



360° Yamdrok Lake & Loneliest Temple in the world



5 Days Lhasa to Yamdrok Lake Small Group Tour

The 5-day tour can be a perfect choice for all ages, especially families. The exploration begins with the city's sacred landmarks, including the Potala Palace and the revered Jokhang Temple. Yamdrok Lake tour apart is the opportunity to view the lake from four distinct platforms, capturing a panoramic perspective of this sacred waterbody. Last but certainly not least, you'll have the chance to visit the isolated monastery on a small island in Yamdrok Lake, meeting the monk who has resided there alone for an extended period.

PHONE

+880314-248048
+8801729-412368

WEB/EMAIL

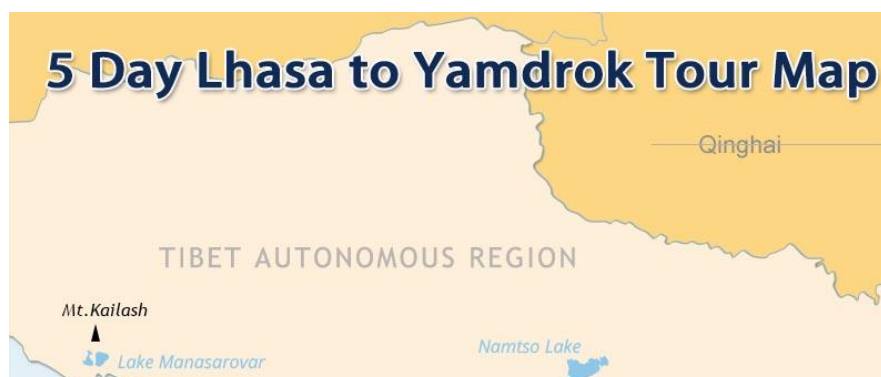
www.bengalvista.com.bd

ADD

Gulshan Badda Link
Road Dhaka-1212



Tour Code: PTL013
Time to Visit: All year around
Trip Level: Easy for Physically Fit
Tour Type: Join-in Small Group Tour (Min 2 - Max 12)
Service Included: Tibetan Local Tour Guide, Driver, Entrance Tickets, Part of Meals, Comfortable Hotels, airport shuttle bus.



Highlights of this Trip

“ It's a leisurely journey to downtown Lhasa with a short ride to turquoise Yamdrok Lake, best for family visits to Tibet ”



Herding at Yamdrok Lake like a local



Brief of the Itinerary

Days	Place and Distance	Tour and Activities	Meals	Hotels
Day01	Arrive in Lhasa ▲ 3650m 🚗 70kms/1hr Driving	Upon arrival in Lhasa, our tour guide will meet you at the airport/train station and take you to hotel in Lhasa. In the rest of the day, please rest well and adapt to the altitude.	/	Gang-Gyan Hotel Lhasa or similar
Day02	Lhasa City Sightseeing	Visit the Drepung Monastery in the morning, in the afternoon, visit the Sera Monastery and watch the monks' debate activities.	Breakfast /Welcome Dinner	Gang-Gyan Hotel Lhasa or similar
Day03	Lhasa City Sightseeing	Visit the Potala Palace, and participate in local Tibetan folk activities in the Local Park under the palace; Visit the Jokhang Temple and Barkor Street. Having tea the sweet tea house to experience Tibetan social culture.	Breakfast /Tea Break	Gang-Gyan Hotel Lhasa or similar
Day04	Lhasa-Yamdrotso Lake ▲ 3650-4440-3650m 🚗 300kms/6hrs	Drive along an alternative route to reach the Lu Ri La view point at Yamdrok Lake. Enjoy the panoramic views of the lake with snow-capped mountains and scattered islands. Follow the lakeshore to appreciate diverse perspectives of Yamdrok Lake. Visit the isolated island monastery, Rituo Monastery, on the lake and savor lunch and coffee by the lakeside, experiencing a leisurely time on the lakeshore. Later, return to Lhasa via the Yamdrok Garbalang viewpoint.	Breakfast/Picnic Lunch	Gang-Gyan Hotel Lhasa or similar
Day05	Depart from Lhasa	Escort tourists from the hotel to the airport/train station to end their Tibet trip.	Breakfast	/

Due to the need for official reservations for the Potala Palace visit, we are unable to confirm the specific timing of the Potala Palace ticket reservation in advance. The sequence of the itinerary may undergo adjustments.

