info@cits.com.cn +86-10-65222991

Holy Xizang Tour: Lhasa, Gyantse & Shigatse - 7 Days

Immerse yourself in the spiritual heart of the Himalayas on this classic 7-day Xizang (Tibet) overland tour. Explore the sacred landmarks of Lhasa, including the iconic Potala Palace, Jokhang Temple, and vibrant Barkhor Street. Journey across scenic mountain passes to turquoise Yamdrok Lake, historic Gyantse, and the grand Tashilhunpo Monastery in Shigatse before returning to Lhasa.

Tour Highlights

Sacred Buddhist Landmarks: Tour the UNESCO-listed **Potala Palace**, revered **Jokhang Temple**, and witness lively monks' debates at **Sera Monastery**.
Breathtaking Holy Lake Yamdrok: Marvel at the turquoise alpine waters of **Yamdrok Lake** framed by snow-capped Himalayan peaks.
Cultural Heritage of Gyantse: Visit the unique multi-tiered Kumbum Stupa inside **Pelkor Chode Monastery** and view ancient **Gyantse Fortress**.
Seat of the Panchen Lama: Explore **Tashilhunpo Monastery** in Shigatse, home to the world's largest gilded bronze Buddha statue.
Full Permit Assistance: Enjoy a stress-free journey across Xizang (Tibet) with complete **Travel Permit** application handling and licensed private local guide service.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Arrival in Lhasa	airport - hotel transfer in Lhasa
2	Day 2 Lhasa | Potala Palace & Sera Monastery	breakfast, lunch Potala Palace (UNESCO), Sera Monastery Standing on top of Red Hill in the north-west of the Lhasa city region, the Potala Palace is a grand Tibetan palace complex that remains the largest and most intact ancient palace in Xizang (Tibet) Autonomous Region today. Behaviours that are taboo in Tibetan Buddhism, such as wearing a hat inside, taking photos and stepping on doorsills, should be avoided during any visit. Advance booking is required. This monastery together with Drepung Monastery and Ganden Monastery are jointly known as the “great three monasteries of Lhasa”. This tranquil place has seen a succession of eminent monks and living Buddha give lectures about Buddhist scriptures ever since its completion in 1419. Sera Monastery is particularly known in the Tibetan region for its daily scripture debates, which remain one of its main draws. The monastery has developed its own distinctive style in terms of the level of occasion, code of gestures as well as intensity, and is a fascinating ritual to watch.

3	Day 3 Lhasa | Jokhang Temple, Barkhor Street & Norbulingka	breakfast, lunch **Jokhang Temple (UNESCO), Barkhor Street, Norbulingkha** With a history of more than 1,300 years, Jokhang Template is a Tibetan Buddhist monastery nestled in the old part of Lhasa. Having housed almost all key Buddhist events, the temple is often called the "Eye of Xizang (Tibet) Autonomous Region". Thanks to its extremely high status in Buddhism, the temple is frequented by pilgrims and worshiped with burning incense all year long. It is circled in a clockwise direction every day by a steady stream of believers who kneel with devotion in front of the main entrance on a stone floor imbued with the marks of the visits of the thousands of pilgrims who have come before them. The Jokhang Temple is located in the Barkhor neighbourhood and the street around the temple is called Barkhor Street, which means "eight corner street". Initially a normal road around the temple, it has gradually become the route by which many pilgrims circumambulate the monastery in prayer and one of Lhasa's most important commercial streets. Lined on both sides with shops selling religious wares in various sizes as well as all kinds of daily necessities, it is a fantastic place to shop, try local snacks, and check out the variety of goods on offer. The Norbulingkha is the summer palace of the Dalai Lama.
4	Day 4 Lhasa to Gyantse by Private Car | Yamdrok Lake	private transfer from Lhasa to Gyantse breakfast, lunch **Yamdruktso Lake** The Yamdruktso Lake, one of the three largest sacred lakes in Xizang, will show you beautiful snow-capped mountains and numerous clear streams.
5	Day 5 Gyantse to Shigatse by Private Car | Pelkor Chode Monastery	private transfer from Gyantse to Shigatse breakfast, lunch **Palkhor Chode Monastery, Gyantse Fortress** The Palkhor Choede, a monastery having the characteristics of Han, Xizang and Nepali architecture, is a mixture of different cultures. It enjoys a high status in Xizang Buddhism history. The Gyantse Fortress, also called Gyantse Dzong, offers an outstanding view of the old town and surrounding valleys. It tells a story about the heroic resistance of the Xizang against far superior forces during the British invasion in 1903 -1904.
6	Day 6 Shigatse to Lhasa by Private Car | Tashilhunpo Monastery	private transfer from Shigatse to Lhasa breakfast, lunch **Tashilhunpo Monastery** The Tashilhunpo Monastery is the traditional seat of successive Panchen Lamas and there are nearly 800 lamas in the monastery nowadays.
7	Day 7 Lhasa Departure	hotel - airport transfer in Lhasa breakfast

