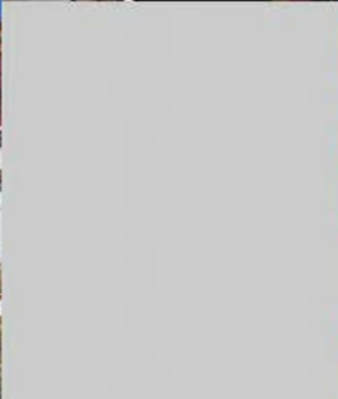


FOR YOUR MEMORABLE
Tibet Travel Experiences



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!

Tourist Transportation Map of Tibet Autonomous Region of PRC



Tibet Vista

Tibet Vista started its e-business from 2005, and was one of the E-businesses of CITS Shigatse Travel (China International Travel Service Shigatse, Tibet) which started Tibet inbound tourism business since 1984 when Tibet was open to the world for the first time in 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 from all over the world.



Our excellent team of travel consultants

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 of them used to study abroad.

Provide High-quality Local Tour Service & Best-selling Travel Routes

As the online business of CITS Shigatse Tibet, Tibet Vista keeps focusing on running Tibet inbound tourism (including Taiwan) and more than 10 years of tour operation experience qualifies Tibet Vista for organizing and accommodating diverse tour groups. Our world-wide clients including tourists and travel agencies have mounted quickly in recent years, and we appreciate their trust to choose us as tour operators in Tibet.

With the great responsibility, professional know-how and passion of innovation, Tibet Vista endeavors to provide clients with experience beyond their expectation, and tourist friendly service. To our business partners, we can always provide competitive and profitable travel products and ideas, and strive to bring constant profits and benefits to them.

Meanwhile, We keeps attempting to take different challenge and accumulating much practical experience on operating challenging adventurers. Now, Tibet Vista stands out at the top level among local tour operators in Tibet that can efficiently organize various tour groups, ranging from ordinary sightseeing, to trekking, cycling, adventure, etc.

What can we do ?



Join-in Tours at Fixed Departure

The Fixed Departure tours cover most popular destinations, including Mt. Everest, Namtso Lake, Shigatse, Sino-Nepal Highway, etc. Foreign tourists can join in one of groups with a reasonable price on fixed schedule. Currently, we are a leading travel operator with the superb service and frequent group schedules as many as 10-15 a month.



Trekking, Mountaineering

Our team has experienced trekking and mountaineering staff including guide, cook and coordinators who are familiar with various trekking and tourist-level mountaineering routes, and also skillful at how to work in harsh environment. We also work with Tibet Mountaineering Association on some difficult-level activities.



Cycling

We have rich experience in organizing long-distance cycling tour for big groups, including Qinghai-Tibet cycling tour, Sino-Nepal cycling tour, Xinjiang-Tibet cycling tour. We are able to provide a set of professional back-up service to support the long distance journey.



Motorcycle and Self-Driving

We can arrange road trip adventures for cyclists, motorcyclists and Self-Driving tourists. We are able to deal with government permits for Self-Driving groups to travel in China, and offer guiding, sightseeing, backup support service at client's request.



Please scan the QR code for more information about Tibet Vista.

Customized Tour

We make customized itineraries and travel service based on tourists' special requirements through effective communication with clients.



Meet
Our
Tour
Guides

Lobsang Tsering(Lotse)



Lotse has 8-year 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.



Norbu

Helpful, knowledgeable, considerate, experienced and professional, Norbu has 15 years' guiding experience and loves to share stories of every lofty mountains and sacred lakes and holy Buddhist monasteries of Tibet to tourists.



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.



Please scan QR code for more guides in Tibet Vista



pick up tourists at airport



cozy accommodation



tasty dishes



small group, detailed explanation, friendly company

Travel
Pleasuring

Small Group

Tibet Vista ingeniously initiated Small Group Tour, which enables tourists travelling in Lhasa to participate in 4-15 days tour packages.

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

Discover Big Savings

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, Tibet Vista will guarantee the departure even if there are only few travelers in a group.

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 travelling 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. Only few travelers in a group.

Small Group around 12 People to Guarantee an Enjoyable Trip

It's the perfect size for travel if a group consists of around 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

Code	Tours	Price fr.(p.p)
[SG001A]	8 Days Lhasa to Everest Base Camp Small Group Tour	850 US\$
[SG002A]	7 Days Lhasa to Kathmandu Overland Small Group Tour	950 US\$
[SG006A]	8 Days Central Tibet and Namtso Small Group Tour	940 US\$
[SG001B]	10 Days Lhasa to Everest Base Camp and Namtso Lake Small Group Tour	1180 US\$
[TGT016]	15 Days Kailash and Manasarova Tour	1780 US\$

**The prices above are used for reference in 2016-2017. For the further inquiry, please send an **

E-mail: inquiry@tibettravel.org

8 Days Lhasa to Everest Base Camp Small Group Tour fr. USD850 p.p.

(SG001A) Lhasa - Gyantse - Shigatse - Everest Base Camp - Lhasa

Overview

This is the best-selling tour to Mt. Everest. Tour starts in Lhasa, the capital city of Tibet and travelling westwards to Shigatse, the seat of Pamchan Lama, going through the Yamdrotso Lake, Karola Glacier and Gyantse old town. Then travel to Everest Base Camp, the highest place tourists can reach on the planet and you can have a close view of the highest mountain in the world and also enjoy the panoramic view of fabulous Himalaya Mountain Range.

Brief Itinerary

Day 1 Arrival in Lhasa (3650m)

Day 2 Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street

Day 3 Lhasa Tour - Drepung monastery, Sera monastery

Day 4 Lhasa (3650m) to Shigatse (3900m)

Day 5 Shigatse (3900m) to Everest Base Camp(5200m)

Day 6 EBC (5200m) and return to Shigatse (3900m)

Day 7 Shigatse (3900m) to Lhasa (3650m)

Day 8 Depart from Lhasa



7Days Lhasa to Kathmandu Overland Small Group Tour fr. USD950 p.p

(SG002A) Lhasa - Gyantse - Shigatse - Everest Base Camp - Kathmandu

Overview

This 7-day overland tour from Lhasa to Kathmandu follows the Sino-Nepal highway, which offers you amazing views of the Himalaya and the picturesque Tibetan countryside. The visit to the old cities: Lhasa, Gyantse and Shigatse, will give you a complete impression of Tibet's religion, cultural treasures, and dreamlike landscape.

The highlighted trip to Everest Base Camp en route will be a life-time memory to overcome yourself and get higher to the top of the world.



