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Tenzin Travel

4 Days Budget Group Tour Itinerary: Lhasa Tour

This Lhasa City Group Tour is a four-day **immersion into the cultural heart of Tibet** Lhasa, the capital of the Tibet autonomous region, **is** home to **some of the most revered** temples and monasteries **in the world**. **During** this tour, you will **delve into the rich cultural heritage** **of Lhasa**, **visiting the** Potala Palace, Jokhang Temple, Barkhor Street, Sera Monastery, and Drepung Monastery.

Our group tours are a great way to travel to Tibet at a minimum price. They are the right choices for solo budget travelers who would like to share the cost of the tour by joining other travelers.

- **Pace:** Moderate
- **Accommodation:** 3-star hotels in cities, basic guesthouse / tent hostel near Everest
- **Best for:** First-time Tibet visitors, budget travelers, Everest seekers.

Day 1: Arrival in Lhasa – Gentle Acclimatization Day

Overnight: Banak-Shol Hotel *** (Lhasa)

Highlights

- Arrival in Lhasa (by flight or train)
- First views of the Tibetan Plateau
- Rest and acclimatization

Logistics

- **Drive:** Airport/Train Station → Hotel
- Distance: 11/60 km
- Drive Time: 1-1.5 hours
- Max Altitude: 3,650 m
- Overnight Altitude: 3,650 m (Lhasa)

Description

Welcome to spiritual capital of Tibet, The Lhasa city. As you arrive in Lhasa you will meet our tour



guide or representative, you will be escorted to your hotel. The first day in Lhasa it kept intentionally light to help your body acclimatize to the high altitude of Tibet. It is recommended to drink lots of fluids and plenty of rest. In the evening you can scroll around the Barkhor street near the Jokhang temple.

 *Avoid showers and strenuous activity today for better acclimatization.*

Permits:

- If you are taking flight from any parts of China to Lhasa, we will have to send you the original permit. The permit will be checked once at the departure and another upon. Those who are flying to Lhasa from Kathmandu, you will meet with tour guide with permit at the arrival and she will assist you checking out of China immigration in Lhasa airport.
- Those coming in train doesn't require the original permit and we will send you the soft copy of your permit via email. You will have to make two print out. You will be checked for permit both departing train station and Lhasa train.
- After checking in your hotel, your tour guide will handle the permit and she will keep it. Kindly make sure you have the copy of the permit along with your passport.

Day 2: Lhasa - Drak Yerpa Hermitage & Sera Monastery

Overnight: Banak-Shol Hotel *** (Lhasa)

Highlights

- Drak Yerpa cave monasteries
- Sera Monastery
- Monk debating courtyard

Logistics

- **Drive:** Lhasa → Drak Yerpa → Sera → Lhasa
- **Distance:** 69 km total
- **Drive Time:** 3-4 hours
- **Max Altitude:** ~4,880 m (Drak Yerpa upper caves)
- **Overnight Altitude:** 3,650 m

Description

After breakfast, we will be driving to Drak Yerpa. It is one of the most sacred meditation sites in Tibet, where most Tibetan kings and great masters have once practiced meditation in its cliff side caves. Here the atmosphere is serene with great views of the Lhasa Kyichu valley.

In the afternoon, you will visit the Sera Monastery. The monastery is one of the three largest in Lhasa and central Tibet. The main disciple of Je Tsongkhapa founded it. It is about 600 years old. The main highlight of the monastery visit is the Monks debating of Tibetan Buddhist Philosophy. The debating courtyard is open for the visitor to observe from 3 pm every weekday. It is a fun watch and photography, but inside the courtyard, only Mobile Phone Photography is allowed.

Day 3: Lhasa City Highlights – Potala Palace & Jokhang Temple

Overnight: Banak-Shol Hotel *** (Lhasa)

Highlights

- Potala Palace (UNESCO World Heritage Site)
- Jokhang Temple
- Barkhor Street pilgrimage circuit
- Optional Tibetan cultural experience (Extra cost will be applied)

Logistics

- **Drive:** Short city drives
- **Distance:** Minimal
- **Drive Time:** 1 hour total
- **Max Altitude:** 3,700 m
- **Overnight Altitude:** 3,650 m

Description

Today we will be visiting two of the most iconic building in Tibetan Civilization. In the morning, the group will visit the Potala palace, It is the most iconic building in Tibet. It has more than 1000 rooms and towering above the Lhasa city. The palace is first built in the seventh century by King Songtsen Gampo. Later in the 17th Century, the fifth Dalai Lama has rebuilt his resident over the ruins of the old palace. Ever since the palace has served as the winter resident for successive Dalai Lama and Administrative centre for the local Tibetan Government.

In the afternoon, you will visit the Jokhang temple. The temple is considered as the holiest of all the Buddhist temples and Monasteries in the Inner Himalaya, founded in the 7th Century by Tibetan Buddhist King Songtsen Gampo to house the Holiest statue of Lord Buddha. He brought this statue for Dowry of Marrying Chinese Princess Wencheng. There will be thousands of pilgrims Circumambulating, prostrating, and visiting the Holy Temple.

Day 4: Departure – From Lhasa

Highlights

- Exit Tibet from Lhasa
- Drop off at the airport or the train station

Highlights

- Drive: Lhasa → airport/train station
- Distance: 18 km / 60 km
- Drive Time: 30 Minute → 1 hour

Description

After breakfast, your Tibetan guide will arrange your transportation as per the departure. We will have one transportation to the airport and the train station. Your unforgettable journey across the **Land of Snows** comes to a meaningful end

March to June	July to 15th October	15th October to February
460 USD per person	540 USD per person	430 USD per person
60 USD single Supplement	60 USD single Supplement	60 USD single Supplement

Price includes

- Tibet Tour Guide
- The hotel as mentioned in the above itinerary.
- Private vehicle with a Tibetan Driver
- Entrance Fees
- Tibet Travel Permit (free of Cost)
- Breakfast
- Agency Fees
- Local Government Taxes

Price Excludes

- Lunch and Dinner
- Personal expenditure
- Train and flight fare to and from Lhasa
- Other expenditure not mentioned above

Tenzin Travel & Tours

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