

## Culture & Heritage trip: Lhasa-Shigatse (6 Days/ 5 Nights)

### Lhasa-Yamdroktso-Shigatse-Lhasa

Finding a way in Tibet to have a better understanding of Tibetan culture, legacy & sightseeing trip.

Go and visit Tibetan people family. Enjoy the butter tea, tsampa and Tibetan barley wine to find out the natural Tibetan life.

The unique manufacturing process gives our customers a greater appreciation of the heirloom quality and value of their Ralo carpet.

Naturally made Tibetan Incense, hand roll Tibetan incense sticks, in their home cottage industries. With this, the virtuous ones will experience a higher form of existence and will have all their general and specific wishes fulfilled in their workshop.

#### Day 1: Lhasa



Morning flight to Lhasa, transfer to Lhasa in the afternoon. The guide will meet you at Konggar Airport, and transfer you to Lhasa city with about 1 hour's driving (100km). On the way, you'll get greeted by Nie Tang Buddha – a Buddha image engraved in the mountain face. After arrive in Lhasa, rest and acclimatize. Overnight in Lhasa.

#### Day 2: Lhasa



The first day of sightseeing starts from Lhasa's cardinal landmark- Potala Palace, a structure of massive portions. It takes at least a good 2-hour to visit those rooms, halls and chapels. Some 2 km to the east of the Potala is the most revered religious structure in Tibet – Jokhang Temple. Bustling with worshippers and redolent with mystery, the Jokhang is an unrivalled experience. The quadrangle of streets surrounding the Jokhang is the Barkhor- Lhasa's most interesting pilgrimage circuit. This area of the Old Town is both the spiritual heart of Lhasa and the main commercial district for Tibetans. Overnight in Lhasa (B)

#### Day 3: Lhasa



About 8km west of central Lhasa is the Drepung, once world's largest monastery with about 10,000 monks. This day's sightseeing begins with these white monastic buildings piled up on the hillside. Walking up to the hill is a pleasant thing, an easy break from the solemn ambience inside the halls and chapels. At the plateau of hillside, you can have very good views of the whole Lhasa city and the distant mountains. All Tibetan carpets have cotton "fringe" on the ends, this is the natural remaining ends of the weft threads once the carpet is cut off the loom. Since some customers prefer the look and practicality of a clean edge, the fringe is often folded underneath the rug, covered with a strip of canvas, and hand bound. Family visiting and dinner with them. Overnight in Lhasa. (B,D)

#### Day 4: Lhasa-Yamdroktso-Shigatse



Yamdroktso(4441m), one of Tibet's three holy lakes, is located 110km outside of Lhasa. Its mostly mountain road, winding and bumpy, even thrilling somewhat. After about 3 1/2 hours driving, climbing over the snow pass of Kambala(5030m), the dazzling Yamdroktso just lies several hundred meters below the road. Far in the distance is the huge massif of Mt. Nojin Kangtsang(7191m). Visit the Old Town of Shigatse after arrive, a great place to wander around: Nicely decorated Tibetan houses and interesting(B)

**Day 5: Shigatse-Lhasa**



Miles away from Shigatse, you can already see the gold tops of Tashilhunpo shining under the sun. While Tashilhunpo's magnificent outside leaves you gasp in admiration, the inside of this monastery introduces you more religious tranquility and sincerity. Tibetan Incense or Dhoop are handmade in the Himalayas according to traditional Tibetan recipes. The ancient art of making Tibetan incense is

the traditional masala method in which natural resins, flowers, spices, aromatic and medicinal herbs are blended with the natural glue to create these bamboo - less stick incense in accordance with the oldest Buddha recipes. Drive back Lhasa. Overnight in Lhasa (B)

**Day 6: Lhasa**



Pack your luggage and get ready for leaving. The guide will transfer you to the railway station. Say goodbye to Tibet and fly out. (B)

Visit Us: [TIB016](#)