move to Shigatse, the southern Tibet, they are about to see the beauty of unparalleled sacred lakes, majestic mountains like Nyenchen Khangsar and Nyenchen Thanglha.

Day 1 Arrival in Lhasa
 Drive from airport to Lhasa(70km) and stay in the comfortable hotel.

Day 2 Lhasa sightseeing
 Visit winter/Potala palace and Jokhang temple during the first day.

Day 3 Lhasa sightseeing
 Summer/Norbu Lingkha palace, Sera monastery in the afternoon.

Day 4 Lhasa to Tsethang
 On the way visit Yarlung Valley, Samye monastery. Sleep at Tsethang

Day 5 Tsethang sightseeing
 Visit Yunpo Lhakhang and Trandruk at Tsethang (3560m)

Day 6 Tsethang to Shigatse
 Visit Yamdrok Lake(4700m), Karo Glacier (5030m) and Gyantse Palkor(4050m) sleep at Shigatse(3836m)

Day 7 Shigatse to Namtso lake
 On the way, 1st margyen la(4850m), 2nd shupa la(5320) and tourists will see some nomads.

Day 8 Namtso lake to Lhasa
 On the way back to Lhasa tourists will have a view Nyenchen Tanglha (7162m)

Day 9 See tourists off at airport/train station



No.3: Explore Kingdom of Forest and Source of Tibetan Culture

Nyingchi, famous for its abundant forest supply and lush vegetation, is located 390km to the east of Lhasa. Besides, due to its low altitude (3000m on average) and dense oxygen in Nyingchi, tourists may watch Baksum Tso Lake, Rawok Lake and The Najiabawa Scenic Zone, Midui Glacier, etc. In addition, the journey takes tourists to the visit Yarlung Valley from which Tibet civilization originated.

9-Days: Lhasa – Nyingtri – Tsethang – Lhasa

Day 1:Arrival in Lhasa

Drive from airport to Lhasa(70km) and rest in the comfortable hotel.

Day 2:Lhasa sightseeing

Visit winter/Potala palace and Jokhang temple during the first day.

Day 3:Lhasa sightseeing

Sumer/NorbuLingkha palace, Sera monasteryin the afternoon.

Day 4:Lhasa to Nyingchi

Will pass Bala pass(5100m)Visit Drak sum lake(3700m)

Day 5:one day sightseeing around Nyingtri

huge cypress forest and Lulung forest area will view Nanjiabawa(7787m)

Day 6:Nyingtri to Tsethang

Miling county(2900m), Lang county3700m),Gyatsa county(3200m),

Tsethang(3560m)

Day 7:Tsethang to Samye Monastery

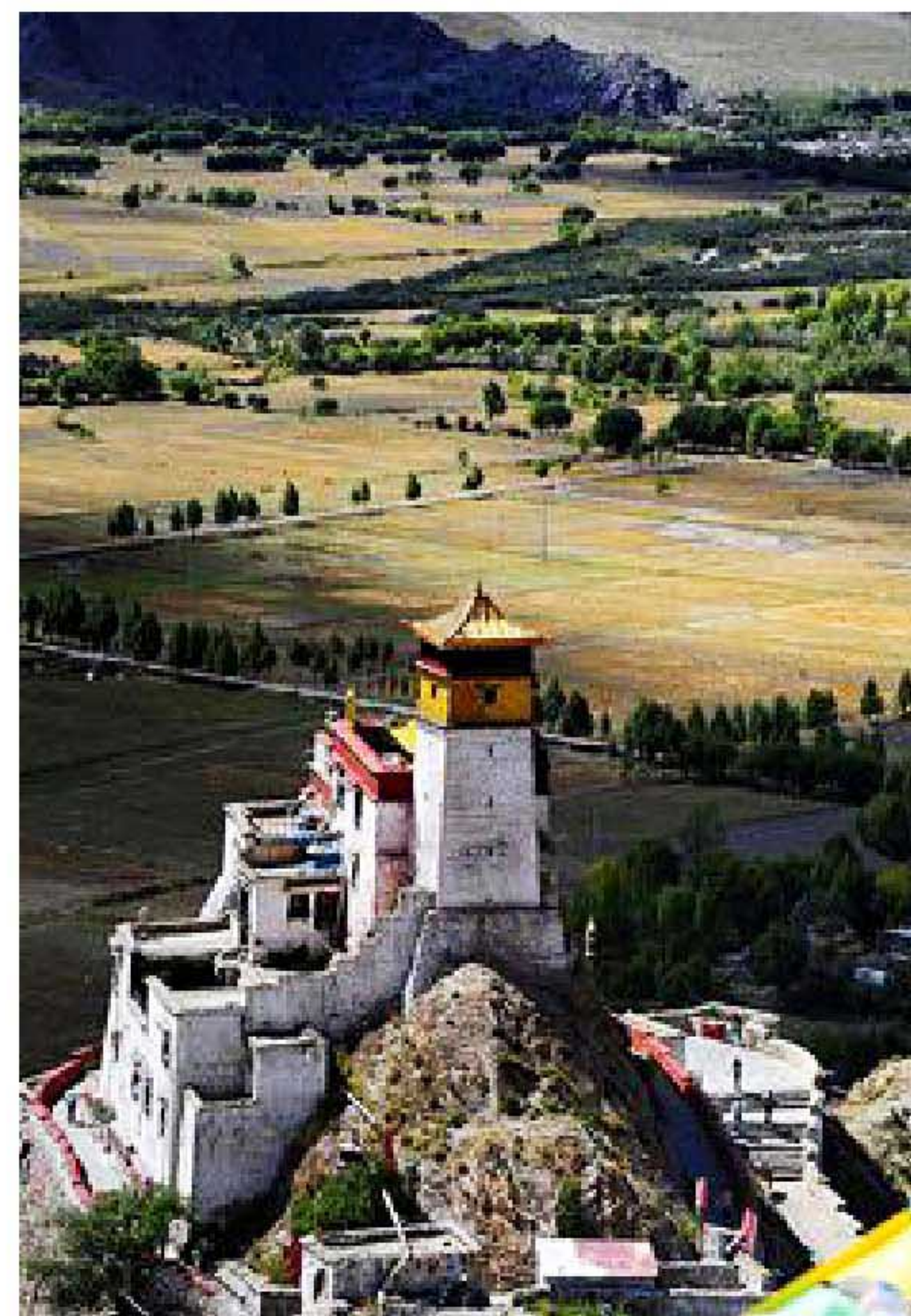
Pass Yarlung Valley, Samye Monaster(3600m). Sleep at Tsethang