Brief Itinerary

Day 1 Arrival in Lhasa

Day 2 Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street

Day 3 Lhasa tour - Drepung Monastery, Sera Monastery

Day 4 Lhasa (3650m) to Shigatse(3900m)

Day 5 Shigatse(3900m) to Everest(5200m) via Tingri

Day 6 Everest(5200m) to Old Tingri (4300m)

Day 7 Old Tingri(4300m) to Kathmandu via Zhangmu or Gyirong Port

10 Days Lhasa to Everest Base Camp and Namtso Lake Small Group Tour fr.USD1180 p.p

(SG001B) Lhasa - Gyantse - Shigatse - Mt. Everest - Namtso – Lhasa

Overview

This is one of the best itineraries that cover all the Lhasa main tourist sites like Potala Palace, Jokhang Temple, Barkhor street, Drepung and Sera monastery with Gyantse Kumbum and Shigatse Tashi Lhunpho monastery. Tourists can see much natural scenery like beautiful sacred lake Yamdrok tso, Lake Namtso, Karo glacier, and beautiful views of Mt. Everest, the highest mountain in the world. Its surrealistic beauty will take your breath away in no time.



Brief Itinerary

Day 1 Arrival in Lhasa (3650m)

Day 2 Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street

Day 3 Lhasa Tour - Drepung monastery, Sera monastery

Day 4 Lhasa (3650m) to Shigatse (3900m)

Day 5 Shigatse (3900m) to Everest Base Camp(5200m)

Day 6 EBC (5200m) and return to Shigatse (3900m)

Day 7 Shigatse (3900m) to Lhasa (3650m)

Day 8 Lhasa to Namtso Lake (250km, 5 hours)

Day 9 Namtso Lake to Lhasa (250km, 5 hours)

Day 10 Depart from Lhasa



8 Days Central Tibet and Namtso Small Group Tour fr. USD940 p.p.

(SG006A) Lhasa - Lake Namtso - Gyantse - Shigatse - Lhasa

Overview

This itinerary offers the epitome of Tibet with some of the most impressive attractions: Potala Palaces, Jokhang temples, Drepung and Sera monastery, snow-capped Mt. Nyenchen thanglha and holy lakes Yamdrok , real Tibetan villages and nomads. Lhasa is one of the highest cities in the world (3600 m), the world's highest salt lake Namtso. Besides, tourists will also visit the mystical Buddhist monasteries of the Kumbum stupa in Gyantse, tashi lhunpho monastery in Shigatse.

Brief Itinerary

Day 1 Arrive in Lhasa(3650m)

Day 2 Lhasa tour - Potala Palace, Jokhang Temple, Barkhor Street

Day 3 Lhasa tour - Drepung Monastery, Sera Monastery

Day 4 Lhasa(3650m)-Namtso Lake(4718m) via Nyenchen Thanglha Ranges

Day 5 Namtso(4718m) - Lhasa(3650m) via Yangpachen hot spring

Day 6 Lhasa - Shigatse(3900m) via Yamdro Lake, Karo Glacier, Gyantse

Day 7 Shigatse (3900m) - Lhasa (3650m) with Tashi Lhunpho Monastery

Day 8 Depart from Lhasa

15 Days Kailash and Manasarova Tour

fr.USD1780 p.p

(TGT016) Lhasa - Gyantse - Shigatse - Mt. Everest - Lake Manasarova - Mt. Kailash Tour

Overview

Mt. Kailash is recognized as the lofty mountain in the world, and the center of the world by Hinduism, Tibetan Buddhism, Bon - native religion in Tibet and Jainism. At 6656 meters above sea level, Mt. Kailash, shaped like a pyramid, is the main peak of Gangdise Range with symmetrical sides. Historically, there used to have many Chinese and foreign monks preaching in there. Thus, it became the center of worship for four sects a long time ago, including Buddhism, Hinduism, Jainism and Bon, which is also the Mount Olympus in the east, a fascinated place for tens of thousands pilgrims of china, India and Nepal.

Brief Itinerary

- Day 1 Lhasa Arrival
- Day 2-3 Lhasa Sightseeing
- Day 4 Lhasa - Yamdrotso Lake - Shigatse (10 hrs, 370km)
- Day 5 Shigatse - Sakya - Tingri (10hr, 290km)
- Day 6 Tingri to Rongbuk Monastery and Everest Base Camp (3 hrs, 90km)
- Day 7 Rongphu Monastery - Everest Base Camp - Saga (13hrs, 460km)
- Day 8 Saga to Lake Manasarova to Darchen(14hrs, 550km)
- Day 9 Trek Day One - Darchen to Drirapuk (6.5 hrs, 11km)
- Day10 Trek day two - Drirapuk to Dzultripuk (22km, 12 hours)
- Day11 Trek day three- Dzultripuk to Darchen (11km, 7hours)
- Day12 Drive from Darchen to Saga (530Km, 14 hours)
- Day13-14 Saga to Shigatse to Lhasa (2 days, 750km)
- Day15 End the tour, Airport drop off.



Qinghai-Tibet Railway



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



Facts about Qinghai-Tibet Railway

* 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



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	54:1 hours	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.



soft sleeper cabin



hard sleeper cabin



hard seat carriage

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.

Riding High to Lhasa

Specialized railroad construction techniques keep the permafrost beneath the Qinghai-Tibet line from thawing. Customized cars supply passengers with extra oxygen and are fortified against the harsh conditions of the Tibetan plateau - 0.7%

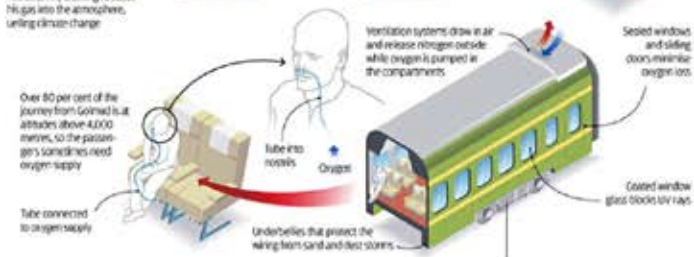
- Ballast construction
- Police features



The Sky Train



Amount of the greenhouse gas methane. Any flowing releases this gas into the atmosphere, using climate change.



Oxygen Outlet

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



Water



Sink



Toilet

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.

Classic Tibet Tours ▶

No.1: Explore Himalayan Region

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

Potala palace and Jokhang temple during the first day

Day 3 Lhasa Day Tour

Norbu Lingkha palace and Sera monastery in the afternoon

Day 4 Lhasa to Shigatse

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

Day 5 Shigatse 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 Shigatse to Lhasa

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

Day 8 see tourists off at airport/train station



No.2: The Cultural and Scenic Tour of Tibet

9 Days: Lhasa - Tsedang - 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 Potala palace and Jokhang temple during the first day.

