

TIBET TRAVEL GUIDE

CELINE GONG

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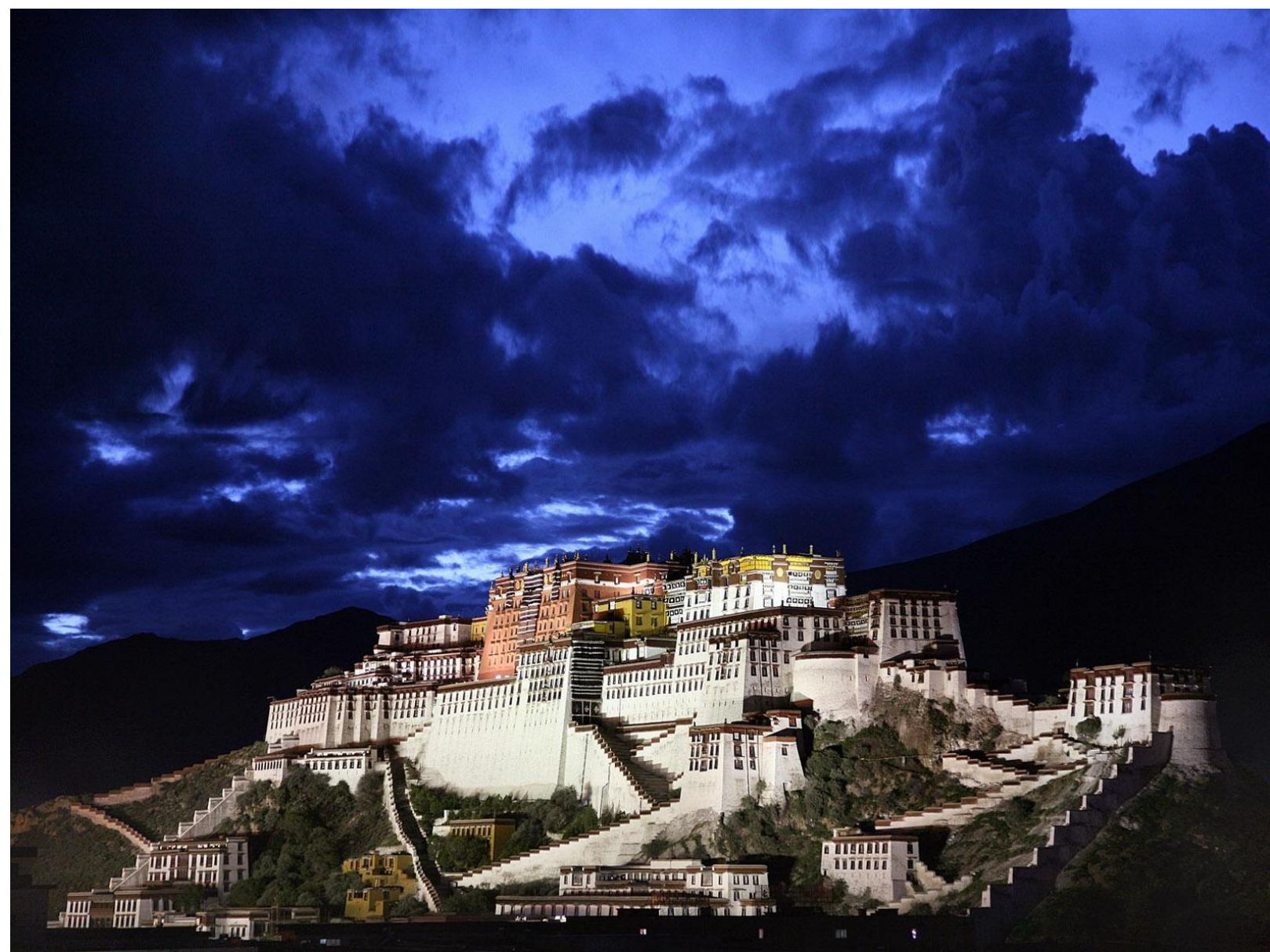
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[Http:dadf](http://dadfadf)

Tibet Travel Guide

(Version I)

1

Latest Guide & Tips on May 2013

This is Tibet

A Higher Plain

The Roof of the World

Grandiose Natural Scenery

Vast Plateau Landscape

Breathtaking High-altitude Lakes

Stunning Views of Highest Mountains

Fabulous Monastery Sights

Numerous Ancient Architectures

Unique Folk Cultures

One of the Most Likeable Peoples

A Place Travel Enthusiasts are Eager to Visit

A "Paradise" for Photographers...

Start Your Tibet Journey with Us &

End Up as Legendary Stories...

1







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Top Spots of Tibet

Lhasa

Catalog

The Spiritual and Political Capital of Tibet.

Before you go

Namtso

02 Best time to Go

“Heave

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f T

ibet, its touching beauty

03 Why Travel to Tibet

sho
uld not be missed by any traveler who visits

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ibet.

07 Useful Maps

08 Getting There & Away

Everest Nature Reserve

09 Luggage Allowance

Once-in-a-life journey to experience the earth's

10-11 Food & Drinking

highest mountain.

12 Shopping

13 Where to Stay

Nyingtri

14-15 High Altitude Sickness

‘Pearl of Tibet Plateau’, where the climate is

16-17 Festivals & Events

subtropical, rice and bananas are grown, four

18 What to Pack

seasons are seen in the mountains.

19 Ethics and Etiquette

20 Money & Credit Card

Tsedang

21-22 Useful Words & No.

The cradle of Tibetan civilization.

22 Tips for Photographing

Mt. Kailash & Lake Manasarovar

Experience Real Tibet

Two of the most far-flung and legendary travel

23-25 Top Experiences

destinations in the world. Many of the pilgrims on

26-29 Lhasa & Around

the road have been planning a visit all their lives.

26 Overview

27 Recommend tour

28-29 Eat in Lhasa

Best Time to Go

30 Drink & Nightlife

31-32 Central Tibet

C

imate is not such a major consideration when visiting Tibet as many people might imagine. For a place

33-34 Everest Region

nicknamed 'The Land of Snows', there's a surprising lack of snow. Winter is very cold, many

restaurants are shut

35-37 Kailash & Manasarovar

and snow can close mountain passes, but some travelers swear by the winter months. There are few travelers

38-39 Eastern Tibet

about at this time and Lhasa is crowded with drokpas (nomads).

Recommend Itineraries

Spring, early su

mmber and late autumn are probably the best times to visit Tibet. March is a politically sensitive

40-41 Other Top Road Trips

month in the coun try and there is occasional tightening of restrictions on travelers heading into Tibet at this time,

but the weather's pretty good. April brings reliable weather in eastern Tibet

and discounts on accommodation and

What's What

vehicle rental in L hasa. Mt Everest is particularly clear during April and May.

42 Who we are?

43 Our Advantages

From mid-July thr ough to the end of September the monsoon starts to affect parts of Tibet. (The months of July

44-45 Get back to Tibet

and August bring half of Tibet's annual rainfall.) Travel to western Tibet becomes slightly more difficult, the roads

46 Your Crew

to the east are te

mporarily slashed out and the friendship and sometimes becomes impassable on the Nepal side

47 Why Travel with us?

or on the border it self.

48 Our Private Tours

49 Our Small Group Tours

Trips to Mt Kailash can be undertaken from April to October, although September and October are considered the

50 Contact Us

best months. October is also the best time to make a trip out to the east. Lhasa and its environs don't get really

cold until the end of November.

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Why Travel to Tibet

Tibet, the

Roof of the World, remained unknown to the world

peace when everything is in its proper place, seem to come more

until the beginning of the 20th century. The massive, snowy land has

frequently in Tibet, whether inspired by the devotion shown in the face of

exerted an awesome draw on travelers and adventurers ever since. Its

a Tibetan pilgrim or the dwarfing scale of a beautiful landscape. Tibet can

majestic scenery, mysterious and exotic religious culture, and

truly claim to be on a higher plain.

wonderful people, reward every tourist with an indelible life long

memory!

Besides fabulous monastery sights, breathtaking high-altitude lake

scenery, stunning views of the world's highest mountains, **it offers**

Tibet show s many different faces: unique style life and

one of the most likeable peoples you will ever meet.

lonely landscapes, Tibetan Buddhism customs and culture, lovely

The people here are very devout. You see them circumambulating their lakes and rough mountains. For cultural sightseeing, **Lhasa** is sacred places, like the Jokhang Temple and the Potala Palace, to ceaselessly thriving, and inevitably, it is the one place that features on accumulate merit. You see them doing prostrations in front of the every traveler's itinerary. It is not only Tibet's biggest city and capital of Jokhang – they might have a goal of doing a couple hundred thousand the Tibet Autonomous Region, but also the place where the world's prostrations in their lifetime as part of their attempt to reach greater attention are attracted to. **Mount Everest** is great for hiking in enlightenment. But perhaps the most wondrous is how you see Tibetans summer. On the way up to Mount Everest we have Rongbuk continuously in prayer as they are walking down the street or sitting on Monastery, the highest monastery in the world. If condition permits, the park bench, spinning their prayer wheel, running their fingers over tourists can even see the sunrise at the monastery. **Mount** their prayer beads, their lips constantly moving as they chant Om Mane **Kailash** is considered as a sacred place in four Padme Hum. religions—Hinduism, Buddhism, Jainism and Bön faith. In Hindu religion, it is considered to be the abode of Lord Shiva.

Oh, and **don't overlook these simple joys of being in Tibet** when planning your itinerary:

The smell of juniper incense, the low murmur of Tibetan chanting and the warm glow of butter lamps in monasteries everywhere.

Following a kora (a pilgrimage circuit) with a band of happy pilgrims or scoring a lift in the back of a pilgrim truck.

Overnighting in a small monastery such as Mindroling, Dorje Drak or Drigung Til.

Repeatedly wandering the Barkhor (p102), different every time.

A post-hike thermos of sweet milky tea in a crowded Tibetan teahouse.

There's **Gyant se**, in the Nyang-chu Valley, famed for the largest chörten (stupa) in Tibet, and hiking in Yarlung Tsangbo Valley, widely considered the cradle of Tibetan civilization. Base yourself in **Tsetang** and marvel at the monkey cave in Gangpo Ri or walk the monastery Kora (pilgrim path). Your trip will take you past glittering mountain turquoise lakes and over high passes draped with prayer flags. Find a quiet spot in a prayer hall full of chanting monks, hike past the ruins of remote hermitages or make an epic overland trip along some of the world's wildest roads. The scope for adventure is Tibet, whether inspired by the devotion shown in the face of a Tibetan

limitless.

Tibet is a uniquely spiritual place. Those moments of peace

3

The different letters stands for different types of visas to enter mainland China.

The number or letter here stands for times the holder may enter mainland China with the visa. "1" means the holder can enter mainland China once; "2" means twice; "M" means multiple.

This date is the last day for the holder to use this visa to enter mainland China.

This date is the starting day for the holder to use this visa to enter mainland China.

This is abbreviation of the holder's name.

This is date of birth of the holder.

This is the serial number of the visa.

This is the maximum number of days the holder may stay after he enters mainland China.

This indicates the city where the visa is issued.

This indicates the passport number of the visa-holder.

This is machine-readable information of the visa.



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How to Get Your Chinese Visa

To enter Tibet, o

r any part of China excepting Hong Kong and Macao (Visitors to Hong Kong, holding passports from the some countries DO

NOT need a visa when staying for a specified free period), a valid passport including a standard Chinese entry visa is essential.

1. Apply i n your country

2. You need to apply for a double- or multiple entry

Such visas are generally obtainable from most Chinese embassies and

visa when you need to leave and re-enter mainland

consulates.

The cost of a standard Chinese tourist visa varies from

China. Please note that, even when you leave for Hong Kong or

US\$12-120 according to the nationality of the applicant and the type

Macao from mainland China, you still need to have a double- or

of visa requ

ired. **Individual visas** may be issued for single or

multiple entry visas.

parties of five and over, for the specific duration of a fixed itinerary

(single or dou

ble entry). **Multiple entry visas** are normally issued

2. Apply in Hong Kong

for business or educational purposes only, ranging in validity from 6 to

It is usually very easy to apply for a China visa in Hong Kong. You can

12 months, a

nd are more expensive (US\$120-250). Normally **three**

get a visa yourself at: **Office of the Ministry of Foreign**

working d

ays are required to process an application from the date

Affairs of the People's Republic of China

of its submiss

ion, but express services are also available at a premium.

5th Floor, Lower Block

It may be best to obtain it before leaving your home country unless you

26 Harbor Road, Wanchai, Hong Kong

are taking a p

ackage tour to enter Tibet overland from Nepal.

Tel: +852-25851657 OR +852-25851680 OR +852-25851794

The first rule

when applying for a visa as an independent traveler is to

Please Note:

expect that y

ou may be refused a visa if you mention

1)

You need to go there Monday to Friday during business hours.

plans to v

visit Tibet. There is a trick that when you apply for the

2)

'Fast Process' means: the visa should be processed the same

Chinese visa, you can't tell the officer that you have the plan for day.

traveling to Tibet; you can only inform them you want to travel to

somewhere else of China. Or else the application would become

Requirements to obtain a Visa in Hong Kong

complicated a

nd arduous.

A. One recent passport photo.

B. Passport which needs to be valid at least more than 3 months.

Keep in m

ind

C. Call the office before your visit.

1. When entering China it is best to have a visa covering the expected

D. China Tourist and Business (F) Visa can be obtained easily in

duration of stay. **Getting extensions inside China can**

Hong Kong. It can be obtained with the help of a travel agent but at

involve delays and other difficulties.

least 3 full working days should be allowed for this procedure.

4

团体签证
GROUP VISA

第000057号团体签证, 准予T247713040003团(2)人自2013年04月11日至2013年04月17日在中华人民共和国旅行, 壹次有效。
NO. 000057 GROUP VISA PERMIT T247713040003 GROUP 2 PERSONS FROM 11 APR 2013 TO 17 APR 2013 TRAVELING IN CHINA, ONE TIME VALID.

发证日期
DATE OF ISSUE 07 APR 2013

签署、印章
SIGNATURE, SEAL

付铁刚

备注:

旅游团人员名单
LIST OF TOURIST GROUP

序号 NO.	姓名 Name in Full	性别 Sex	出生日期 Date of birth	职业 Profession or Occupation	国籍 Nationality	护照号码 Passport No.
1	JOHN CAROLE	FEMALE	1951101		UNITED KINGDOM	400000008
2	JOHN TREFOR	MALE	19510518		UNITED KINGDOM	400000009

名单结束 END OF THE LIST

团体签证用/For group visa

旅游邀请函

Invitation Letter for Tourist Group

编号/No.: T247713040003

中华人民共和国驻尼泊尔大使馆(总领馆/领事馆/处)
或中华人民共和国外交部驻特别行政区特派员公署:
Chinese Embassy (Consulate General / Consulate / Office) in NEPAL
or the Commissioner's Office of China's Foreign Ministry in _____ SAR:

兹确认 西藏日喀则中国国际旅行社 (邀请单位名称) 邀请的
JOHN GILLIAN CAROLE (姓名) 等 2 人(名单附后) 将于 20130411
(入境日期) 前往 加德满都、樟木、聂拉木、珠峰大本营、定日、
日喀则、江孜、拉萨、西安 (地点) 旅游, (最长) 停留 7 天, 需
申请 1 (个) 月有效 1 次入境签证。

Duly authorized, I hereinafter confirm that, CITS.SHIGATSE.TIBET
has invited JOHN CAROLE as well as other 2 persons to travel to
Kathmandu, Zhangmu, Nyalam, Everest Base Camp, Tingri, Shigatse,
Gyantse, Lhasa, Xi'an of China on 20130411 and stay for 7 days, and need to
apply 1 entry (or entries) visa valid for 1 months. Name list of the invited is
enclosed.

团号/Group No. CITS-XGZ-OTC0411

被授权旅游单位名称 西藏自治区旅游局

Name of Duly Authorized Tourism Unit : TIBET TOURISM ADMINISTRATION CHINA

联系人/Contact Person 付铁刚 联系电话/Tel. 86 891 6834312

传真/Fax 86 891 6834632 邮箱/Email 861967295@qq.com

盖章及负责人签署/Seal and Signature:



付铁刚

2013年3月24日

Year /Month/ Day

被邀请人员名单

Name List of the Invited

外文姓名 Full Name	性别 Sex	出生日期 Date of Birth	国籍 Nationality	护照号码 Passport No.
1 JOHN CAROLE	F	19511101	BRITISH	46 28
2 JOHN TREFOR	M	19510518	BRITISH	46 49
3				
4				
5				
6				
7				

被授权旅游单位盖章
Seal of Duly Authorized Tourism Unit



2013年3月24日

Year /Month/ Day



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Travel to Tibet through Nepal

If you entry Tibet from Kathmandu, Nepal, you are

The Chinese visa you get in Kathmandu is a " **Group Visa**". A "group

required to obtain a Chinese visa in the consulate

visa" is not entered in travelers' passports but is a separate sheet of

of P.R China in Kathmandu, the opening time for the

paper issued in duplicate by the Chinese consulate in Katmandu, listing

Consulate of P.

R China in Kathmandu is only available from

all members of the group. It usually allows a stay of 15 or 20 days. A

9:30am-11:00am on every **Monday, Wednesday** and

"group" may be any number of travelers, and may be just one traveler.

Friday. Please note this visa application is compulsory despite

One or more travelers entering Tibet together with others may wish to

you have already

had a Chinese visa in your country or not since

have their own separate group visa so they are able to separate from the

this is regulated

by the border treaty signed between Nepal and

others.

China.

China Visa Invitation Letter

We have reliable cooperative agency in Kathmandu,

with their help, you can easily get your Chinese visa.

CHINA GROUP VISA FEE 2013

Visa Working days

US nationals

Other nationals

Normal

USD 145.00

USD 55.00

3 visa working days

Urgent

USD 160.00

USD 70.00

2 visa working days

China Visa Invitation Letter Name List

Extreme urgent

USD 180.00

USD 90.00

1 visa working day

VISA FEES ARE SUBJECT TO CHANGE...

Please note that our partner in Nepal need to get all the relative documents including Visa Application letter from TTB and the original passports to apply visa for Tibet Autonomous Region of China in advance, and all these required documents need to be submitted to the consular section of the embassy before 10:30 hrs only on the Visa working days i.e.: Monday, Wednesday and Fridays...

The required Visa Fees must be paid to our partner in Nepal in CASH by the clients before the day of Visa Application.

བོད་རང་ཁྱེད་ལྷན་ཁག་གི་ཕྱོད་ལྷན་པུ་ཁག་གི་ལྷན་ཁག་

西藏自治区旅游局



旅藏确认函 NO 0074130号

西藏日喀则国旅 :

兹确认 CITS-XGZ-OTC0411 团一行 零贰人

于贰零壹叁年肆月壹拾壹日至贰零壹叁年肆月壹拾壹日在藏旅游。

旅行路线及地点: 加德满都、樟木、聂拉木、绒布寺
、珠峰大本营、定日、扎什伦布寺、日喀则、江孜白居寺
、羊湖、拉萨、色拉寺、哲蚌寺、西安

民航 火车 汽车售票处
(公章)

贰零 年 月 日

注: 此件不收费 NO COMMISSION FEE

西藏自治区旅游局



贰零壹叁年肆月贰日



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Tibet Permits

There are three levels of bureaucracy you need to get through to

travel in Tibet: **a visa to enter China, a Tibet Tourism**

Bureau (TT

B) permit to get into Tibet and an **Alien**

Travel Permit to travel to certain regions of Tibet.

Beware that the permit situation is subject to rapid and

unpredictable change by the Chinese government, how these

rules are interpreted depends on the political climate in Tibet.

Don't be surprised if the permit system is radically different from

that described in this article. And it's worth checking the current

situation with us before you make the decision to travel to Tibet.

1. Tibet Tourism Bureau (TTB) Permit

A TTB permit is officially required to get into the Tibet

Autonomous Province (TAR). Without one you will not be able to

board a flight to Tibet and, if checked, you may not be allowed to

continue on your

bus or train trip. Here are the *Tibet Permit*

2. Aliens' Travel Permits (PSB's)

Application Procedures for your information:

Tibet is slightly more complicated when it comes to travel permits than

1) **If you visit China for travel, and your visa type**

elsewhere in China. An Alien Travel Permit (usually just called a 'travel permit')

is "L", Please email us the photo copy of your passport and

is granted by the PSB (Public Security Bureau) for travel to an area that is

China Visa 20-30 days before you arrive in China, we will set out

officially closed.

to apply for your

Tibet Permit upon we receive it. Please be sure

that the photos are in large size and clear enough.

Tibet PSB will not issue travel permits to individuals and

2) If you visit China for business purpose, and

the travel permits are usually only obtainable through tour

your visa type is “F” or “Z” , please offer a business

operators, for organized tours by four-wheel-drive car. A single permit is

visiting certificate paper from the company or association in

normally issued to all the people who are traveling together, the permit naming

China you pay a

visit to that can provide your accurate purpose.

just one of them and stating how many others are accompanying him; the

This certificate paper should include two parts: 1) Your personal

passports, or at least photocopies of passports and visas, of all persons

information: your full name, passport number, the purchase of

visit, the duration of your visit. 2) the company information, the

traveling must be presented in order to obtain a permit.

company full name, address, telephone number, fax number.

And this certificate paper must be stamped by this company.

If you want to do an overland tour from Yunnan, Sichuan or Xinjiang province to

Tibet, your Entry Stamp to China is required to apply the PSB before your tour

3) If you res

ident in China held a resident permit,

starts.

please offer your working permit issued by China government or
a certificate from your company to prove you are working there.

The certificate should include 1) Your personal information: your

3. Other Permits

full name, passport number, the purpose of visit, how long have

Sensitive border areas, such as **Mt. Kailash, the road to Kashgar** and

you been work

ing there, your position in this company; 2) the

the Nyingtri region of eastern Tibet, also require a military permit

company information, the company full name, address,

and a foreign-affairs permit. If you want to do an overland tour from Yunnan,

telephone number, fax number.