Day 8:Tsethang sightseeing

Visit Yumphu Lhakhang and Trandruk at Tsethang (3560m)

Day 9 See tourists off at airport

Drive from Tsethang to Lhasa airport



10 Days: Lhasa-Gyantse- Shikatse- Mt. Everest – Namtso lake

Day 1 Arrival in Lhasa

Drive from airport to Lhasa(70km) and stay in the comfortable hotel.

Day 2 Lhasa sightseeing

Visit winter/Potala palace and Jokhang Temple during the first day.

Day 3 Lhasa sightseeing

Sumer/Norbu Lingkha palace, Sera Monastery in the afternoon.

Day 4 Lhasa to Ganden Monastery a day trip

View of Lhasa Kyichu river, Small hike around monastery and drive back to Lhasa

Day 5: Lhasa to Shigatse

Visit Yamdrok Lake(4700m), Karo Glacier (5030m) and Gyantse Palkor monastery(4050m). Sleep at Shikatse(3836m)

Day 6: Shikatse to Rongbuk monastery

Gyatsola passes (5248m), Mt Everest and sleep at tourist base camp

Day 7:Rongbuk monastery to Shigatse

View the sun rise on the MT Everest, pass Gyatsola pass (5248m)

Day 8:Shikatse to Namtso lake

Tourists will passe, 1st Margyen La(4850m), 2nd Shupa La(5320) and will see some nomads.

Day 9:Namtso lake to Lhasa

On the way back to Lhasa tourists will have a view of Nyenchen Tanglha (7162m)

Day 10:See tourists off at airport/train station

Premium Tibet Travel Route---The way to Himalayas & Sky Lake

This premium travel route covers virtually all the most popular attractions in Tibet, including three major cities, i.e. Lhasa, Gyandse and Shigatse where dozens of prestigious Tibetan Buddhist monasteries and cultural and historical sites lie. On top of that, Mt. Everest, the highest peak of Himalayan mountainous range as well as of the entire world, is situated in Shigatse province and tourists can also tour the Namtso, the most sacred lake in Tibet and towering Nyainqen-tanglha Mountains



Lhasa-Gyantse-Shikatse-Saga-Lake

Manasavora-Kailash

Day 1 Arrival in Lhasa
Drive from airport to Lhasa(70km) and stay in the comfortable hotel.

Day 2 Lhasa sightseeing
Visit winter/Potala palace and Jokhang-Temple during the first day.

Day 3 Lhasa sightseeing
Sumer/Norbu Lingkha palace, Sera Monastery in the afternoon.

Day4:- Lhasa to Gyantse
Visiting Yamdrok Lake(4700m), Karo Glacier (5030m) and Gyantse Palkor

Day 5:-Shigatse sightseeing
Visit Tashi Lhunpo monastery(3750m), view of zong(5042) and old market

Day 6:-Drive Shigatse to Saga Shikatse, Lhatse, Ngamring county, can view a lake, Sangsang and Saga

Day 7:-Drive Saga to Mansarover
Drive from Saga to Dronk pa, Bharyang, Chaksel gang and Lake Manasavora

Day 8:-Drive Mansarover to Darchen
The Eco-bus will bring you to see the full lake and arrive at Dharchen.

Day 9:-----Kora-----
Day 1.Tre Trek Darchen to Dira-puk Monastery.20km,5-6 hrs

Day 10:- -----Kora-----
Trek Dira-puk to Zutul-puk Monastery.15km,6-7 hrs

Day11:-----Kora-----
Trek Zutul-Puk to Darchen,14km, 4- 5 hrs

Day12:- Darchen to Saga
Drive from Dharchen, Lake Manasavora, Bharyang, Dronk pa and Saga

Day13:- Saga to Shigatse
Drive from Saga to Shikatse, Sangsang, can view a lake, Ngamring county and Lhatse