Price & Discount

Tour Package	Unit Price	Quantity	Subtotal
5 days Lhasa, Yamdroto Lake Tour			
Tour Price	819 USD	1	819 USD
Single Room Supplement	EXTRA 200 USD (PER PAX)		
Other			
In total			

1) 5% off for those booking the tour together with other two travelers (3 or 3 above in total) at the same time;

2) 5% off for those booking the tour 3 months in advance.

Inclusions & Exclusions

Price Inclusions:

- Tibet Travel Permit and all required local travel documents for this tour (excluding expedited processing fees);
- Local tour transfers, 5-29 seats comfortable tourist vehicle according to the group size;
- All entrance ticket fees and eco bus for all tourist sites listed in the itinerary;
- Meals listed in the itinerary; Picnic lunch at shore of Yamdrotso Lake
- Knowledgeable English-speaking Tibetan local tour guide shared in your group (For prices of tour guides in other languages, please inquire);
- All hotels listed in the itinerary or equivalent three-star hotels. Upgrades are available for an additional fee. (Single room supplement required when not sharing the room);
- Free shuttle between Lhasa Railway Station and the downtown hotel according to your arrival/departure time.
- Service Charge & Government Taxes;
- Arrangements including planning, handling, operational, and communication charges;
- Tourist accident/casualty insurance;
- Additional services include fine Tibetan souvenirs, a tourist map, portable oxygen, medical oxygen in the vehicle, bottled mineral water, and more.

Price Exclusion:

- China Visa (If you need visa assistance services, especially for Chinese Group Visa from Nepal to Tibet, feel free to contact us for more details.);
- International flight to and out of China;

- Domestic flight/train to and out of Lhasa (If you need us to book the domestic flight/train tickets, please contact us for the details.);
- Single Room Supplement: Hotels default to double occupancy with twin-bedded rooms. If you prefer a single room or room sharing isn't possible, a single room supplement is necessary. Please consult the travel consultant for specific pricing details.
- Some Meal expenses not included in the Tour (the guide will assist in arranging and recommending meals; you are responsible for the cost)

Tips for guide and driver:

While you traveling in Tibet, you are kindly required to tip the guide and driver if you are satisfied and appreciate their services. We recommend tipping \$7(50 RMB) per day per person to be shared between the driver and guide.

Airport and Train Station Shuttle Service

Our services include shuttle transfers between Lhasa Airport or train station to downtown in Lhasa. Upon your arrival , our airport service coordinator will arrange for your transfer from the airport or train station to your hotel in the city. Similarly, when you depart from Lhasa, your airport drop-off service will be pre-arranged.

As the arrival times of tourists vary, we have specified several time slots for your service. When booking your flight, please try to choose a flight that arrives in Lhasa around the scheduled shuttle service times to avoid extended waiting times at the airport. if the number of arriving tourists is less than 3 at the same time, we may use public transport to take you from the airport to the city.

