











## Circling Holy Lhasa - Songtsam Lhasa Tour - 5 Days

Home to the Potala Palace, Jokhang Temple, and the Drepung and Sera monasteries, Lhasa is the most representative "holy land" in the world because of its depth of history and strong cultural heritage. It is said that if you have not been to Lhasa, you will never know the history and essence of Tibetan culture. It is a city of mystical wonder and hidden beauty, attracting people from every corner of the world to visit, live, study, pilgrimage, and most of all, to be enlightened.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Lhasa	 dinner  - Pick up from Lhasa Gonggar Airport and check into hotel. - Relax to acclimatise to the altitude. - Welcome dinner at the hotel. Overnight at Songtsam Linka Lhasa (Altitude: 3,700m)
2	Day 2 Lhasa	 breakfast, lunch, dinner  - After breakfast visit Potala Palace, the iconic heart of Tibetan Buddhism and the highest palace in the world. - Return to the hotel for lunch. - In the afternoon take part in a Thangka painting workshop to learn and understand the craftsmanship and techniques needed to make the delicate and intricate Tibetan Buddhist art. - Dinner at the hotel. Overnight at Songtsam Linka Lhasa (Altitude: 3,700m)



3	Day 3 Lhasa	<p> breakfast, lunch, dinner</p> <p> - After breakfast visit Jokhang Temple, the spiritual center of Tibet and the holiest destination for all Tibetan pilgrims.  - Afterwards go to Barkhor Street to experience the most vibrant bazaar in Lhasa.  - Have lunch at a local restaurant.  - In the afternoon visit Ramoche Monastery to see the life-sized statue of the 8-year-old Sakyamuni.  - Dinner at the hotel.  Overnight at Songtsam Linka Lhasa (Altitude: 3,700m)</p> 
4	Day 4 Lhasa	<p> breakfast, lunch, dinner</p> <p> - After breakfast visit the Zhayeba Monastery, which consists of a series of small cave-chapels and has now become one of the four most sacred places to conduct religious rites in Tibet.  - Return to the hotel for lunch.  - In the afternoon enjoy traditional Tibetan performances and “Lhasa Time” afternoon tea (only available on weekends).  Alternatively, visit Sera monastery, the second biggest monastery in Lhasa, where you have a chance to see the debate about Buddhism.  - Dinner at the hotel  Overnight at Songtsam Linka Lhasa (Altitude: 3,700m)</p> 

## About Shopping or No-shopping Tours

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