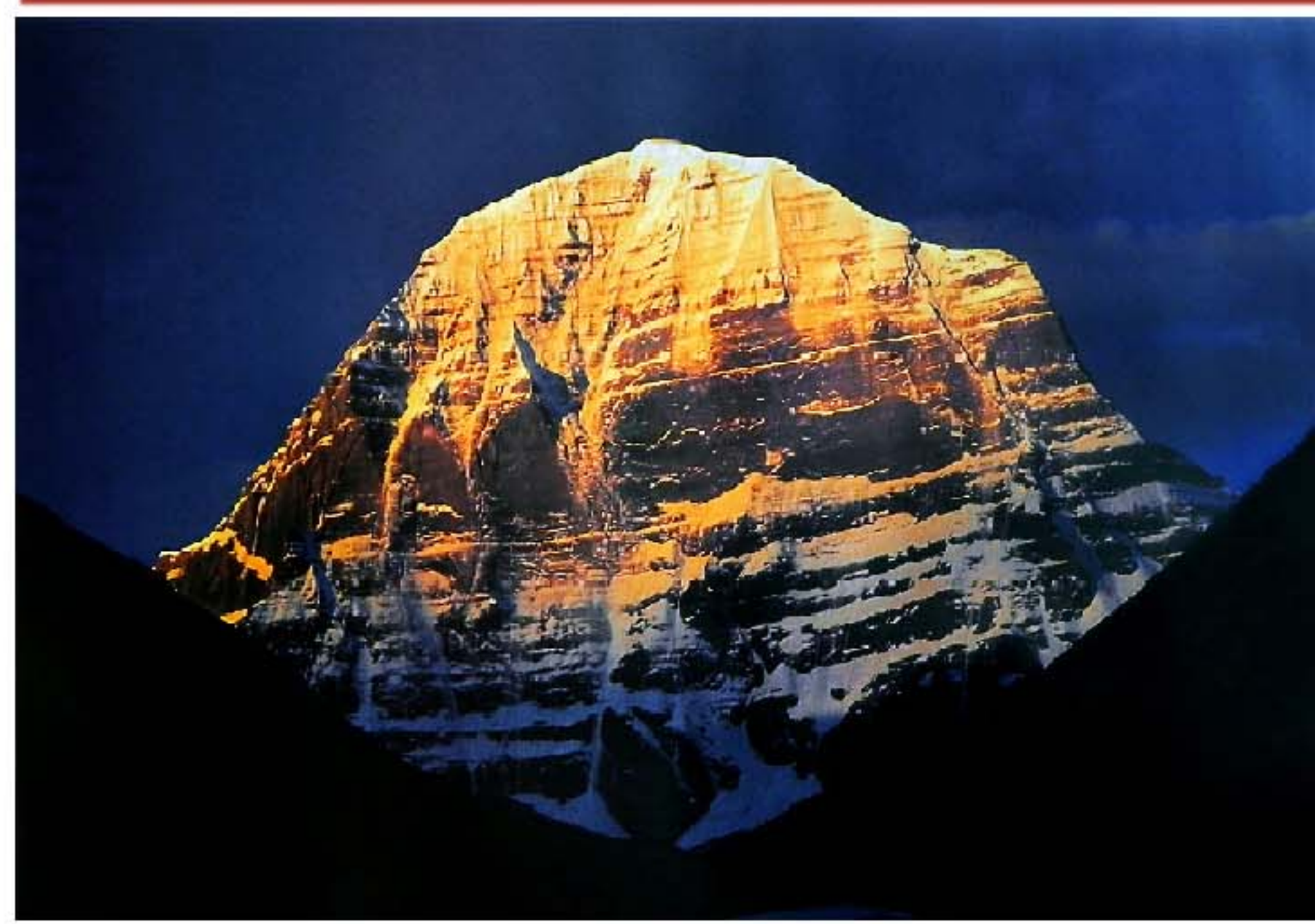
Day14:- Shigatse to Lhasa
Follow the Friendship high way and Yerlung Valley drive back to Lhasa.

Day15:- See tourists off at Airport

Western Tibet Adventure

No.5:The Spiritual Adventure of the Himalayas and Gangdise Mountains

Ngari, located in western part of Tibet, is best known for Mt. Kailash, lake Manasarovar and Guge Kingdom Ruins. MT Kailash is 6,714 m above sea level and is the main peak of the Gangdise Mountains. The holy mountain and lake are associated with a number of religions: Buddhism, Hinduism, and Bon, among others, attracting numerous domestic and international religious pilgrims and tourists. Not only does Guge Kingdom bear strong religious significance but is an ideal place for enjoying lofty mountainous range and snapping photos of spectacular lakes. Meanwhile, tourists may also find Ngari unparalleled for observing alpine wildlife.



Day 1 arrival in Lhasa

Drive from airport to Lhasa(70km) and stay in the comfortable hotel.

Day 2 Lhasa sightseeing

Visit winter/Potala Palace and Jokhang Temple during the first day.

Day 3 Lhasa sightseeing

Sumer/Norbu Lingkha palace, Sera Monastery in the afternoon.

Day4:- Lhasa to Gyantse

Visiting Yamdrok Lake(4700m), Karo Glacier (5030m) and Gyantse Palkor

Day 5:-Shigatse sightseeing

Visit Tashi Lhunpo Monastery(3750m), view of Zong(5042) and old market

Day 6:-Shikatse to Rongbuk Monastery

Gyatsola passes (5248m), Mt Everest and sleep at tourist base camp (5200)

Day 7:E.B.C –Saga

Drive from E.B.C, old Tingri, Shisha Pangma(8012m), Pegu Tso lake(4600m), saga

Day 8:-Saga-Lake manasoraver

Drive from Saga to Dronk Pa, Bharyang, Chaksel Gang and Lake Manasavora

Day 9:- Lake Manasavora, Dharchen

The eco bus will bring you to see the full lake and arrive at Dharchen

DAy 10: -----Kora-----

Tre Trek Darchen to Dira-puk Monastery.20km,5-6 hrs

Day 11: -----Kora-----

Trek Dira-puk to Zutul-puk Monastery.15km,6-7 hrs

Day 12: -----Kora-----

Trek Zutul-Puk to Darchen,14km, 4- 5 hrs

Day 13: Darchen - Guge kingdom

Drive from Dharchen, Tuling monastery and Guge kingdom(280km)

Day 14:-Darchen to Saga

Drive from Dharchen, Lake Manasavora, Bharyang, Dronk pa and Saga

Day 15:-Saga to Shigatse

Drive from Saga to Shikatse, Sangsang, can view a lake, Ngam-ring county and Lhatse

Day 16:-Shigatse to Lhasa

Follow the Friendship high way and Yerlung Valley drive back to Lhasa.