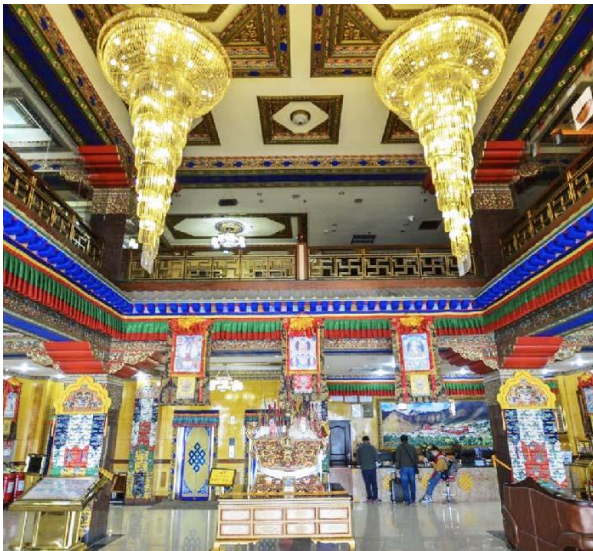
Shuttle Schedule from Airport to Lhasa	Shuttle Schedule from Lhasa to Airport
10:00 (Morning Arrival)	06:30 (Morning Departure 1)
13:30 (Afternoon Arrival 1)	08:00 (Morning Departure 2)
16:00 (Afternoon Arrival 2)	12:00 (Afternoon Departure)
18:30 (Evening Arrival)	

Airport to Lhasa covers a distance of 70 kilometers and takes approximately 60 minutes.

Arrival in Lhasa by train, we will pick you up according to your arrival time with no waiting required. For arrivals at non-scheduled times, additional charges may apply for the airport shuttle service. Require if you need.

Tibetan Hotels Throughout the Journey

Throughout your journey, we will arrange comfortable and cozy hotels each day, many of which are locally owned and operated by Tibetans with rich ethnic charm. They are strategically located near Tibet's most vibrant cultural attractions or old city areas, making it convenient for your exploration and shopping. All accommodations are twin rooms or king-size beds in 3 to 4 star hotels, with private bathrooms and a warm and comfortable ambiance. In Everest Base Camp (spring, summer, and fall seasons), you will stay in tent guesthouses operated by local Tibetan villagers, where you can appreciate the beautiful sunset and the brilliant night sky over Everest.



Comfortable Transportation Arrangements

You will travel in our dedicated tourist vehicles. For 2-5 people, we provide comfortable 7-9-seater tourist vans; for 6-12 people, we offer comfortable tourist minibuses or mid-sized buses. We ensure small group size that each guest receives attentive care and service from both the driver and guide. Our drivers conduct regular safety checks and cleaning of the vehicles each day, creating a comfortable living space for you throughout the journey.



Detailed Itinerary

DAY 01: ARRIVAL IN LHASA

Welcome to Lhasa (3650m)! We are going to start your amazing journey to center of Tibet

When you arrive in Lhasa, whether by train or flight, our friendly Tibetan guide will greet you with a Hada (the traditional Tibetan ceremonial scarf) and warm blessings.

Then, the guide and the driver will take you to your hotel in downtown Lhasa. You may view the Yarlung Tsangpo River/Brahmaputra River (the Longest and largest river in Tibet) and Lhasa River.

After settling into your hotel, take some time to rest and adjust to the high altitude.

In the afternoon or evening, your guide will meet you with traditional Tibetan gifts, provide travel instructions, and introduce your group members.

Stay overnight in Lhasa.



DAY 2: LHASA TOUR - DREPUNG MONASTERY & SERA MONASTERY (B, D)

Today is Tibetan Monastery Day! You'll have a full day to explore the largest monastery in Tibet, delve into the knowledge of Tibetan Buddhism, and immerse yourself in the daily life of Tibetan monks.

In the morning, you'll explore the largest monastery in Tibet - Drepung Monastery, which was once the home to over 10,000 monks. As you walk through the Coqen Hall, your guide will provide detailed explanations of the worldview of Tibetan Buddhism and introduce notable figures in Tibetan Buddhist history. Next, you'll visit the renowned Loseling College (or an equivalent), offering a glimpse into the study and life of Tibetan monks. Explore their dormitories to gain insights into the Tibetan monks' daily routines and living conditions.

In the afternoon, you'll head to Sera Monastery, another of the 'great three' Gelug monasteries of Tibet, to witness the famous Tibetan Monks Debate (15:00 - 17:00, from Monday to Saturday). Your guide will intricately explain how Tibetan monks engage in these debates to acquire knowledge and advance in their academic degrees. After today's tour, enjoy a welcome dinner with your group members.