Day 3 Lhasa sightseeing

Visit Norbu Lingkha palace, Sera monastery in the afternoon.

Day 4 Lhasa to Tsedang

On the way visit Yarlung Valley, Samye monastery. Sleep at Tsedang

Day 5 Tsedang sightseeing

Visit Yunpo Lhakhang and Trandruk at Tsedang (3560m)

Day 6 Tsedang 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(5320m) 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 – Tsedang – Lhasa

Day 1 Arrival in Lhasa

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

Day 2 Lhasa sightseeing

Potala palace and Jokhang temple during the first day.

Day 3 Lhasa sightseeing

NorbuLingkha palace, Sera monastery in the afternoon.

Day 4 Lhasa to Nyingchi

Pass Mila pass(5100m) Visit Drak sum lake(3700m)

Day 5 One day sightseeing around Nyingtri

Huge cypress forest and Lulong forest area will view Nanjiabawa(7787m)

Day 6 Nyingtri to Tsedang

Miling county(2900m), Lang county(3700m), Gyatsa county(3200m), Tsedang(3560m)

Day 7 Tsedang to Samye Monastery

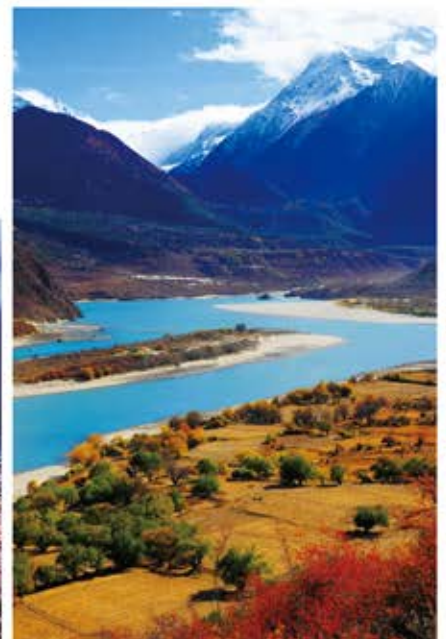
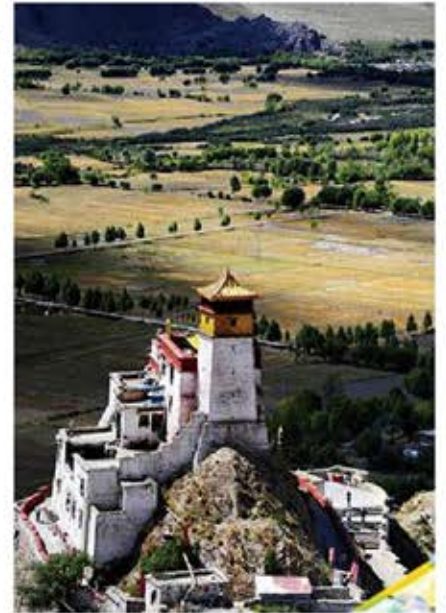
Pass Yarlung Valley, Samye Monaster(3600m). Sleep at Tsedang

Day 8 Tsedang sightseeing

Visit Yumphu Lhakhang and Trandruk at Tsedang (3560m)

Day 9 See tourists off at airport

Drive from Tsedang to Lhasa airport



10 Days: Lhasa-Gyantse-Shigatse-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

Potala palace and Jokhang Temple during the first day.

Day 3 Lhasa sightseeing

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 Shigatse 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 Shigatse to Namtso Lake

Tourists will passe, 1st Margyen La(4850m), 2nd Shupa La(5320m) 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)

Day10 See tourists off at airport/train station

No.04

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, Gyantse 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 Nyainqentanglha Mountains



Lhasa-Gyantse-Shigatse -Saga-Lake Manasavora -Mt.Kailash

Day 1 Arrival in Lhasa

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

Day 2 Lhasa sightseeing

Potala palace and Jokhang Temple during the first day.

Day 3 Lhasa sightseeing

Norbu Lingkha palace, Sera Monastery in the afternoon.

Day 4 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

Shigatse, 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

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

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

Day 12 Darchen to Saga

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

Day 13 Saga to Shigatse

Drive from Saga to Shigatse, Sangsang, can view a lake, Ngamring county and Lhatse

Day 14 Shigatse to Lhasa

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

Day 15 See tourists off at Airport

No.05

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.



Lhasa-Gyantse-Shigatse -EBC-Saga-Lake Manasavora-Kailash-Guge



Day 1 arrival in Lhasa

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

Day 2 Lhasa sightseeing

Potala Palace and Jokhang Temple during the first day.

Day 3 Lhasa sightseeing

Norbu Lingkha palace, Sera Monastery in the afternoon.

Day 4 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

Day10 -----Kora-----

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

Day11 -----Kora-----

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

Day12 -----Kora-----

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

Day13 Darchen - Guge kingdom

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

Day14 Darchen to Saga

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

Day15 Saga to Shigatse

Drive from Saga to Shigatse, Sangsang, can view a lake, Ngamring county and Lhatse

Day16 Shigatse to Lhasa

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

Day17 see tourists off at airport or train station



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 (45km 2-3 days)

① 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 Tsoptup 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 Tsoptup Lake. Then cross the Tsoptup Chu river and camp there.

Day 7 Trek Tsoptup Chu Valley to Herdmen'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

② Tsurphu to Yangpachen trek (60 km, 3-4 days);

Fantastic trek to see Tibetan herdsmen and their semi-nomadic life.

During this trek, you will enjoy the alpine tundra and sweeping mountain panoramas. With a 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 4 Drive from Lhasa to Tsurphu Monastery

Day 5 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 6 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 7 Trek Bartso to Dorje Ling Nunnery

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

Day 8 Trek Dorje Ling Nunnery to Yangpachen Monastery and Hot springs then Namtso Lake

Trek 14km, takes about 4 hours. Trek along the Nyango Chu River, head to Yangpachen Monastery and overlooks part of the Trans-Himalaya range.

Day 9 Namtso Lake to Lhasa

Day 10 Departure from Lhasa



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

Trek between 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 4 Drive from Lhasa to Gyantse

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

Day 5 Gyantse to Shalu Monastery

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

Day 6 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 7 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 8 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 9 Nartang Monastery to Lhasa

Day 10 Departure from Lhasa





4

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

Trek to the north Face 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 4 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 5 Drive Shigatse to Old Tingri

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

Day 6 Trek from Old Tingri to Lungthang

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

Day 7 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 (5150m) and continue trek to Drokpa (4860 m) encampment below Lamna La.