Day 17 see tourists off at airport or train station



Trekking

Top 6 Trekking Routes

Ganden to Samye (80km 4-5 days)

Tingri to EBC (70 km 3-4 days)

Tsurphu to Yangpachen(60km 3-4 days)

Mt.Kailash Kora (52km 3 days)

(See details at Classic Tour No. 5)

Shalu to Narthang (945km 2-3 days)

Ganden to Samye Trek (80 km,4 days-5 days)

---A picturesque countryside alley that bridges two prestigious Tibetan monasteries.

A trekking from Ganden to Samye is the most popular trekking route in Tibet. During this trek, you will see breathtaking mountains, lakes, vibrant alpine forests and meadows, as well as two most important monasteries of Tibetan religious culture.

Tibet is extraordinary for its stunning Himalayan views, high plateau, beautiful Buddhist monasteries and devout Tibetans, all of which makes Tibet one of the world's best travel experiences. Trekking in Tibet is one of the best ways to explore the real beauty. So, following trekking routes are recommended for you.

Day 1 Arrive in Lhasa

Day 2-3 Lhasa Tour

Day 4 Drive from Lhasa to Ganden Monastery

Day 5 Trek Ganden Monastery to Yama Do

Trek 5-6 hrs, 17 km (450 m descent, 300 m ascent) visit Ganden monastery, see the typical Tibetan Trupshi Village with spectacular Scenery and Camp at Yama Do.

Day 6 Trek Yama Do to Tsotup Chu Valley

Trek 10 km, takes about 5-7 hrs (1000 m ascent- 450 m descent) Trek over the Shu-la Pass 5250m, some herders' camp and Tsotup Lake. Then cross the Tsotup Chu river and camp there.

Day 7 Trek Tsotup Chu Valley to Herder's Camp

Trek 14 km, takes about 5-6 hrs (300m ascent- 400m descent) Trek over the Chitu-La Pass 5225 and continue move down at a leisurely pace through the valley and cross numerous seasonal herder's camps.

Day 8 Trek Herder's Camp to Samye Monastery

Trek 5-6 hrs descent..Today, last day we have to walk through beautiful stream, lush forest and desert. Then cross the Yamalung Tsangpo valley and visit the the Yamalung Hermitage.

Day 9 Samye to Lhasa

Day 10 Departure from Lhasa

Tsurphu to Yangpachen trek (60 km,3-4 days);

---Fantastic Trek into herders and their semi-nomadic

During this trek,you will enjoy the combining alpine tundra and sweeping mountain panoramas. With visit to monastery and a nunnery,this trekking nicely balances cultural and wilderness activities.

Day 1 Arrive in Lhasa

Day 2-3 Lhasa Tour

Day 3 Drive from Lhasa to Tsurphu Monastery

Day 4 Trek from Tsurphu Monastery to Leten

Trek 11km, takes about 4 hours.Trek up a green valley with mountain streams with various species of mountain goats, several nomadic communities and high plateau with scattered rock-enclosed huts.

Day 5 Trek Leten to Bartso

Trek 15km,takes about 5-6 hours,.Trek over the Lasar la pass and descend into the Yangpachen Valley. It is wide open plateaus ,cracked patches of earth, and head towards Bartso.

Day 6 Trek Bartso to Dorje Ling Nunnery

Trek 15km, takes about 4 hours.On the way,Views of Nyenchen Tanghlha (7111m),emergence of the beautiful Tajung Village and Dorjee Ling Ani Gompa (nunnery),near which you will set up camps.

Day 7 Trek Dorje Ling Nunnery to Yangpachen Monastery and Hot springs then Namtso Lake

Trek 14km,takes about 4 hours. Trek along

Shalu to Nartang trek (45km,2-3 days)

Trek b/w 2 ancient centers of Buddhist academy

This Shalu to Nartang trekking is a good opportunity to have a try of middle level trekking in Tibet. Neither are the two passes Show-La and Char-La high nor difficult.

Day 1 Arrive in Lhasa

Day 2-3 Lhasa Tour

Day 3 Drive from Lhasa to Gyantse

Drive over Gampa La pass and Koro la provide wondrous view of lake Yamdrok,Karo glacier.

Day 4 Gyantse to Shalu Monastery

In the Morning tourists will visit the Gyantse Palkor Monastery and Kumbum stupa.then drive to Shalu Monastery.

Day 5.Trek Shalu Monastery to Upper Lungsang

Trek 14km, takes about 5-6hrs.We are going to pass Ri-Puk Monastery, Phunup village and Show-la pass (4200m) and camp at Lungsang.

Day 6.Trek Upper Lungsang to Ngor Monastery

Trek 8km, takes about 4 hours. On the way, we ascend slowly from Upper Lungsang to Char-La pass (4600m) we will descend down to Ngor Monastery and camp there.

Day 7.Trek Ngor Monastery to Nartang Monastery

Trek 18km, takes about 5hrs,.On the way, we have sizable village of Pero,then Dzong Lugari Village and Nartang where our Tibetan driver and the vehicle will wait for us, then we will be transferred to Shigatse.

Day 8 Nartang Monastery to Lhasa

Day 9 Departure from Lhasa





Tingri to Everest Base Camp-Tingri (70 km,3-4 days)

Trek to the NorthFace of Mount Everest

With unobstructed views of the stunning north face of the world's highest mountain. A trek into Base Camp from Tingri will be the most rewarding in terms of scenery. We will follow a high ridge with good views of Mt Everest, to the village of Zommug and then to Rongbuk to explore the glacier.

