

## **Lhasa Tour**

### **Day 01: Arrival in Lhasa (3,650 m / 11,972 ft)**

Upon your arrival in Lhasa, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. From here we will travel to a hotel and check into our rooms. Due to the altitude of Lhasa (11,972 ft), we recommend taking the rest of the day to acclimate.

### **Day 02: Go Sightseeing in Lhasa: Potala Palace, Norbulingka Palace and Tibet Traditional Hospital: 5 - 6 hours**

Today, we visit the former residences of the Dalai Lama. Potala Palace was built in the 17<sup>th</sup> century and is known for its views of Lhasa. The palace is filled with numerous state rooms, chapels, and remarkable works of art. Norbulingka Palace was the summer residence of the Dalai Lama. It hosts the largest garden in Tibet. From Norbulingka Palace, we visit a traditional Tibetan hospital, which is the center for research and production of traditional Tibetan medicine. We spend the night in Lhasa.

### **Day 03: Tour Ganden Monastery and Drayerpa Cave: 5 - 6 hours**

Today we travel to the top of Wangbur Mountain (3,800 m) and tour Ganden Monastery. The monastery houses beautiful murals, sculptures, and a suit of armor encrusted with gems. The armor was worn by Qianlong Emperor over 300 years ago. After touring the monastery we travel to Drayerpa Caves. The caves are used by monks for meditation and overlook a beautiful landscape. In the evening we return to Lhasa to spend the night.

### **Day 04: Go Sightseeing in Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and Barkhor Bazaar: 5 - 6 hours**

We continue our tour in Lhasa by visiting Drepung Monastery. It was built in the 14<sup>th</sup> century and at the peak of its use, it housed around 10,000 monks. We then turn our attention to Sera Monastery. It is a simple monastery with whitewashed walls and golden roofs. Our next stop is at Jokhang Temple. The temple is a sacred site, and gives insight into Buddhist philosophy. After touring the monasteries and temples, we walk through Barkhor Bazaar. The Bazaar contains open air stalls, shops, and international travelers on pilgrimage. We spend the night in Lhasa.

### **Day 05: Conclude Lhasa Tour**

We conclude our tour in Lhasa. If you wish to stay in Nepal, further accommodations can be arranged or if you are leaving we will assist in preparations and transport to the airport.