Sichuan or Xinjiang province to Tibet, a military permit is required, too.

4) **Your Tibet Permit will be issued in 2-5 working**

days since we pass your documents to Tibet Tourism Bureau.

For **Tholing** and **Tsaparang** in western Tibet you may also need a permit

The Original Tibet

Permit will be posted to the city from which

from the local Cultural Affairs Bureau. **Dungkar** in western Tibet requires a

you depart to T

ibet, please let us know the address, telephone

permit from the Ali PSB.

number, the hotel name of your accommodation in that city 15

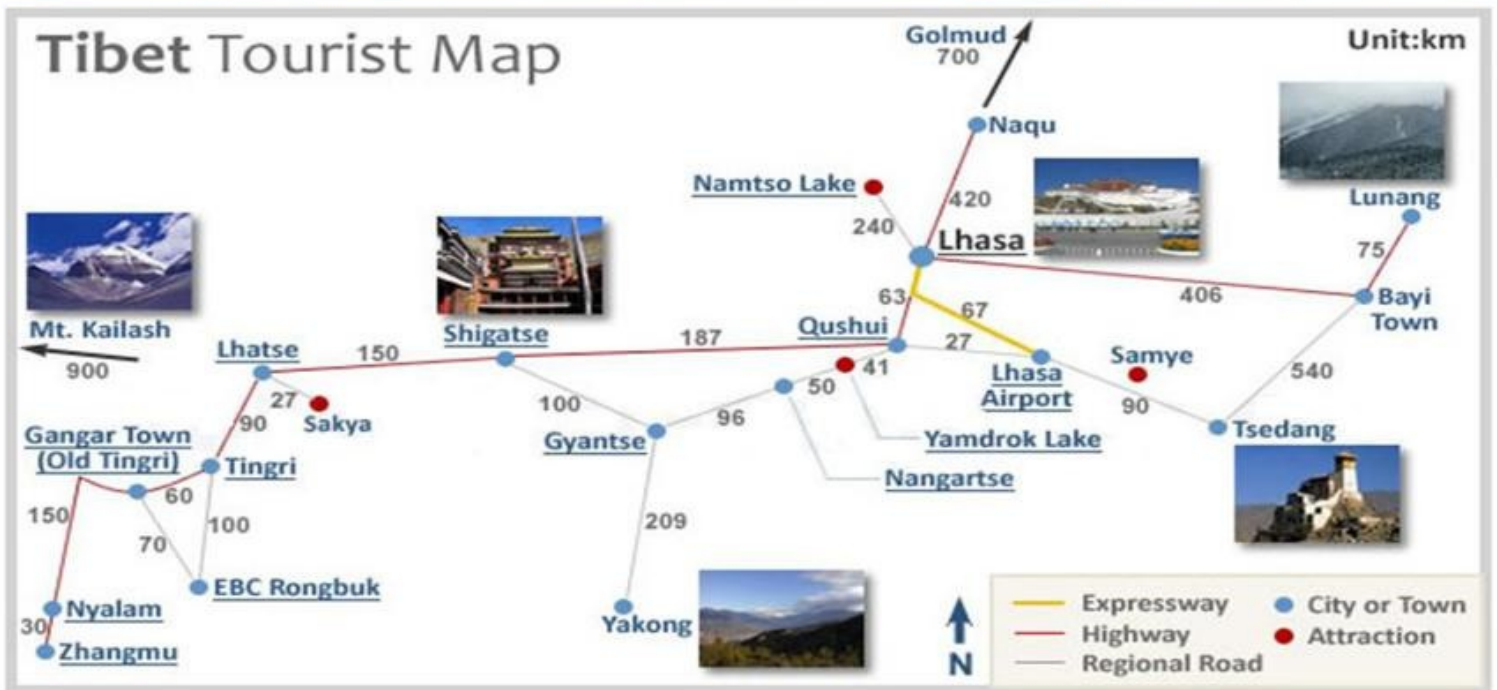
days before you arrive in China. Or you could go to our branch

office in that city you depart to pick up documents in person if

These will be arranged by us as well, but you need to give us the full information

you prefer.

and documents at least 3 weeks prior to your departure.





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Useful Maps

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How to Get to Tibet

By Train

Overland Route to Tibet

There are a few w

For those with a spirit of adventure, driving a four wheel vehicle to Tibet

ay of getting to Tibet. The most common way now is

to take the train t

may provide you with the experience of a lifetime! Such an expedition is

o Lhasa. There are daily trains to Lhasa originating

from **Xining, L**

anzhou, Chengdu, Beijing, Shanghai and

demanding and requires participants to be **in good physical health,**

Guangzhou. I n addition, the train passes through many other

time is required to make the journey and it's costly.

cities along the

Anyone considering this journey should be advised that a lot of courage

way. Train tickets during the busy summer tourist

season can be ex

and determination are required!

tremely difficult to get. For acclimatization purposes,

Xining is probab

ly the best option to take the train from as it sits at

2300m/7500 f

There are five major road routes to Lhasa

eeet above sea level. It is also the closest major city

to Lhasa.

Qinghai-Tibet Highway

Xining - 123 km - Daotang River - 196 km - Caka - 484 km - Golmud - 269 km - Wudaoliang- 150 km - Tuotuo Riverside - 91 km - Yanshiping - 100 km - Tanggula Mountain - 89 km - Amdo - 138 km - Nagqu - 164 km - Damxung - 75 km - Yangbajain - 87 km – Lhasa, **1937 km in length.**

Sichuan-Tibet Highway

Northern Route: Chengdu – 394 km – Kangding – 267 km - Luhuo – 95 km – Garze – 207 km – Dege – 111 km – Gyamda – 228 km – Chamdo – 480 km – Baqing – 256 km – Nagqu – 164 km – Damxung – 162 km – Lhasa, **2121 km in length** with the highest point at Queer Mt. of

4916m, also could via: Chengdu – Ya’an – Kangding – Xinduqiao – Luhuo – Garze – Lhasa.

By Air

Another popular way to get to Lhasa is to fly there. There are daily

Southern Route: Chengdu – 147 km - Ya'an - 163 km – Luding – 62 km – flights to Lhasa f

Kangding – 149 km – Yajiang – 308 km – Batang – 104 km – Markam – rom **Chengdu, Xi'an, Beijing, Shanghai,**

Guangzhou,

158 km – Zuogong – 107 km – Bongda – 94 km – Baxoi – 217 km – Bomi – **Chongqing** and a few other major cities.

Chengdu offers t

233 km – Nyingtri – 127 km – Gongbo Gyamda – 206 km – Mozhugongka

the most daily flights to Lhasa with at least 6 to 10

flights per day.

– 73 km – Lhasa, **2140 km in length** with the highest point at Litang of

4700m.

There are five a

irport in Tibet now: **Lhasa Gonggar Airport,**

Shigatse Peace Airport, Nyingtri Milin Airport, Ngari

Yunnan-Tibet Highway

Kunsha Airp

Kunming - 353 km – Dali - 166 km – Lijiang - 145 km – Zhongdian - 152 km

ort and Chamdo Bamda Airport.

– Deqen - 103 km – Yanjing - 111 km – Markam - 359 km - Baxio - 450 km -

Nyingchi - 420 km – Lhasa, **2300 km in length.**

Xinjiang-Tibet Highway

Yecheng - 69km - Pusa - 88km – Kudidaban - 83km – Mazadaban - 339km

- Sweet Water Sea - 110km – Jieshandaban - 177km – Duomaping -

143km - Rutog County - 87km - Shiquanhe town - 331km - Parga -

334km- Zhongba -145km – Saga - 293km - Lhaze - 157km – Xigaze -

337km – Lhasa, **2743 km in length.**

Tibet Friendship Highway to Kathmandu

Lhasa - 350 km - Shigatse - 157 km - Shegar (New Tingri) - 60 km - Old

View from the airplane on the way in to Tibet

Tingri - Nyalam- 30 km - Zhangmu Friendship Bridge (Kathmandu)



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Luggage Allowance

Flight Luggage Allowance

passenger seat, and the sum of the length, width and height of all the

Free Baggage Allowance in Weight

pieces must not exceed 45 in. (115cm).

On international and regional flights, the free baggage allowance for each published adult-fare or half-fare passenger is as follows:

Packing of Baggage

First class fare ticket: 40 kilogram (88 pounds);

The checked baggage should be able to withstand a certain extent of

Business class fare ticket: 30 kilogram (66 pounds);

pressure, completely sealed, well locked and firmly tied up. For those

Economy class fare ticket: 20 kilogram (44 pounds).

baggage not packed in accordance with the requirements, the carrier can

No free baggage allowance is granted to infants paying 10% of the adult fare. Groups travelling together are able to combine their baggage breakage thereof.

allowance if they check in together.

Prohibited Items

Free Baggage Allowance in Piece

Flammable, explosive, corrosive, poisonous, radioactive, polymerizable

Free baggage allowance in piece is applicable only on **China-USA** and

and magnetized materials. Passengers are forbidden to carry arms,

China-Canada international flight.

sharp or lethal weapons.

According to the class of tickets, the free baggage allowance for each

Train Luggage Allowance

full-fare of half-fare first-class and business-class passenger is two

Carry-on baggage allowance

pieces, and the sum of the length, width and height of each piece must

It is allowed to take a certain amount of carry-on baggage for free:

not exceed 62 in. (158cm).

Children (children with free ticket included): 10 kg (22 pounds)

Diplomat: 35 kg (77 pounds)

The free baggage allowance for each **economy-class and discounted**

Other passengers: 20 kg (44 pounds)

tourist-class passenger is two pieces, and the sum of the length, width

The total length of each item cannot exceed 160 cm. Rod-shaped

and height of each piece must not exceed 62 in. (158cm), but the sum of

baggage should not exceed 200 cm in length and 20 kg (44 pounds) in

the length, width and height of the two pieces of baggage must not

weight.

exceed 107 in. (273cm); the weight of each piece must not exceed 32

Note: The above limitation is not applicable to wheelchair, which can be

kg.

brought onto the train for free. If the baggage exceeds the allowed

amount (either by weight or size), please use the baggage transportation

An infant paying 10% of the adult fare is allowed one piece of free

service.

baggage, and the sum of its length, width and height must not exceed 45

in. (115cm). In addition, a collapsible infant cart or infant handcart is

Prohibited Items:

allowed to be carried free.

Items whose transportation is prohibited or limited by the

government.

For **baggage in excess** of the free baggage allowance in piece, or the

Dangerous goods, ammunition.

sum of the length, width and height of each piece exceeding the

Animals and goods (goods with revolting smell included) which will
prescribed limits, an excess baggage charge should be paid.
affect public hygiene.

Items which may harm other passengers in the train, such as

Hand Baggage

knives (fruit knife included).

In addition to free baggage allowance in weight, **each passenger**

Baggage that exceeds the limitation of the regulation.

holding a full-fare or half-fare ticket may carry in his own custody

the following articles free of charge: a lady's handbag, an overcoat, a

Limited Items:

raincoat or a traveling blanket, a walking stick or an umbrella, a small

Less than 5 gas lighters.

amount of reading material for the trip, a small camera, a pair of small

Less than 20 boxes of matches.

binoculars, infant's food for consumption in flight, an infant's carrying

Items like enamel and hair dye, less than 20 ml.

basket, a fully collapsible invalid chair or a pair of braces or artificial

Items like alcohol less than 100 ml.

limbs. In addition to the free baggage allowance in piece, regardless of

Items like styling mouse, insecticide and air-refresher, less than
the fare class of the ticket, the passenger may also carry unlimited
600 ml.

number of pieces of hand baggage that can only be placed under the

Less than 20 newborn poultries.

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Sample text

What to Eat in Tibet

Tibet is unlikely to become a hot destination for foodies. Though you won't

Tibetan Noodle (Thenthuk or Thukpa)

starve, Tibetan food will probably not be a highlight of your trip. Tibetan

Tibetan noodle () is usually served with simple vegetable and

food, like Tibet and people and their culture, has a very distinct character. Besides, those who live in cities of Tibet prefer to have Tibetan. Many people have

given Tibetan cuisine a bad reputation while others like it

noodles and sweet tea as their breakfast. Some say Tibetan noodle

and think it's not that bad. Whether it's tasty or not, you need to try it

soup is the most enjoyable for the meal as the soup tastes nice

yourself. Even if you have explored all Tibet attractions, your trip to Tibet is

together with a bit shallot.

never complete without trying Tibetan food.

Tibetan people have unique food and drink due to the high altitude, harsh

climate, their religious belief and ethnic customs. Their diet mainly consists

of meat, milk and other high protein food to help them fight the cold.

Tibetans eat a lot of yak meat and mutton but they don't eat horse, dog,

donkey or even fish.

Beef and Mutton

Beef (yak meat) is the most popular meat eaten by Tibetans. Beef and

mutton conta

in high protein which is helpful in fighting the cold. Many

Tibetans often eat raw meat, while others boil beef and mutton with ginger, salt and spices. Dried beef and mutton strips are also popular in Tibet. The dried meat can be difficult to chew but tastes good. Additionally, the dried

Yak Thukpa - Tibetan Noodle Soup

meat can be st

ored and are useful when traveling long distance.

Tibetan Sausages

Tsampa

Tibetan people are fond of varied sausages, including meat sausage,

Tsampa () is the staple food in Tibet. Tibetan people eat tsampa at

blood sausage, flour sausage, liver sausage, lung sausage, etc.

every meal and bring it as a ready-made food when traveling. Tsampa is a

dough made with roasted barley flour and ghee (yak butter).

There are 2 basic methods to make and eat tsampa. One is to make dough

with butter tea. The other is to make porridge with beef or mutton, and

vegetables.

The former one is salty while the latter is added with sugar to

give it a sweet taste.

Tibetan Blood Sausages

Ginseng Fruit Rice

Ginseng fruit rice () is considered as a lucky food by

Tibetans and they eat ginseng fruit rice during festivals especially the

Tibetan New Year Festival. Ginseng fruit rice is made with rice, ginseng fruit, butter tea and sugar. Ginseng fruit is rich in nutrition and

Tsampa with Raw Yak Meat (in the bowl)

benefits a lot to your digestive system.

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Momo

Momos () are Tibetan dumplings which are made with either meat or vegetables. The half-moon-shaped momo can be either steamed or fried and served with chili sauce.

Tibetan Sweet Tea (Tibetan Milk Tea)

Milk

Curd and Yogurt

Tibetan sweet tea () is another popular tea in Tibet. How to make it? Boil milk with brick tea and sugar added. Tibetan milk tea is cheese, yogurt, and milk curd. Milk curd or named milk sediment () is better acceptable by visitors than butter tea as it smells more pleasant and the taste is not that strong.

when traveling to avoid environmental inadaptability. Milk curd can be eaten as snack

or used to make Tibet buns. Besides, fried milk curd

Tibetan Barley Wine (Chang)

tastes good too .

The Tibetan brew is known as chang, a fermented barley beer. It has a rich, fruity taste and ranges from disgusting to pretty good.

Chill with

a Drink- What to drink in Tibet

Connoisseurs serve it out of a jerry can. Those trekking in the Everest region should try the local variety, which is served in a big yak-butter tea. Tea houses are an important social venue in Tibet, and offer a chance to sit down and relax. The tea houses in the town offer drunk through a wooden straw – it is very good. Sharing chang is a sweet tea, or salted; in the villages you may only have the option of salt good way to get to know local people, if drunk in small quantities. The taste of Chang differs from one to another due to the brewing method also offer thukpa. And also have a try of the chang, a fermented barley and duration.

beer. It has a rich, fruity taste and ranges from disgusting to pretty good.

Butter

Tea

Some visitors call the butter tea "yak butter tea", but actually there is no such thing as "yak butter tea". Why? Because yaks are male and they can't produce milk. Females, called "dri", produce milk.

Butter tea () is another staple of Tibetan meal. To put it simply, the butter tea is boiled tea added with ghee and salt. Tibetan people drink butter tea to keep themselves warm and it usually drunk while eating tsampa. Some say the butter tea tastes more like soup rather than tea.

T Tibetans usually serve tea in small bowls instead of cups. Modern Tibetans use an electric blender to mix them to provide you butter tea.

Chang - Tibetan wine made from highland barley

The main brands of beer available in Tibet are snow and Lhasa Beer, as well as the usual suspects like Budweiser. Lhasa Beer is brewed in Lhasa, originally under German supervision and now in a joint venture with Carlsberg. Look out also for Lhasa Ice Beer and Tibet Spring Green Barley Beer. Domestic beer costs around Y5 in a shop, Y8 in most restaurants and Y12 in swanky bars.

Supermarkets in Lhasa stock several types of Chinese red wine, including Shangri-La, produced in the Tibetan areas of northeast Yunnan using methods handed down by French missionaries at the beginning of the 19th century. A bottle costs around Y50.

Butter tea

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Shopping

It is said that a trip to Tibet is never complete without a shopping spree.

Where to Buy

Tibet has vast a

nd rich variations of local arts and crafts. **Tibetan**

Barkhor Street is the famous commercial center of Tibet. It is

carpets, car

located outside of Jokhang Temple. Over 120 handicraft and artwork

ings, local snacks, as well as **Buddhist items**

are available for

shops and over 200 individual booths are set up on Barkhor Street each

visitors. So it could be said that Tibet is a great place for

shopping. For v

isitors to Tibet, there are an uncountable number of

day. It is **a must-go place for all souvenir shopping.**

specialties for th

Tibetan rugs, knives, broadswords, traditional clothes, gold and silver

em to choose from.

jewelry and all sorts of traditional handmade craftwork can easily be

What to Buy

found in this street. One tip, Tibetan beads especially are very

Thangka: A th

expensive, so don't forget to bargain with the vendors, whatever you

angka is a Tibetan scroll painting that has strong ties to

Buddhism and f

buy! You can also find fabulous food on Barkhor Street. It's a good idea

eatures distinctive ethnic flavor. They have been popular

in Tibet for centu

to go shopping on Barkhor Street in the morning or evening, because

ries. Some Thangkas are charming portraits of a

Buddha, some a

local people always value highly their first customer and their last one.

re colorful representations of Tibetan customs, and some

are portraits of t

he history of Tibet. Thangka paintings can be made using

a wide variety of techniques: silk tapestry with cut designs, hand painted,

Besides simply shopping, Barkhor Street is **a great place to**

color printing, e

mbroidery, brocade, and pearl inlayed.

people watch. This circular street is a stop for pilgrims, and is also

where local people do some of their shopping, so it gives visitors a great

Tibetan Craf

chance to see local people living their lives.

ts: Normally crafted from such raw materials as gold,

silver, copper, w

ood, bamboo, as well as bones, Tibetan crafts are not

only useful, but

This street offers a lot of choices, but it is important to shop around

aesthetically pleasing. Tibetan silver crafts make great

souvenirs from T

before deciding on a purchase. Many venders sell similar items, and

ibet. Tibetan silver ornaments make use of precious

stones like agat

some places are more expensive than others. When deciding to buy a

e, rubies and sapphires, and are usually carved with

Sanskrit.

piece, be sure to bargain. It is expected, and it will help insure that

visitors do not get cheated. There are no set prices, so if you find

Tibetan Car

something you want, think what it is worth to you, and stick to that price.

pets and Textiles: Woven with bright and

harmonious co

Most of the items for sale in Tibet cannot be found anywhere else in the

lors, Tibetan carpets are durable and beautifully crafted.

The hand woven

world.

, Tibetan woolen Pulu cloth comes in many colors and is

used for making

clothes, shoes, and caps. It is incredibly warm, as well as

beautiful.

Tibetan Kn

ives: For Tibetan people, knives are not only a tool and a

weapon, but als

o an adornment. It is a time-honored traditional handicraft

that is an integr al part of Tibetan's daily lives. This is especially true of

knives carried b y Tibetan women that tend to be more decorative and

delicate. They a re particularly famous for their intricately designed silver

sheaths.

Tibetan M

edicine: Lots of tourists like to buy traditional Tibetan

medicine for its herbs such as saffron, aweto and snow lotus. Tibetan

doctors and the ir traditional medicines made by secret methods attract much curiosity, a nd some tourists also like to pay the traditional doctors a visit for treatmen t during their tour.

Tibetan tradition al arts and crafts are too numerous to mention. **To get a better understand of exactly what there is to buy in Tibet, it is best to explore the local markets to do some shopping on your own.**

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Where to Stay - FAQs on Lodging

Q1: What are the hotels like in Tibet? Is shower or bath available in

Q2: Are there any star hotels in Tibet? Are they short of supply? Are they hotels in Tibet? Should I take a tent and a sleeping bag with me? expensive?

A: Accommodation conditions in Tibet have been greatly improved

A: In Tibet there are more star hotels in major tourist cities, like Lhasa and due to rapidly developing tourism in Tibet. In most cities and counties

Shigatse. There are 40 to 50 star hotels in Lhasa and 10 to 20 in Shigatse. It's in Tibet, there are hotels and guest houses for lodging, but the easy to book these hotels except during the vacation of May Day, National Day equipment and service may be inferior to those of the other places of and "Shoton Festival" in August. There are fewer star hotels in other places in China. Even some famous international chain hotels in Lhasa, like Tibet and it's not so difficult to book due to relative fewer tourists. As Tibet is in Sheraton and Jardin secret, the service standard and facilities of most the plateau, it has obvious different travel seasons. And in off-seasons, the 3, 4 even 5 star hotels are not what you would expect from the same hotels are almost all closed. While in travel peak seasons, the room cost is much rating hotels in Beijing or Shanghai.

higher (about 30% more) than those in main land in China. And in different area or different time periods, the room cost may also increase sharply.

