

12D11N TIBETAN PLATEAU HOLY LAND TOUR

12天11晚 西藏高原圣境行

Tour Code: XZGY-12D

*Photos for illustration only



☉ Potala Palace



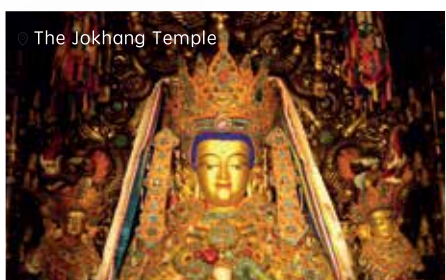
☉ Ranwu Lake



☉ Laigu Glacier



☉ Sejila Mountain



☉ The Jokhang Temple

NO
OPTIONAL

NO
SHOPPING



Tour Highlights:

- **[NO SHOPPING STOP]**
- **[Sejila Mountain]** Spectacular views of sunrise, sea of clouds, and endless forest.
- **[Ranwu Lake]** Renowned for its stunning scenery of snow-capped mountains reflecting in the emerald lake.
- **[Laigu Glacier]** One of the world's three great glaciers
- **[Potala Palace]** World Heritage Site: A Palace Standing at the Roof of the World
- **[The Jokhang Temple]** One of the World's Highest Ancient Temples
- **[Yamdruk Lake]** Unmissable Sacred Lake of Tibet
- **[Zhashilunbu Monastery]** one of China's six famous monasteries of the Yellow Sect.
- **[Everest Base Camp]** One of the best spots to view and photograph Mount Everest



Meals:

11 Breakfast | 10 Lunch | 10 Dinner



Accommodations:

- 4* Hotel or similar



Ruo'ang Forest



Namcha Barwa Peak



Dongga Glacier



Gangyun Spruce Forest



Basong Cuo Scenic Area



Yamdruk Lake



Zongshan Castle



1 Singapore → Chengdu

Guests depart in high spirits for the international airport and board a luxury flight to Chengdu. Upon arrival, they will be greeted, transferred to the hotel, and can relax and rest.

Hotel: 4* Tianfu International Hotel or similar

2 Chengdu → Linzhi 藏 Ruo'ang Forest 藏 Bomi

Breakfast | Lunch | Dinner

After breakfast, you will transfer to a flight heading to Linzhi. Upon arrival in Linzhi, proceed to **Ruo'ang Forest**, with a stop at **Sejila Mountain** along the way for photos. Sejila Mountain is a prominent peak in Tibet, standing at 4,700 meters above sea level. Next, enjoy views of 'the Father of Tibetan Mountains' — **Namcha Barwa Peak** and the Tongmai Bridge. Namcha Barwa Peak is one of the main peaks in the Himalayas, towering into the clouds with a majestic and awe-inspiring presence, making it a dream destination for mountaineers.

Hotel: 4* Zangwang Hotel or similar

3 Bomi 藏 Ranwu Lake 藏 Laigu Glacier 藏 Bomi

Breakfast | Lunch | Dinner

After breakfast, head to explore **Ranwu Lake**, known as 'the largest lake in Eastern Tibet.' Next, proceed to Laigu Glacier, which extends 12 kilometers to the **Laigu Village** at an altitude of about 4,000 meters. The striking 'Zhongqie' ice formations and the floating icebergs on the glacier give it a distinctly Antarctic feel. Continue on to **Dongga Glacier** (horseback round trip) to admire the millennium-old blue ice.

Hotel: 4* Zangwang Hotel or similar

4 Bomi 藏 Gangyun Spruce Forest 藏 Linzhi

Breakfast | Lunch | Dinner

After breakfast, head to **Gangyun Spruce Forest**, rated by National Geographic China as one of China's top ten most beautiful forests. This tranquil and less-visited area offers abundant oxygen and stunning scenery, including snow-capped mountains, grassland lakes, ancient village lakes, and pristine forests. Explore the wilderness between the spruce forest and the Parlung Zangbo River. Next, visit the charming **town of Ruo'ang**, a picturesque Tibetan village that retains its rich Tibetan cultural heritage.

Hotel: 4* Pearl Hotel or similar

5 Linzhi 藏 Basong Cuo 藏 Lhasa

Breakfast | Lunch | Dinner

After breakfast, head to Lhasa, stopping en route to explore the **Basong Cuo Scenic Area**. This picturesque spot features crystalclear waters surrounded by mountains, making it a paradise for photographers and nature lovers. Enjoy the stunning scenery and create lasting memories. Next, visit the island in the **center of the lake**, where you'll find the 8th-century **Cuo Zong Gongba Monastery**, a renowned Nyingma sect temple in Tibet.

Hotel: 4* U-TSANG HOTEL or similar

6 Linzhi 藏 Basong Cuo 藏 Lhasa

Breakfast | Lunch | Dinner

After breakfast, visit the **Potala Palace**, Tibet's iconic building. Established in the 7th century by King Songtsen Gampo for the Tibetan Princess Wencheng of the Tang Dynasty, it sits on Red Mountain at 3,700 meters in Lhasa. The palace has 999 rooms, a main building with 13 floors, standing 115 meters high, and is constructed of stone and wood with golden copper roofs, making it a magnificent example of Tibetan architecture. Next, explore **Jokhang Temple**, the oldest Tang-style Tibetan-Han hybrid wooden structure and the center of Tibetan Buddhism. Thousands of devotees come annually to worship the 12-year-old statue of Shakyamuni Buddha. Finally, visit **Barkhor Street**, one of Lhasa's most vibrant commercial centers, where you can experience the rich Tibetan culture.