Xizang (Tibet) Travel Permit Guidelines & Booking Process

Essential Permit Guidelines

Mandatory Requirement: All non-Chinese passport holders require a Travel Permit in addition to a valid Chinese Visa to board flights or trains into Xizang (Tibet).

Authorized Application: Independent permit applications are not accepted; permits must be arranged through an authorized travel agency as part of a fully booked package (including licensed guide, private vehicle, and itinerary).
Application Timeline: Submit your booking and documents at least **25–30 days prior** to departure to ensure smooth processing.
Fixed Itinerary: Destinations, travel dates, and traveler details are locked onto the permit once issued and cannot be altered during travel.

4-Step Easy Booking & Permit Process
Step 1: Confirm Itinerary & Book Tour Package — Select travel dates and finalize private tour arrangements with your travel consultant.
Step 2: Submit Required Travel Documents (30 Days in Advance) — Provide clear digital copies of your passport photo page and valid China Tourist Visa.
Step 3: Agency Applies for Travel Permit — We handle all official regional documentation and verification.
Step 4: Receive Your Original Permit — The original permit will be delivered to our local office in your departure city for pickup. If you have booked local land services in that city, our guide will hand the permit to you in person before your departure.

Frequently Asked Questions (FAQ)

Q: How far in advance do I need to book to get the Travel Permit for Xizang (Tibet)?
A: Please book your tour and provide your passport and China visa copies at least 25 to 30 days before your travel date to ensure sufficient processing time.

Q: How does altitude acclimatization work on this tour?
A: Day 1 is kept free of strenuous activities to help you acclimatize to Lhasa's altitude (3,650m). Drink plenty of water, avoid intense exertion on the first two days, and pack warm layers.

Q: Can you issue a Travel Permit without booking a tour?
A: No. Under regional tourism regulations, Travel Permits for Xizang (Tibet) are never issued as standalone documents; they must be tied to a confirmed tour package with licensed local guides and private transfers.

Q: How do I receive my physical permit before entering Xizang (Tibet)?
A: The original permit will be delivered to our local office in your departure city, where you can pick it up prior to boarding your flight or train. If you have booked land services with us in that departure city, our local guide will deliver the permit to you directly.

Tour Includes :

-- Private tour guide
-- Private air-conditioned coach
-- Land transfers between airport or railway station and hotel
-- Entrance tickets as listed
-- Chinese lunch as listed
-- Centrally located hotels with breakfast
-- Tibet Travel Permit
-- Service charge & government taxes

Tour Excludes :

-- Flight or train ticket
-- Personal expenses such as laundry, drinks, phone bills, optional activities
-- Tips for guides and drivers
-- China Visa
-- Travel insurance

About Shopping or No-shopping Tours

Since October, 2013, CITS offers truly alternative prices of tours with or without shopping. Exceptionally, some tours only have one type price, such as seat-in-coach, hiking, self-driving and luxury tours, etc. Click here know more details.