Most of the standard rooms of the starred hotels in Lhasa have private washrooms with water heaters. In the guest houses there are

Q3: Are there hostels in Tibet? How about the prices? Are they short of supply?

own public bathrooms with fixed time service. Usually internet service

A: In Lhasa, the hostels mainly locate on East Beijing Road including Banak

is available in the business center or the separate internet bar in the

Shol Hostel, Yak Hotel, Snow Land Hotel, Dong Cuo Youth Hostel, Kirey Hotel

hotels, and private internet service may be offered in the luxury rooms

and so on. And free laundry and deposit services are provided in Banak Shol

of a hotel. However, in some remote areas, the internet is not

Hostel and Kirey Hotel. The prices are not expensive. Usually, it's around

accessible due to the limited condition. Coffee is uncommon in the 15RMB per bed during off season and around 30RMB per bed during peak rooms, but many hotels have a separate cafe.

season. Yak Hotel and Snow Land Hotel charge higher prices and they are favored by foreign travelers. In travel peak season, it's very hard to lodge in

In Lhasa and Shigatse, starred hotels are more than other cities of Banak Shol Hostel, Kirey Hotel, Yak Hotel and some other hotels and you may Tibet. In Lhasa, accommodation ranges from guest houses to five star choose others.

hotels. Except for the golden weeks of May Day Holiday, National Holiday and Shoton Festival, the hotels are not difficult to book. In

Q4: Does the hotel room have access to internet?

Shigatse, Gyantse, Tsedang and Nyingtri, the highest standard is

A: Some hotel rooms, not all, in Lhasa have access to internet, so you should

three stars. In Tingri, Zhangmu and Nagchu, the highest are two stars

inquiry your travel advisor for accurate information before making decision. But

while in other smaller or remote areas, accommodation is mainly in

some hotel has business center where you can use internet service.

guest houses, usually having a public bathroom with squat toilet.

Therefore, when travelling to remote areas where only guest houses

Q5: Is there 24-hour hot water running?

are available, you should bring a sleeping bag to keep warm and

A: Due to basic condition in Tibet, sometimes with the poor pressure, the water

clean. You can bring a tent if you would like to camp for the night,

flow may small and water sometime is not hot but just warm. In remote area, the

such as at Namtso Lake.

condition can be even worse.

In the off-season, most hotels go out of business due to fewer

Q6: What kind of sleeping bag and tent should I choose if I want to camp in

travelers. But in the high season, the prices are about 30% higher

Tibet?

than those during the low season, sometimes up to twice as much.

Regarding the choice of sleeping bags and tents, you are recommended to

Besides, if you want to get more close to local life and learn about

choose down-filled sleeping bag which can keep you warm at a temperature of

local customs, Tibetans welcome you to their houses. Nowadays,

-15°C, and double-layer high-mountain tents which is wind and rain-proof. In the

plateau, the wind is usually strong and it is quite cold in the winter evening.

Tibetans have opened their own hostels themselves, which are very

Without heating stove, the temperature can be as low as from -5°C to -10°C in

popular with travelers. In Lhasa, there are many hostels of this kind in

the room and normal sleeping bags and tents won't make sense.

the old district, especially around Barkhor Street.

Q7: Can the foreigner live in the local Tibetan family?

There are many stores in Lhasa running leasing business and it's

No, foreigners are not allowed to live in the local Tibetan family, and only could

easy to lease tents and sleeping bags in Lhasa and the cost is

check in the local hotel or hostel which has the certification to host foreign

calculated by day and the quality of the articles.

travelers.



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High Altitude Sickness

Acute mountain sickness (AMS, also known as altitude headache, lack of coordination (typically leading to a 'drunken walk'), sickness) is common at high elevations; relevant factors are the rate of confusion, irrational behaviour, vomiting and eventually unconsciousness.

ascent and individual susceptibility. The former is the major risk factor.

On average, one tourist a year dies in Tibet from AMS. Make sure that it

The symptoms of AMS, however mild, are a warning; be sure to take them

is not you. Any traveller who flies or buses into Lhasa, where the

seriously! Trekkers should keep an eye on each other as those experiencing

elevation is just over 3600m, is likely to experience some symptoms of

symptoms, especially severe symptoms, may not be in a position to recognise

AMS. Take care to acclimatise slowly and take things easy for the first

them. One thing to note is that while the symptoms of mild AMS often precede

couple of days. Lack of oxygen at high altitudes (over 2500m) affects

those of severe AMS, this is not always the case. Severe AMS can strike with

most people to some extent. The effect may be mild or severe and it little or no warning.

occurs because less oxygen reaches the muscles and the brain at high altitude, requiring the heart and lungs to compensate by working harder.

PREVENTION

If you are driving up from Kathmandu, you will experience rapid altitude gain.

AMS is a notoriously fickle affliction and can also affect trekkers and

An itinerary that takes you straight up to Everest Base Camp is unwise; plan walkers accustomed to walking at high altitudes. It has been fatal at

to see it on your way back if possible. The best way to prevent AMS is to 3000m, although 3500m to 4500m is the usual range.

avoid rapid ascents to high altitudes. If you fly or bus into Lhasa, take it easy for at least three days; this is enough for most travellers to get over any initial

ACCLIMATISATION

ill-effects. At this point you might step up your programme by visiting a few

AMS is linked to low atmospheric pressure. Those who travel up to

sights around town. Within a week you should be ready for something a bit

Everest Base Camp, for instance, reach an altitude where atmospheric

more adventurous, but do not push yourself to do anything that you are not pressure is about half of that at sea level.

comfortable with.

With an increase in altitude, the human body needs time to develop

TREATMENT

physiological mechanisms to cope with the decreased oxygen. This

Treat mild symptoms by resting at the same altitude until recovery, usually a

process of acclimatisation is still not fully understood, but is known to day or two. Take paracetamol or acetaminophen for headaches. If symptoms involve modifications in breathing patterns and heart rate induced by the persist or become worse, however, immediate descent is necessary. Even autonomic nervous system, and an increase in the blood's 500m can help.

oxygen-carrying capabilities. These compensatory mechanisms usually take about one to three days to develop at a particular altitude. You are The most effective treatment for severe AMS is to get down to a lower altitude unlikely to get AMS once you are acclimatised to a given height, but you as quickly as possible. In less severe cases the victim will be able to stagger can still get ill when you travel higher. If the ascent is too high and too down with some support; in other cases they may need to be carried down. fast, these compensatory reactions may not kick into gear fast enough. Whatever the case, any delay could be fatal.

SYMPTOMS

AMS victims may need to be flown out of Tibet as quickly as possible, so Mild symptoms of AMS are very common in travellers visiting high make sure you have adequate travel insurance.

altitudes, and usually develop during the first 24 hours at altitude. Most visitors to Tibet will suffer from some symptoms; these will generally

The drug acetazolamide (Diamox) is recommended for the prevention of AMS disappear through acclimatisation in several hours to several days.

- take 125mg twice a day as a preventive dose. Be aware that even when you are on Diamox, you should not ignore any symptoms of AMS.

Symptoms tend to be worse at night and include headache, dizziness, lethargy, loss of appetite, nausea, breathlessness and irritability. However, the use of Diamox is controversial. It can reduce the symptoms, but difficulty sleeping is another common symptom, and many travellers may also mask warning signs; severe and fatal AMS has occurred in people who have trouble for the first few days after arriving in Lhasa. Taking this drug. Travellers should discuss the use of Diamox with a travel health expert. Diamox should be avoided in those with a sulphur allergy, but AMS may become more serious without warning and can be fatal. You can discuss taking a trial of the medication at home if necessary. Symptoms are caused by the accumulation of fluid in the lungs and brain, and include breathlessness at rest, a dry irritative cough (which may progress to the production of pink, frothy sputum), severe drug treatments should never be used to avoid descent or to enable further ascent (although they can help get people well enough to descend).

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Several hotels in Lhasa sell a Tibetan herbal medicine recommended by

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locals for easing the symptoms of mild altitude sickness. The medicine is

FAQs

known as solomano in Tibetan and hongjingtian in Chinese, though locals

Q1: What should I do if I have high altitude sickness after arriving in

also recommend gaoyuanning and gaoyuankang. A box of vials costs

Tibet?

around Y20 to Y35; take three vials a day.

A: There are hospitals in many large cities in Tibet. You may adapt to

mild high altitude sickness by yourself slowly and you may go to hospital

if it is serious. After you have already had high altitude sickness, you

Tips to prevent acute mountain sickness

should rest well, do not move too much, keep eating, drink some water

Keep a good mood, don't be too excited or be too worried

with black sugar or take some medicine. If the high altitude sickness is

about high altitude sickness. Before visiting Tibet, get as healthy as

pretty severe, you should go to hospital, or descend to some lower

possible, both physically and psychologically.

places, or leave Lhasa immediately. High altitude sickness shall

disappear after you descend to certain altitude and it has no sequel

Take care of yourself and **avoid catching cold** before

symptoms.

going to Tibet, and **not to take shower at the first two days**

after you are in Lhasa to avoid being cold, or you will easily suffer

Q2: Is high altitude sickness more serious if going to Tibet by plane than from altitude sickness under weak physical condition.
by train?

A: Exactly, but both means have their advantages and disadvantages.

Do not drink any alcohol on the first two days when

You are more likely to have high altitude sickness because you don't you are in Tibet. **Drink plenty of water** and eat light,

have enough time to adapt to the plateau environment gradually if you high-carbohydrate meals for more energy.

go by plane. The altitude change is directly from several hundreds meters to more than 3000 meters. While, if you go to Tibet by train, you

Do not run, jump or do some taxing jobs at the first

can adapt your body to the high plateau environment slowly and two days. Being peaceful and **having a good rest** are important.

gradually. Then, you may relieve or avoid high altitude sickness.

Don't push yourself when climbing up to passes; rather,

Q3: Why cannot people with cold go to Tibet? What should I do if I catch take plenty of breaks. You can usually get over the pass as easily a cold in Tibet?

tomorrow as you can today. Try to plan your itinerary so that long

Your immune system shall be weak if you catch a cold and you may

ascents can be divided into two or more days. Given the complexity suffer high altitude sickness easily because of it. Besides, severe cold and unknown variables involved with AMS and acclimatisation, may easily turn to some more serious high altitude diseases, especially trekkers should always err on the side of caution and ascend pulmonary edema, which is very dangerous. So you are not supposed to mountains slowly.

travel to Tibet before you get rid of a cold.

While, if you catch a cold in Tibet, things might not be so serious,

Once you have the symptoms of altitude sickness,

because your body has already, to some extent, adapt to the plateau

take some medicine (it is said that it's helpful to have some butter

environment and you can go to a doctor and take some medicine.

tea if you can adapt to the flavor of it) and don't go higher.

Medication and oxygen also help to prevent altitude sickness. Mild

Q4: Who Can't Go to Tibet?

altitude sickness symptoms can be treated with proper medication.

A: It's advisable to have a body check-up or have your doctor's advice

If medication and oxygen do not relieve the symptoms, go to

before visiting Tibet. Visitors having record of heart, lung, liver, kidney

hospital or evacuate immediately to a safe altitude!

problems must seek medical advice before making the decision to go to

Tibet! Generally speaking, the following persons should not go to Tibet:

Oxygen can help you relieve the symptoms of

Have already caught a cold

altitude sickness, but do not use it too often in Lhasa while your

Have severe anemia

symptoms of altitude sickness are not serious. If you feel chilly or

Have high blood pressure or severe heart disease

feel very uncomfortable, you should go to the nearest hospital

Have pneumonia, tuberculosis, tracheitis, or bronchitis

available in the area.

If you are not sure about your body condition, you may have a physical

In addition to the normal medications for traveling it is

examination. But you are not supposed to do more exercise before

advisable to bring high altitude medication. Seek suggestions from

going to Tibet, for exercising will give more burdens to your heart and

your doctor.

you'll need more oxygen, which may easily cause high altitude sickness.

Tell your tour guide quickly if you don't feel well and follow the

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guide's advice

Pilgrimage of Mt. Kailash Kora in Saga Dawa Festival

One Life, **one Shot**. Make it count.
A rare experience, it's a **journey** once-in-a-lifetime



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Festivals & Events

Tibetan festivals are held according to the Tibetan lunar

Tsurphu Festival

calendar, which usually lags at least a month behind our Gregorian

Cham dancing (ritual dancing carried out by monks), processions and the
calendar. Coord

inating trips with festival dates is a popular practice. But

unfurling of a great thangka are the highlights of this festival, from the 9th

don't forget to

ask around for the exact dates of many festivals

to 11th days of the fourth lunar month.

because these ar

e often only fixed by monasteries a few months in

advance.

Saga Dawa (Sakyamuni's Enlightenment)

The 15th day of the fourth lunar month (full moon) marks the date of

January

Sakyamuni's conception, enlightenment and entry into nirvana. Huge

Shigatse New

Year Festival

numbers of pilgrims walk Lhasa's Lingkhor circuit and visit Mt Kailash,

Held in the first w

EEK of the 12th lunar month.

where the Tarboche prayer pole is raised each year.

February/Mar ch

Year End Fes

tival

Dancing monks can be seen on the 29th day of the 12th lunar month at

Tsurphu, Mindroling and Tashilhunpo in this festival, which is held to

dispel the evil of the old year and auspiciously usher in the new one.

Families clean their houses in preparation for the New Year. A huge

thangka is unveiled the following day at Tsurphu Monastery.

Losar (New Ye

ar Festival)

June/July

Taking place in the first week of the first lunar month, Losar is a colourful

Gyantse Horse-Racing Festival

week of activities ; Lhasa is probably the best place to be. There are

Currently held from the 15th to 18th of the fifth month (ie around Saga

performances of Tibetan drama and pilgrims making incense offerings,

Dawa), though authorities are trying to fix the date in the Gregorian

and the streets are thronged with Tibetans dressed in their finest. New

calendar to boost tourism. The fun and games include dances, yak races,

prayer flags are h

ung in monasteries and homes.

archery and equestrian events. A large 480-years old thangka is unfurled

at sunrise.

Chotrul Duche

n (Butter Sculpture Festival)

Huge yak-butter sculptures are traditionally placed around Lhasa's

Worship of the Buddha

Barkhor circuit on the 15th day of the first lunar month. The festival is not

During the second week of the fifth lunar month, the parks of Lhasa, in

currently celebrat

ed in Lhasa, though it is Labrang Monastery in Gansu

particular the Norbulingka, are crowded with picnickers.

province.

Dorje Drak Festival

Monlam Chen

mo (Great Prayer Festival)

Cham dancing is performed on the 10th day of the fifth Tibetan month at

Held mid-way thr

ough the first lunar month (officially culminating on the

this small monastery.

25th). Monks fro

m Lhasa's three main monasteries used to assemble in

the Jokhang and an image of Jampa (Maitreya) was born around the

Tashilhunpo Festival

Bharkhor circuit.

The festival was first instituted by Tsongkhapa in 1409 at

From the 14th to 16th days of the fifth lunar month, Shigatse's

Ganden Monastery but was outlawed after political demonstrations ended

Tashilhunpo Monastery becomes the scene of three days of festivities. A

in violence during

the 1988 celebrations.

huge thangka is unveiled and cham dances are performed.

May/June

Samye Festival

Birth of Sakya

muni

Held from the 15th day of the fifth lunar month (full moon) for two or three

The seventh day of the fourth lunar month is sees large numbers of

days. Special ceremonies and cham dancing in front of the Utse are the

pilgrims visiting Lhasa and other sacred areas in Tibet. Festivals are held
main attractions. The monastery guesthouse is normally booked out at
around this time at Tsurphu (see next entry), Ganden, Reting and Samye
this time, so bring a tent. Incense is also burnt on this day throughout
Monasteries.

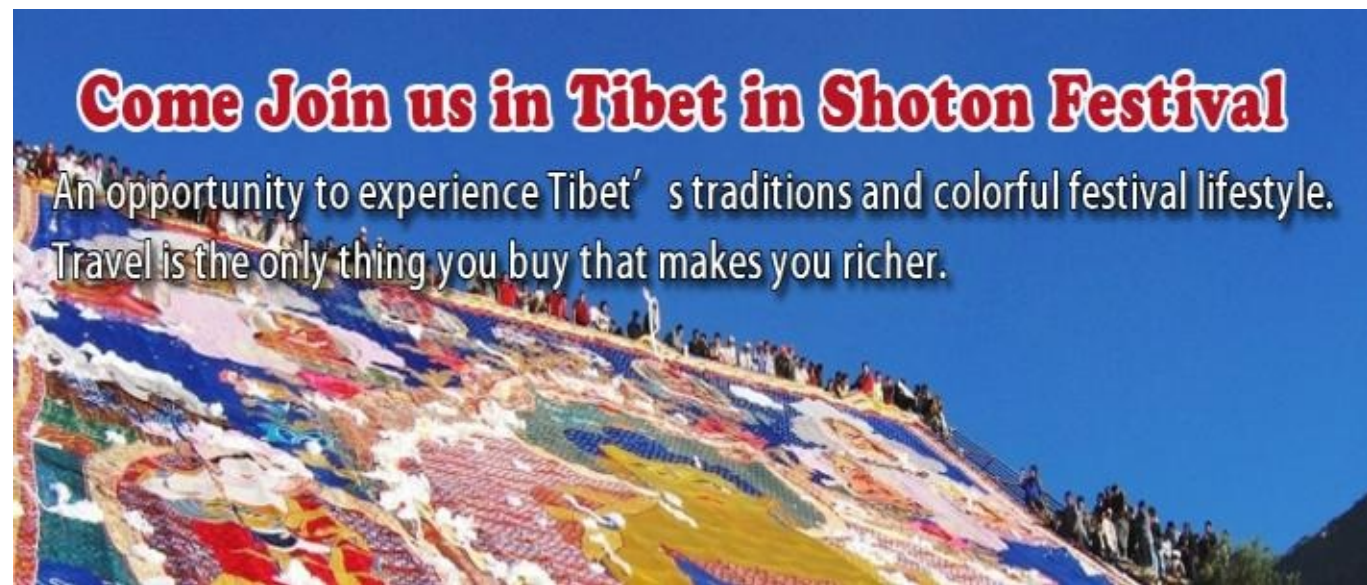
Tibet.

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August/September

Chokor Duchen Festival

Held in Lhasa on the fourth day of the sixth lunar month, this festival celebrates Buddha's first sermon at Sarnath near Varanasi in India.

Horse-Racing Festival

Many pilgrims climb Gephel Ri (Gambo Utse), the peak behind

Held in the first week of the eighth lunar month, this festival featuring

Drepung Monastery, and also the ridge from Pabonka to the Dode

horse racing, archery and other traditional nomad sports takes place in

valley, to burn juniper incense. The festival is also called Drukwa

Damxung and Nam-tso. A similar and even larger event is held in Nagchu

Tsezhi.

a few weeks earlier, from 10 to 16 August.

Guru rimpoche's Birthday

Held on the 10th day of the sixth lunar month, this festival is particularly

popular in Nyingmapa monasteries.

Ganden festival

On the 15th day of the sixth lunar month, Ganden monastery displays its 25 holiest relics, which are normally locked away. A large offering ceremony accompanies the unveiling.

Drepung Festival

The 30th day of sixth lunar month is celebrated with the hanging at dawn of a huge thangka at Drepung monastery. Lamas and monks perform opera in the main courtyard.

Shoton (Yogurt Festival)

Onkor

Held in the first week of the seventh lunar month, this festival starts at

In the first week of the eighth lunar month Tibetans in central Tibet get

Drepung and moves down to the Norbulingka. Lhamo (Tibetan Opera)

together and party in celebration of the upcoming harvest.

and masked dances are held, and locals take the occasion as another

excuse for more picnics.

Tashilunpo

More cham dances, from the ninth to 11th days of the eighth month, at

Shigatse's Tashilunpo Monastery.

November/December

Lhabab Duchen

Commemorating Buddha's descent from heaven, the 22nd day of the ninth lunar month sees large numbers of pilgrims in Lhasa. Ladders are painted afresh on rocks around many monasteries to symbolize the event.

Palden Lhamo

The 15th day of the 10th lunar month sees a procession in Lhasa around the Barkhor bearing Palden Lhamo (Shri Deve), protective deity of the

September/October

Jokhang.

Bathing Festival

The end of the seventh and beginning of the eighth lunar months see

Tsongkhapa Festival

local washing away the grime of the previous year in an act of

Respect is shown to Tsongkhapa, the founder of Gelugpa order, on the

purification that coincides with the week-long appearance of the

anniversary of his death on the 25th of the 10th lunar month; monasteries

constellation Pleiades in the night sky.

light fires and carry images of Tsongkhapa in procession. Check for cham

dances at the monasteries at Ganden, Sera and Drepung.

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What to Pack

Deciding what to pack is not always easy, but do try to remember this

Tips on Clothes and Shoes during Tibet Journey

principle: **Pack the minimum!**

Clothes

The temperature difference in a single day is big. In Lhasa, the

The type of clothing you bring depends on which parts of Tibet you are

temperature in July arrives at 30 degrees centigrade at daytime, but falls

traveling to. Casual attire is recommended. Warm clothing is a must to

to 10 degrees centigrade at night. Sometimes it will snow or sleet at

ensure a comfortable tour. You can count on experiencing the sudden

night, so you'd better take some down garments (those with hats will

onset of foul weather as well as temperature extremes while in Tibet.

better), woolen sweaters, warm gloves, warm and wind-proof shoes and

Wearing several layers of clothing that can be easily added or removed

socks. Wearing several layers of clothing that can be easily added or

is the wise choice since temperatures may vary greatly within a single day. A down coat is necessary for those who are traveling beyond single day.

Lhasa and Shigatse into more remote areas such as the Everest Camp.

A windbreaker plus a sweater will work nicely for strolling around Lhasa. Most hotels in Tibet have no central heating. The air-conditioners in in summer. During the peak tourism season, frequent rainfall makes single rooms do not work well in the cold night. In winter, from November waterproof clothing and raingear absolute necessities. Other essentials to next March, of course you need bring down jackets, warm sweaters, to pack include four or five pairs of cotton or woolen underwear, four or gloves, warm pants, woolen hats. It is very cold in the morning and five pairs of woolen socks, long sleeve cotton or lightweight wool shirts evening. In summer, wearing a T-shirt in day time but the Jacket is and T-shirts. Women should avoid skirts or dresses. Comfortable, necessary at hotel in the morning and evening.

sturdy sneakers, walking shoes, or hiking boots are also recommended.

