

Tibet Lhasa & Potala Cultural Tour

Location: Central Tibet (U-Tsang) **Duration:** 7 Days **Max altitude:** 3,650 m (Lhasa) **Difficulty:** Easy

Group size: 2–10 travellers

Overview

Visit the Roof of the World on this classic Lhasa cultural tour. Marvel at the Potala Palace — winter residence of the Dalai Lama — explore the Jokhang Temple where pilgrims prostrate around Barkhor Square, and visit the great monasteries of Drepung and Sera where Tibetan Buddhist monks debate philosophy in afternoon courtyards. Then drive across the plateau to Gyantse and historic Shigatse.

Highlights

- Visit Potala Palace — UNESCO heritage
- Witness pilgrims at Jokhang Temple
- Watch monk debates at Sera Monastery
- Visit Tashilhunpo Monastery in Shigatse
- Cross the Khamba La pass with Yamdrok Lake views

Day-by-Day Itinerary

DAY 1 Arrival in Lhasa, rest & acclimatise

3,650 m. Easy first day.

DAY 2 Potala Palace & Jokhang Temple

Central Lhasa heritage.

DAY 3 Drepung & Sera Monasteries

Two of the great Gelug monasteries.

DAY 4 Drive Lhasa to Gyantse via Yamdrok Lake

Cross Khamba La pass (4,790 m).

DAY 5 Gyantse Kumbum & drive to Shigatse

Unique multi-storey stupa.

DAY 6 Tashilhunpo Monastery, drive to Lhasa

Seat of Panchen Lama.

DAY 7 Departure from Lhasa

Airport transfer.

What's Included

- ✓ Tibet entry permits
- ✓ Tibetan & English-speaking guide
- ✓ Private vehicle with driver
- ✓ 4-star Lhasa hotel
- ✓ Daily breakfast + cultural dinners
- ✓ All entry fees

What's Not Included

- ✗ International flights
- ✗ China visa
- ✗ Travel insurance
- ✗ Lunch & most dinners
- ✗ Tips

Travel Nepal • www.travelnepal.com • info@travelnepal.com • +977 1 4123456

This itinerary is indicative; final program is tailored to your dates and group.