DAY 3: LHASA TOUR - POTALA PALACE, JOKHANG TEMPLE, BARKHOR STREET (B)

Today's Highlight is a visit to UNESCO World Heritage Sites Potala Palace and Jokhang Temple, providing a glimpse into the daily beliefs and lives of the people of Lhasa.

After breakfast, your first stop is the Potala Palace, where you can enjoy a panoramic view of the Lhasa Old Town. Discover the lives and stories of the Dalai Lamas through history within the palace, and the extraordinary treasures it holds. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and the meditation cave of the 33rd great king of Tibet.

After touring the Potala Palace, you will visit Longwangtan Park at the foot of the Potala Palace. Here, you can appreciate the majestic Potala Palace from a different perspective and engage in local Tibetan folk activities.

In the afternoon, you will head to the heart of Tibetan religion - the Jokhang Temple. Inside you can see the statue of Buddha Sakyamuni at the age of twelve. Outside, you can see pilgrims making prostrating in front of Jokhang Temple. Around the temple is Barkhor Street, where you can do kora (a religious circle of a building or mountain) with pilgrims and locals, and explore the old market. Next, follow your guide to one of the liveliest indoor Tibetan tea houses in Lhasa. Sip traditional Tibetan sweet tea alongside local Tibetans as your guide shares insights into Tibetan social dynamics and daily life. Stay overnight in Lhasa.



DAY 4: LHASA - GONGGA - YAMDROK LAKE - LHASA (B, L)

This is the day excursion to Yamdrok Lake, one of the 'Three Holy Lakes of Tibet..

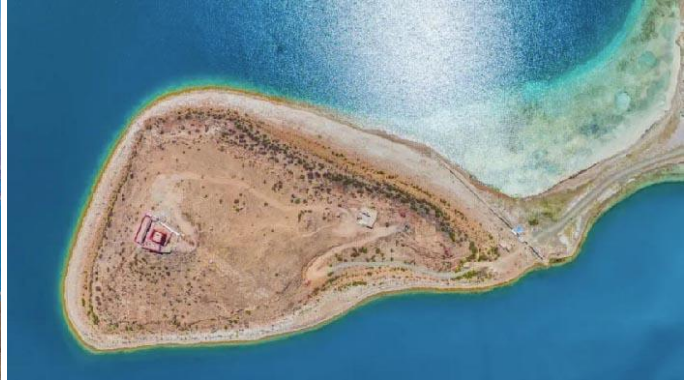
After breakfast, you'll take a scenic 100-kilometer drive from Lhasa to Yamdrok Lake, a turquoise gem surrounded by snow-capped mountains. Here, you'll experience a different side of Tibet - the peace and tranquility outside the bustling Lhasa city. The Yamdrok Lake reflects various colors in different lights. You can also see local nomads grazing their yaks on the lakeshore.

Start your Yamdrok Lake tour from Lurila Platform, where the turquoise waters and the imposing Gulha Kangri Snow Mountain unfold before your eyes.

Then, you will visit the Rutog Monastery and the lonely monk residing on the small island in the center of Yamdrok Lake. From Rutog Island, you can enjoy a broader view of Yamdrok Lake and the surrounding islands.

For lunch, you will visit a local family restaurant and enjoy the local dishes by the lakeside. On the platform, you can also savor a cup of coffee and relish leisure time while indulging in the stunning view of Yamdrok Lake from the southeast corner.

Afterward, you will return to Lhasa via the famous Gampala Pass (4900m). From the Gampala Pass platform, you can see Yamdrok Lake stretching for tens of kilometers like a wide blue ribbon to the foot of Noijin Kangsang Peak (7191m). Stay overnight in Lhasa.



DAY 5: DEPART FROM LHASA (B)

Today's Today marks the end of your Tibet tour.

Please make sure to verify your departure flight/train details with our guide in advance. And your guide will take you to the airport or train station.

Thank you for choosing Tibet Vista, and we extend a warm welcome for your return to Tibet in the future