Don't forget to bring along a warm hat as well as one or two pairs of

During the peak tourism season, April, May, September and October, warm mittens or gloves.

you need to prepare T-shirts, overcoats and jeans, warm sweaters.

Besides, frequent rainfall in this season makes waterproof clothing and

A large backpack is not a good choice unless you intend to trek to raingear absolute necessities.

remote areas. A belt bag or alike should be brought along to keep important certificates and travel documents safely with you at all times. Even in summer, a down coat is necessary for those who are traveling. Miscellaneous items you may wish to bring along include maps of the region beyond Lhasa and Shigatse into more remote areas such as the Everest area that you plan on visiting; sufficient amount of money since ATMs are few in the more remote areas; all necessary toilet items including toilet paper. Lhasa in summer.

Other essentials to pack include four or five pairs of cotton or woolen underwear, four or five pairs of woolen socks, long sleeve cotton or quality sunscreen or sun block, sunglasses and lip balm are essential to protect you from sunburn that can occur easily at these high elevations. Good quality sunglasses and lip balm are essential to protect you from sunburn that can occur easily at these high elevations. dresses.

When traveling to remote areas of Tibet it is a good idea to pack some food, snacks, and drinking water. It is not always easy to find food or drinkable water in these areas. Bring a sturdy padlock with you since some of the rooms in the hostels located in the more remote areas do

However, you do not need to worry too much about clothing, you can buy not come equipped with locks on the doors. Candles may also be useful any kind of clothes you need in Lhasa and clothes is quite cheap. in these hostels.

Shoes

It is a good idea to take a good quality multivitamin to supplement your diet since a supply of vegetables and fruits may not be readily available. It is very important to have a strong comfortable pair of boots, especially your travel covers remote area and you have to walk for a long distance. A first aid kit including aspirin, antibiotics and AMS medication is highly recommended. For example, if your travel reaches Everest Base Camp, you need to cover 8 km from Rongpuk Monastery to EBC and back. Lightweight boots are fine, but Tibet can be wet and we will do extensive walking, so There is really a lot to remember but if you forget something many of make sure your shoes fit well and are suitable for cold and puddles. You these items are available in Lhasa. should also have a pair of comfortable and tough sandals.

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Dos & Don'ts

Tibetan people are friendly and easy to get along with. However, Tibetans have different ways of behavior in many aspects due to their unique culture and religion. It's good to have some knowledge about Tibetan customs, ethics and etiquette beforehand. And be sure to respect local customs and be polite.

In Daily Life

Make sure that you **do not step on threshold** when you enter a house or a tent.

When you call or address somebody by name, **please add "la" after the name for politeness**. It's an equivalent of "Mr." or "Sir" and "madam".

When you are asked to sit down, please cross your legs. **Do not stretch your legs towards others**.

When somebody presents you something, you should **accept it by both hands**. While presenting gift to others, **hold the gift by both hands higher than your head**.

When the host presents you a cup of wine, before you start sipping, you should **dip your ring finger in the wine and flick the wine into the sky**, in the air and to the ground to express your respect to the heaven, the earth and the ancestors respectively. After you take the first sip, the host would like to fill up the cup again and you will take another sip. If the host fills your cup with wine again, then you should bottom it up.

Tibetan people **don't eat horse, donkey and dog meat and in some areas fish**, either. So, please respect their dietary habit.

It's not p

olite to clap your palms and spit behind the Tibetan people. Tibetan

people stretch out their tongue to greet you. It's also a courtesy to put their hands palm to palm in front of the chest.

Eagles a

re the sacred birds of Tibetan people. You should not drive them away or

injure them. On t

he outskirts, you should not drive or disturb the sheep or cows with green, red

and yellow cloth s

trips on.

Don't pay to take a photograph of someone, and **don't photograph someone if they**

don't want you to. If you agree to send a photograph of someone, please follow through on this.

Dress res ponsibly. Short skirts and shorts are not a suitable option, especially at

religious sites. Wearing shorts in Tibet (even when trekking) is akin to walking around with

'TOURIST!' tattoo ed on your forehead.

Visiting

Monasteries & Temples

Most monasteries and temples extend a warm welcome to foreign guests and in remote areas will often offer a place to stay for the night. Please maintain this goo

d faith by observing the following courtesies:

Always circ

umambulate Buddhist monasteries and other religious objects clockwise, thus keeping shrines and

chortens (stupas) to your right.

Don't take prayer flags or mani (prayer) stones.

Refrain from

making taking photos during a prayer meeting. At other times always ask permission to take photos, especially when using a flash. The larger monasteries charge photography fees, though some monks will allow you to take a quick picture for free. If they won't, there's no point getting angry; you don't know what pressures they may be under.

Don't wear shorts or short skirts in a monastery.

Take your hat off when you go into a chapel (though there's generally no need to remove your shoes).

Smoking inside the monasteries is not allowed. It's also banned to touch the statues of Buddha and religious articles and take pictures of.

Be aware that women are generally not allowed in protector chapels (gonkhang); always ask before entering.

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Money & Credit Card

D

ATMs

The currencies of **Australia, Canada, the US, the UK, Hong**

Several ATMs in **Lhasa** and **Shigatse** accept foreign cards. The

Kong, Japan, the euro zone and **most of the rest of Western**

Bank of China accepts **Visa, MasterCard, Diners Club,**

Europe are acceptable at the Lhasa Bank of China. The official rate is

American Ex

press and Plus. The Agricultural Bank accepts **Visa,**

given at all banks and most hotels, so there is little need to shop around

Plus and Elec

tron. Check before trying your card as many ATMs can

for the best deal. The standard **commission is 0.75%.**

only be used by domestic account holders.

The only place in Tibet to officially change RMB back into foreign

The maximum amount you can withdraw per transaction is **Y2000** with

currency is the central Lhasa branch of the Bank of China. You will need

the Bank of Ch

ina and **Y1000** with the Agricultural Bank. Cards are

your original exchange receipts. You cannot change RMB into dollars at

occasionally eaten, so try to make your transaction during bank hours.

Gongkar airport.

Credit

Cards

Moneychangers at Zhangmu (by the Nepal border) will change yuan into

You'll get very few opportunities to splurge on the plastic in Tibet, unless

Nepali rupees and vice versa. Yuan can also easily be reconverted in

you spend a few

nights in a top-end hotel. Most local tours, train tickets

Hong Kong and, increasingly, in many Southeast Asian countries.

and even flights out of Lhasa still can't be paid for using a credit card.

The few shops that do accept credit cards often charge a **4%**

International Transfers

surcharge.

Getting money sent to you in Lhasa is possible but it can be a drag. One

option is by using the Bank of China's central office in Lhasa. Money

The Lhasa central branch of the Bank of China is the only place in Tibet

should be wired to the **Bank of China**, Tibet/Lhasa branch, **28 Linkuo**

that provides credit card advances. A **3% commission** is deducted.

Xilu, bank account **No 90600668341**, SWIFT code **BKCHCNBJ900**.

Double-check wiring instructions with the bank beforehand.

Currency

y

The Chinese currency is known as Renminbi (RMB) or 'people's

The second option is via **Western Union** (www.westernunion.com),

money'. The basic unit of this currency is the yuan, and is designated in

which can wire money via the Express Mail Service at Lhasa's main post

this book by a 'Y'. In spoken Chinese, the word kuai is almost always office.

substituted for th

e yuan. Ten jiao (commonly known as mao) make up one yuan.

Security

A moneybelt or pockets sewn inside your clothes is the

RMB comes in p

aper notes in denominations of **one, two, five, 10,**

safest way to carry money.

20, 50 and 100 yuan; and **one, two and five jiao.** Coins are in

denominations of one yuan and five jiao. But please note that, coins are

Keeping all your eggs in one basket is not advised - you should keep an not acceptable in Tibet even for tipping.

emergency cash stash of small-denomination notes in US dollars apart

from your main moneybelt, along with a record of your travellers cheque

China has a problem with counterfeit notes. Very few Tibetans or

serial numbers, emergency contact numbers and passport number.

Chinese will acc

cept a Y100 or Y50 note without first subjecting it to

intense scrutiny, and many will not accept old, tattered notes. Check the

Taxes

watermark when receiving any Y100 note.

Although big hotels may add a tax or 'service charge' of **10% to 15%**, all

other taxes are included in the price tag, including airline departure tax.

Exchanging Money

In Tibet, the on

ly place to change foreign currency and travellers

Travellers Cheques

cheques is the **Bank of China**. Top-end hotels in Lhasa have

Besides the advantage of safety, travellers cheques are useful to carry in

exchange service s but only for guests. Outside of Lhasa, the only other

Tibet because the exchange rate is higher (by about **3%**) than it is for

locations to chan ge money are in Shigatse, Zhangmu, Purang (cash

cash. The **Bank of China** charges a **0.75% commission** to cash

only) and Ali, and at the airport on arrival. If you are travelling upcountry,

travellers cheques. Cheques from the major companies such as

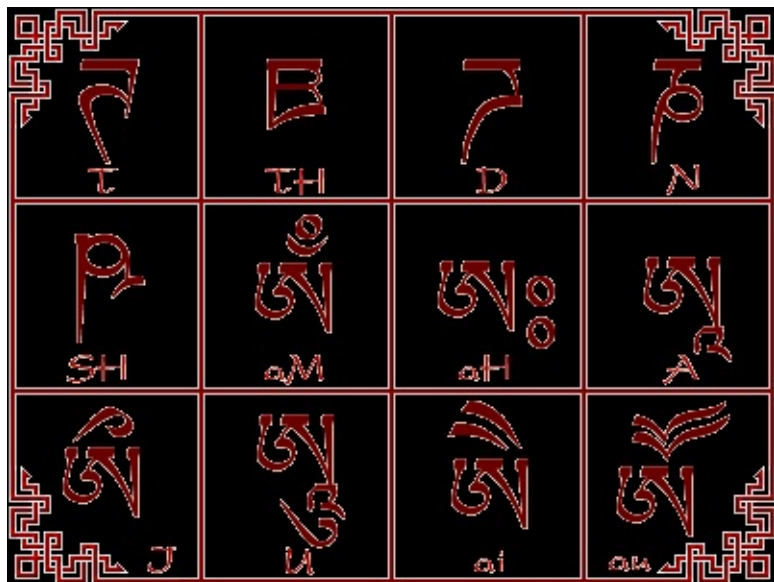
try to get your cash in small denominations: Y100 and Y50 bills are

Thomas Cook, Citibank, American Express and Bank of

sometimes difficult to get rid of in rural Tibet.

America are accepted.

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Useful Words & Numbers

D

Where 'Tashi Delek' means Good Luck

The two principal languages of Tibet are Tibetan and Chinese Mandarin.

HEALTH & EMERGENCIES

Tibetan has some tricky sounds for English speakers, it's hard to master

English

Tibetan

Chinese Pinyin

in a short time. However, learning some greetings and daily-used

Help!

rog nangda!

jiu ming a!

Tibetan words can be fun and helpful when shopping in Tibet or meeting

Fire!

may bahgi!

qi huo la!

emergencies. It will be much appreciated by the Tibetans you encounter

Thief!

kuma du!

zhua xiao tou!

on your travels.

Go away!

phah gyuk!

zou kai!

I'm ill.

nga nagidu

wo bing le.

CONVERSATION & ESSENTIALS

It's an emergency.

za dagpo ray!

jin ji qing kuang!

English

Tibetan

Chinese Pinyin

Call a doctor!

amchi kay tongda!

qing jiao yisheng!

Hello.

tashi dele

nin hao

korsoong-wa kay

Call the police!

qing jiao jingcha!

Goodbye.(when

tongda!

kalee pay

zai jian

staying)

I'm lost.

nga lamga lasha

wo mi lu le.

Goodbye.(when

Where are the

sangcho kabah yoray?

qing wen cesuo zai nar?

kalee shu

zai jian

leaving)

toilets?

Thank you.

tujay chay

xie xie

hospital

menkhang

yi yuan

Sorry.

gonda

dui bu qi

diarrhoea

droko shewa

fu xie

I want ...

nga la ... go

wo xiang...

fever

tsawa

fa shao

good

yag-po

hao de

What's your

nin jiao shenme

DIRECTIONS

kerang gi tsenla kare ray?

name?

mingzi

English

Tibetan

Chinese Pinyin

Where is the ...?

... kabah yo ray?

...zai nar?

My name is ... -

ngai ming-la ... sa, a- ni

wo jiao...-nin ne?

... ka-bah yo-may mik

and yours?

kerang-gi tsenla kare ray?

I'm looking for ...

wo zai zhao...

tagiyo

Is it OK to take a

zheli keyi paizhao

par gyabna digiy-rebay?

right

yeba

you bian

photo?

ma?

left

yonba

zuo bian

Where are you

kerang loong-pa ka-ne yin?

nin cong nar lai?

straight ahead

shar gya

zhi zou

from?

I'm from ...

nga ... ne yin

wo laizi...

LANGUAGE DIFFICULTIES

Australia

autaliya

ao da li ya

English

Tibetan

Chinese Pinyin

Canada

canada

jia na da

Do you speak

injeeke shing gi yo

France

farensi

fa guo

ni hui shuo yingyu ma?

English?

pe?

Germany

jarman

de guo

Dose anyone here

kayrang injikay

zher you ren hui shuo

New Zealand

shinshilen

xin xi lan

speak English?

shing-gi yobay

yingyu ma?

UK

injee loongpa

ying guo

I don't understand.

ha ko masong

wo ting de dong.

USA

amerika

mei guo

I understand.

ha kosong

wo ting bu dong.

ACCOMMODATION

English

Tibetan

Chinese Pinyin

Where's a ...?

...kabah yoray?

...zai nar?

guesthouse

dhon khang

zhao dai suo

hotel

dru-khang

bin guan/jiu dian

Do you have a room

nimen you fangjian

khang mi yobay?

available?

ma?

How much is it for one

tсен chik la katso

duo shao qian yi wan?

night?

ray?

I need some hot water.

ngala chu tsapo go

wo xu yao xie re shui



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SHOPPING & SERVICES

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English

Tibetan

Chinese Pinyin

I'd like to buy ...

nga ... nyondo yo

wo xiang mai...

D

Useful Telephone Numbers

How much is it?

gong katso ray?

duo shao qian?

Here we provide the telephone numbers for emergency, weather

It's expensive.

gong chenpo resha

tai gui le.

broadcast, and other useful Tibet numbers that are frequently used by

I don't like it.

loh doh masong

wo bu xi huan.

Tibet tourists. Area codes for major cities in Tibet are also available.

I'll take it.

te nyogi yin

wo jiu mai zhei ge.

General Numbers:

TIME & DATES

Police: 110

Fire: 119

English

Tibetan

Chinese Pinyin

Ambulance: 120

Weather Forecast: 12121

What's the time?

chutso katso ray?

jidian?

... hour ... minute

chutso ... karma ...

...dian...fen

Local Phone Number Inquiry: 114

Consumer Complain: 12315

When?

kadu?

shen me shi hou?

now

tanda

xian zai

Tibet Hospitals (TAR = Tibet Autonomous Region):

today

tering

jin tian

People's Hospital of TAR:

Lhasa People's Hospital Emergency

tomorrow

sangnyi

ming tian

0891-6332462

Center: 0891-98120

yesterday

kaysa

zuo tian

morning

shogay

zao chen

Tibet Transportation:

afternoon

nyin goong gyab la

xia wu

Gonggar Airport Information

Bus Station of TAR: 0891-6824469

evening/night

gongta

wan shang

Desk: 0891-6182220

TRANSPORT

Tibet Area Codes:

English

Tibetan

Chinese Pinyin

Lhasa: 0891

Shigatse (Xigaze): 0892

I want to go to ...

nga ... la drondo yo

wo yao qu...

Lhoka (Shannan): 0893

Nyingchi: 0894

phagay gompa

Chamdo (Qamdo): 0895

Nagqu (Nakchu): 0896

Can I get there on

gyabnay leb thoobki

zou lu neng dao ma?

Ngari (A

T li): 08

ips f 9

o7

r Photograph

ing or Videoing in Tibet

foot?

rebay?

Where is the bus

mota-di kabah dohgi

zhe tang che shi dao nar

going?

ray

de?

Is this bus going to

mota di (ganden

zhe tang che dao (gandan

(Ganden

gompa) dohgi rebay?

si) ma?

Monastery)?

In Tibet, it is not wise to casually ask a local person to take

What time do we

ngatso chutso katso

wo men shenme shihou

photos for you or take pictures of others. Before snapping,

leave?

dohgi yin?

zou?

consult your tour guide. Or else, you may have trouble with

What time do we

ngatso chutso katso

wo men shenme shihou

local Tibetan.

arrive?

lepgi ray?

dao?

Where can I hire a

kanggari lahsa kabah

zai nar keyi zu dao

In high mountain areas, shoot the beautiful scenery after you

bicycle?

yo ray?

zixingche?

find a safe place to stay. It is extremely dangerous to take

nyima chik-la gong

pictures while walking for you might tumble down from the

How much per day?

duoshao qian yi tian?

katso ray?

cliff.

What time is the ...

mota ... chutso

...banche shenme shihou

bus?

katsay dohgi ray?

lai?

Besides, photography of military or government buildings

next

jema-te

xia

may result in a penalty. You should seek permission from

first

tangpo-te

tou

local authorities before taking photographs.

last

thama-te

mo

airport

nam-tang

ji chang

Photographing or videoing protests, or carrying letters or

bicycle

kang gari

zi xing che

packages from Tibetan to be posted in other countries, could

bus

chicho langkho/mota

gong gong qi che

be regarded as provocative by authorities in Tibet and

porter

dohpo khukhen

ban yun gong

elsewhere in China.

yak

yak

mao niu

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Top Experiences

D

1 Mt Kailash, Western Tibet

5 Samye Monastery

Worshipped by more than a billion Buddhists and Hindus, Asia's most sacred mountain rises from the Barkha plain like a giant four-sided chortens and shrines arranged around a medieval Tibetan-, 6714m chorten. Throw in the stunning nearby Lake Manasarovar and a Chinese- and Indian-style temple called the Utse. The 1200-year-old basin that forms the source of four of Asia's greatest rivers, and who's to site is where Guru Rinpoche battled demons to introduce Buddhism to say this place really isn't the centre of the world? Travel here to one of the Tibet and where the future course of Tibetan Buddhism was sealed in a world's most beautiful and remote corners brings an added bonus: the great debate. The location on the desert-like banks of the Yarlung three-day pilgrim path around the mountain erases the sins of a lifetime.

Tsangpo is also superb.

2 Potala Palace, Lhasa

6 Riding the Rails to Lhasa

There are moments in travel that will long stay with you-and your first For all its faults, China's railway to Tibet (the world's highest) is an view of the iconic Potala Palace is one such moment. Even surrounded engineering wonder and a delightful way to reach the holy city. Pull up by a sea of Chinese development, the towering, mysterious building a window seat to view huge salt lakes, plains dotted with yaks and dominates Lhasa; it's simply hard to take your eyes off the thing. A visit to herders'tents, and hundreds of miles of desolate nothing, as you inch the former home of the Dalai Lamas is a spiralling descent past slowly up onto the high plateau. Peaking at 5072m may send you gold-tombed chapels, reception rooms and prayer halls into the bowels of diving for the piped oxygen, but it's still a classic rail trip. a medieval castle. It's nothing less than the concentrated spiritual and material wealth of a nation.

7 Yak-Butter Tea

Some people prefer to call it 'soup', others liken it to brewed socks and sump oil. However you describe it, your first mouthful of yak- butter tea is the signal that you have finallyreached Tibet. Our favourite thing about the Tibetan national drink is the view from the rim: a monk's quarters, a herder's yak-hair tent or a teahouse full of card-playing Tibetan cowboys. Definitely our cup of tea...

3 Jokhang Temple, Lhasa

The atmosphere of hushed awe is what hits you first as you inch through the dark, medieval passageways of the Jokhang ([Click here](#)). Queues of wide-eyed pilgrims shuffle up and down the stairways, past medieval doorways and millennium-old murals, pausing briefly to top up the hundreds of butter lamps that flicker in the gloom. It's the beating spiritual heart of Tibet. Welcome to the 14th century.

4 Views of Mt Everest

Don't tell the Nepal Tourism Board, but Tibet has easily the best views of the world's most famous mountain. While two-week-long trekking routes on the Nepal side offer up only occasional fleeting glimpses of the world's most famous mountain. While two-week-long trekking routes on the Nepal side offer up only occasional fleeting glimpses of the peak, the view of Mt Everest's unobstructed north face framed in the prayer flags of Rongphu Monastery or from a tent at the Base Camp will stop you in your tracks.





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restored chapels centres on Tsongkhapa's tomb, and offers a delightful kora path that will soon have you breathing hard from the

altitude.

12 Ganden- Samye Trek

Tibet is one of those places you really should experience at the pace of one foot in front of the other. This classic four-day trek ([Click here](#))

between two of Tibet's best monasteries takes you past

herders' camps, high alpine lakes and a Guru Rinpoche hermitage, as

well as over three 5000m-plus passes. Hire a horse for a wonderful

wilderness trek, with just the marmots for company.

13 Namtso

Just a few hours north of Lhasa, spectacular Nam-tso ([Click here](#))

epitomises the dramatic but harsh scenery of northern Tibet. This

deep blue lake is fringed by prayer flag- draped hills, craggy cliffs and

nesting migratory birds, all framed by a horizon of 7000m peaks. It's

cold, increasingly developed and devastatingly beautiful.

8 Sera & Drepung Monasteries, Lhasa

Lhasa's great religious institutions of Sera and Drepung are more than just

14 Gyantse Kumbum

monasteries- they are self-contained towns. A web of whitewashed alleyways

The giant chorten at Gyantse ([Click here](#)) is unique in the Himalayas.

climbs past medieval kitchens, printing presses and colleges to reach giant

As you spiral around and up the snail shell- shaped building, you pass

prayer halls full of chanting, tea-sipping red-robed monks. Don't miss the

dozens of alcoves full of serene painted buddhas, bloodthirsty

afternoon debating, an extravagant spectator sport of Buddhist dialectics and

demons and unrivalled Tibetan art. Finally you pop out onto the

hand slapping.

golden eaves, underneath all-seeing eyes, for fabulous views of Gyantse fort and old town.