Day 8 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 9 Trek Zommug to Rongbuk (4980m) and EBC (5100m)

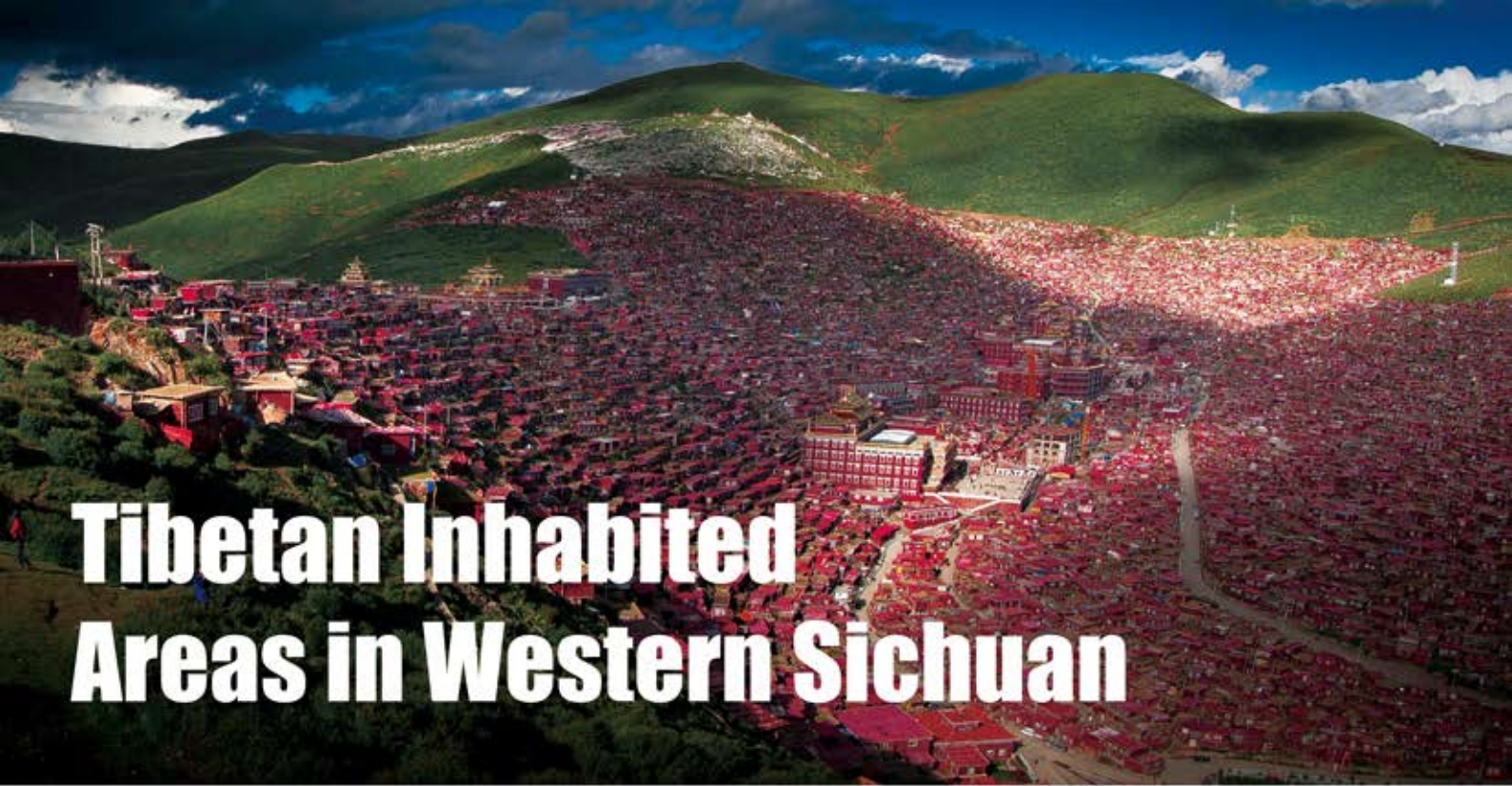
On our last day of trekking we will wind our way to the final destination.Trek along Drakaa Chu River to Rongbuk Monastery and Everest Base Camp (5200m).

Day 10 EBC to Shigatse (or go west to leave Tibet to Nepal)

Day 11 Shigatse to Lhasa

Day 12 Leave Lhasa





Tibetan Inhabited Areas in Western Sichuan

6 Days Classic Sichuan Tour

(Chengdu, Leshan, Emei, Jiuzhaigou, Huanglong) [SG006]

Trip Overview

This Sichuan vacation package traverses the best of the land's diverse landscapes and culture for an ultimate travel adventure. On this trip, tourists will explore the world's tallest Buddha and one of China's four most famous Buddhist mountains - Emei Shan to appreciate its fabulous forested mountain scenery, ramshackle wooden temples and spiritual Buddhism. Admire the awe-inspiring UNESCO World Heritage Sites of Jiuzhaigou and Huanglong National Parks.



Brief Itinerary

- Day 1 Chengdu Arrival
- Day 2 Chengdu – Leshan – Mt. Emei
- Day 3 Emeishan – Chengdu
- Day 4 Chengdu – Huanglong - Jiuzhaigou
- Day 5 Jiuzhaigou National Park Tour
- Day 6 Jiuzhaigou Departure



8 Days Mt.Siguniang, Hailuogou Kangding Danba Tour [SG0010]

Trip Overview

Enjoy the “king of Shu Mountains” Gonggar Glacier, beautiful Tagong grassland and to the East Alpine-Mt. Siguniang, visit the lovely Giant Pandas at Wolong Nature reserve

