Lhasa Tour

Description

A 5-day tour from Kathmandu to Lhasa would likely offer a brief but immersive introduction to the Tibetan region and its culture. Here is a potential itinerary for such a tourLhasa and the Yarlung Valley are two popular destinations for sightseeing in Tibet, and many tours of the region include visits to these areas. Lhasa is the capital and largest city of Tibet, and is home to a number of iconic landmarks and cultural sites. These might include:
The Potala Palace: This magnificent palace was the winter residence of the Dalai Lama and is a UNESCO World Heritage Site. It is a symbol of Tibetan Buddhism and a popular tourist attraction in Lhasa.
The Jokhang Temple: This ancient temple is the most important spiritual site in Tibet, and is a central hub of Tibetan Buddhism. It is located in the Barkhor neighborhood of Lhasa and is a popular destination for pilgrims and tourists alike.
The Barkhor market: This bustling market is located in the heart of Lhasa and is a popular destination for shopping and people-watching. It is known for its wide range of traditional Tibetan handicrafts and souvenirs.

Highlights

- Visiting the Potala Palace
- Exploring the Jokhang Temple
- Strolling through the Barkhor market
- Visiting the Drepung and Sera monasteries
- Taking a day trip to the Yarlung Valley

Itinerary

Days	Description	Altitude	Hours
01	Arrival Kathmandu	1,380 meters	
02	Flight to Lhasa and Transfer to Hotel	3,850 meters	2.5 hours
03	Guided tour of Lhasa, including visits to the Potala Palace, Jokhang Temple, and Barkhor market.	3,850 meters	
04	Visit the Drepung and Sera monasteries	3,850 meters	7-8 hours
05	Transfer to the airport for your flight back to Kathmandu	1,380 meters	2.5 hours
06	Departure to Airport		

Detailed Itinerary

Map

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