9 Saga Dawa Festival

The line between tourist and pilgrim can be a fine one in Tibet, none more so than during the Saga Dawa Festival ([Click here](#)), when thousands of pilgrims pour into Lhasa to visit the city and make a ritual procession around the 8km Lingkhor path. Load up on small bills and juniper incense before joining the pilgrims past chapels and prostration points, or travel west to Mt Kailash for the mountain's biggest annual

10 Guge Kingdom, Western Tibet

The spectacular lost kingdom of Guge ([Click here](#)) at Tsaparang is quite unlike anything you'll see in central Tibet; it feels more like Ladakh than Lhasa. There comes a point when you are lowering yourself down a hidden sandstone staircase or crawling through an inter-connected cave complex that you stop and think: 'This is incredible!' What's really amazing is that you'll likely have the half-forgotten ruins to yourself. Rank this as one of Asia's great travel secrets.

11 Ganden Monastery

A two hour-drive from Lhasa takes you to the stunning location of Ganden, set in a natural bowl high above the braided Kyichu Valley. Brought back to life after nearly total destruction in the Cultural Revolution, the collection of restored





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18 Koras & Pilgrims

All over Tibet you'll see wizened old pilgrims twirling prayer wheels,

rubbing sacred rocks and walking around temples, monasteries and sometimes even entire mountains. It's a fantastic fusion of the spiritual and physical, and there are few better ways of spending an hour than joining a merry band of pilgrims on a monastery kora. En route you'll pass rock paintings, sacred spots and probably be invited to an impromptu picnic. See [Click here](#) for some of our favourites.

19 Lhasa to Kathmandu by 4WD

Organising a 4WD trip across Tibet is the quintessential traveller experience. It's hard to know what's toughest to overcome: the labyrinthine permit system, the terrible toilets or the rigours of bouncing around on a Tibet road for two weeks. Your reward is some wild and wholly Tibetan countryside, a satisfying sense of journey and a giant slice of adventure, until you finally drop off the plateau into the moist, green oxygen-rich jungles bordering Nepal.

20 Ngan-tso & Rawok-tso

Tibet is not short on spectacular, remote, turquoise-blue lakes. Of these, none surpasses the crystal-clear waters, sandy beaches and snowcapped peaks of these twin lakes, more reminiscent of the

15 Riwo

che Tsuglhakhang, Eastern Tibet

Canadian Rockies than anything on the high plateau. Stay overnight

Tibet is large enough to hold some hidden wonders. You'll have to overland at a hotel on stilts above the lake and explore nearby glaciers during for days to reach it and then haggle with the caretakers to let you in, but this

the day.

dramatic, towering and remote temple (Click here) in eastern Tibet feels like it's marooned in an earlier age. Enjoy the fact that you're among only a handful of foreigners to see it.

16 Adding

Your Prayer Flags to a High Pass

Crossing a spectacular high pass, fluttering with prayer flags, to view an awesome line of Himalayan peaks is an almost daily experience in Tibet. Join your driver in crying a breathless 'so, so, so' and throwing colourful squares of paper into the air like good-luck confetti, as the surrounding multicoloured flags flap and crackle in the wind. Better still, bring your own string to the pass and add them to the collection for some super-good karma.

17 Barkhor

Circuit, Lhasa

You never quite know what you're going to find when you join the centrifugal tide of Tibetans circling the Jokhang Temple on the Barkhor Circuit. Pilgrims and prostrators from across Tibet, stalls selling prayer wheels and turquoise, Muslim traders, Khampa nomads in shaggy cloaks, women from Amdo sporting 108 braids, thangka artists and Chinese military patrols are all par for the course. It's a fascinating microcosm of Tibet and an awesome backdrop for some souvenir shopping.



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Lhasa & Around

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Why Go?

Tibetan essence and sample the local culture, Barkhor Street is an ideal

Lhasa, the remote abode of the Dalai Lamas, object of devout pilgrimage

place to go. There are many more attractions that worth your visit in

and heart and soul of Tibet, is a city of wonders. Lhasa is so much more Lhasa.

accessible than it was years ago. While you will see a new airport, roads, million-dollar condos, and monks with cell phones, you can still

Where to Stay?

appreciate the beauty of the Tibetan plateau, the shimmering blue sky

Accommodation in Lhasa can be divided into Tibet-style accommodation against the mountains, and the beautiful, soulful Tibetan people.

in the central Barkhor area and less conveniently located upmarket digs on the outskirts of town. But the service in all these hotels is friendly and thoughtful. Our guide to hotels in Lhasa will help you find the hottest deals whether you're looking for luxury Lhasa resorts, or a cheap stay.

The hotel reviews cover room and hotel amenities, hotel services, as well as restaurant, nightclub and so on. We also offer you to enjoy lucrative hotel deals in Lhasa Hotels at discounted rates.

Permits

Lhasa is currently the only part of Tibet that doesn't require you to hire

Changtang Grassland

pricey transportation. The only time you will be asked for your Tibet

Tourism Bureau (TTB) permit is when you check in to a hotel. No other

Your first hint that Lhasa is close is the Potala, a vast white-and-ochre

permits are required for the city or surroundings. At the time of research

fortress soaring over one of the world's highest cities. While the Potala

you had to visit the main monasteries of Drepung, Sera, Ganden and the

dominates the skyline, the Jokhang, some 2km to the east, is the real

Jokhang (but not the Potala) in the company of your guide, but other spiritual heart of the city. An otherworldly mix of flickering butter lamps, parts of the city were fine to explore by yourself. You could contact us, a wafting incense and prostrating pilgrims, the Jokhang is the most sacred Tibet local operator to help you (www.tibettour.org).

and alive of Tibet's temples. It is here and the encircling Barkhor pilgrim circuit that most visitors first fall in love with Tibet.

Highlights

Follow monks, mendicants and fellow pilgrims around the For all its modernization Lhasa remains a fantastic cultural hybrid, its **Barkhor**, Lhasa's fascinating medieval pilgrim circuit.

streets bustling with a diverse mix of people. As the gateway to the 'real'

Join the shuffling lines of awed pilgrims around the glowing Tibet, out in the countryside, Lhasa deserves at least a week to see all shrines of the **Jokhang**, Tibet's holiest temple.

the sights, soak up the backstreets and organize the adventures that

Go down into the bowels of the **Potala**, the impressive but beckon at the city limits.

spiritless citadel of the Dalai Lamas.

Take in a prayer meeting or some monk-debating at **Sera**

When to Go?

and **Drepung**, two of the largest and most intact of Tibet's great

The major festivals of Saga Dawa (spring) and Losar (winter) bring huge monasteries.

numbers of pilgrims to the city, and the August Shotun festival is also a

A day out to **Ganden Monastery** and test your sin on its

major draw. Accommodation can be tight during the first weeks of May

fascinating kora.

and October and the months of July and August, when Chinese tourists

Explore the traditional whitewashed architecture, teashops

flock to the city.

and craft workshops of **Lhasa's backstreets** on our Old

Town Walking Tour.

What to See?

Track down one of Lhasa's **off-the-beaten-track**

As the holy land of Tibetan Buddhism and the capital city of Tibet, Lhasa

temples, such as the Meru Nyingba Monastery or Tengye Ling.

owns many well preserved Buddhist constructions. The grand and

Get a taste of the northern Changtang at the turquoise

mysterious palaces and monasteries like the Potala Palace, Ganden

waters, snowy peaks and nomads' tents of stunning high-altitude

Monastery, Drepung Monastery, and Jokhang Temple are some of the

Lake Namtso.

most visited attractions in Lhasa. With its purity and solemn as symbols of

Marvel at the turquoise waters of **Yamdruk-tso**, one of

Qinghai-Tibet Plateau, Namtso Lake's touching beauty should not be

Tibet's most sacred lakes.

missed by any traveler to Tibet. For tourists who are willing to learn about

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Recommend Two-day Tour in Lhasa

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Day 1 Lhasa highlights escorted tour

Highlights: go for a visit to Potala Palace, Jokhang Temple, Barkhor Street

After breakfast, we go to the Potala Palace, a golden feather upon the roof of the world, which Tibetans proudly claim to be the prime miracle since the creation of this world. It is visible from any distance, with the golden roof shining in the sun, spend one hour wondering around the inside of this magnificent building exploring the rooms previously used by the Dalai Lama and the many Buddhist icons within.

In the afternoon we go inside of the Jokhang. The Jokhang, like most of the larger temple structures have numerous individual temples within it dedicated to specific enlightened beings, protectors, high lamas, or saints. Images, both sculpted and painted, are everywhere. Every inch of wall and ceiling is brightly painted with images of clouds, beings, mandalas, or decorative patterns. Colorful silk banners, three stories high, hang in various places. Color, pattern, and images crowd in around you. The central image inside the building is a 30-foot high gilded image of Maitreya Buddha.

Then stroll around the back alleys of the Barkhor area of Old Lhasa. The streets smelled of yak butter and incense while hordes of pilgrims shuffled along the main Kora (circumambulations) around Jokhang Temple. If someone just walked at a normal pace, one kora would take about 15-20 minutes.

Day 2 Drepung and Sera Monastery

Highlights: the huge monastic institutions of Drepung and Sera lie on the edge of town, a short hiking into Tibet nature, catch the famous debate sessions of the monks in the afternoon.

In the morning have a tour for Drepung, the ever largest monastery with more than 10 thousand monks, Buddhist debates often occur there. Seen from afar, its grand, white construction gives the monastery the appearance of a heap of rice. As such, it was given its name which, in the Tibetan language, means Monastery of Collecting-Rice. Learn about the lives of Tibetan monks there.

The afternoon is spent touring Sera Monastery, have a little hike for the beautiful valley scenery nearby and picnic there, in the afternoon, visit Sera monastery, which was created in 1419 and has always been an important Buddhist seminary. As rose are planted everywhere in the monastery, it is also called “the court of wild rose”. Today still 200 lamas live in there. Catch the famous debate session of the monks before returning back to Lhasa.

Find more Lhasa tours at <http://www.tibettour.org/tibet-tours/private-tours/lhasa-tours/>





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Sample the Taste – Eat in Lhasa

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In Lhasa, you can also find other kinds of food besides Tibet food, including

Beijing cuisine, Sichuan cuisine, Mongolian and even

Namtso Restaurant (*Banak Shol hotel; mains Y20, set breakfast*

western-style cuisine. Deji Road is the most popular dining place

Y20-25)

among locals. Western and Tibetan style restaurants in **Beijing Road** and

This old-timer is still one of the top hotel-restaurants. Prices are a little

the **Barkhor Street** are always crowded with visitors. Some big hotels higher than at the Tashi restaurants, but dishes stretch to vegetarian also serve Nepalese and Indian food.

lasagne, burritos and yak burgers, and the sunny roof seating is one of the few places in town to sit outdoors. The chicken sizzler (Y25) is the All restaurants of various classes are decorated and furnished in the classic Lhasa meal. The restaurant's breakfasts (muesli brought in traditional Tibetan style. Diners can enjoy delicious Tibetan dishes while from Kathmandu, among other things) have also achieved a devoted admiring paintings and murals symbolizing happiness and good luck in the following. Menu in English.

restaurants. High on the menu are such flavors as sausages, barley wine, butter oil tea, beef and mutton eaten with the hands, yak tongue, steamed

Snowland Restaurant (*Xueyu Canting; 0086-891-632 0821;*

buns, Tsampa made from highland barley, pastries, minced mutton and beef.

Zangyiyuan Lu; dishes Y25-35)

Attached to the Snowlands Hotel, this is a more upmarket and very

Local Restaurants

popular place that serves a mix of excellent Continental and Nepali

The best places for breakfast are probably the Dunya and Nam-tso

food in very civilised surroundings. The Indian dishes are particularly

restaurants. All the eateries listed serve lunch and dinner, but you will struggle

good, especially the small but tasty chicken tikka masala (Y20). The

to find a meal after about 9.30pm.

cakes are easily the best in town. Menu in English.

Most individual travellers eat in the Tibetan quarter around the Barkhor

Square area and there are plenty of great restaurants to try.

WESTERN

Tashi I (*cnr Zangyiyuan Lu & Beijing Donglu; mains Y10-25; open time: 8am-10pm*)

We've been coming to this Lhasa institution for over 20 years now and, despite increased competition, it's still a favorite. The service is friendly, the prices are cheap and everything on the revitalized menu is decent. Special praise is reserved for the bobis (chapati-like unleavened bread), which come with seasoned cream cheese and fried vegetables or meat. Tashi's cheesecakes (Y6) have been eclipsed by other restaurants' desserts in recent

TIBETAN, CHINESE & MUSLIM

years but they are still a treat. Menu in English.

Kagui Nongmo Sakhang (*0086-891-632 7902; Yutuo Lu; mains Y6-20*)

Tashi II (*0086-891-632 3462; Beijing Donglu; mains Y10-25*)

This traditional Tibetan-style restaurant is a great place to take a

Located in the Kirey Hotel, Tashi II offers the same menu as Tashi I but is

Tibetan friend and try out local dishes without feeling overwhelmed

quieter and has a spruced-up interior. Menu in English.

(there's a picture menu for easy ordering). It has a good range of

Tibetan and Chinese dishes, from curried potatoes to sweet-and-sour

Dunya Restaurant (*0086-891-633 3374; www.dunyarestaurant.com;*

ribs, and the friendly Tibetan staff are very helpful.

100 Beijing Donglu; dishes Y18-40)

With sophisticated decor, excellent and wide-ranging food (from yak

Norzing Selchung Tashi Yamphel Restaurant

enchiladas to Indonesian noodles), this cosy foreign-run place feels like a

(Xiaozhaosi Lu; dishes Y10-25)

‘real’ restaurant. It’s pricier than most other places in town but the food is

Superconvenient if you’re visiting the next-door Ramoche Temple, this

authentic, from the oregano-flavored pizza crust to the Italian imported pasta.

pleasant upstairs Tibetan restaurant offers great views over the street

The homemade sandwiches and soups are good for lunch, and this is one

below from the low Tibetan-style tables. Try the set meal of shemdre

place where you can tuck into a salad without worrying about getting sick.

(rice, potato and yak meat) for Y10 or choose something more

Menu in English.

adventurous from the photo menu, such as the tiger-skin chillies.



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Pentoc Tibetan Restaurant (*dishes Y7-12*)

For something more authentically Tibetan, charming English-speaking

Pentoc runs this local teahouse restaurant after working in Tashi I for many years

. The menu includes breakfast (eggs, Tibetan bread,

New Mandala Restaurant (0086-891-634 2235; west of pancake, c

urd) and it's a good place to try homemade Tibetan

Barkhor Sq; dishes Y15-25)

standards, such as momos, thugpa (noodles), shemdre (rice, potato

This Nepali-run restaurant is definitely a winner for its fine views over and yak me

at), plus butter tea and chang (barley beer). It's 20m down

the Barkhor, either from the 2nd floor or the sunny rooftop. The inside an alleyway

off Beijing Donglu, on the left. Menu in English.

features some lovely and ornate Tibetan murals. It also sells

packaged Nepali foods such as muesli and soup mixes. The owner

Lanqing

Qingzhen Fanguan (*Beijing Donglu; dishes Y6-45*)

runs the Tashi restaurants in Shigatse and Tsetang. Menu in English.

There are s

everal Muslim restaurants in the old town but this one is

unique in h

aving cosy Tibetan-style seating in the side room. The

Mandala Restaurant (0086-891-632 9645; Mandala Hotel, 31

Xinjiang spe

cialty xiaopanji (Y25) - chicken in a sauce with potatoes

South Barkhor; dishes Y15-30)

and carrots

on a bed of noodles - is bony but very tasty. The photo

Perfect for a post-kora meal, this cosy place on the Barkhor circuit

menu on th

e wall is a help, though the images bear only a passing

offers a wide range of dishes from Indian curries to pizza, plus a few

resemblanc

e to the real thing. For lunch try one of the noodle dishes,

special-occasion Tibetan dishes and decent breakfasts. The Indian

such as cha

omianpian (fried noodle squares) or ganbanmian (a kind of

dishes can be a bit bland, so ask for the 'real' spices if that's how you

stir-fried spa

ghetti bolognaise).

like it. In summer grab a seat on the rooftop for awesome views of the

Jokhang. Menu in English.

Feijie R

restaurant (*Beijing Donglu; dishes Y7-20*)

Across from the Banak Shol hotel, this simple Sichuanese restaurant

Tengyelink Café (0086-891-632 3866; Zangyiyuan Lu; dishes

offers good, cheap Chinese dishes and is one of the few to have an

Y25)

English men

u.

This warm and cosy restaurant is popular with both foreigners and Tibetans, so get here early for a good table. The Chinese and

Islam

Restaurant (Yisilan Fanzhuang; 0086-891-633 9258;

Western dishes are joined by a good range of Tibetan, Thai and even noodles Y6-

10, meat dishes Y15-35)

Korean options. Service is good and it's a well-run place. The cakes

For the most authentic Muslim food head to the Muslim district and are discounted after 9pm. Menu in English.

particularly t

he Islam Restaurant. Invest in a cup of Muslim tea (babao

wanzi; Y3) and a bowl of Xinjiang noodles (Y10) and watch the chefs

at work in the open kitchen - but note that the English menu is more expensive than the Chinese.

Holy L

and Vegetarian Restaurant (Shendi Su Canting;

0086-891-636 3851; 10 Linkuo Beilu; dishes Y10-25)

Vegetarians don't need to worry about the 'soy fish' or 'soy chicken feet', this is 100% vegetarian food, dressed up to resemble meat dishes.

The wooden

tables and Buddhist images on the wall give the place a

simple Zen-

like atmosphere. The English and picture menus help

things along.

NEPALI

With the arr

ival of half-a-dozen Nepali restaurants, Lhasa now rivals

Kathmandu in its range of foreign foods (though prices are a bit

higher). All o ffer a mix of Indian, pseudo-Chinese and Western dishes

for about Y25, with Indian veggie dishes cheaper at Y10 to 12. If you're

hankering for enchiladas, chocolate pudding, peach lassis and other

Nepali backpacker favorites, make a beeline for these places.

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Chill with a drink

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The local beverage that every traveler ends up trying at least once is

Teahouses & Cafes

yak-butter tea. Tea houses are an important social venue in Tibet, and offer

Summit Cafe (Dingfeng Meiyishu Kafeidian; 0086-891-691 3884; 1

a chance to sit down and relax. The tea houses in the town offer sweet tea,

Danjielin Lu; coffee Y15-25; open time: 7.30am-10pm)

or salted; in the villages you may only have the option of salt tea. The line

With authentic espresso coffee and smoothies, sofas that you could lose

between a tea house and a restaurant is blurred and many also offer

yourself in, free Wi-Fi and melt-in-your-mouth desserts, this

thukpa. And also have a try of the chang, a fermented barley beer. It has a

American-style coffeehouse is caffeine nirvana for Starbucks-addicts

rich, fruity taste and ranges from disgusting to pretty good.

and latte lovers. It's in the courtyard of the Shangbala Hotel, off

Zangyiyuan Lu.

There are several Tibetan teahouses around town where you can grab a cheap cup of cha ngamo (sweet tea). Most of them are grungy Tibetan-only places, blasted by high-decibel kung fu videos, but there are a few exceptions. ***Turquoise Dragon Teahouse*** (cnr Beijing Donglu & Xiaozhaosi Lu) is a Tibetan-style place with a fine balcony overlooking Beijing Donglu. The bustling local ***teahouse*** (Zangyiyuan Lu) underneath the Tashi Takgay Hotel is very central and full of colour, though the ***Ani Sangkhung Nunnery teahouse*** (29 Linkuo Nanlu) is probably the nicest for a quiet cup of tea.

Lhasa's Nightlife Guide

Best Nangma?

Bars

For nangma, the recommend place is Gyelpo's Nangma (Beijing Donglu; 7pm-2am). The seating is good, the floorshow and the evening most travelers head to one of the restaurants in the Tibetan quarter and then retire to the roof of the Yak or Banak Shol hotels for a cold Gyelpo was a famous dancer on Tibet TV. It's a great place to Lhasa Beer. meet friends and it's cheaper than the discos, but get a seat before 9pm. Nearby JJ Nangma (Beijing Donglu) is flashier and ***Makye Amye*** (0086-891-632 8608; Barkhor; drinks Y8-23, mains Y20-38) has a younger crowd. The past is tastier than the present at this watering hole overlooking the

Barkhor. If the stories are to be believed, this was once a drinking haunt of

Best Bars?

the licentious sixth Dalai Lama, who met the famed Tibetan beauty Makye

Bars change really frequently in Lhasa. Easy Day (Lawei

Amye here and composed a famous poem about her. Tour groups and

Yangguang Cheng A-47, Deji Beilu; beer Y10-15; 5pm-6am) has

Chinese tourists are drawn to the views of the Barkhor from the window

a lounge feel with dim lights and some live jazz and blues, and

tables and fine rooftop terrace, but the food is just so-so.

there are half a dozen other bars nearby. Qipingmi Bar (beer

Y8-10; Beijing Xilu; 4pm-4am) is a small, busy bar that has great

Dunya (100 Beijing Donglu; beer Y12)

music, from Chinese pop to the Eagles. Bangda (Beijing Donglu;

The upstairs bar at this popular restaurant is a favorite of both local expats

6pm-5am) is bigger and busier, with outdoor courtyard seating

and tour groups. Friday's happy hour means a Y2 discount between 7pm

during the day.

and 9.30pm.

Best Club?

Music Kitchen (Yinyue Chufang; 0086-891-681 2980; 77 Beijing Xilu; beer

Queen (Deji Beilu; 10pm-5am) is the biggest and best disco and

Y12-15)

the bouncers keep things in check. It's still known by its old name

Part of a string of bars and restaurants across from the Lhasa Hotel, this

Babila. It's popular with young people and students and people

Tibetan-owned place was one of the city's first and still boasts Tibetan-
here love to dance with foreigners! The music is mostly techno,
owned place was one of the city's first and still boasts some of the best
Lady Gaga, Korean pop; you know, good beats. The people are
music in town, with live bands at the weekend, a full dinner menu, and just
very fresh.
the right aroma of late-night booze and depravity.

