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4 nights 5 day Tibet tour is one of the most popular trips for a visit to Tibet. Lhasa is the capital of the Tibet Autonomous Region, is a city steeped in history that goes back more than 1,300 years in the history of Tibet. Lhasa lies at an altitude of 3650 meters above sea level. In the old monasteries and temples of the city, many historical relics, handicrafts, and Buddhist scriptures have been preserved. Spiritual traditions, temples, monasteries, River and lakes, as well as powerful snow-capped peaks, are some of the exciting wonders.

4 nights and 5 days tour in Tibet

- ❖ You will visit the Cultural, religious and historic capital of Tibet
- ❖ You will visit the Potala Palace, Dalai Lama winter palace
- ❖ You will visit old Tibetan monasteries and high-altitude lakes
- ❖

4 nights 5 days Tibet tour includes visits to a beautiful place in Lhasa. Lhasa, which means the land of God, is one of the most unique and mysterious countries on the entire planet. We have designed a special full package to visit Tibet including visits to some of the best heritage sites like the Potala Palace, Sera Monastery, Norbu Lingka, Jhokhang temple, Drepung Monastery, Barkhor Street and the Tibet Museum. 4 nights 5 days tour to Tibet gives you a very good opportunity to explore the perspectives of spiritual history and to take advantage of this religious atmosphere. Lhasa is 3,650 m above sea level and contains only 68% oxygen compared to sea level. It is a much more physically and mentally demanding journey than any other place in Chinese cities.

Suggested Itinerary

DAY 1: Welcome in Lhasa

Whether you arrive in Lhasa by plane or train, one of our office guides will pick you up, take you to your hotel and help you to check-in. On the way to Lhasa, you will see the Brahmaputra River. It is the largest river in Tibet. Once you arrive at your hotel, you have time to rest to get used to the higher altitudes. When you will be ready to start the tour, you can visit the Potala Palace with its various fountains and its incredible view of the Potala Palace.

Meals: None

DAY 2: Lhasa City Tour including Potala palace, Jokhang Temple and Barkor Street

Today you start your trip with the fantastic Potala Palace, which has always been the winter residence of the Dalai Lama. The 33rd king of Tibet used it in the 7th century. The Potala Palace's most valuable collections are the golden commemorative stupas of the former Dalai Lama and the meditation cave of the 33rd Tibetan king.

After lunch, you continue to the Jokhang temple, founded in the 7th century by the 33rd king of Tibet, to promote the Buddhist religion. Inside, you can see the Sakyamuni Buddha statue as it was when he was twelve years old - perhaps the most revered object in Tibetan Buddhism. Around the temple is Barkhor Street, where you can practice "Kora" with pilgrims and locals. Barkhor market is also a great place to buy locally made handicrafts and souvenirs.

Meals: Breakfast

DAY 3: Lhasa sightseeing tour including Drepung and Sera Monastery

Early morning you visit the Drepung monastery, which is one of the three big Gelug monasteries in Tibet. Drepung Monastery was founded in 1416 by Jamyang Choge on high school students from Tosngkhapa and is home to Ganden Palace, which once served as the palace of the Dalai Lama, before later moving to Potala Palace.

In the afternoon, you visit another of the three big Gelug monasteries in Tibet - the Sera monastery. Jamchen Choje was founded in 1419 by another high school student from Tsongkhapa, Jamchen Choje. The main highlights of this monastery are the lively view where the monks discuss about Buddhist scriptures.

Meals: Breakfast

DAY 4: Lhasa to Namtso Lake and back to Lhasa, 10 hours by car

Today, after having early breakfast, you will leave your hotel to the Lhasa. It will take you about 4 hours to get to Namtso Lake. There are beautiful places along the way where you can take photos. When you arrive at the lake at around noon, you can enjoy the view of the lake. After about 2 hours of free time at the lake, you will return to Lhasa after discovering the natural sights of Tibet. Today is a great day to see the natural beauty of Tibet. Mountains, meadows, and Saint Namtso have been ordered for today. Namtso, one of Tibet's most famous tourist attractions, is one of the three sacred lakes of Tibet and plays an important role among Tibetans.

Meals: Breakfast

DAY 5: Drop to airport or train station for your next destination

Your guide will pick you up at your hotel to drop you to Lhasa airport or train station and help you find the right place for your flight or train to depart from Lhasa.

Meals: Breakfast

The price includes:

- ❖ All necessary Tibet travel permits.
- ❖ Professional English speaking guide
- ❖ All Entry tickets fees to the sightseeing place
- ❖ License holder experienced driver
- ❖ Pick up and drop at Airport or at train station
- ❖ Three-star accommodation according to the itinerary

- ❖ Breakfast is included in package provided by the hotel
- ❖ Accident or damage insurance
- ❖ Government taxes, fees and processing fees

Price excluded:

- ❖ Lunches and dinners during Tibet tour
- ❖ Air or Train ticket to and from Tibet
- ❖ Insurance for any loss or damage
- ❖ Tips for the guide and driver

Accommodation and meals

During the Tibet tour, you will stay in a three-star category hotel. It is also possible to upgrade to a higher rated hotel by paying additional fees. All accommodations are in a double or twin share basis.

All of your tours include a daily breakfast. Lunch and dinner are not including as we prefer to give our customers the freedom to try the local food themselves. Meals are usually served at the hotel. We cannot guarantee special meal requests, but we will do our best to meet your specific nutritional needs for meals.

Acclimatization

At the higher altitude, you get less oxygen in the air. It takes your body a few days to get used to this less oxygenated environment. During this visit, you will spend the first four nights in Lhasa, which gives us plenty of time to acclimatize.

Therefore, it is a good idea to exercise or jog regularly, preferably a few weeks before traveling at high altitudes. We recommend that guests consult their doctor before starting their trip, especially those who suffer from known heart, lung, or blood disorders.

Best travel time

Summer (June, July, and August) and autumn (September, October, and November) and Spring (April and May) are the best seasons for this trip in Lhasa. We can also enjoy this trip in the winter months, but it can get colder.

Necessary documents

The documents below are essential and must be with you at all times.

- ❖ Minimum of six-month Valid passport
- ❖ Health and travel insurance card
- ❖ Plane or train tickets etc.
- ❖ Few passport size photos
- ❖ All necessary entry permits

Changes in travel Itinerary and cancellations

We endeavor to arrange tours as stated on itinerary but reserve the right to change the itinerary or replace activities, hotels, meals, or transportation if we deem it necessary due to any reason. We also have the right to cancel a trip at any time before it begins for any reason, such as unforeseen circumstances or circumstances beyond our control. In this case, we will book you again on another day. However, if we cannot book you again, we will return a full amount