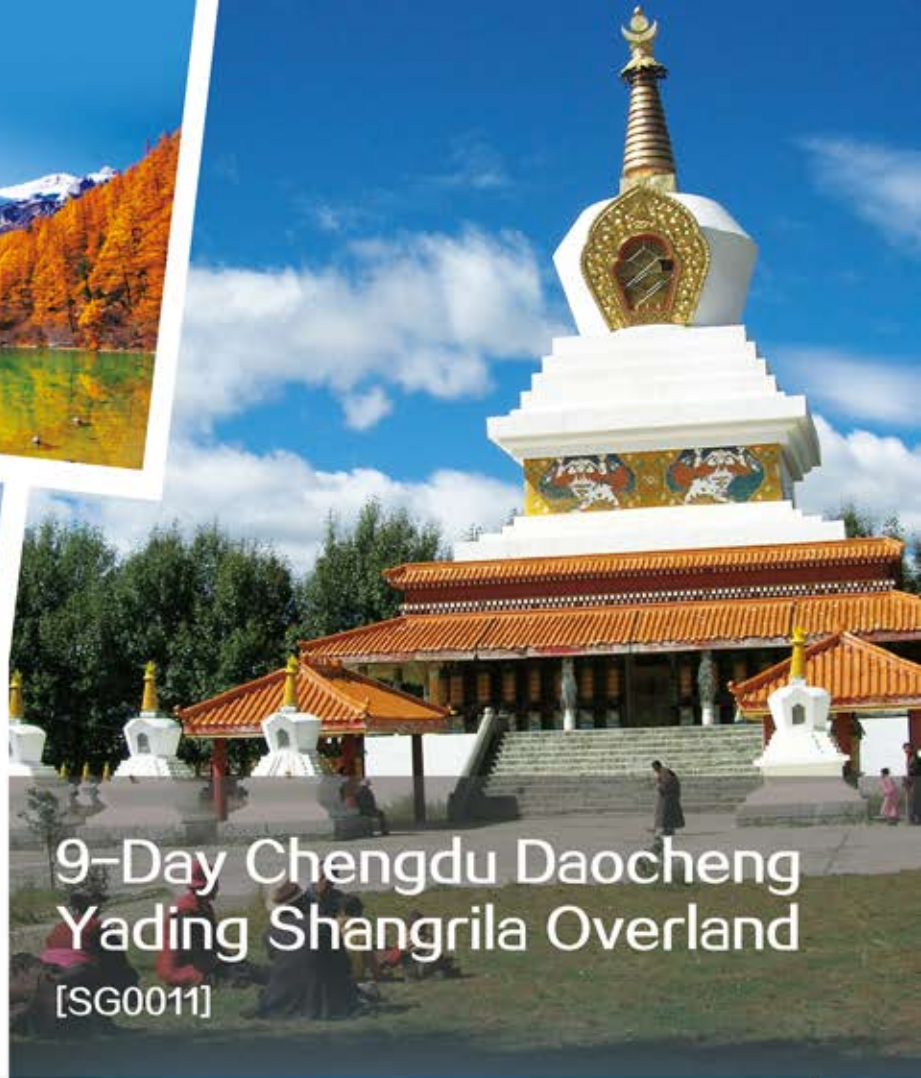
Highlights

- Hailuogou Glacier Park:Hailuo Gou is the biggest glacier park in China.
- Gongga Mountain: It’s also called as “the King of the mountains”, is the 11th highest mountains in the world and the highest one in Sichuan Province
- Kangding Lhagang(Tagong) grassland: a vast expanse of green meadow surrounded by snow-capped peaks and dotted with Tibetan herdsman and tents.
- Mt. Four Girls (Mt. Siguniang): is famous for its grandness, straightness and forcefulness. There are abundant forest, thick green grass and clear flowing rivers.

Brief Itinerary

- Day 1 Arrival at Chengdu
- Day 2 Chengdu-Hailuogou
- Day 3 Hailuogou Glacier-Kangding
- Day 4 Kangding-Tagong Grassland-Danba
- Day 5 Danba
- Day 6 Sightseeing of Mt. Siguniang
- Day 7 Rilong-Wolong-Chengdu
- Day 8 Chengdu airport dropping off





9-Day Chengdu Daocheng Yading Shangri-La Overland [SG0011]

○ Trip Overview

Daocheng Yading Natural Reserve is noted as "the Last Shangri-La" and "the Last Pure Land on the Blue Planet" for unique original natural sceneries, a number of snow-capped mountains, glacier-red lakes, and forested valleys. On the 9-day tour, tourists will visit the paradise of photographers, i.e Xinduqiao, drive on the beautiful Tagong Grassland, and see different Tibetan people and unique ancient Diaolou in Danba.

○ Brief Itinerary

Day 1 Chengdu Arrival

Day 2 Chengdu - Ya'an - Kangding - Xinduqiao

Day 3 Xinduqiao - Yajiang - Litang - Daocheng

Day 4 Daocheng - Riwa Township - Yading National Park - Yading Village

Day 5 Yading Village - Luorong Pasture – Colored sea, Milk Sea(trekking or riding) -Daocheng

Day 6 Daocheng - Xiangchen - Derong

Day 7 Derong- Feilai Temple –Meiri Snow Mountain

Day 8 Meiri Snow Mountain - Shangri-La

Day 9 Shangri-La-Tiger Leaping Gorge-Lijiang

16 Days Tour in Kham Tibetan Dwelling Areas of Western Sichuan [SG0015]

Trip Overview

Sichuan Ganzi Tibetan area is a large highland area boarding Tibetan Autonomous Region. The unique geographic location produces the amazingly beautiful landscape. The chains of snow-capped mountains, the crystal clear highland lakes, the almost non-commercialized Tibetan people...All of these will definitely impress you by a totally different experience all of your life.

Brief Itinerary

- Day 1 Chengdu Arrival
- Day 2 Chengdu sightseeing
- Day 3 Chengdu / Rilong
- Day 4 Changping Valley sightseeing of Mt.Siguniang
- Day 5 Rilong / Danba / Tagong
- Day 6 Tagong / Daofu / Luhuo / Ganzi
- Day 7 Ganzi
- Day 8 Ganzi / Manigange / Yulong Tsola(Xinlu hai) / Derge
- Day 9 Derge / Baiyu (Paryuel)
- Day 10 Baiyu
- Day 11 Baiyu / Ganzi
- Day 12 Ganzi / Xinlong / Litang
- Day 13 Litang
- Day 14 Litang / Xinduqiao / Kangding
- Day 15 Kangding / Chengdu
- Day 16 Chengdu airport dropping off





Hotels in Tibet

The categories of hotels in Tibet vary from place to place. In major cities or counties like Lhasa, Gyantse, Nagqu, Nyingtri, Tsedang, etc, the accommodation facilities offer tourists an variety of choice, from youth hostels to 4 or 5 star hotels.

To meet the need of luxury tour, several internationally-recognized luxury hotels like Shangri-La hotel , St. Regis have recently been built one after another in Lhasa. While in relatively remote regions like Ali (Ngari prefecture), tourists can only have basic accommodation, a single room with a bed and less clean sheet.

