







## Heavenly Nyingchi Exploration with Namtso Lake - 8 Days

Nyingchi is an earthly heaven and another prefect gateway to enter Tibet. This 8-day tour starts from Nyingchi and ends in Lhasa. The Heavenly Lake - Namtso Lake is also included in the route. You will enjoy and appreciate the grandness and superb of the nature in Tibet.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Nyingchi - Bome (by automobile, 216 km)	 airport transfer in Nyingchi, private transfer from Nyingchi to Bome  <b>Giant Cypress Forest, Lulang Forest</b> Giant Cypress Forest is a complete forest of the giant Yarlung Zangbo cypress, a special species peculiar to Tibet. It has been a holy land of the local Tibetan for many centuries. The forest is mysterious and frequently visited by the tourists from all over the world. Lulang Forest is a typical plateau-mountain-meadow, which is known as a fairyland where gods live in with scenic beauties, with breathtaking scenery in different seasons. LuLang means "a place that will make you forget your home". Also, it is the best spot to watch the Namjagbarwa (the highest peak in Nyingchi with an elevation of 7782 meters). Then, drive to Bome and stay overnight there.
2	Day 2 Bome - Rawok Lake - Bome (by automobile, 163 km)	 breakfast, lunch  One day excursion to Rawok Lake - a long skinny lake. It is 20 kilometers in length and depending on the season only 1-5 kilometers in width. The lake was formed by the blocking of rivers, the main one being Parlongzangbu, by debris from landsides, glaciers, and natural walls. This eventually caused water to pull into this area, creating Rawok Lake. Then enjoy the visit to Laigu Glacier, the largest glacier in its region at 32 km in length. The glacier terminates in an expanding proglacial lake, Laigu Lake. Visit Midui Glacier and enjoy boundless aboriginal forest.
3	Day 3 Bome - Bayi (by automobile)	 private transfer from Bome to Bayi  breakfast, lunch  Today, transfer from Bome County to Bayi County. You will go through the Niyang River, a major river in south-west Tibet and the longest tributary of the Yarlung Tsangpo River. On the way you will also pass Mt. Namcha Barwa. Standing at 7,782 meters above the sea level, Mt. Namcha Barwa it is historically and geographically popular in Tibetan history. The name literal means "the flaming thunderbolt".

4	Day 4 Bayi - Lhasa (by automobile, 470 km)	 private transfer from Bayi to Lhasa  breakfast, lunch  Today, drive from Bayi Town to Darksum-tso Lake, and then head to Lhasa. During the way, enjoy the beauty of the Southeast Pontlevis Valley.
5	Day 5 Lhasa	 breakfast, lunch  <b>Potala Palace, Jokhang Temple, Barkhor Street</b> The Potala Palace, which used to be the residence of the Dalai Lama and seat of the Tibetan government, is currently converted into a museum. It is comprised of over 200,000 statues, temples, shrines, and historical Tibetan relics. The Jokhang Temple, which commemorates the marriage of Tang princess Wencheng to King Songtsen Gampo, earns the reputaiton as the first Buddhist temple in Tibet. The Barkhor Street, Lhasa's old market, is full of vendors selling their wares. The smell of Yak butter is wafting in the air and hundreds of pilgrims are moving in a clockwise direction.
6	Day 6 Lhasa	 breakfast, lunch  <b>Sera Monastery, Drepung Monastery</b> The Sera Monastery, one of the three most distinguished monasteries in Lhasa, is famous for its tantric teachings. Founded in the year 1416, the Drepung Monastery is recognized as the world's largest monastery housing over 10,000 monks.
7	Day 7 Lhasa - Namtso Lake - Lhasa (by automobile)	 private transfer from Lhasa to Namtso Lake  breakfast, lunch  <b>Namtso Lake</b> Take a stroll at Namtso Lake, also known as Heavenly Lake. It has been centuries been the destination for Tibeten pilgrims. As holy lake in Tibet and the highest lake in China, Namtso Lake links the sky with the breathtaking blue.
8	Day 8 Lhasa	 hotel airport transfer in Lhasa  breakfast

#### About Tibet Travel Permits:

1. All foreign travelers are required to have the Tibet Travel Permit (or Tibet Permit, Tibet Entry Permit) in hand before entering Tibet. The Tibet Travel Permit is issued by Tibet Administration to the authorized travel agencies, but not to individual travelers directly.
2. CITS handle Tibet Permit application for guests who booked Tibet tour package from us. Travelers can either take a tailored private tour or join in a group tour. The tour package should include services of tour guide, automobile, sightseeing & accommodation. Please be advised that we do NOT offer "permit-only" service.
3. The Tibet Permit needs to be applied **at least 20 days** prior to arrival in Tibet, so we suggest travelers send the tour inquiry **at least 30 days** in advance.
4. The general travel information (including tour dates, travelers' personal information, destinations in Tibet...) will be attached to the Tibet Permit, so the travel itinerary could not be changed once the tour is confirmed.
5. All travelers can get Tibet Permit through an authorized travel agency except diplomats, journalists, and government officials who should travel to Tibet under the arrangement by the Foreign Affairs Office of Tibet Government.

## How to book a Tibet tour with Tibet Travel Permit:

Step1: Traveler sends a travel inquiry to CITS.

Step 2: CITS travel counselor sends you an itinerary and quote. We are pleased to make any changes as per your request before you are completely satisfied with the tour proposal.

Step 3: Book the tour and make the payment via bank transfer or PayPal. Payment needs to be received by us at least 20 days before your arrival.

Step 4: Send us the following document & information:

- A scanned copy of your passport (photo page);
- A scanned copy of your China visa (tourist visa);
- All travelers' information including full names, gender, date of birth, passport number, nationality and occupation;

Step 5: Your travel counselors will confirm the tour and send you an email attached with the confirmation & voucher.

Step 6: When you leave for Lhasa you will need to show the original copy of the Tibet permit when checking in at the airport or railway station. The permit will be delivered to our local office in the departure city. You will need to pick it up from the local office. If you booked the land service at that city, our guide will pass the permit to you.

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### 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

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### 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.](#)

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