Day 1 Arrive in Lhasa

Day 2-3 Lhasa Tour

Day 3 Drive from Lhasa to Shigatse

Drive over the Gambala pass, view the deep blue of Yamdrok lake, beautiful Karo glacier, then Gyantse Palkor and Kumbum. then move to Shigatse.

Day 4 Drive Shigatse to Old Tingri

In the Morning tourists visit Tashilhunphu Monastery, drive through Lhatse and Shegar town. Stay at old Tingri.

Day 5 Trek from Old tingri to Lungthang

Trek 5 hours, (12km/150m up) along the Ra-chu Valley, small monastery in Cholon. Bleak region is home of herders and barley harvesters. Camp at Lungthang Village (4510m).

Day 6 Trek Lungthang to Lamna La (5150 m)

Trek 8 hours (21km/200m up), the challenging trekking really starts today as tourists climb towards the Lamna La Pass (5150) and continue trek to Drokpa (4860 m) encampment below Lamna La.

Day 7 Trek Lamna la to Zommug (4790m)

Morning, cross over Lamna la pass, meet yak herders and their families. Our camp will be pitched in the small village of Zommug. Trekkers are about to view the amazing sunset in this barren town.

Day 8 Trek Zommug to Rongbuk (4980m) and EBC (5100m)

On our last day of trekking we will wind our way to the final destination. Trek along Drakaa Chu River to Rongbuk Monastery and Everest Base Camp (5200m).

Day9 EBC to Shigatse (or go west to leave Tibet to Nepal)

Day10 Shigatse to Lhasa

Day11 Leave Lhasa



Top 14 Tourist Attractions

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Sakya Monastery

Mt. Kailash

Lulang Forest Area

Drepung Monastery

Basum Iso Lake

Ganden Monastery

Lake Namtso

Potala Palace

Everest Base Camp

Sera Monastery

Samye Monastery

Jokhang Temple

Lake Manasorover

Tashi Lhunphu monastery

Potala Palace

Potala Palace has been used as winter palace of the Dalai Lama since the 7th Century by the 33rd great king of Tibet. The palace itself symbolizes Tibetan Buddhism and plays a big role in the traditional administration of Tibet. The palace contains almost 700 murals, almost 10,000 painted scrolls, numerous sculptures, fine objects of gold and silver, as well as a large collection of sutras and important historical documents. To the west and higher up the mountain of the red palace houses the gilded burial stupas of past Dalai Lamas and meditation Cave of the 33rd great king of Tibet.



Jokhang Temple

Jokhang Temple means "House of the Buddha" in Lhasa is the holiest site in Tibetan Buddhism, attracting crowds of prostrating Tibetan pilgrims. According to the legend, Jokhang is the heart of Tibet's demoness subduing. It hosts the annual Great Prayer Festival, as well as all ceremonies of initiation for the Dalai Lama and Panchen Lamas. The Jokhang Temple was founded by the 33rd great king of Tibet in the 7th century, in order to promote the Buddhist religion. Inside you can see the statue of Buddha Sakyamuni at the age of twelve. It is perhaps the single most venerated object in Tibetan Buddhism and many more famous statues.

Everest Base Camp



Everest Base Camp, first used by the 1924 British Everest expedition, is a small flat piece of land in front of the north face of Mount Everest. It is at an altitude of 5200m and many people might experience difficulties with the high altitude. Located at the border between China and Nepal, Mt. Qomolangma, also known as the Mt. Everest, with its north slope belongs to China and the south one to Nepal. The peak has been a dreaming attraction for world's mountaineers. It is impossible to drive all the way to Everest Base Camp. All vehicles must stop at the tent camp a few kilometers past Rongpuk Monastery. From here passengers must trek or take a bus to finish the last 4 km. Along the way you pass stunning slopes, jagging ridges, and broad glacier valleys flowing with muddy water.

Lake Namtso, which literally means “Heavenly Lake” is located in the Damshung county, 250 kms north of Lhasa. It is considered one of the four holy lakes in Tibet and for its high altitude 4720 m, surface area 1961 square kms and its beautiful scenery. Its purity and solemnness are symbols of Qinghai-Tibet Plateau. In clear weather, the water is a stunning shade of turquoise and you will be surrounded by magnificent views of the snow-capped Nyenchen Tanglha mountains. The wide open spaces, dotted with tents of local nomads, are breathtaking. You may also walk alongside the lake or climb up the hill nearby to explore the area. Its touching beauty should not be missed by any visitors there.



