

(CNTLC) 8 DAYS 7 NIGHTS

SACRED TIBET: LAKES & CULTURE

LHASA ~ BASUMTZO ~ SHINGTRI LAKE ~ LUNANG TOWN ~ NYINGCHI CITY ~ YAMDROK LAKE

Potala Palace

★ Tour Highlights :

- ✔ **Seamless High-Altitude Arrival** – Ease into Lhasa with a personalized Tibetan physician’s check-up, ensuring a safe and confident start to your journey.
- ✔ **Sacred Lake Duo** – Experience the tranquility of Basumtso Lake with a boat ride to its monastery island, and marvel at Yamdrok Lake’s turquoise waters beneath snow-capped peaks.
- ✔ **Authentic Encounters** – Step into a Tibetan home in Zhaxigang Village, sip butter tea, and dance Guozhuang under the starlit skies of Nyingchi.
- ✔ **Timeless Icons of Faith** – Walk through the grandeur of Potala Palace, bow before Jokhang’s sacred Buddha, and trace pilgrims’ footsteps along Barkhor Street.
- ✔ **A Night of Legends** – Be captivated by the Princess Wencheng Open-Air Show, a dazzling cultural epic staged against the illuminated Potala Palace.

Day 1 | Arrival in Lhasa – High-Altitude Adaptation

- Arrive in the “City of Sunlight.” (3,650m). Transfer to hotel for rest and altitude adjustment.
- A Tibetan doctor will check your oxygen level and offer health tips for a smooth start to your Tibet journey.

Day 2 | The Sacred Lake – Basum Tso Cruise (Breakfast)

- Drive to eastern Tibet to visit the sacred lake **Basum Tso**, a World Tourism Organization-recognized scenic site.
- Enjoy panoramic views from the **Dacila Viewpoint**, where snow peaks mirror in turquoise waters.
- Take a boat ride to the island **Tsodzong Monastery**, hearing the soft hum of prayer wheels.
- Stay overnight by the lake – where stars and ripples meet in serene harmony.



Basumtso Lake

Day 3 | Nature Walk at Xincuo & Night in “Swiss Town” Lulang (Breakfast | Dinner)

- This morning, enjoy a light hike through **Xincuo**, passing alpine meadows, forests, and clear streams before reaching the serene **Xincuo Lake**, surrounded by snow-capped peaks.
- In the afternoon, depart for **Lulang Town**, known as the “Switzerland of the East.”
- Savor the famous **Tibetan Stone Pot Chicken**, and unwind under the misty pines and starry sky.



Lulang Town

Day 4 | Tibetan Village Visit · Highland Pastures · Bonfire Dance (Breakfast)

- This morning, visit a local home in **Zhaxigang Village** to experience Tibetan hospitality – learn to make **butter tea** and hear stories of life on the plateau.
- Stroll through the **Lulang Alpine Meadows** with views of the majestic **Namcha Barwa Peak**.
- In the evening, arrive in **Nyingchi**, join the locals for a lively **Guozhuang dance**, and feel the rhythm of Tibet under the starlit sky.



Contact us for more information:

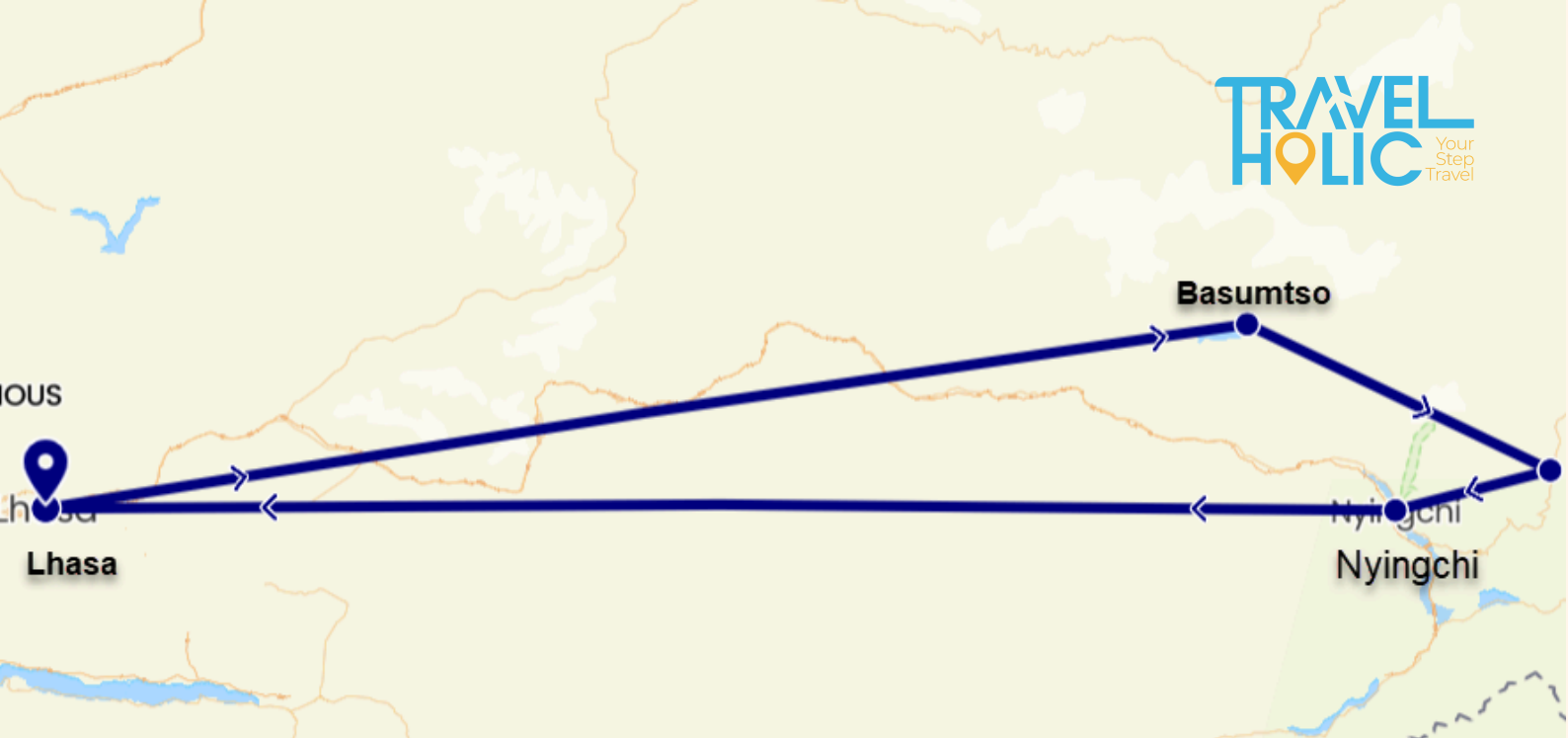


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Day 5 | Sky Waterfall · Return to Lhasa · Princess Wencheng Show (Breakfast)

- In the morning, visit **Kading Valley**, known as the “Heavenly Waterfall.” Watch the 200m cascade plunge from the cliffs, with the faint outline of **Jampa Buddha** appearing through the mist – a breathtaking sight of nature and faith.
- After lunch, return to **Lhasa**.
- In the evening, enjoy performance of the “**Princess Wencheng**” Live Show, a spectacular outdoor drama set against the Potala Palace, telling the ancient story of love and peace on the Tibetan Plateau.



Yamdrok Lake

Day 6 | Sacred Lhasa Walk · Potala Palace & Barkhor Experience (Breakfast)

- Start your day at the majestic **Potala Palace**, a symbol of Tibetan spirit and architecture. Continue to the **Thousand-Buddha Cliff**, where hundreds of vivid carvings dating back to the 7th century reveal centuries of devotion.
- In the afternoon, visit **Jokhang Temple**, home to the revered 12-year-old Buddha statue brought by Princess Wencheng. Join pilgrims on a **Barkhor Street City Walk**, tracing ancient paths of faith.
- End the day with a unique hands-on Thangka painting or Tibetan incense workshop, connecting art, devotion, and the tranquil rhythm of Lhasa.



Jokhang Temple

Day 7 | Heavenly Lake Yamdrok · Serenity Beyond the Peaks (Breakfast)

- After breakfast, cross the **Gambala Pass (4,990m)** to reach the sacred **Yamdrok Lake**, one of Tibet’s three holy lakes. Its turquoise waters shimmer beneath the vast sky, surrounded by rolling mountains and wildflowers. On clear days, admire the distant **Mount Ningjin Kangsa (7,206m)**.
- Enjoy time by the lakeshore – capture stunning photos and breathe in the stillness of the plateau – before returning to Lhasa in the afternoon.

Day 8 : Departure from Lhasa (Breakfast)

- After breakfast, transfer to the airport for your flight home.
- You leave Tibet not only with photos, but with lasting memories of sacred lakes, snow-capped peaks, and the heartfelt warmth of its people.

✦ Package Included ✦

- Transportation: All pick-up and drop-off services are arranged according to the itinerary – comfortable and worry-free!
- Attractions & Entrance: Boat Cruise on Basumtso Lake; Basumtso Lake; Zhaxigang Village Home Visit; Alpine Pasture Visit; Kading Gorge; Princess Wencheng Open-Air Show (Standard Seating); Potala Palace; Thousand-Buddha Cliff; Jokhang Temple; Barkhor Street; Thangka Painting or Tibetan Incense-Making Experience (choose one); Yamdrok Lake
- Meals Included: 7 breakfasts, 1 dinner
- Accommodation 7 nights in hotels: Lhasa (4 nights) | Basum Tso (1 night) | Lulang (1 night) | Nyingchi (1 night)

Booking Information:

- Please book at least 10 days before departure
- A 50% non-refundable deposit is required upon booking. Balance due after confirmation.

Note:

- Itinerary may change due to weather, traffic, or other unexpected conditions



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