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## 6 days Lhasa and Namtso Lake Group Tour

<https://windhorsetour.com/tibet-group-tour/5-day-lhasa-namtso-tour>

Lhasa

Namtso

Lhasa

This short Tibet group tour will take you to explore the highlights of Lhasa, including Potala Palace, Jokhang Temple, and Drepung and Sera Monasteries. Then, enjoy a 2 day excursion to the holy Namtso Lake in the Northern Tibetan grasslands.

Type

Group, maximum of 12 person(s)

Duration

6 days

Theme

Natural scenery

Trip code

FDT-02

Tour dates

From

CN¥ 5,300

**Itinerary**

In addition to exploring the highlights in and around Lhasa city, you will visit Tibet's most beautiful holy lake, Namtso. Along the way, you will also encounter numerous nomad families, providing a unique insight and experience into the lifestyle of Tibetan locals.

Day 01 :

Arrival in Lhasa [3,658 m]

You will be greeted by your Tibetan guide upon your arrival at the Lhasa Gonggar Airport or the Lhasa railway station. From the airport to your hotel in Lhasa city is approximately 68 km (42 mi), around an hour drive. From the train station into the city is only 15 km (9 mi) and takes a brief 20 minutes.

During the drive, you will have time to enjoy the spectacular scenery Tibetan plateau and glimpses of scattered Tibetan villages. Once you arrive at your hotel and check in, the rest of the day will be free in order to rest and acclimatize to the high altitude.

Day 02 :

Lhasa Monasteries Tour - Visit Drepung Monastery and Sera Monastery (B, D)

Today is your first sightseeing day in Lhasa, you will be arranged to visit two renowned monasteries: Drepung Monastery in the morning and Sera Monastery in the afternoon.

**Drepung Monastery** was once the world's largest and the governmental seat before the Potala Palace, historically housed up to 10,000 monks. It's renowned for its significant role in Tibetan culture, religion, and education.

**Sera Monastery** is another the great Gelug university monasteries of Tibet. Renowned for its lively monk debates between 3 pm to 5 pm (daily except on Sunday) on Buddhist philosophy, the monastery is an important center for learning and

culture. Your guide will provide a detailed explanation of how Tibetan monks participate in debates to acquire knowledge and progress in their academic studies.

You will have a **welcome dinner** with your fellow group members tonight.

Day 03 :

Lhasa City Sightseeing (B)

In the morning start your Lhasa city highlight tour to visit **Potala Palace**. It is most renowned as the residence of the lineage of Dalai Lamas (Avalokiteshvara), though the massive structure contains a small world within itself. It was first built by 33rd ruler of his dynasty, King Songtsen Gangpo in the 7th century, but still is in surprisingly good repair because of continual rejuvenation projects.

Then proceed to visit **Jokhang temple**, it is the most sacred building in Tibetan Buddhism, located in the heart of Lhasa old town. It is the most sought after pilgrimage destination for all Tibetans.

The **Barkhor Street**, a renowned Kora (holy walking path) encircling the Jokhang Temple, is constantly bustling with Tibetan faithful. Visitors will discover the unique experience of mingling with local pilgrims along Barkhor Street. It also serves as a vibrant shopping district, offering the perfect opportunity to purchase gifts for your loved ones.

Following your sightseeing adventures, join your guide at one of Lhasa's most vibrant **Tibetan sweet tea houses**. Here, you can enjoy sipping traditional Tibetan sweet tea while sitting among local Tibetans. Your guide will provide valuable insights into Tibetan social dynamics and daily life, offering a deeper understanding of the culture.

Day 04 :

Lhasa - Namtso Lake - Damxung, 310KM, 6 Hours' Drive (B)



Today, your journey takes you northward to the enchanting Namtso Lake, traversing the Northern Tibetan grasslands. In the summertime, these grasslands are alive with sprawling herds of yaks and sheep, beautifully contrasted against the imposing Nyenchen Thanglha snow-capped mountains.

As you approach Damxung, you'll ascend the Nagen-la pass at 5,190 meters, where you'll be greeted with breathtaking views of Namtso Lake. This lake is not only one of Tibet's three sacred lakes but also holds the distinction of being the world's highest salt-water lake. Your descent will lead you to Tashi Dor Island, offering a chance to wander along its shores or climb to its summit for a sweeping panoramic view of Namtso Lake, encircled by majestic snow-covered mountains. This serene island is also a site of spiritual significance, dotted with meditation caves and sacred Buddhist sites, which you can explore under the guidance of your Tibetan guide.

In the late afternoon, you'll return to Damxung to spend the night. However, if your group expresses a keen interest in experiencing the awe-inspiring sunset at Namtso Lake, this can be arranged. While awaiting the sunset, you'll be offered hot coffee or Tibetan sweet tea for your enjoyment.

Day 05 :

Drive from Damxung to Lhasa, 230KM, 4-5 Hours' Drive



After breakfast, your first destination will be **Chimelong Nunnery** (Phyirmil Lung Nunnery), the largest nunnery near Lhasa. Wander through the serene nunnery grounds and gain insights into the various Buddhist studies practiced in Tibet.