Lake Namtso

Mt. Kailash



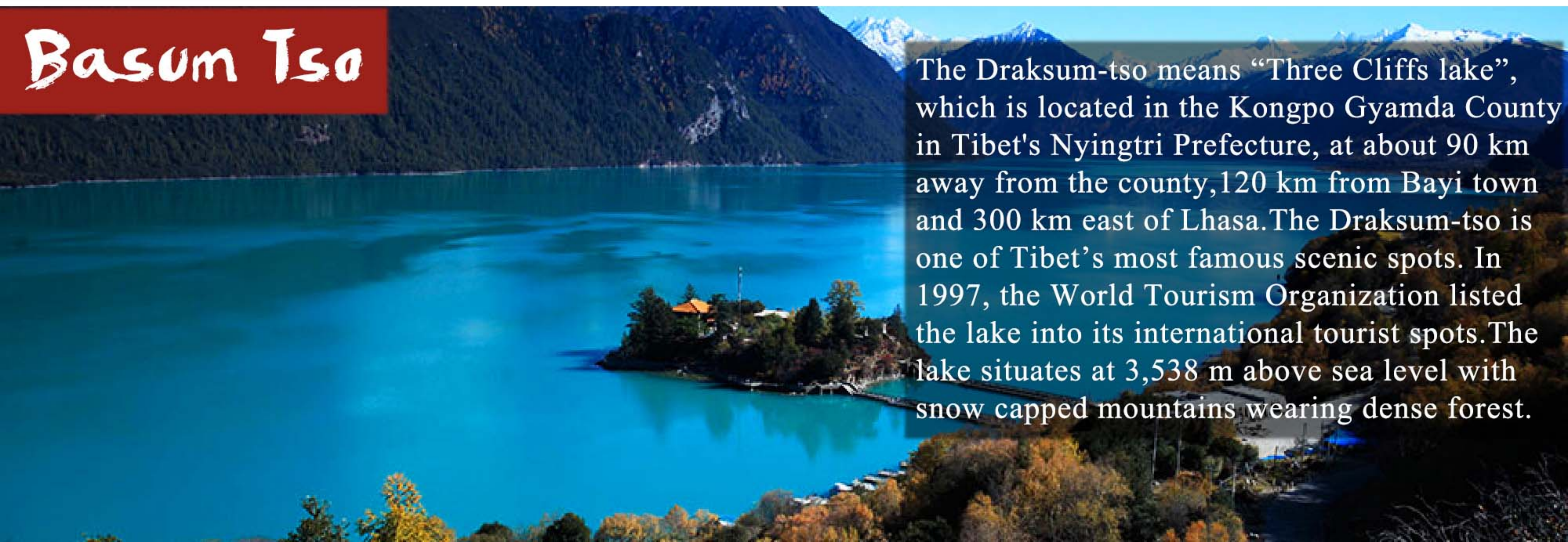
MT Kailash, Gang Rinpoche means “Precious Mountain” as Tibetans call it, is the most sacred mountain in Asia. MT Kailash is 6,714 m above sea level and is the main peak of the TransHimalaya (also called the Kailash Range or Gangdisse Mountains). It lies near the source of some of the longest rivers in Asia, - like the Indus River, the Sutlej River, the Indus River (a tributary of the River Ganga). It is considered a sacred place in four different religions : Buddhism, Bon, Hinduism and Jainism. The mountain lies near the Great Lake Manasarovar and the Lake Rakshastal in Tibet.

Lake Manasarovar is among the world’s highest fresh-water lakes. At an elevation of 4,583 meters, the lake covers 412 square kilometers. With the northern part broader than the southern end, the deepest point of the lake is over 70 meters. The lake is purer than a sapphire and one can see through dozens of meters into the lake. The lake is located in the Burang County, 20 km southeast of the Mount Kailash. In Tibetan Buddhism, it is believed that bathing with the water of Manasarovar will drive off avaricious desires, troubled thoughts and past sins. Throughout the year, numerous pilgrims and visitors are attracted to the holy Mt. Kailash and the Lake Manasarovar.



Lake Manasarovar

Basum Tso



The Draksum-tso means “Three Cliffs lake”, which is located in the Kongpo Gyamda County in Tibet's Nyingtri Prefecture, at about 90 km away from the county, 120 km from Bayi town and 300 km east of Lhasa. The Draksum-tso is one of Tibet’s most famous scenic spots. In 1997, the World Tourism Organization listed the lake into its international tourist spots. The lake sits at 3,538 m above sea level with snow capped mountains wearing dense forest.

Ganden Monastery

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Ganden Monastery means “Joyful Monastery” located on the Wangbur Mountain, on the southern bank of Lhasa river in Taktse county. It stands at an altitude of 3,800 m above sea level with 60 km from Lhasa. Ganden monastery is one of the “Three Great Gelugpa” monasteries of Tibet. It was founded by the Great Tsongkhapa in 1409 and traditionally considered to be the seat of Geluk administrative and political power. The main sights in the Ganden Monastery are Serdung, which contains the tomb of Tsongkhapa, The tsokchen Assembly Hall and Ngam Cho Khang, the chapel where Tsongkhapa traditionally taught.



Sakya Monastery

Founded by Khon Kunchok Gyalpo in 1073, Sakya monastery means “Grey Soil”. It is the principal monastery of the Sakya sect of Tibetan Buddhism. It is located in Sakya county, 150 km southwest of Shigatse. Sakya monastery consists of two parts, northern and southern monastery. The Northern monastery, it is only visible as a ruin and Southern monastery was built like a fortress, surrounded by a moat. The monastery walls were painted in three colors red, white and grey which indicate Manjushri, Avalokeshvara and Vajradhara.

Samye means “Unimaginable”. It is the first temple built in Tibet housing all the three Buddhist treasures of Buddha, Dharma and Monks. The Samye Monastery is located at the foot of Mt Hepo Ri, 30 km from Tsetang. The three main founders of the Samye monastery are the Indian master Padmasambhava, an Indian monk Shantarakshita, and Trisong Detsen in 762 AD. Also the first batch of monks in Tibet started from the Samye monastery.