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Central Tibet

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Why Go?

It is Tibet's heartland and has almost all the landscapes you'll find
Monastery and the hot springs at nearby Tidrum. U is best experienced
across the plateau, from sand dunes and wide rivers to soaring peaks
on foot, whether on day hikes to side monasteries or on the classic
and alpine forests. Due to its proximity to Lhasa, it is the first taste of
multiday treks from Ganden to Samye, or Tsurphu to Yangpachen . With

rural Tibet that most visitors experience, and exploring the region on most of the sights in this chapter not requiring those pesky travel permits, foot is the best way to appreciate its scenery - fine walking opportunities this is the place to get out of the Land Cruiser, stick your thumb out and abound, from day hikes to overnight treks. It is also the traditional go exploring.

power centre of Tibet, and home to its oldest buildings and most historic monasteries. A thousand-year-old temple or hilltop fort seems to lie

Where to Stay?

around every bend in the road. Some of its best-known destinations are There are a wide range of choices in accommodation in Tsedang, crowded in high season, so consider getting off the beaten path - there Tibetan-style, hostels, starred hotels from 3 or 4 star ones. Most of them are endless valleys along the Yarlung Tsangpo river to explore. Head offer reasonably good accommodations and facilities. But in other places up one and you'll feel like you have Tibet all to yourself.

in U, there are only local guesthouses available. If you want to travel some off-the-beaten paths, it's better to take your own sleep bags with

When to Go?

you.

Pilgrims converge on Tsurphu in May/June to take part in a festival of cham dancing, religious devotion and bouts of Tibetan-style drinking

Permits

games. Festival season at Samye Monastery comes in June/July. Take Travel in Lhasa prefecture (central and northern U) only requires the

part in the party then trek over the mountains to Ganden Monastery.

standard Tibet Tourism Bureau (TTB) permit. This includes such places

Serene Lake Nam-tso comes alive in September for an annual horse

as Tsurphu, Nam-tso, Reting, Drigung Til, Lhundrub and Nyemo. Most of

festival. It's a good time to see horse racing and horse games before

the Yarlung Tsangpo Valley (formally Shannan prefecture) requires an

the cold sets in.

additional permit, the aliens permit issued by Public Security Bureau

(also called PSB permit), and you can expect your papers to be

What to See?

scrutinised particularly in Tsetang and possibly Samye. Lhamo La-tso

With most of its major sights relatively close to Lhasa, and the rich

requires five permits which need to be organized at least 15 days in

culture of this region, Central Tibet draws the crowds. This is no reason

advance of your trip.

to avoid it. The Tibetans trace the very birth of their nation to the valleys

of the Yarlung and Yarlung Tsangpo (Brahmaputra), in particular the

Highlights

Monkey Cave above Tsetang. The nearby Yumbulagang Palace is

Soak up the fabulous location and spectacular circular

claimed as Tibet's oldest building. Centuries later Guru Rinpoche

complex of **Samye**, Tibet's first monastery.

meditated at caves in Sheldak and Chimphu and battled demons on the

Hike the **Yarlung Valley**, including the iconic bank of the nearby Yarlung Tsangpo, before founding Tibet's first Yumbulagang-the first building in Tibet-and the ruins of monastery at nearby Samye. It was from the Yarlung Valley that the Rechung-puk.

earliest Tibetan kings launched their 6th-century unification of the

Overnight at one of central Tibet's **peaceful** plateau and it is in the nearby Chongye Valley that they lie buried.

monasteries-either beside the sand dunes of Dorje Drak,

It's not all ancient history. With a gorgeous turquoise hue, Nam-tso, an immense salt-water lake, is far and away the region's most popular centre of Mindroling.

natural attraction. The dramatic desert landscapes of the Yarlung

Soak your worries away in the picture-perfect hot springs

Tsangpo, Tibet's most important river, are a surreal highlight.

of **Tidrum Nunnery**.

Mysterious Lhamo La-tso, a hard-to-reach lake southeast of the capital,

Squeeze, drag and giggle yourself silly through the sacred

is the only place where access remains a real challenge.

cave complexes of **Drak Yangdzong**, an adventurous

For those wanting to explore Tibet by themselves, there's fantastic

overnight pilgrim destination.

scope for independent exploration. The valleys of the Yarlung Tsangpo

Get a taste of the northern Changtang at the turquoise

shelter a wealth of monasteries that rarely see a foreigner. Reting

waters, snowy peaks and nomads' tents of stunning high-altitude

Monastery remains one of the most serene in Tibet. Travellers with

Lake Namtso.

limited time have discovered a gem of a destination in Drigung Til

Monastery

31



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Recommend Tours

D

Itinerary I: 4 days

Itinerary II: 6 days

Explore Sunlight City and the Cradle of Tibetan Culture

Expedition to the Road Less Traveled

Tibet » Lhasa, Tsedang

Tibet » Lhasa, Namtso, Reting, Drigung Til

This exciting tour showers you with the riches of Tibet culture. After fully

Besides it showers you with the best of Lhasa, this is a circuit trip

exploring Lhasa include the World Heritage Site of the Potala and

that explores the enchanting and relatively untouched valleys north

Jokhang Temple and the Barkhor pilgrimage circuit. The huge monastic

of Lhasa. During our trip we visit Terdrom Nunnery (4325 m) and

institutions of Drepung and Sera lie on the edge of town, you could come

medicinal hot springs, Drigung Til Monastery with a glance at the

and walk in the mysterious footsteps of the ancient civilization and culture

most famous sky burial site nearby, as well as Reting Monastery

around Tsedang, the cradle of Tibetan Civilization, to discover the mystery

(4070 m), and our trip culminates in Lhasa after exploring the

of Tibetan Buddhist in Tibet's most revered Palaces and Monasteries.

magnificent Nam-tso, which shades the valley floor a miraculous

shade of turquoise while the stunning 7000 m peaks encapsulate

Highlights:

you in a lost world.

Go down into the bowels of the Potala, the impressive but spiritless

citadel of the Dalai Lamas.

Highlights:

Join the shuffling, murmuring pilgrims around the shrines of the

The best of Lhasa

Jokhang, the spiritual heart of Tibet.

Get a taste of the northern Changtang at the turquoise waters,

Follow monks, mendicants and fellow pilgrims around the Barkhor,

snowy peaks and nomads' tents of stunning high-altitude Lake

Lhasa's fascinating medieval pilgrim circuit.

Namtso.

Take in a prayer meeting or some monk debating at Sera and Drepung,

A short kora around the out-of-the-way temple of Reting.

two of the largest and most intact of Tibet's great monasteries.

Take the off-the-beaten path odyssey to Drigung Til Monastery

Soak up the fabulous location and spectacular circular complex of

A glance at the most famous sky burial site in central Tibet.

Samye, Tibet's first monastery.

A trip out to Ganden Monastery and test your sin on its fascinating

Hike the Yarlang Valley, explore the iconic Yumbulagang-the first

kora.

building in Tibet.

Schedules:

Schedules:

Day 1 Lhasa highlights escorted tour

Day 1 Lhasa highlights escorted tour

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Day 2 Drepung and Sera Monastery

Day 2 Drepung and Sera Monastery

Highlights: the huge monastic institutions of Drepung and Sera lie on

Highlights: the huge monastic institutions of Drepung and Sera lie on the edge of town, a short hiking into Tibet nature, catch the famous debate sessions of the monks in the afternoon.

sessions of the monks in the afternoon.

Day 3 Drive Lhasa to Lake Namtso

Day 3 Drive to Tsedang

Highlights: the magnificent Namtso and the stunning 7000m peaks

Highlights: Samye & Mindroling Monastery

of Nyianchentangula

Day 4 Tsedang Highlights Escorted Tour

Day 4 Namtso-Reting Monastery

Highlights: Tsedang city, Yumbulagang, Trundruk monastery

Highlights: sunrise of Namtso Lake, a short kora in Reting Monastery

Day 5 Reting- Drigung Til

Highlights: Drigung Til Monastery, Tidrum Nunnery and Guru

Find more tours in Central Tibet at:

Rimpoche's cave

<http://www.tibetour.org/private-tours/central-tibet-tours/>

Day 6 Drive back to Lhasa

Highlights: Ganden Monastery

32

b



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Everest Region

Why Go?

D

is bare minimum, while three weeks gives time for day hikes out to

The great overland trip across Tibet - from Lhasa to the Nepali border

little-visited monasteries, one longer trek and (well-deserving) repeat

via Gyantse, Sh

igatse and Mt Everest Base Camp - passes straight

visits to the larger monastic compounds.

through Tsang. Most of the highlights of the region lie right along (or

close to) the Fr

riendship Hwy, making cross-country travel a relatively

Where to Stay?

straightforward process. A great variety of sights and activities are

There are a wide range of choices in accommodation through the journey,

experienced along the way, from hardcore treks in the Everest region to

Tibetan-style, hostels, starred hotels from 3 or 4 star ones. Most of them

a smorgasbord of ancient Tibetan monasteries and historic towns. For offer reasonably good accommodations and facilities, except the Everest many travellers, T

region. There is no “real” hotel in Mt. Everest. Travelers have three sang is either the first or last place they experience in

Tibet, and the ride either up or down from Nepal is a border crossing for

choices: 1) camping by yourself; 2) Stay in Tent Guest House in Base the ages.

Camp; 3) stay in the Rongbuk Monastery Guesthouse.

When to Go?

Permits

The best time of the year to visit Tsang is from May to June, when views

Most of Tsang's sights involve detours from the Friendship Hwy and you of Mt Everest are usually clear before the monsoon brings cloud cover.

need permits to visit these areas. At the time of writing the only way to get

This is also an excellent time for trekking in the Himalayas. The

permits was by travelling with an organised 4WD tour. Special trekking

colourful three-day festival at Tashilhunpo takes place in June or July

permits are needed if you plan to trek in the Everest region beyond the

(dates change each year) and culminates in the unrolling of a massive

base camp. Trekking permits for Camp III (also known as Advanced Base

thangkas. Visit

Gyantse for the horse racing and archery festival in

Camp or ABC) are issued by the China Tibet Mountain Association.

June (dates change each year), which includes traditional games, folk

Trekkers will need help from an agency to get the permits.

singing, picnics and much swilling of barley beer.

Getting Around

What to See?

The main road through Tsang, the Friendship Hwy, is paved almost all the

With most of its

major sights relatively close to Lhasa, and on or near

way to the Nepali border. The southern route via Yamdrok-tso has a

the paved Friendship Hwy, the traditional province of Tsang draws the

brand-spankin' new paved highway that winds its way over Kamba-la to

crowds. This is no reason to avoid it. After all, this is the region that has

Yamdrok-tso and onto Shigatse. 4WD trips (the usual way to travel

Everest, the highest mountain in the world, the Gyantse Kumbum,

through the region) take this more scenic route. Public transport runs

Tibet's most stunning architectural wonder, and many of the country's

along the Northern Friendship Hwy as far as Shegar. The Qinghai-Tibet

most important monasteries. The latter include the fortress-like Sakya

train from Lhasa to Shigatse is not due for completion until 2014.

Monastery, seat of the first Tibetan government with a lama ruler, and

Tashilhunpo, seat and burial site of the Panchen Lamas. Getting off the

Highlights

tourist path is relatively easy, though if you're travelling by La

and Cruiser

Look out for flying monks at the mysterious **Shalu**

tour you should arrange this from the start. Phuntsoling and Shalu

Monastery.

monasteries are two very worthwhile diversions. Both are intensely

Climb the dazzling **Gyantse Kumbum**, a monumental atmospheric, highly photogenic and have important places in Tibetan chorten with mural-filled chapels. history.

Worship before a 26m gold Buddha at **Tashilumpo**

Monastery, a walled complex the size of a village.

Tsang doesn't hurt for outstanding scenery, either. There's Everest, of

Absorb the holy atmosphere inside ancient Sakya Monastery. course, but also the turquoise waters of Yamdrok-tso, the snaking

Scale the ruins and mighty cliffs of **Shegar Dzong**, a fort valleys of the

Yarlung Tsangpo, wide meadowlands dotted with

and monastery in the Himalayan shadows

whitewashed vil

lages, and stunning views from passes that get up to

Get off the beaten track at photogenic **Phuntsling**

5100m. The adventurous take this all in slowly by cycling down the

Monastery, set at the base of a monstrous sand dune.

Friendship Hwy,

or trekking: Everest Base Camp to Tingri is the most

Sleep in nomad tents and gaze upon the north face of **Mt.**

popular trekking route in Tsang, though there are others.

Everest.

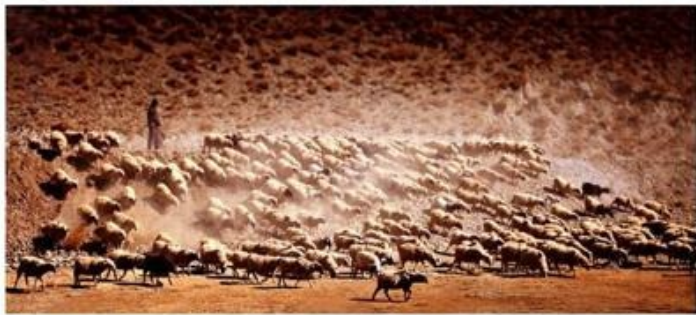
Get your Bon on at the Bonpo monastery

After Shegar and the turn-off for Mt Everest, the attractions dry up.

Yungdrungling.

Though most travellers are headed for Kathmandu, a round trip from

Lhasa should allow you to see more in a short time. How short? A week





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Recommend Itineraries

D

For most travellers, visiting Tsang means a straight shot from Lhasa to the Nepali border, with stops at Gyantse, Shigatse and Mt Everest. This journey takes about eight days if done at a reasonable pace.

From **Lhasa**, head out on the Southern Friendship Hwy, which takes you over the **Kamba-la pass** to the shores of **Yamdruk-tso**, then on to **Nangartse** and **Gyantse**. You'll need a full day in Gyantse before you can move on to Shigatse. West of **Shigatse** the next obvious stop is **Lhatse**, but there are two worthy side trips on the way - **Sakya Monastery** and **Phuntsoling Monastery**. From Lhatse it's on to Baber and **Shegar**, a key stop before heading on to **Everest Base Camp (EBC)**. Back on the main highway there is **old Tingri** and **Nyalam** before you finally reach the border town of **Zhangmu**. The best hike in the region is from old Tingri to EBC (or vice versa), which will add another four days to your journey.

If you are in a hurry, it's quicker to take the Northern Friendship Road when travelling between Lhasa and Shigatse but going this way you'll miss Gyantse, one of the highlights of Tsang. Any way you go you'll find good facilities along the way and relatively easy drives as the Friendship Hwy is entirely paved. The exception is the Everest region, which has dirt roads and basic accommodation.

Tibet Essen

ces with Mt. Everest Adventure

Tibet » Lhasa, Gyantse, Shigatse, Mt. Everest

Duration: 7 Days

Max Altitude: 5,150 meters (16,896 feet)

Both Private tour & Small group tour are available

Day 1 Lhasa hi

ghlights escorted tour

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Day 2 Drepung and Sera Monastery

Highlights: the huge monastic institutions of Drepung and Sera lie on the edge of town, a short hiking into Tibet nature, catch the famous debate sessions of the monks in the afternoon.

Day 3 Lhasa-Gyantse-Shigatse

Highlights: Yamdrok Yumtso Lake, Pelkor Monastery & Kumbum Stupa, Tashilumpo Monastery

Day 4 Shigatse to Rongbuk Monastery

Highlights: drive from Shigatse to Shegar, then continue to Rongbuk Monastery

If you pla

n to out of Tibet from Lhasa:

Day 05 Drive

back to Shigatse

Highlights: after the magnificent views of Mt. Everest, we drive back to Shigatse

Day 06 Drive

back to Lhasa

Highlights: enjoy the breathtaking views along the way back to Lhasa

If you c

ontinue to Kathmandu:

Day 06 Snake

down to Zhangmu

Highlights: after enjoy the fabulous views of Mt. Everest, snake down to Zhangmu

Day 07 See you off at Nepalese Border

Highlights: finish the tour at the border, cross the bridge to Nepal side yourselves

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Kailash & Manasarovar

D

Why Go?

Western Tibet is a politically sensitive area and is periodically closed to

Vast, thinly populated and with an average altitude of over 4500m,

foreigners, due either to political unrest on the Mt Kailash kora or military

Ngari is Tibet's wild west, a rough and ready frontier occupying one of

tension along the contested borders of China, India and Pakistan.

the remotest corners of Asia. For most travellers the main attractions of

what is likely to be a three-week overland trip are the almost legendary

Where to Stay?

destinations of Mt Kailash and Lake Manasarovar. Indeed, many of the Hotels in Nagri are a kind of poor. Most of them are local guesthouses. pilgrims on this road have been planning a visit all their lives. For those Baths are only available in Shiquanhe Town. We recommend you take less fussed by the spiritual significance of Mt Kailash, getting to one of your own sleeping bags, for self-sanitation and keeping warm. the most isolated and beautiful corners of high Asia is likely to be an attraction in itself.

Best Views

Humla Karnali Valley from Shepeling (Simbaling) Monastery

When to Go?

Tagyel-tso, or anywhere along the northern route

May to June and mid-September to early October are the best times to

Mt Kailash floating over the waters of Rakshas Tal

head to Ngari, though June and July see huge convoys of Indian pilgrims booking out entire hotels on their way to Mt Kailash. April to

What to Bring?

October is best for the Drolma-la pass on the Kailash kora, as it's

Warm clothes are essential, even in summer. The sun is strong and days normally blocked with snow during other months. The festival of Saga

can be hot, especially in a 4WD, so do bring something light to wear. A

Dawa in May/June is a particularly popular time to visit Mt Kailash, and

sleeping bag is recommended, since many of the villages, towns and

hundreds of pilgrims and tourists descend on the mountain. Some find

hotels in western Tibet are dusty, dirty, depressing places so a tent gives

the pilgrim atmosphere a highlight; others find the large numbers of you the flexibility to camp out in some of the most glorious scenery on the trekking groups off-putting.

planet. A tent is also useful (though not essential) if you are doing the Kailash kora. A face-mask can be useful to keep out the copious dust.

What to See?

Supplies are now easy to get in all the settlements of the west but Vast, scarcely populated and with an average altitude of over 4500m, consider bringing luxuries like instant porridge, muesli (with powdered Ngari is a frontier in one of the remotest corners of Asia. The main milk), chocolate, cheese and dehydrated foods from home. A snack attractions are a mountain and a lake - but what a mountain and what a supply gives you the flexibility to stop for a picnic lunch somewhere lake! Sacred Mt Kailash and Lake Manasarovar are two of the most beautiful (or when the car breaks down).

far-flung and legendary travel destinations in the world. Many of the pilgrims on the road have been planning a visit all their lives.

The only places to change money in Ngari are banks in Ali and, less The landscape of Ngari is dominated by the Himalaya range to the reliably, Purang- it's much easier to change cash US dollars than travellers south and the huge salt lakes of the Changtang plateau to the north. In cheques. It's best to bring as much cash as you expect to spend. There between are immense stretches of yellow steppe, dusty badlands, are ATMs in Ali and, less reliably, Zanda.

sandy deserts, and the mineral-rich trans-Himalayan ranges stained

purple, rust and green. For those not overly fussed by the spiritual

Highlights

significance of Mt Kailash, going to one of the most isolated and

Join the pilgrims looking to erase the sins of a lifetime on the beautiful corners of the globe is likely to be an attraction in itself.

three-day trek around holy **Mt. Kailash**.

Permits

Hike the sandy shores of sacred **Lake Manasarovar**, or

just marvel at the turquoise waters and snowcapped-mountain

Foreigners require a fistful of permits: an Alien Travel Permit, military backdrop.

permit, Tibet Tourism Bureau (TTB) permit, foreign affairs permit... As a

Camp anywhere in this otherworldly landscape, but especially local operator, we could organise all of these for you but it will take a

by the **lakes Tagyel-tso, Dawa-tso and Peiku-tso**.

week minimum. You may need to stop in Shigatse to process your Alien

Explore the ruins of an **ancient kingdom at**

Travel Permit and may further need to get this endorsed in Darchen or

Tsaparang, one of Asia's unknown wonders.

Ali, depending on the direction of travel. This is particularly true if you

Spot wild asses, gazelle and blue sheep on the

wish to visit off-the-beaten-track places like Gurugyam Monastery. As northern route to Ali.

you travel through the region your guide will need to register you with





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Recommend Itineraries

D

From Lhasa there are two approaches to Ngari: a southern route and a northern. Both follow the same road west to Lhatse and beyond to Raka. About 6km past Raka the routes split, with the southern route continuing west and the northern route heading north. The southern route is the more popular one, largely because it is the fastest way to Mt Kailash. Although there are no stellar attractions on the longer northern route, the scenery is grander, traffic lighter and wildlife richer than the southern route.

The Xinjiang-Tibet Hwy is one of the highest, remotest and most spectacular roads in Asia. The route passes through the remote and disputed Aksai Chin region; with the unpredictability of breakdowns, it can take several days or more to travel the 1100km from Yecheng to Ali. The very few hardy adventurers who make this road do so mostly in a rented 4WD, and it's not cheap as you'll likely have to pay for the vehicle to travel all the way from Lhasa to Yecheng and back. Buses run every few days between Ali and

Yecheng but foreigners are not officially allowed on them.

If you're coming to/from Kathmandu via the Friendship Hwy, a shortcut to/from Saga (via beautiful Peiku-tso) will shave a full day's travel off your trip. It is also possible to enter Ngari on a four-day trek from Simikot in the Humla region of western Nepal to Purang on the Chinese border near Mt .Kailash.

This route is open only to tour groups that trek in from Humla, which is a restricted region.

