

Lhasa Drak Yerpa Hermitage Tour



Destination:Lhasa

Tour Type:Multi-City Tour

Departure:Daily

Tour Code:CTPC05

Duration:5 Days & 4 Nights

Url:<http://www.chinatraveldepot.com/ChinaTours/CT5855-Lhasa-Drak-Yerpa-Hermitage-Tour>

HignLights

- ?Go down into the bowels of the Potala, the impressive but spiritless citadel of the Dalai Lamas.
- ?Join the shuffling, murmuring pilgrims around the shrines of the Jokhang, the spiritual heart of Tibet.
- ?Follow monks, mendicants and fellow pilgrims around the Barkhor, Lhasa's fascinating medieval pilgrim circuit.
- ?A day out to Drak Yerpa, have a mysterious meditation in one of the 108 holy caves.
- ?Be invited into a local Tibetan home, and have a close touch with Tibetan daily life.

Itinerary

Day 01 Arrival in Lhasa

Activities: Arrive in Lhasa (3650m). On our way to hotel, we can enjoy the heart-beating highland view along this Yarlong Tsangpo river (the longest river in Tibet). Get full rest for acclimatization. 70km 1.5hrs

Hotel:

Meals:

Day 02 Sightseeing in Lhasa

Activities: Today we will visit the highest palace in the world— Potala Palace which is the Dalai Lama's winter palace. It locates on the red hill, a

good viewing point in Lhasa. Norbulinka which is Dalai Lama's summer palace. In the afternoon, we go to the renowned Jokhang Temple which will provide us one of your first sights of devout Tibetans. In the temple we will see the glistening Sakyamuni statue which is considered as Tibetan Buddhism's rarity. After then, stroll around the bustling Barkhor Street.

Hotel:

Meals: Lunch

Day 03 Sightseeing in Lhasa

Activities: Today we have a tour to Drak Yerpa Hermitage, which is one of the holiest cave retreats in northern Tibet. Among the many ascetics who have sojourned here are Guru Rinpoche and Atisha (Jowo-je), the Bengali Buddhist who spend 12 years proselytising in Tibet. King Songtsen Gampo also meditated in a cave here, after his Tibetan wife established the first of Yerpa's chapels. The site is deeply peaceful and has stunning views, also good to hike about 1-2 hours.

Hotel:

Meals: Lunch

Day 04 Lhasa-Samye -Tsedang

Activities: Today we will drive to Samye Monastery, Situated in the north bank of the Yarlong Tsangpo(Brhamaputra)river, this monastery was built in 779 A.D, and presided over for being constructed by Padmasambava and Trisong Detsen. It is the first monastery allowing tonsured monks to become real Buddhists. In the afternoon, continue drive to Tsedang Later visit Yumbu Lhakhang. the first palace, which was first built by Nyatri Tsenpo, the first Tibetan king at the beginning of the 2nd century B.C.. Overnight Hotel

Hotel:

Meals: Lunch

Day 05 Tsedang-Yumdrok-Airport

Activities: After breakfast drive to airport. On the way, we will visit the holy Lake - Yamdrok Yumtso via Gampa La pass(4980m) which offers spectacular views of the Nojin Kangsang snow ranges and the turquoise lake (4400m), one of Tibet's holy and largest lake.

Hotel:

Meals: Lunch

Price & Policy

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Price Includes:

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