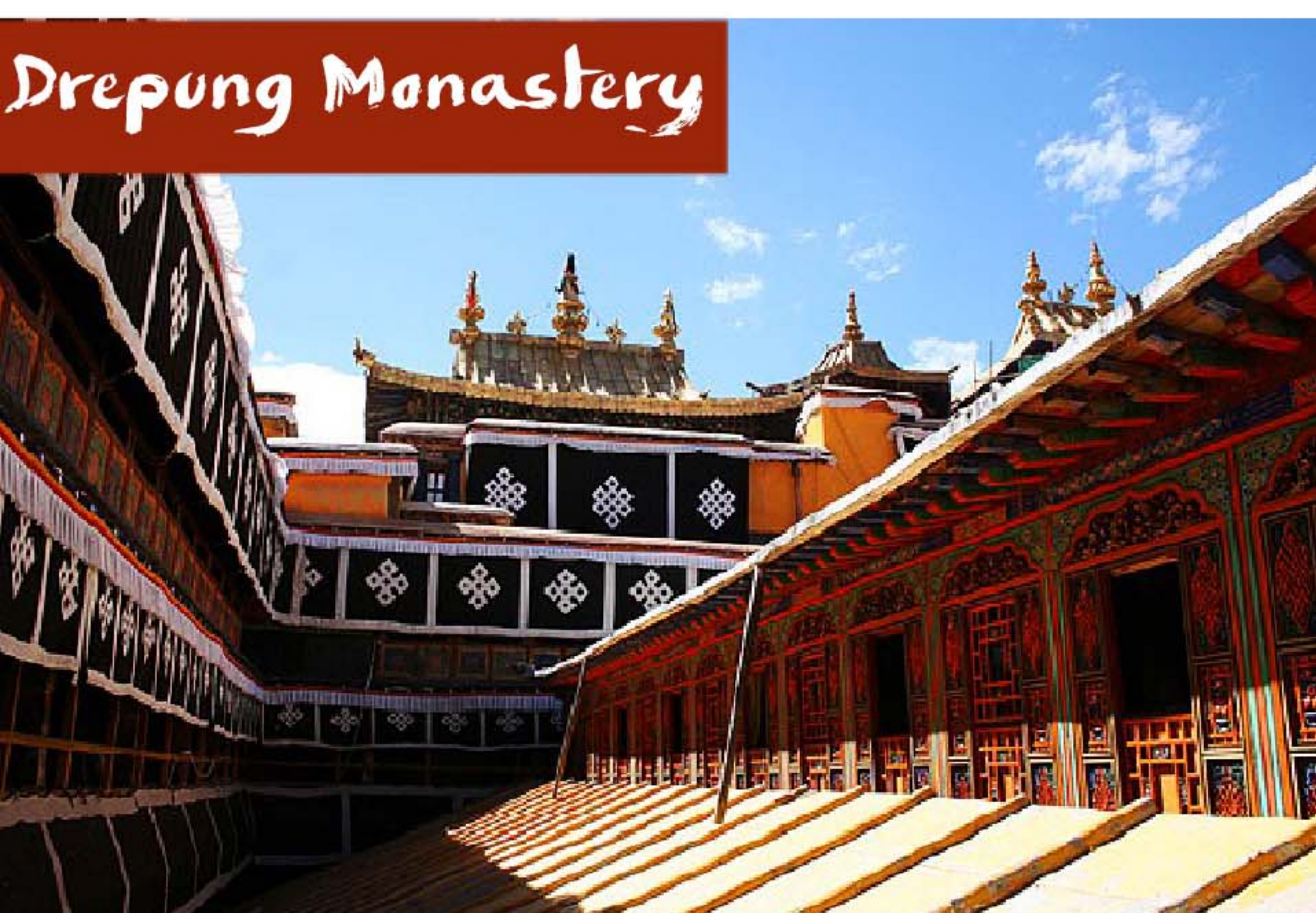
Samye Monastery






Founded by the 1st dalai lama in 1447, Tashilhunpo monastery means “heap of Glory”. It is historic and culturally important, and is located at the foot of Dolma ri (Tara’s mountain) in Shigatse. Later, Tashilhunpo Monastery became the traditional seat of successive the great Panchen Lamas, the second highest ranking tulku lineage in the Gelug of Tibetan Buddhism. The main construction of the monastery is the The Maitreya Chapel and the Panchen lama’s palace. The statue stands 26 m high, made of gold and copper decorated with precious stones. The statue was handcrafted by 900 craftsmen in 9 years.

Sera monastery means “Wild Roses Monastery” and is one of the three great Gelug monasteries of Tibet, located about 5 kilometres north of the Potala Palace and Jokhang Temple. Sera Monastery that developed over the centuries was a renowned place of learning, which trained hundreds of scholars who attained superb reputation in the Buddhist nations and it has under its affiliation 19 hermitages, including four nunneries, which are all located in the foot hills above Lhasa. Every day we can see the monks debate, it is an integral part of a Tibetan monk’s training, and is an effective means of expanding the mind, increasing mental sharpness, developing analytical capacity, and gaining internal clarity.

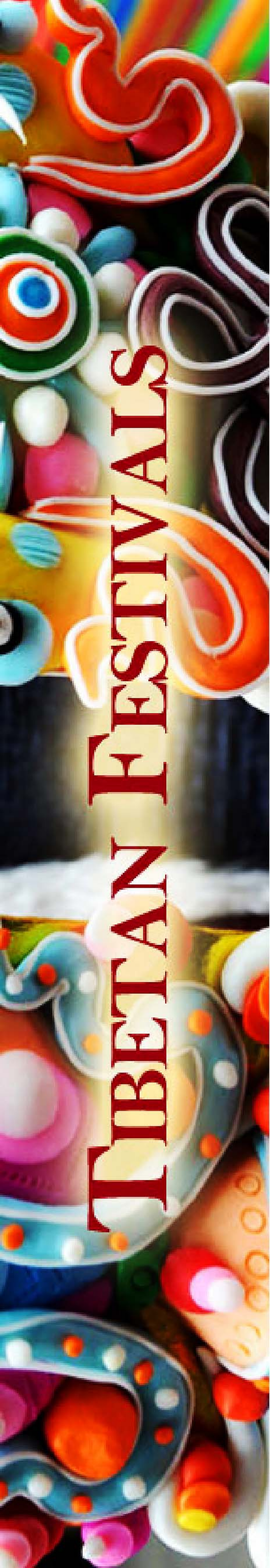


Drepung means “Heap of Rice” and is one of the three great Gelug monasteries of Tibet. It is located about 5 kilometers from the Potala Palace, Situated at the foot of the Mountain Gambo Utse, Drepung Monastery used to be the living quarters of the Dalai Lamas before the reconstruction of the Potala Palace. It is also the largest monastery.