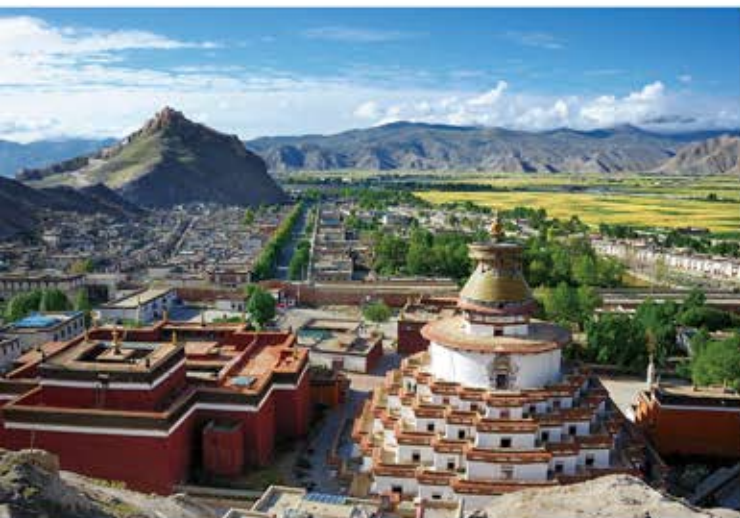


The following hotels are frequently used by Tibet Vista for tourist accommodation. The majority of hotels offer English-speaking service and serve breakfast and western food.

NO.	Hotel Names	Places	Rate
1	Luxury St. Regis Lhasa Resort	Lhasa	5star
2	Luxury Shangri-La hotel Lhasa	Lhasa	5star
3	Intercontinental Lhasa Paradise	Lhasa	5star
4	Four Points Sheraton Hotel	Lhasa	4star
5	Lhasa Kyichu Hotel	Lhasa	4star
6	Lhasa Gang Gyan Hotel	Lhasa	4star
7	Lhasa Thangka Hotel	Lhasa	4star
8	Lhasa Yak Hotel	Lhasa	3star
9	Lhasa New Mandala Hotel	Lhasa	3star
10	Qiaomulangzong	Shigatse	4star
11	Tashi Chotar Grand Hotel	Shigatse	4star
12	Shigatse Zang Ba hotel	Shigatse	3star
13	Gyantse Hotel	Gyantse	3star
14	Snow Leopard Guest House	Tingri	1star
15	Zhangmu Caiyuan Hotel	Zhang mu	2star
16	Zhangmu Hotel	Zhang mu	2star
17	Tingri Qomolangma Hotel	Belbar	1star
18	E.B.C Tibetan Tent Guest House	E.B.C	/
19	Yarlung River Hotel	Tsethang	4star
20	Tsedang Hotel	Tsethang	3star
21	Tsedang Yulong Holiday Hotel	Tsethang	3star
22	Nyingchi Shangbala Hotel	Nyingchi	4star
23	Chongqing Cygnet Hotel in Nyingchi	Nyingchi	4star
24	Nyingchi Shanshui Hotel	Nyingchi	3star
25	Saga Hotel, Shigatse	Nga-ri	/
26	Yang-tso Guesthouse in Hor Qu	Nga-ri	/
27	Purang Guesthouse in Hor Qu	Purang	/
28	A Grand Hotel Near M.T Kailash	Kailash	/



Top13 Tourist Attractions



Sakya Monastery

Basum Tso Lake

Lake Namtso

Sera Monastery

Jokhang Temple

Potala Palace

Samye Monastery

Lake Manasarover

Tashi Lhunphu monastery

Mt. Kailash

Drepung Monastery

Ganden Monastery

Everest Base Camp

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.

Potala Palace



Jokhang Temple



Jokhang Temple which 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



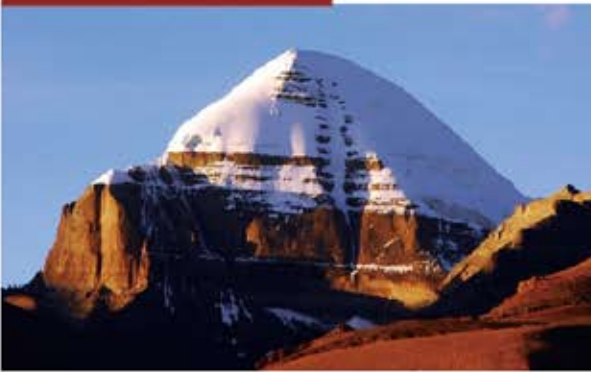
Everest Base Camp, first used by the 1924 British Everest expedition, is a small flat piece of land in front of the north face of Mount Everest. It is at an altitude of 5200m and many people might experience difficulties with the high altitude. Located at the border between China and Nepal, Mt. Qomolangma, 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 Rongbuk 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, also known as "Gang Rinpoche" or "Precious Mountain" described by Tibetans, 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 Gangdise 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 Mansarovar

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

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 Monastery

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.



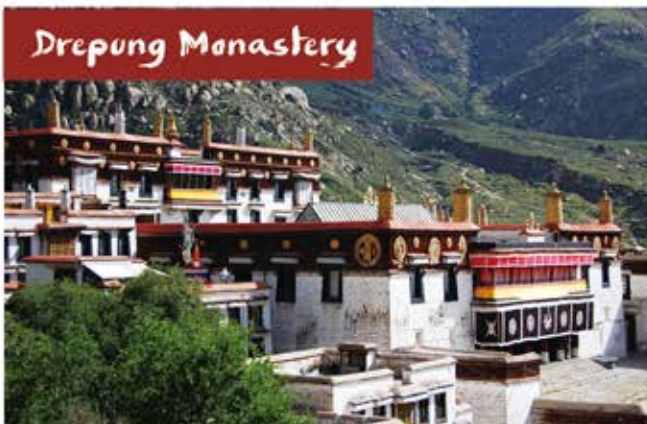


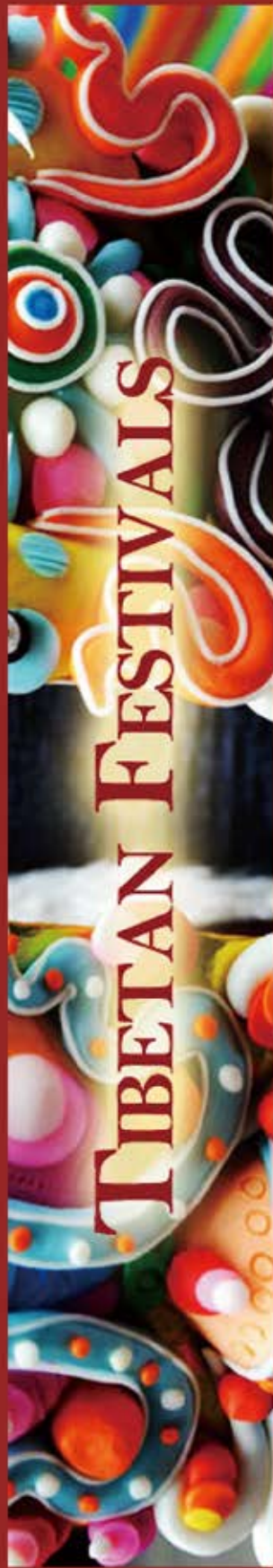
Founded by the 1st dalai lama in 1447, Tashilhunpo monastery means “heap of Glory”. It is historically and culturally important, and is located at the foot of Dolma ri (Tara’s mountain) in Shigatse. Later, Tashilhunpo Monastery became the traditional seat of successive the great Panchen Lamas, the second 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.