Hotel: 4* U-TSANG HOTEL or similar

7 Lhasa 藏 Yamdrok Lake 藏 White Temple 藏 Shigatse

Breakfast | Lunch | Dinner

After breakfast, head to **Gangbala Pass** to visit **Yamdruk Lake** and **Karola Glacier**. Yamdrok Lake, one of Tibet's three sacred lakes, is known as the 'Pearl of Tibet,' with its clear waters and stunning mountainous surroundings. Next, explore the Karola Glacier, a spectacular ice formation where you can appreciate its grandeur up close and experience the awe of nature. The journey will leave a lasting impression and enrich your travel experience. Then, visit the lesser-known **White Temple**, one of Tibet's most well-preserved and magnificent temples, and enjoy distant views of the imposing **Zongshan Castle**.

Hotel: 4* Shigatse Schery Hotel or similar

8 Shigatse 藏 Dingri

Breakfast | Lunch | Dinner

After breakfast, visit **Tashilhunpo Monastery**, also known as the 'Auspicious Summer Temple.' Located on the hillside of Nisarri Mountain west of Shigatse, it is a major attraction in the Tibet Autonomous Region and is one of the 'Four Great Monasteries' of the Gelug school, alongside Ganden, Sera, and Drepung Monasteries in Lhasa. These four, along with Ta'er Monastery in Qinghai and Labrang Monastery in Gansu, are considered the 'Six Great Monasteries' of the Gelug school. Next, visit the **318 National Road Monument** to create unforgettable memories, and then head to **Gyatso La Pass**, the highest point on your Tibet journey at 5,248 meters.

Hotel: 4* Dingri Gesanghua Hotel or similar

9 Dingri 藏 Everest Base Camp 藏 Shigatse

Breakfast | Lunch | Dinner

After breakfast, drive to Dingri, traversing one of the most spectacular sections of the Tibet-Nepal Highway through the Himalayan region. Enjoy breathtaking views of the Himalayas and diverse terrains along the way. At **Gyatso La Pass**, a large sign marks the entrance to the Everest National Nature Reserve, with numerous prayer flags fluttering in the wind. Continue to Kawa La Pass, the only viewpoint where you can see five 8,000-meter peaks. Arrive at **Everest Base Camp** (including the scenic area shuttle), and transfer to the Everest Viewpoint. Here, you can experience the grandeur of the world's highest peak up close and appreciate the stunning natural beauty. Finally, visit **Rongbuk Monastery**, the highest monastery in the world at 5,150 meters, located at the end of the Rongbuk Glacier at the foot of Everest. This Nyingma monastery is notable for its unique accommodation of both monks and nuns.

Hotel: 4* Shigatse Schery Hotel or similar

10 Shigatse 藏 Lhasa

Breakfast | Lunch | Dinner

After breakfast, visit the **Tibetan Folk Cultural Village** to learn about Tibetan customs and experience the simple, traditional lifestyle of the Tibetan people. Next, explore the **Norbulingka**, which means 'Jewel Park' in Tibetan. This classic Tibetan-style garden features over 300 rooms, housing numerous relics and treasures. The beautiful park is rich in plant and flower varieties, offering a serene escape in Lhasa.

Hotel: 4* Gesanghua Hotel or similar

11 Lhasa → Chengdu

Breakfast | Lunch | Dinner

After breakfast, visit **Zaki Temple** in Lhasa to admire its unique architecture and rich religious atmosphere. Known for venerating the deity of wealth, the temple features intricate Buddha statues and murals, offering a place for prayer and experiencing the mystique and solemnity of Tibetan Buddhism. The surrounding environment is also lovely, ideal for a peaceful stroll. Next, fly to Chengdu and explore the famous pedestrian streets of **Chunxi Road**, **Taikoo Li**, and **IFS**, enjoying the vibrant atmosphere of Chengdu's most renowned shopping areas.

Hotel: 4* U-TSANG Hotel or similar

12 Chengdu → Singapore

Breakfast

After breakfast, gather at the designated time and head to the airport to return to your warm home.

Guide & Driver Services Fee: RMB ¥30/day/pax

Notes:

1. All explanations will be in Chinese.
2. The itinerary sequence may be changed due to religious activities or unforeseen weather conditions. Any changes will be made without prior notice.
3. In the event of flight delays or cancellations due to unforeseen weather conditions, guests will be responsible for all additional expenses incurred due to flight delays/cancellations.
4. The local travel agency has the right to change the itinerary sequence, hotel accommodation or meals according to local conditions. Room types are allocated according to the hotel, and the company is not responsible for the difference in room types allocated. Any triple room is based on a folding extra bed.
5. All orders are subject to the terms and conditions of the tour brochure.
6. During major events, accommodation may not be available in the above cities.
7. All flights are subject to change without prior notice.
8. In the event of any discrepancy between the Chinese and English versions of the itinerary, the Chinese version will be used as the basis.
9. The company will not assume any responsibility or risk for any dangerous activities. Therefore, our company recommends that you purchase travel insurance to protect your travel.