Lulang Forest



The Lulang Forest is at the Lulang town of Nyingchi county, 80 km from Sichuan-Tibet Highway. Lulang forest has lots of beautiful mountains and thick forests, avoiding pollution and noisy, and has the reputation as Southern Beauty of Tibet. Lulang is attractive in all year round, showing different looks in four seasons. Azalea plays a leading role in May and June; Green forests and meadow are shown in July and August; Snow white scene jumps into eyes from October. You can't help taking pictures.



Top Events



1. **Losar** (the Tibetan New Year), February
2. **Saga Dawa** (one of the biggest religious festivals), May
3. **Tashilhunpo Festival** (display the Thangka and Cham dancing), June
4. **Shoetun Festival** (Yogurt festival), August
5. **Nagchu Horse Festival** (horse racing festival), August





What currency is used in Tibet?

The currency used in Tibet is Renminbi (RMB). Foreign currencies can not be used directly. Foreign currencies may be converted into RMB at all banks, bank branches or hotels at the exchange rate quoted on the foreign exchange marker on the day. The Bank of China in Tibet is the bank which specializes in handing money exchange. ATM is easy to find in Lhasa and Shigatse. Big restaurant and hotels accept International credit card.

What documents are a must if a foreign tourist intends to travel to Tibet?

You need to have a valid passport, a valid China visa and a Tibet travel permit (sometimes people call it Entry permit or TTB, or Tibet visa).

Do I need double/multi-entry visa if I come to Tibet from China mainland and return China mainland after the trip?

No, because Tibet is an integral part of China, if one enters Tibet from other cities in mainland China and vice versa, only a single entry visa is required.

When is the best time to visit Tibet?

The best time to visit Tibet is from early May to late October. Because first of all the Tibet weather would not be harsh, and secondly it is best time to visit Mt. Everest Base Camp.

What should tourists take if they plan to travel to Tibet?

For the clothing, we suggest casual attire style and layered clothing. In day time you may need only a T-shirt or at most a jacket, but at night you may need a coat. Down coat is necessary if you go beyond Lhasa and Shigatse to remote areas, the Everest Camp or further to Mt. Kailash. Sun glasses, sun blocking cream, moisture cream are very necessary to be in your packing list.

What is Tibet Travel Permit? What do I need to do to obtain the Tibet Travel Permit?

Tibet Travel Permit is the official document that allows foreign travellers to enter Tibet. It is granted by the Tibet Tourism Bureau. Tibet Travel Permit sometimes is also called Tibet Entry Permit or TTB permit. You need to provide us with the high quality scanned copies of your passport and Chinese visa, and the following information as well. Then Tibet Vista can help you apply for the TTP. For detailed information, you may find it on Tibet Vista's website:

<http://www.tibettravel.org/tibet-travel-permit/tibet-permits.html>





What vehicle is used in Tibet?

If the tour is mainly around Lhasa, you are suggested to use minivan as the road condition around Lhasa is pretty good, and the minivan costs less as well. If the tour is covering some places with bad road condition and long distance to reach, we are offering 4WD off road vehicles.

Do I have to worry about Altitude Sickness?

The effect of altitude sickness on tourists varies. There is no need to be panic about it. Some advice may help you minimize altitude sickness: a. drink more water to avoid dehydration as a result of low air humidity on plateau. b. Walk or move slowly for better acclimatization after your arrival in Lhasa. c. Bring some altitude sickness medicine as a precaution. (such as Acetazolamide) d. Avoid over-hot water shower e. Keep doing exercise like jogging, swimming and cycling before heading to Tibet, etc.



Tibet Vista usually charges 20-50% of local tour fee as deposit. If your tour package includes train tickets or air tickets, you are kindly required to pay 100% of train fare or air fare additionally. As regards to the rest of your tour fee, you can pay one month in advanced or pay in Lhasa before your tour starts.

Ways of Payment



- 1) Tibet Vista accepts Only USD for wire transfer (Pos machine)
- 2) Tibet Vista accepts online credit card payment or cash payment in Lhasa,(4% banking commission included)
- 3) Payment via Paypal also involves 4% bank commission.

Booking & Payment

Tibet Vista started its e-business from 2005, and is one of the most important departments of CITS Shigatse Travel (China International Travel Service Tibet Shigatse) which started Tibet inbound tourism business since 1984 when Tibet was open to the world for the first time in its history. After more than 30 years' development under several generations' efforts, the company gained great reputation in local Tibet, mainland China and the rest of the world. Now, the number of tourists Tibet Vista served has so far surpassed 6,000. Not only do they come from online bookings of International travellers but from recommendations of prestigious travel agency partners such as Lion Travel, TUI Travel, Stanford Travel.



Team Member

Consisting of more than 50 staff, the Lhasa-based team offers tourists accommodation, tickets and permits application of all kinds as well as professional guide, drive service, etc. In this way, tourists will be informed with the latest travel information and advice, timely quotation and flexible itinerary.

To back up the colleagues in Lhasa, Tibet Vista is reinforced by a contingent of 15 staff in Chengdu, offering online tour advisory service. The Chengdu-based team is one of the best in the field of Tibet tourism, 80% of whom have college degree and even above. Two used to study abroad.