Tibetan Festival Tours

(top 5 festivals)

- Feb. 5 Days Tibet New Year Festival Tour

Overview

Travel to Tibet during Tibetan New Year(also known as Losar), the most important festival for Tibetans, tourists will join locals' family, and eat traditional food such as "Gutu", i.e. dough drops, visit monasteries, and circle around religious sites. During the festival, people celebrate by some ancient ceremonies which represent the struggle between good and evil, dancing, singing, and merrymaking. Lamas are chanting and passing fire torches through the crowds to exorcise the evil spirits. The entire celebration is expected to last 15 days. As the Losar is celebrated in winter, when there will be no too many crowds. So, it's a great chance to join in some events and you will have ample time to experience various aspects of New Year celebration, like praying in monastery, and circling religious route with your tour guide.

Day 1 Arrive in Lhasa

Day 2 Lhasa Tour - Potola Palace, Jokhang Temple and Barkhor Street

Day 3 Lhasa Tour - Norbulingka, Drepung Monastery and Sera Monastery

Day 4 Ganden Monastery and Wetland Wild Birds

Day 5 Departure from Lhasa





• **May 15 Days Tour Kailash in Saga Dawa Festival**

(TFT006) Lhasa - Shigatse - EBC - Saga - Lake Manasarovar and Mt. Kailash - Zhangmu - Kathmandu

Overview

The festival of Saga Dawa marks the enlightenment of Sakyamuni, and occurs on the full moon day of the fourth Tibetan month. The festival is expected to last a month, during which a sizable number of pilgrims will turn out to celebrate it by staging various religious events, the most attractive of which is the circling around Mt. Kailash for worship. And this event is the most sacred way to show their deepest respect to Buddhism. At that time, not only can you see solemn Buddhist activities like chanting, dancing and playing religious instruments, and worship, etc. Tourists may have a chance to watch the Kailash Kora (circling around religious sites) and join Tibetans to pray, offer tips to the poor, and tour monasteries, etc.

Brief Itinerary

- Day 1 Arrive in Lhasa
- Day 2 Lhasa Tour - Potala Place, Johkang Temple and Barkor Street
- Day 3 Lhasa Tour - Drepung and Sera Monastery
- Day 4 Lhasa - Yamdrotso lake - Gyangtse
- Day 5 Gyantse - Shigatse - Sakya
- Day 6 Sakya - Rongbuk Monastery
- Day 7 Rongphu Monastery - Everest Base Camp - Saga
- Day 8 Move from Saga to Lake Manasarovar
- Day 9 Spend a day around Manasarovar lake, then to Darchen
- Day10 Trek to Drirapuk (Outer circuit) - 11km
- Day11 Trek to Dzultripuk - 22km
- Day12 Trek to Darchen - 11km
- Day13-14 Drive from Darchen to Zhangmu
- Day15 Zhangmu to Kathmandu



• **Jun. 8 Days Tashilhunpo Festival Tour to Lhasa, Gyantse, Shigatse, and Tsedang**

(TFT005) Lhasa - Gyantse - Shigatse - Tsedang

Overview

Tashilhunpo Festival, also known as Buddha Exhibition Festival in Tashilhunpo Monastery enjoys high popularity among local Tibetans and tourists. The festival lasts for three days in the middle of the fifth lunar Tibetan month. Events reach its climax with the unveiling of a huge four-storey-tall thangka (religious painting) on a tower behind the monastery. The itinerary centers around the Lhasa city and its surrounding scenic spots and tourists head to Tashilhunpo Monastery where you can participate various religious events that can only be seen during the big festival.

Brief Itinerary

- Day 1 Arrive in Lhasa
- Day 2 Lhasa Tour - Potala Place, Johkang Temple, Barkor Street
- Day 3 Lhasa Tour - Drepung and Sera Monastery
- Day 4 Lhasa - Gyantse - Shigatse
- Day 5 One Day Tour for Tashilunpo Festival
- Day 6 Shigatse - Samye - Tsedang
- Day 7 Tsedang Tour - Yambulakhang Palace and Tadruk Monastery
- Day 8 Departure from Tsedang

• Aug. 5 Days Shoton Festival Experience Tour

(TFT012) Lhasa

Overview

This Tibet festival tour will take you to experience the grandest festival to Tibetans - Shoton Festival. It starts on the last day of the sixth month in Tibetan Calendar and lasts for a few days. During this festival, tourists can see a lot of Lamas in Drepung Monastery spreading out the giant "Thanka" of Buddha, and performing wonderful Tibetan operas in Norbulingka. Monasteries will also hold various solemn chanting activities, and people throughout the city will turn out to worship holy monasteries and have lingka (lingka literally means picnic) in park or suburbs, which lasts for a week. Summer is also the best season in grassland, and never miss the Namtso Lake and Nagqu grassland, approximately 5 or 6 hours drive from Lhasa.



Brief Itinerary

Day 1 Arrive in Lhasa

Day 2 Watch Buddha Exhibition in Drepung Monastery and Tibetan Opera in Norbulingka

Day 3 Visit Jokhang Temple, Romoche Monastery and Sera Monastery and Barkhor

Day 4 Potala Palace, Namtso Lake and Grassland Day Tour

Day 5 Departure from Lhasa

• Aug. 8 Days Tibet Nagqu Horse Racing Festival Travel by Train,

(TFT006) Lhasa - Nagqu - Lhasa

Overview

Nagqu, 320 kms away from Lhasa, is known for its pasture and each year in the mid-August the Nagqu Horse Racing Festival will be held here. Nagqu Horse Racing Festival involves horse races, yak races, tugs of war, staging of Tibetan operas and trade fair ,etc. Not only is the festival for Tibetan nomads to compete physically and trade farm products but a rare chance for tourists to experience true lives of Tibet nomads.