Next, proceed to **Tsurphu Monastery**, the most ancient monastery in Tibet. This monastery serves as the seat of the Karmapa branch of the Kagyupa order of Tibetan Buddhism and is renowned as the origin of the reincarnated living Buddhas system in Tibet. Here, you will have the opportunity to delve deeper into the Karma Kagyupa school, often referred to as the 'Black Hats', of Tibetan Buddhism.

During the summer months, from June to September, you may opt for a 'Linka outing' (a Tibetan-style picnic) for lunch in a quaint village at the base of Tsurphu Monastery's hill. Alternatively, lunch at the monastery's restaurant is also an option.

Upon returning to Lhasa and check-in at the hotel, enjoy the rest of the day exploring Lhasa. Barkhor Street is a great place to wander for last-minute shopping before you leave Tibet.

Day 06 :  
Lhasa Train Station or Airport Send Off (B)  
Your guide and driver will ensure you safely reach the Lhasa Airport or train station, which concludes the tour. Thank you for choosing to travel with WindhorseTour.

Dates and prices

Start		
Finish		
Price		
<input type="radio"/>	Sun 26 May 2024	Fri 31 May 2024 CN¥ 5,300
<input type="radio"/>	Sun 2 Jun 2024	Fri 7 Jun 2024 CN¥ 5,300
<input type="radio"/>	Sun 9 Jun 2024	Fri 14 Jun 2024 CN¥ 5,300
<input type="radio"/>	Sun 16 Jun 2024	Fri 21 Jun 2024 CN¥ 5,300
<input type="radio"/>	Sun 23 Jun 2024	Fri 28 Jun 2024 CN¥ 5,800
<input type="radio"/>	Thu 27 Jun 2024	Tue 2 Jul 2024 CN¥ 5,800
<input type="radio"/>	Sun 30 Jun 2024	Fri 5 Jul 2024 CN¥ 5,800
<input type="radio"/>	Sun 7 Jul 2024	Fri 12 Jul 2024 CN¥ 5,800
<input type="radio"/>	Sun 14 Jul 2024	Fri 19 Jul 2024 CN¥ 5,900
<input type="radio"/>		

Sun 21 Jul 2024	Fri 26 Jul 2024	CN¥ 5,900
Sun 28 Jul 2024	Fri 2 Aug 2024	CN¥ 5,900
Sun 4 Aug 2024	Fri 9 Aug 2024	CN¥ 5,900
Sun 11 Aug 2024	Fri 16 Aug 2024	CN¥ 5,900
Sun 18 Aug 2024	Fri 23 Aug 2024	CN¥ 5,900
Sun 25 Aug 2024	Fri 30 Aug 2024	CN¥ 5,800
Sun 1 Sep 2024	Fri 6 Sep 2024	CN¥ 5,800
Sun 8 Sep 2024	Fri 13 Sep 2024	CN¥ 5,800
Sun 15 Sep 2024	Fri 20 Sep 2024	CN¥ 5,800
Sun 22 Sep 2024	Fri 27 Sep 2024	CN¥ 5,900
Sun 29 Sep 2024	Fri 4 Oct 2024	CN¥ 5,900
Sun 6 Oct 2024	Fri 11 Oct 2024	CN¥ 5,900
Sun 13 Oct 2024	Fri 18 Oct 2024	CN¥ 5,300
Sun 20 Oct 2024	Fri 25 Oct 2024	CN¥ 5,300
Sun 27 Oct 2024	Fri 1 Nov 2024	CN¥ 5,300

## Inclusions

### Tour notes:

Complementary train station pick up and drop off is included.

Free Airport Pick-up: We have 4 scheduled arrival pick-up shuttles that depart from the airport for Lhasa city at 10:00 AM, 1:30 PM, 4:00 PM, and 6:30 PM.

Free Airport Drop-off: We have 3 scheduled departure drop-off shuttles that depart from Lhasa city to Lhasa airport at 6:30 AM, 8:00 AM, and 12:00 PM.

Please note prices are based in CNY.

### General inclusions:

All required government taxes and fees.

Domestic travel accident insurance.

Meals allowance for your guide and driver.

All required Tibet permits and domestic travel documents.

3 Star hotel located near Barkhor Street (shared twin room with private bathroom)

Lodging at Namtso Lake will be in the local Guest House (dormitory bed with semi-private bathroom)

All entrance tickets as noted in the tour's itinerary.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not listed please let us know, we are certain we can assist your needs.)

Airport and/or train station pick-up and drop-off.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

Welcome dinner.

### General exclusions:

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Flight tickets or train tickets in and out of Lhasa (Please note: We can offer you train and/or plane tickets in and out Lhasa from all cities within China. Please check the latest price with us via email.)

Private Lhasa Train station or Airport transfer if your arrival time isn't within our free service time. 250 CNY per vehicle from/to train station and 400 CNY per vehicle from/to airport.

Tour dates  
From  
CN¥ 5,300  
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