Recommend Itinerary I

Day 09 Trekking: 3-4 hours/ 14km/ 150m descent

Pilgrim

age of Mt. Kailash Kora

Highlights: Zutulpuk to Darchen

Tibet » Lhasa,

Gyantse, Shigatse, Mt. Kailash, Lake Manasarovar

Day 10 Drive back to Saga

Duration: 1 2 Days

Highlights: Drive back to Saga from Darchen

Max Altitude: above 5,000 meters

Both Private tour & Small group tour are available

Day 11 Continue to Lhatse

Highlights: Drive back to Lhatse from Saga

Day 01 Lhasa highlights escorted tour

Highlights: Potala

Palace, Jokhang Temple, Barkhor Street

Day 12 Drive back to Lhasa

Highlights: continue drive forward to Lhasa

Day 02 Drepung and Sera Monastery

Highlights: the huge monastic institutions of Drepung and Sera lie on the edge of town, a short hiking into Tibet nature, catch the famous debate sessions of the monks in the afternoon.

Day 03 Drive to Shigatse via Gyantse, 360km

Day 04 Drive to Everest Base Camp via Namche Bazar, 140km

Day 05 Drive to Lhasa via Shigatse, 360km

Highlights: Ya

mdrok Yumtso Lake, Pelkor Monastery & Kumbum

Stupa

Day 04 Shigatse to Saga, 450km, 8-9hrs

Highlights: Tash

ilunpo Monastery, views of ass several lakes, towns

and high plateau

nomadic sites along the way

Day 05 Drive to Lake Manasarovar, 500km, 8-9hrs

Highlights: Lake Manasarovar

Day 06 Drive to Darchen (4560m), 30km

Highlights: fabu

lous views of Mt. Kailash in distance,

Day 07 Start Kailash Circuit Trekking, 10 hours/ 20km/ 200m

ascent

Highlights: Darchen to Dirapuk monastery

Day 08 Trekking: 6-7 hours/ 18km/ 550m ascent/ 600m descent

Highlights: Diraphuk to Zutulpuk monastery





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Recommend Itinerary II

[Http:dadf](http://dadfadf)

Overland Adventure from Kashgar to Lhasa

Tibet » Kashgar, Guge Kingdom, Mt. Kailash, Lake Manasarovar, Mt. Everest, Shigatse, Gyantse, Lhasa

D

With at least tw

o passes over 5400m, the Xining-Tibet Hwy is the highest road in the world. And this overland adventure from Kashgar to Lhasa will

shower you the best of the Tibet Plateau: Kashgar, ancient hub of the Silk Road, the lost Himalayan Kingdom of Guge, circumambulation of the sacred Mountain of Kailash, herds of wild ass roam and eagles soar high above the immense landscape, and the mystical city of Lhasa. In a word, this tour covers nearly all the fabulous attractions in Tibet, you can never miss this trip of a lifetime.

Duration:

14 Days

Max Altitu

de: above 5,000 meters

Customizable private tour with private guide & vehicle

Day 01 Kas

Nggar to Yecheng, 250km

Highlights: visit the edge of Taklamakan Desert

Day 02 & 03 Ye

chong to Dahongliutan, 499km

Highlights: Kun

lun and Karakorum mountain range

Day 04 Pangongtso - Dorma - Dahongliutan, 433km

Highlights: bad road and via Tialongtan-la pass more than 5000m

Day 05 Pangongtso Lake to Tsada, 395km

Highlights: Pangongtso Lake

Day 06 Tsa

da to Darchen

Highlights: anc

ient Kingdom Guge

Day 07 Start Karilash Circuit Trekking, 10 hours/ 20km/ 200m ascent

Highlights: Darc

hen to Dirapuk monastery

Day 08 Trekki

ng: 6-7 hours/ 18km/ 550m ascent/ 600m descent

Highlights: Dirapuk to Zutulpuk monastery

Day 09 Trekki

ng: 3-4 hours/ 14km/ 150m descent

Highlights: Zutu

Ipuk to Darchen

Day 10 Saga -

Peiku-tso – Rongbuk

Highlights: Lake Peiku-tso, Rongbuk Monastery

Day 11 Rongb

uk Monastery to Shigatse

Highlights: after the magnificent views of Mt. Everest, we drive forward to Shigatse

Day 12 Drive t

o Lhasa

Highlights: Tashi lumpo Monastery and enjoy the breathtaking views along the way back to Lhasa

Day 13 Lhasa s ightseeing

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Day 14 Drepung and Sera Monastery

Highlights: the huge monastic institutions of Drepung and Sera lie on the edge of town

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Eastern Tibet (Kham)

D

Why Go?

travel in Nyingtri. But beyond Nyingtri, the accommodation become poorer,

Kham is the face you never knew Tibet had: a land of raging rivers and in some simple place, there are only local budget guesthouses available.

deep gorges, alpine forests and rolling grasslands, outspoken monks and rebel cowboys. Compared with the rest of this largely barren land,

Permits

it's a world apart.

Military presence is strong in eastern Tibet, and this has for a long time

It's still part of the Tibetan plateau, but Kham is where Tibet begins its

been a heavily restricted area for general travel. Since 2008 the whole of

descent towards the subtropical Sichuan basin, and the landscapes here

the Chamdo and Nyingtri regions (an area which covers almost all of

represent both extremes: one day you'll drive over a breathtakingly high

eastern Tibet, save the area closest to Lhasa) have been closed to

mountain pass, the next you'll slide your way through rainforest on a

foreigners.

mud-bath road. This is off-the-beaten-track adventure travel at its most

exhilarating, and the chances are you'll be the only foreigner in sight.

Foreign visitors needed three permits to travel in eastern Tibet: an Alien

Kham gains much of its charm from its people. Khampas dressed in

Travel Permit, a military permit and a Tibet Tourism Bureau (TTB) permit.

sheepskin cloaks and with braided hair cruise the region on motorbikes.

These permits were registered at the Public Security Bureau (PSB), Foreign

It can sometimes feel like America's Wild West, only with the cowboys

Affairs Office and Military Office. They also needed to be shown at a

and buffalos replaced by Khampas and yaks.

number of checkpoints along the Sichuan-Tibet Hwy. As a local operator we

will organise all these permits for you (and the registration process), but it

When to Go?

will take a minimum of 15 days.

May and June are the best months to travel in eastern Tibet. There's

hardly any rain, temperatures are at their most comfortable and much of

Getting There & Around

the landscape is covered in blankets of bright-yellow rapeseed flowers. If

Lhasa is the logical place from which to launch an expedition to Kham. It's

you're here in early August, try to pop in on the Nagchu Horse Festival;

the closest gate-way city and permits are relatively hassle-free to acquire,

well worth a look if you're on the Northern Route. And don't discount as long as you are on an organised tour. The most popular routes are the coming in winter (November-February). Temperatures are warmer than loop route along the southern road to Chamdo and back along the northern you'd think (apart from in the Nagchu region, of course), there's hardly road to Lhasa, and the one-way shot along the southern road between any rain and usually not another tourist in sight.

Lhasa and Zhongdian (and vice versa) or Chengdu. The most remote and least travelled route into the region is the northeastern route from Qinghai to

What to See?

Riwoche, via the towns of Yushu (Jyekundo) and Nangchen.

The eastern region of Tibet, known as Kham, is a land apart. Its climate, geography, flora and fauna all lend it a unique, almost magical

Highlights

atmosphere. In this region, you could take a perfect photo of

Take a perfect photo of **Draksum-tso**, a sublime alpine

Draksum-tso, a sublime alpine lake with a fairy-tale island monastery.

lake with a fairy-tale island monastery.

View the magnificent scenery from Nyingtri to Pomi, climbing from lush

View the magnificent scenery **from Nyingtri to Pomi**,

subtropical forest to alpine valleys and snowy passes. Picnic by the

climbing from lush subtropical forest to alpine valleys and

stunning turquoise waters of Rawok-tso, a mirror lake fringed with

snowy passes.

snow-capped peaks. Peer up in awe at the towering statues of the

Picnic by the stunning turquoise waters of **Rawok-tso**, a

remote Riwoche Tsuglhakhang. Clamber up wooden ladders to cliff-top mirror lake fringed with snow-capped peaks.

shrines at the amazing Tsedru Monastery, Tibet's most spectacularly

Peer up in awe at the towering statues of the remote

sited monastery. Follow the pilgrims around the charming Lamaling

Riwoche Tsuglhakhang.

Temple, shaped like Guru Ringpoche's celestial paradise. Join the

Clamber up wooden ladders to cliff-top shrines at the amazing

monks in a debate at Chamdo's Galden Jampaling Monastery, one of the

Tsedru Monastery, Tibet's most spectacularly sited

largest monastic communities in Tibet.

monastery.

Follow the pilgrims around the charming **Lamaling** Temple,

Where to Stay?

shaped like Guru Ringpoche's celestial paradise.

Compared with any other place in Tibet, the facilities in Nyingtri hotels

Join the monks in a debate at Chamdo's **Galden**

are very perfect. Most favorable hotels in Nyingtri are based in Bayi

Jampaling Monastery, one of the largest monastic

Town. The hotels in Nyingtri are surely comfortable and up to your taste

communities in Tibet.

and standard, it is no need to worry about accommodations when you

travel



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Recommend Itineraries

RecommendD

Itinerary I

Recommend Itinerary II

Photograph

y Loop for Central & Eastern Tibet

Tibet “Switzerland Views” Tour

Tibet » Lhasa, Nyingtri, Tsedang

Tibet » Lhasa, Nyingtri

Tibet, land of my stories. There're great valleys crouching beneath snow laden

Nyingtri is called ‘Pearl of Tibet Plateau’, where the climate is

mountains, lakes mirroring blankets of snow, majestic Buddhist edifices, which

subtropical, rice and bananas are grown, four seasons are seen

make Tibet a “p

aradise” for photographers. After full exploration in Lhasa city,

in the mountains. It was said to be the views of Switzerland by a

this tour will tak

e you to the eastern part of Tibet to discover the diversity of

foreign tourist traveled to this area years ago. This tour will lead

Tibetan landscape with the ‘Pearl of Tibet Plateau’-Nyingtri, and a beautiful

you to a beautiful little lake called Draksum-tso. The surrounding

turquoise lake called Draksum-tso. The tour finishes with a visit to Tsedang,

hills are thick with virgin forests of pine, birch, azalea, maple and

the cradle of T

ibetan Civilization, for you to discover the mystery of Tibetan

other varieties of trees. This tour is great for first time visitors,

Buddhist in Tibet 's most revered Palaces and Monasteries.

family with kids, or senior citizens.

Duration: 7 Days

Duration: 7 Days

Max Altitud

e: 3,500 meters

Max Altitude: 3,500 meters

Customizable private tour with private guide & vehicle

Customizable private tour with private guide & vehicle

Day 1 Lhasa hi

ghlights escorted tour

Day 01 Lhasa highlights escorted tour

Highlights: Pota

la Palace, Jokhang Temple, Barkhor Street

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Day 2 Drepung and Sera Monastery

Day 02 Drepung and Sera Monastery

Highlights: the h

uge monastic institutions of Drepung and Sera lie on the edge

Highlights: the huge monastic institutions of Drepung and Sera lie

of town, a short hiking into Tibet nature, catch the famous debate sessions of

on the edge of town, a short hiking into Tibet nature, catch the

the monks in the afternoon.

famous debate sessions of the monks in the afternoon.

Day 3 Lhasa to Draksum-tso

Day 03 Lhasa to Draksum-tso

Highlights: a k

ora around Ganden Monastery, camps in a lodge near

Highlights: a kora around Ganden Monastery, camps in a lodge

Draksum-tso, p

icnic with the Tibetans by the lake and enjoy the fabulous

near Draksum-tso, picnic with the Tibetans by the lake and enjoy

views.

the fabulous views.

Day 4 Draksum -tso—Bayi Town—Lulang Forest Sea—Milin

Day 04 Continue to Bayi Town

Highlights: a s

mall kora around Tsodzong Monastery, Lamaling Temple &

Highlights: a small kora around Tsodzong Monastery, Lamaling

a huge cypress t ree

Temple & a huge cypress tree

Day 5 Milin to T sedang (360km)

Day 05 Drive back to Lhasa

Highlights: drive to Tsedang, enjoy the beautiful scenery of Tibetan Villages

Highlights: fabulous views along the way

and harmony co untryside views, and visit Chongkang Village and Tashi Zong

Palace en route

Day 6 Tsedang Highlights Escorted Tour

Highlights: Tsed

ang city, Yumbulagang, Trundruk monastery

Day 7 Finish thi s unforgettable tour

Highlights: Sam

ye & Mindroling Monastery, airport departure transfer to see
off.

For tours of Eastern Tibet, please check at:

<http://www.tibettour.org/eastern-tibet-tours/>

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Other Recommend Tibet Road Trips

D

No. 1 Tibet Classical Golden Route

No. 2 Get a Real Taste for Tibet with Locals in Lhasa

Tibet » Lhasa, Gyantse, Shigatse

Tibet » Lhasa

This classical 6 day tour may be short on time, but is full of adventure.

When you travel, getting the local experience is essential. And this

After explore the bustling markets of the Barkhor and watch the locals as exclusive tour takes you deep into the heart of the ancient civilization of they prostrate around the Jokhang Temple. You'll have a chance to get Tibet, and shows you the daily life and practices of a Tibetan. Learn lost in the endless Tibetan landscape while you take a short hike along their customs, discover their unique cuisine, and discuss your different the turquoise waters of Lake Yamdrok. Then you'll be taken to see the worldviews with a local, as you step into this unforgettable society. This Kumbum Stupa, the most elaborate golden Buddhist Monument in Tibet. tour will give you an overall snapshot of a Tibetan's life and shows you Before drive back to Lhasa along Tsangpo River, you'll have an everything from monasteries to a local Tibetan home. So don't settle for opportunity to explore the Tashilunpo Monastery, the holy seat of the ordinary, and start exploring the unspoiled side of Tibet away from all Panchen Lama. the other tourists now.

Duration: 6 Days

Max Altitude: 3,840 meters (12,598 feet)

Customizable private tour with private guide & vehicle

Day 01 Lhasa highlights escorted tour

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Day 02 Drepung and Sera Monastery

Highlights: the huge monastic institutions of Drepung and Sera lie on the edge of town, a short hiking into Tibet nature, catch the famous debate sessions of the monks in the afternoon.

Duration: 3 Days

Max Altitude: 3,650 meters

Day 03 Lhasa-Gyantse-Shigatse

Customizable private tour with private guide & vehicle

Highlights: Yamdrok Yumtso Lake, Pelkor Monastery and Kumbum Stupan

Day 01 Lhasa highlights escorted tour

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Day 04 Drive back to Lhasa

Highlights: Tashilumpo Monastery and enjoy the breathtaking views

Day 02 Tibet Nunnery and Sera Monastery

along the way back to Lhasa

Highlights: enjoy Tibetan tea in Ani Sangkhung Nunnery tea house, catch the famous debate sessions of the monks in Sera monastery.

Day 03 Be a Tibetan for one day

Highlights: Stay with Tibetan family, share their happiness, learn their customs and discover their cuisine.

Today you will be invited into a local Tibetan home, where you can witness their traditional way of life, and chat with them over an

unending glass of yak butter tea. Explore the village where you will get a chance to experience how local Tibetans express their faith when you are brought to a local place of worship. The secret world of a Tibetan's life untarnished by the media, will come into full perspective. Tibetans are very friendly and hospitable, during this tour, you might also have the opportunity to learn how they turn the yak dung into a good fuel, how to make Zanba (a local food) and other Tibetan snacks.

<http://www.tibettour.org/private-tours/central-tibet-tours/lhasa-gyantse-s>

<http://www.tibettour.org/private-tours/lhasa-tours/tibetan-life-discovery-higatse-classic-tour.html>

[tour.html](#)

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No. 3 Encounter the Nomads at Holi

ads at Holi

y Lak

e Na

mt

so [Http:dadf](http://dadfadf)

Tibet » Lhasa, Namtso Lake

This 4 days

D

min

d-blowing tour will showers you with the best of Lhasa

includes the W

orld Heritage Site of the Potala and Jokhang Temple and the

No. 4 Walk into Tibetan Villages & Nomads' Life

Barkhor pilgrim

age circuit. The huge monastic institutions of Drepung and

Tibet » Lhasa, Gandan-Samye Monastery Trekking

Sera lie on the

edge of town. This tour finishes with a visit to the magnificent
This demanding trek has much to offer: lakes, beautiful alpine
Nam-tso, which
h shades the valley floor a miraculous shade of turquoise
landscapes, herders' camps and sacred sites, it crosses two passes
while the stunning 7000 m peaks encapsulate you in a lost world. It also
of over 5000m, connects two of Tibet's most important monasteries
offers a glimpse
e of the nomad life of the north.
and begins less than 50km from Lhasa. It has emerged the most
popular trek in Tibet. The best time for the trek is from May to

Duration: 4 Days

October. Summer can be wet but wildflowers spangle the alpine

Max Altitude: 4718 m

meadows. You'll experience at least three seasons on this trek,

Customiz

able private tour with private guide & vehicle

probably in the same day! From the wintry feel of the Chitu-la you
rapidly descend to the spring-time rhododendron blooms of the

Day 01 Lhasa

highlights escorted tour

middle valley until the summer heat hits you on the final approach to

Highlights: Potala Palace, Jokhang Temple, Barkhor Street

Samye.

Day 02 Drepung and Sera Monastery

Drepung and Sera Monastery

Duration: 9 Days

Highlights: the huge monastic institutions of Drepung and Sera, a short

Max Altitude: above 4000 meters

hiking into Tibet nature, catch the famous debate sessions of the monks.

Customizable private tour with private guide & vehicle

Day 03 Drive

Lhasa to Lake Namtso

Day 01 Lhasa highlights escorted tour

Highlights: Potala

Palace, Jokhang Temple, Barkhor Street, visit the Potala Palace, visit the

Palace, Jokhang Temple, Barkhor Street

reach the Namtso

and set up camp at Tashi Dorje peninsula. In clear

weather the water is a miraculous shade of turquoise and there are

Day 02 Tibet Nunnery and Sera Monastery

magnificent views

of the nearby mountains. By the lake, you can view the

Enjoy Tibetan tea in Ani Sangkhung Nunnery tea house, catch the

peak of Nyianc

hentangula (7162m). The wide open spaces, dotted with the

famous debate sessions of the monks in Sera monastery.

tents of local nomads are intoxicating. If lucky enough, there is the

opportunity to

get a peek at the otherwise inaccessible nomadic life at the

Day 03 Drive to Ganden and start Trek to Yama Do through Hepu

Changtang, T

ibet's vast northern plateau.

6 hours / 17km / 300m ascent / 450m descent

Day 04 YAMA DO—TSOTUP CHU VALLEY

5-7 hours / 10km / 1000m ascent / 450m descent

Day 05 TSOTUP CHU—HERDERS'S CAMPS

5 Hours / 14km / 300m ascent / 400m descent

Day 06 HERDER'S CAMP—YAMALUNG

5-6 hours / descent

Day 07 Trek to Samye, then drive to Tsedang

Day 04 Drive

back to Lhasa

3.5-4 hours trekking. Then be picked up drive to Tsedang.

Highlights: En

joy the clear morning by the lake, and snap the amazing view

of sunrise. You can also have a little hike along the lake shore to Tashi Dor

Day 08 Tsedang Highlights Escorted Tour

Island to exp

lore the meditation caves. On the way drive back to Lhasa,

Tsedang city, Yumbulagang, Trundruk monastery

have a comfort

stop in Yangpacheng for the fabulous views of the grassland

and its famous hot spring.

Day 09 Leave

www.tibettour.org/private-tours/lhasa-tours/holy-lake-namtso-tour.html

[/private-tours/central-tibet-tours/gandan-samye-trekking-tour.html](http://private-tours/central-tibet-tours/gandan-samye-trekking-tour.html)

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Who we are

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Our Story

Our Value

Found in 2001, with the cares of our clients and supports of our

Open and Courageous Communication

associates, we have been developing steadily and grown from a small

Asking for and giving frank, honest and open feedback is critical for all of

branch of CITS to one of the Top 10 Tibet agencies for international

us to break down barriers, continuously improve what we do, and drive a

travelers. By the end of 2012, we have provided our services to more than

successful business. We must each communicate in a direct, candid and

12,000 foreign travelers for the past 12 years. Built an enviable reputation

respectful manner that reflects our true thoughts and convictions. We

for quality service and dedication to clients that most other travel agencies

believe that recognizing our weaknesses and asking for help is a sign of

simply can't match, our company was honored by Tibet Tourism Bureau as

strength.

"the Best Travel Agency".

Our Mission

"We specialize in providing customized private tours as well as affordable group tours which allow our clients to touch, feel and really experience the History, Art & Culture of Tibet, rather than just passing through."

As a local Tibet travel operator, you destination is our home, we know

Tibet like the back of our hands and can show you to the coolest hidden

corners and off-the-beaten-paths that you could never find in any

guidebook. Our mission remains the same since TibetTour exists.

We are committed to become Tibet much more reachable for travelers from around the world

We work to let our clients' Tibet dream take flight, and introduce

Teamwork

them to real Tibet

The concept of teamwork is extremely important to the success of any

We manage to provide the most exciting travel, adventure, and team. Teamwork and unselfishness create the backbone of a great team, discovery programs in Tibet at unequaled value

without them a team cannot realistically compete. The team working as

We aim to exceed the expectation of our clients in every single detail one cohesive unit is going to be the key in their success.

We strive for 100% customer satisfaction

We motivate our staff by encouraging entrepreneurial spirit and

Thriving in Change

innovation at all levels.

In these times of rapid change, global competition, and high volatility in

We try our best to create satisfied staff and satisfied associates, only

the travel industry, we must be prepared to change course and move in this way, there could be satisfied clients forward. Being well organized may sometimes be less important than

We work to give back to Tibet, and support environment friendly moving quickly. The goal is for each of us to maximize our effectiveness, solutions and ultimately our success, in an unpredictable and ever-changing environment.