Brief Itinerary

Day 1 Arrive in Lhasa

Day 2 Lhasa Tour - Potala Place, Johkang Temple, Barkor Street

Day 3 Lhasa Tour - Drepung and Sera Monastery

Day 4 Lhasa to Nagqu by Train (4hrs)

Day 5-6 Enjoy Nagqu Horse Racing Festival

Day 7 Nagqu to Lhasa by Train (4 hrs)

Day 8 Departure from Lhasa





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 handling 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:



Please scan QR code for detailed information about how to apply for Tibet Travel Permit.





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.

Internet Media that recommended Tibet Vista:



A Review of Tibet Vista's 8-Day Everest Base Camp Tour



By Sara Naumann
China Travel Expert

“

I would not hesitate to recommend anyone traveling to Tibet to book through Tibet Vista. I found their service to be very professional and as noted above, their on-site Tibet staff to be beyond excellent. It is of utmost importance that you use a professional agency. Tibet Vista is an excellent choice for visiting the TAR.

”



“

Johnny Ward, the Irish millionaire and travel blog phenom, decided to travel to Tibet, he googled and booked Tibetvista's service. He chose 6 days central Tibet culture tour from tibettravel.org and had 42-hour train ride from Chengdu to Lhasa in April, 2015. and had a wonderful time in Tibet with his mom accompanied by Lobsang Tsering, a seasoned tour of Tibetvista and later flew back from Lhasa to Chengdu. This classic tour took them to three biggest old cities: Lhasa, Gyantse and Shigatse, where they were impressed by Tibet's religion, cultural treasures, and dreamlike landscape. Check out his travelogue "How to Travel to Tibet" for detailed information.

”



Johnny Ward



Please scan QR code and check out how Johnny travels with Tibet Vista.



Our Clients' Comment on Tripadvisor.com



Please scan QR code for the latest comments about Tibet Vista on Tripadvisor



Marce M
Perth, Australia
Level 3 Contributor
18 reviews
12 attraction reviews
2 helpful votes

"Tibet tour-Lhasa and EBC"

Reviewed October 28, 2015 NEW

I wanted to travel from Chengdu in China to Lhasa in Tibet by train so I Googled this trip and came up with Tibet Vista. I made contact with them and Derek Wong replied to my email. From my first contact until our trip was finished the whole process went as smooth as clockwork with all my queries answered. Derek...

More

Helpful? 1 Thank Marce M

Report



Stannycusa
New York City, New York
Level 3 Contributor
2 reviews
2 helpful votes

"Amazing 8days Tibet Tour"

Reviewed October 25, 2015 NEW

We are very pleased and happy with this tour booked with Tibet Vista. Our organizer - Tony was very helpful and making sure we got everything ready like Tibet permits and all the paper works be prepared before we arrived in Lhasa, Tibet. Tibet is really a cool place to visit. This tour showed/look us to a lot of different...

More



See all photos

Helpful? 2 Thank Stannycusa

Report



mu1003ying
Singapore, Singapore
Level 1 Contributor
1 review
4 helpful votes

"Excellent Tibet trip with an amazing local guide"

Reviewed September 25, 2015

Admittedly I do not usually post reviews on trip advisor, though I always find trip advisor reviews extremely useful. My recent trip to Tibet with my family of 4 (including my 71 year old Dad, 65 year old Mum and my elder Sis), my Godparents (both in their 50s) and a traveling friend in his 30s has been so enjoyable!

More



Helpful? 4 Thank mu1003ying

Report



lkk1
Level 1 Contributor
3 reviews
2 helpful votes

"Thank you of led me see the Tibet Rainbow"

Reviewed October 6, 2015

Im very luckily last minute diverted our tibet group permit application to tibet vista agency from my previous travel agency due to lack of response from them. Tibet Vista organised well with successful clear all my relevant tibet travel document in short period. By the way,i would like to thanks Tibet Vista provided a good services especially their customer advisor...

More

Helpful? 2 Thank lkk1

Report



turnpike100
Bangkok, Thailand
Level 3 Contributor
9 reviews
6 helpful votes

"Challenging, rewarding Lhasa to Kailash trip"

Reviewed September 25, 2015

I was very pleased with the organization of the trip from initial inquiry to booking and working with the guided group. Chloe Xin was extremely helpful in clearing the way for China visa and Tibet permits. Our Tibetan guide Lobsang Tsering was very capable and inspired confidence; he handled the tricky Kailash part very well, attending to those who needed...

More



Helpful? 1 Thank turnpike100

Report



Yulia M
Moscow, Moscow City, Russia
Level 2 Contributor
5 reviews
5 helpful votes

"Best travel service for Tibet explorers!"

Reviewed October 8, 2015

I would express many thanks for absolutely professional and competent service the guys from tibet travel did! Our operator Cindy did a great work, she paid attention to all our requirements and was very kind and open-hearted! They helped with permit in a quite short time, replied to tonnes of my e-mails as fast as she could, gave me the...

More

Helpful? 3 Thank Yulia M

Report



Booking & Payment

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 advance or pay in Lhasa before your tour starts.

Ways of Payment



- 1) Tibet Vista accepts Only USD for wire transfer
- 2) Tibet Vista accepts online credit card payment, Paypal payment and Pos machine in Lhasa (4% banking commission is on clients)
- 3) Cash payment in Tibet.

About Tibet Vista

Tibet Vista is a Tibet-based travel agency that enjoys over 10-year professional experiences in handling foreign tourists travelling in Tibet. Over the past 10 years, we dedicated ourselves to optimizing Tibet travel with the idea of making memorable travel experiences for tourists and managed to serve more than 28,448 overseas tourists (til 6,30, 2015), covering world-wide individual travelers, families and groups. Our business focuses on Tibet travel with an extension to wider Tibetan regions like western Sichuan, southern Ganshu and Qinghai, and eastern Yunnan.

作为西藏本地的旅行社，Tibet Vista 拥有十多年运营国外游客入藏旅行的丰富经验。一直以来，Tibet Vista 秉持于为游客创造美好的旅行体验为宗旨，不断完善服务和开拓创新，至2015年6月底 Tibet Vista 已经为超过2万8千多海外赴藏旅行的游客提供服务。游客范围涵盖个人旅游者，家庭和旅行团。

Tibet Vista 业务定位为大西藏文化区旅游接待（西藏、四川、云南、甘肃、青海、尼泊尔、不丹）。



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Address:

Tibet: Jia Cuo NO3-070 Beijing Xi Lu, Lhasa

Chengdu: A-1108, No.33 of Gaohuaheng Street, Gaosheng Qiao, Chengdu

Tel: 86-28-85552138 86-891-6817201

Fax: 86-28-85544588

Email: Inquiry@tibettravel.org

Url: www.tibettravel.org