

## **Tibetan Cave and Monastery Tour**

### **Day 01: Arrive in Lhasa and Travel to Tsetang (3,550 m / 11,646 ft): 95 km, 2 hours**

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 Tsetang for an overnight stay.

### **Day 02: Visit Samye Monastery, Chim Phu Caves and Yambulakhang palace on the way to Lhasa (3,650 m / 11,972 ft): 150 km, 8-10 hours**

After breakfast we begin our tour of Tibet with a visit to Samye Monastery. The monastery is over 1,200 years old and was founded by the spiritual leader Rimpoche. It was also the first monastery built in Tibet. Just above the monastery are the Chim Phu caves. The caves are occasionally used by monks who wish to meditate in a traditional fashion. After we tour the caves we continue to Yambulakhang palace. The palace overlooks Yarlung valley and is beautiful to behold. From the palace we travel to Lhasa to spend the night.

### **Day 03: Go Sightseeing in Lhasa: Potala Palace, Norbulingka Palace and Tibet Traditional Hospital: 5-6 hours**

We continue our tour in Lhasa where we visit the former residences of the Dalai Lama and a traditional hospital. The first place we visit is Potala Palace. It was built in the 17<sup>th</sup> century and has served foreign dignitaries and royal families with its many grand state rooms and chapels. The next place we visit is the Norbulingka Palace. It served as the summer retreat for the Dalai Lama and has the largest garden in Tibet. After touring the palace we visit a traditional Tibetan hospital. It is the center for treatment, training, research and production of traditional Tibetan medicine. We spend the night in Lhasa.

### **Day 04: 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 05: Go Sightseeing in Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and Barkhor Bazaar: 5-6 hours**

Continuing our tour of Lhasa we visit Sera Monastery. This monastery is preserved in time with its white-washed walls and its golden roofs. After touring the monastery we turn to Drepung Monastery. Drepung Monastery was built in the 14<sup>th</sup> century and once housed over 10,000

monks. However due to government involvement, the monastery currently houses a few hundred monks. Our next stop on our tour of Lhasa is Jokhang Temple. It is a sacred site steeped in Tibetan Buddhism. We conclude the tour of Lhasa with a trip to Barkhor Bazaar. It is an open air market where we can walk around, visit the open air stalls, shop, and talk to the different people populating the area. We spend the night in Lhasa.

### **Day 06: Final departure**

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