We keep our promises: **our customer satisfaction is guaranteed.**

Speed

We must be fast, flexible, and as time competitive as possible to keep us ahead of our competition and be a leader in our industry. We must continuously take our speed to new levels if we are to achieve the aggressive corporate goals we have set.

Quality

Our decisions must be made and actions taken in accordance with high standards of quality and service. Quality can be subjective, and in our business quality often involves a compromise between speed and perfection. When the level of quality required is in question, we will operate to the high standards expected by our customers.



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Our Advantages

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It's more than just traveling

You may be a seasoned explorer or a first timer, with a group or going

local and with local ways to get around, you will too. You'll get a real solo, but one thing's for sure – when you travel with us you'll experience taste how the locals get around, with pedicab, bike, tractor rides, boats, more. Our Tibet tours include heaps of extras, from exceptional overnight trains and more.

accommodation & flavored local meals, to experiences that are unique & showcase the local's Tibet. They're also about amazing optional

Meet local people where they live, work and play

activities, a great team, local ways to get around & Tibetan guides for

When you travel, getting the local experience is essential. During your that essential in-depth local experience. Exploring Tibet with TibetTour is

journey with us, you'll meet people from all walks of life, visiting them

more than just travelling- it's about taking a journey, a journey of

where they work, where they worship, where they learn, and where they

discovery, a journey where you scratch beneath the surface to get the

live. Perhaps you'll find yourself admiring the handiwork at a women's

real story, get to know the locals & experience more for less.

weaving cooperative, or lending a hand during the local rice harvest, or

sing a song with children in a Tibet orphanage, or enjoy a private

Only TibetTour includes more

cooking in a Tibet family. Through unique activities that are built into

Travelling in Tibet is an experience like no other. There's so much you

your trip, you'll enjoy personal connections that might only take a

need to see, so we make sure you experience it all. From the iconic

moment to form, but can last a lifetime in your memories.

sights, like Potala Palace and Mt. Everest, to those authentic local experiences that make Tibet so unique, we show you more. We also give

Resident Tour Guides share their world

you more bang for your buck - with TibetTour you get more included as

Our Tibet travel consultant in Lhasa and Chengdu work hard behind the part of your tour than going any other way.

scenes to provide a standout experience for you. But we know that the

real standouts of any TibetTour experience are our dedicated tour

Adventure Travel-the Path of Dreams

guides, who will open the doors to new cultures for you. These

Adventure travel with TibetTour is a journey beyond the familiar, one that

exceptional men and women are all English-speaking Tibetan locals,

takes you into the very heart of a destination—to meet people where

because we feel strongly that no one can show you the true soul of a

they work and live. We invites you to explore the meandering routes, the

place better than an insider. Your tour guides' wonderful command of

intriguing detours, the slower paths where you can breathe deeply,

local history, culture, and nature will enrich your experience, and you

absorb new sensations, encounter authentic cultures, and make new

can also depend on their resourcefulness and skills in group dynamics.

connections. What you'll discover is not simply a destination, but a joyful

But what you will love about them is their sense of caring, their good

awareness of the moment that reminds you, "This is not just an ordinary

humor, and the way their passion for their homeland enhances your own

trip—it's a true adventure."

appreciation for it.

Discover the wonder of the road less traveled

Discover the real Tibet

The holy Potala Palace, the magnificent Mt. Everest, and turquoise

Go inside Tibet like only a local can & experience more, with guided bike

Yamdok Lake, after decades of helping travelers discover wonders like

tours, walking tours & cool local ways to get around. Our teams take you

these, we certainly understand why these are “musts” on your

inside the real Tibet with overnight stays in local guesthouses.

itineraries—they are marvels that every traveler will thrill to behold. While

you can journey with us to many of Tibet’s top travel attractions, we also

take you to many lesser-known locales—unique and wonder-filled

destinations where few travelers go. But we also know that sometimes,

the most extraordinary travel experiences occur in the most ordinary

places—the unassuming villages, family homes, schools, temples, and

farms that comprise the heart of Tibet. We can show you to the coolest

hidden corners and off-the-beaten-paths that you could never find in any

guidebook.

Local Ways to Get Around

Tibet with TibetTour is a way to travel unlike any other. We love to go for



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Get Back to Tibet

D

Our Aim

Our special brand of travel would not be possible without the cooperation

If you are going to Lhasa or Dickey Orphanage, you can enjoy a
and good will of the local communities, and to that end, TibetTour is
beverage or food at the Fine and Happiness Teahouse, across the
dedicated to giving something back to Tibet. So a portion of the profits of
road of the Lhasa Middle School. They serve noodles, yak curry, fried
every TibetTour trip is donated to a “Getting-back” fund, which supports
rice and all sorts of tea. Some of the children, who are too old for
local orphanages, childless aged people and protection of Tibetan
school, are being trained at the teahouse. Proceeds will benefit the
Antelope.

orphanage.

Make a Difference in Tibetan Orphanages

At the moment, the children at Dickey’s need sunblock lotion with

Dickey’s Orphanage

good UV protection. Make sure to bring an extra bottle to donate.

Tamdrin ‘Mama’ Dadhon sold her family business, gathered the proceeds

Local products are poor quality. You can bring warm clothing. The

of the teahouse and with 300,000 Yuan and a lot of courage started

majority of the children are between six and nine years old. It is also

Dickey’s Orphanage in Lhasa, Tibet’s capital, on September 10th 2002. In

helpful to bring basic medication, e.g. eye drops, nose drops, band

Tibetan ‘diki’ means ‘fine’ and ‘happiness’.

aids, as well as some stationery for the school age children.

Or you can go to the shops with Amala “mama” and buy what they

need at that particular moment. She gets discounts at a lot of the

local shops. Or visit the gift shop at the orphanage. They sell

hand-made bags, rugs, jewelry and pottery.

Chushul Home

Compare to Dickey Orphanage, most people are unfamiliar with the

orphanage call Chushul Home. Chushul Home was founded by

Peggy Day of Sausalito, CA. The creation of Chushul Home is

supported by the local community and is considered a home, not an

'Mama' Dadhon

orphanage, to all staff and children living there.

At the moment Dickey's is home to 73 children. Most of them are between

In 1998 Peggy raised \$30,000 to help the very poor village of

six and nine years of age. The youngest is ten months old. Amala 'mama'

Chushul build an orphanage. The local government provided the

Dadhon receives financial support from local business men and

land, the community in the Chushul Valley provided the labor and the

international donations. There are, however, no official government grants.

nearby monastery loaned their truck. With the help of the Tibet Fund,

As such Dickey is a private initiative. They have some staff, including the

the money was wired in April and the locals went to work. By August,

schoolbus driver and a Tibetan teacher. Thanks to a recent substantial

the initial building was completed - a beautiful two-story home with

donation, Dickey's Orphanage fulfill its dream of building a proper home.

hand-painted beams and bunk beds to the ceiling. It included a

classroom with a library full of books. It is now home for more than 30

children, including those who are in higher studies outside.

In the last ten years, with the financial help of sponsors and on-site support of others, the orphanage has evolved to its present state: a greenhouse, a 2-story dormitory/classroom, a kitchen building, and a rudimentary bathroom structure.

Chushul Home is located 30 minutes outside of Lhasa on the road to the Lhasa International Airport, if you are going to Lhasa, you could have a stop there to give some gifts, such as warm clothes, new

Children on the playground

shoes, stationery, food and fruit, etc., to the boys and girls there.

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Program in Tibetan Antelope Protection

As a rare species of wild animals exclusively existing on Qinghai-Tibe

t Plateau in China, Tibetan antelope belongs to Grade I

animal under state protection and is listed as an endangered species in 2000.

from around China, which is embodied by the establishment of

Tibetan antelope salvation fund directing at raising money for the protection zone.

As the local there, we will do what we can do if it could do a pygmy effort for protecting Tibetan antelope.

The Childless Aged People

The fund will be used to the childless aged people in Tibet as well, not in cash, but with food, clothes, supplies, etc. instead. Our staffs in Tibet also are the volunteers to help them do some hard housework regularly. Here are the two nursing houses we are

Drolma feeds milk to a Tibetan antelope

volunteering.

Tibetan ante

lopes are mainly distributed in Qinghai Province, Tibet and Xinjiang Uygur Autonomous Regions, with the existing number being 70,000 -100,000. They are featured by henna back and sandy beige or ho

r belly. Male adult Tibetan antelope is characterized by

black face, b

lack spots on legs, and harp-shaped horns on the head

which are for

enemy-resisting purpose. Female Tibetan antelopes do

not have hor

ns. The under hair of the species is extremely soft.

Tibetan ante

lope is dubbed as “Fairy on the Plateau”. China once had

millions of

Tibetan antelopes, but excessive hunting and human

encroachment

on their habitat caused their population to plummet in

Nursing Home in Gyantse

recent decades.

Also, international traffickers hunted the antelopes to make shawls, a

luxury item that

required three to five pieces of antelope fur to make

just one shawl.

Since

1979, the animal has been recognized as an endangered

species and protected under the Convention on the International

Trade in Endangered

Species. However, gunshots were heard

continuously as greedy hunters chased the profits from the animals'

pelts. Research

shows that Tibetan antelopes product demand

mostly come

s from international market, especially from the Middle

East, East Asia,

Europe and America. Therefore it's necessary and

Nursing Home in Nyimu, Lhasa

urgent to re-

inforce worldwide protection for Tibetan antelopes, not

only in China.

Every penny is earned by Tibetan

Bedside the donation, every penny spent by a TibetTour trip is

As the masc

ot of 2008 Beijing Olympic Games, Tibetan antelope gets

earned by Tibetan. All the guides and drivers we hired are Tibetan

more support from the globe. The movie Kekexili (Kokoxili) with a

locals, all the hotels we used in Tibet is owned by locals, too. We

theme of Tibetan antelope protection has drawn enormous response

only want to get something back to Tibet and Tibetans in this way.

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Yingchu



Lobsang



Chiwan



Gersang



Dundruk



Kunchok



Tseyang



Phuntsok



Sonam



Neema



Vehicle we used



Land Crusiers



Office



Our Lhasa Office



Tour Operator



Http:dadf

Your Crew

Your Tibe D

t T ravel Experts

Our Tour

Consultants make getting around Himalaya

countries easy. They will fast track you to the must-see sights, open doors to authentic local experiences & are always happy to help (& teach you some local phrases too).

They'll take you off the tourist track & into the best of the region, as well as ensuring your trip is smooth & hassle free. We pick the best of the bunch & send them on a training trip. As residents of the regions you'll explore, they know all about what you're looking for. You can sit back & relax knowi

ng that choosing to travel with us means everything from finding your hotel or lodge, to knowing the best restaurants (the ones the locals love) and all the other little travel details are their job - not yours.

Your Local Tibetan Guides

No matter where in the world you venture with us, you'll be accompanied by one of our resident, expert Tour Guide. All are fluent in English and possess the

skills, certification, and experience necessary to ensure an enriching adventure.

What's more, as the locals, our Guides provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and the abilities of taking care of diverse groups, our Guides ensure that your experience with us is one you'll remember for a lifetime.

Your Drivers & Supports

Nothing beats having a travel mate who knows your destination like the back of their hand. Our team of all the Drivers, On-site teams and On-road Cooks represent the very best in their fields.

As a friend whose sole purpose is to make your trip the holiday of a lifetime where you learn & experience more, our Drivers & Support Teams have only one thing on their mind: You, and only one simple goal: to help you have the time of your life. They're not only experts who take care of all the little details but also fellow travellers who are dedicated to helping you explore in comfort and confidence.



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Why Travel with us?

Travelling in Tibet **D**

is mind-blowing, and experiencing it with TibetTour (short for TibetTour.org) isn't quite like anything else. Here's why...

Only TibetTo

ur

Get even more value with our "Only TibetTour" special inclusions, like a guided bike ride through Lhasa countryside to have a meal with a Tibetan family in their house, or a pedicab journey to Potala Palace, or squeezing, dragging and giggling yourself silly through the sacred cave complexes of Drak Yangdzong, an a

dventurous overnight pilgrim destination. We will lead you to travel the way the locals do, visit them in their homes, and share in the traditions of daily life, explore authentic villages and markets.

See Tibet your way.

No matter how you like to travel, we have a trip to suit. Want a celestial paradise getaway? Or looking to explore it all? With our well-chosen private tours, whether you want a short trip or you've got time to see more, there's a trip with your name on it.

Get more with

h TibetTour.

Getting the most out of your money when you travel is important, so we include more. More sights, amazing accommodations, activities and the best team show you around! The bottom line? You'll get more when travelling with TibetTour.

Amazing places to stay.

Nearly all hotel accommodation means you'll sleep easy each night with all your favorite home comforts. Plus we live it local with our unique guesthouse Special Stays where

you could get a real taste for Tibet with our overnight experiences.

More time to

explore.

No journey is complete without time to relax, go local & find your own path. On our tours

we give you lots of free time to head out, discover the real Tibet and create your own adventure. Relax, learn, go exploring or just chill. Plus we also give you plenty of inspirational ideas for other things to do with our unique optional activities.

We are here

for you.

From your Travel Consultant and expert Local Guides, to our customer service teams, everyone at TibetTour has one focus – to ensure your trip is the trip of a lifetime.

Our teams are passionate locals, who know Tibet like the back of their hand. Our expert English-speaking Local Guides give you that essential insider's view on the places we visit, often their home.

Local know-how

We know that the best way to learn about the local way of life, is from the locals themselves. Where's the best place to eat in Lhasa City? Where's the best place to see the sun rise in Mt. Everest? Wherever you travel our team will get you deep into the heart of the places you're at. When you travel, getting the local experience is essential. Because your destination is our home, we can take you behind the scenes, to unexpected pockets of learning and discovery most travelers never see. We can show you where the locals go to eat, gather, and relax. We also can make history, culture, and wildlife come alive for you

u as only a local can. Plus, we can share an infectious enthusiasm, a caring personality—and a sense of fun.

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Our Private Tours

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What is Private Tour?

Private tour means the comfort, safety, time-effectiveness and educational value of a trip that includes a private English speaking guide, professional trip planning, pre-confirmed hotels and private transfers - without the group experience. During the tour, there will be no other tourists with you, but only your family members, or close friends.

Why Private Tours?

Good question. Our private tours cater to international travelers who prefer escape from ordinary

instead of classical ones, or prefer to enjoy the Tibet journey alone or just with families and close friends. For this kind of tour, the private English-speaking tour guide, the private vehicle with a private driver will only be at your own disposal during the whole tour, you can decide your daily departure time, the time duration of your interesting place and other things according to your needs, and your travel will be more comfortable and absolutely self-dominating.

Why Private Tour with Us?

We Take the "Tourist" Out of Tours

Our private trip services allow you to enjoy Tibet exclusively with the people you choose to travel with. We easily remove you from the beaten path and your private guide can recommend numerous eating options based on your own tastes, while our office staff has selected the most unique hotels, based on criteria of quality, comfort and character. Our guides are highly in-tune to your interests, how you want to pace your trip, when to share Tibet's history, nature and culture and when to disappear. This is one reason many of our customers visit Tibet with us.

Best Services with Unbeatable Prices

We have no hidden costs, in most of our programs the only in-country costs we do not include are lunch and dinner, since our clients prefer to have as many dining options as possible on their visits. There are other issues that are impossible to detect when you are quoting. For example we pay our drivers and bilingual guides more than any other company in Nicaragua. What does this mean to the customer? The best guides and drivers for one, but also a much more content person sharing his country with you. Better service is the end result.

We Never Put Our Guides behind the Wheel

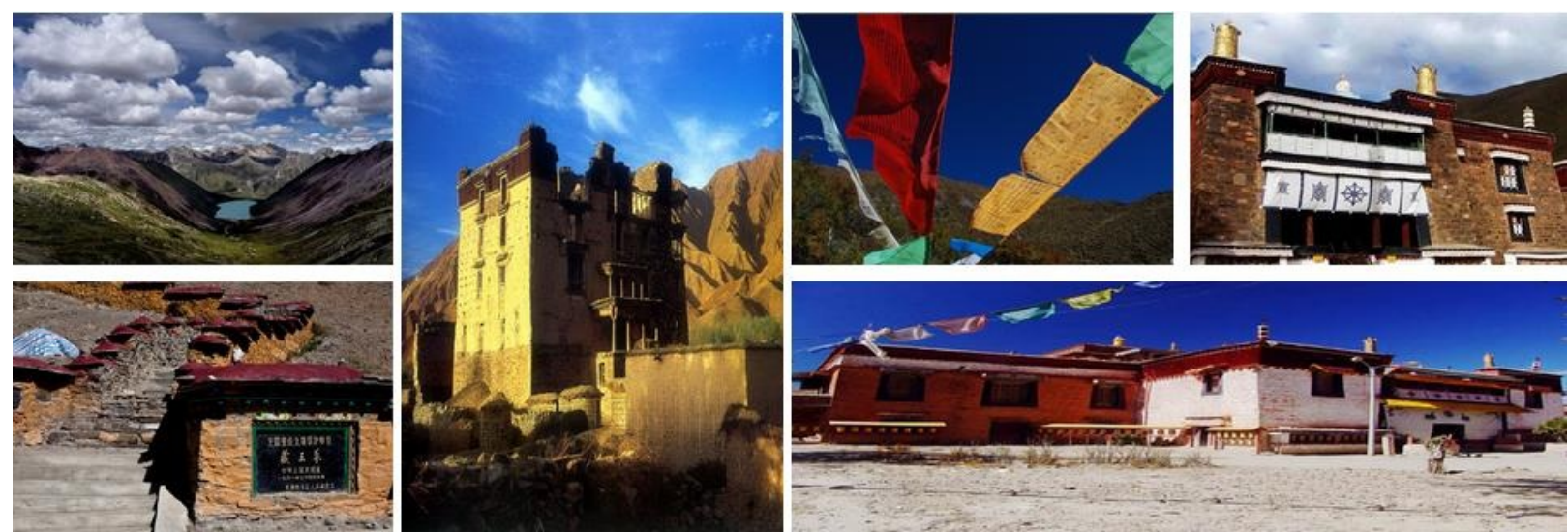
For us the safety and well being of our customers is a primary concern. So we refuse to put our guides behind the wheel. A guide who is driving not only has a handicap in giving the customer the attention he/she deserves, but is also often distracted from the most critical duty at hand, driving. A distracted person driving you around on Tibet roads is a less than ideal scenario. Particularly in a region where public driving habits are often unpredictable at best. In addition our driver stays with the vehicle when you are off exploring or dining out with our guide, leaving our customers with ample peace of mind to leave their belongings behind in the vehicle.

Your Time and Money Well Spent

Our philosophy is clear. Our company exists to make sure you get the most possible out of your visit, we work very hard to see that you have a memorable, rewarding and safe trip. Your money is not spent on frills, but rather making sure you have the best Tibet journey possible. We feel responsible for your

happiness and well being, that's why we would that prefer you book with the competition rather than try to win your business by cutting corners or changing the way we work. TibetTour invites you to enjoy the beauty of Tibetan nature and culture to the utmost with our unique travel team.

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Our Small Group Tours

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Small Group, Big Discovery

Are you a single or a couple wishing to travel in Tibet, but can't afford the high private tour rates, or you don't like

the high group tour numbers? Journey with our small group tour and watch your Tibet dreams take flight.

The perfect group size

Less than 12 people per tour means it's the perfect size for getting around. It's about getting that intimate experience but with enough people to meet other like-minded travelers. Get ready to make new friends from around the world.

Small groups provide the most personal and rewarding experience

Slipping into the flow of local life without disrupting it, you'll get a more authentic view. And as you explore natural habitats, you'll tread softly, getting as close as possible to native wildlife. Your tour guide will be able to focus on your needs and give you the personal attention you deserve.

A reasonable budget that is known in advance

With accommodation and transport at group discount rates, and sharing the guide fees and services charge with other group members, Tibet becomes much more reachable to all of these travelers. You'll find the price of our small group tours are unbeatable, even you are going solo. Now, Tibet is not far beyond, it is just around the corner!

Great companionship-traveling with people just like you

Traveling with people just like you with same interests, people who are determined to get the most out of every minute, who are ready for some fun, adventure, and to explore this fascinating island. They are therefore very social occasions where the group is often bonded by the common adventurous experiences. You'll revel in a level of spontaneity and camaraderie that just isn't possible in big groups.

Hassle-free holidays with a travel guide who is always there to assist you

If you have accommodation and transport already arranged, and a tour guide to help organise activities, this can take a lot of the hassle out of travel in Tibet. You won't have to queue for tickets, lug around your backpack looking for a hotel, or wait two days for a train. Everything is taken care of for you.

Better still, the price is comparable to doing it on your own. What you will see and experience in two weeks on this tour of Tibet may take you up to double this time to achieve on your own.

A variety of alternative options for activities, make the most of your free time...

No journey is complete without some time to explore, relax and go your own way. When you travel with us, the only things that are fixed are your destinations. Want to venture out & explore the local markets, grab a bite & soak up the sun? Want to do something more active, or relax? The choice is yours.

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Visit our FAQs

We may have the answers you need

Call us +86-891-6974984

ready to help



Contact us on MSN

tibet.tour@hotmail.com



Skype us at tibettour_org

Send us messages on Skype



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Contact Us

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Contact Information

Reserv

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Monday - Friday 9:00am - 6:00pm (PEK)

For inf

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Tibet Chamdo Horse and Tea Ancient Road Int’l Travel Service

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Email: sales@tibettour.org

Web:

Web Quality

Problems using our website? Ideas on making it better? Let us know.

Email us about Web Quality to: sales@tibettour.org

W e're here to help!

If you have any question about

After we receive your email, your personal travel counselor will reply to you within

Tibet, your tours or our company,

24 hours!

please browse our [FAQ page](#).

He/she will email you a tour plan with a quotation according to your information; If

Can't find what you are looking

you have any other ideas about the trip, you could ask your travel counselor to

for in our FAQs? We are ready to

change your tour arrangement until you are satisfied with it.

answer your questions about

bookings, our tour operations, an

All these services are Fast, Professional & FREE!

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a brochure, or the tibettour.org

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