



## TIMELESS TIBET

*6 nights / 7 days*



@andBeyondTravel  
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# Let your imagination soar

## Journey overview

### About &Beyond Asia

Established in 1991, &Beyond strives to leave our world a better place through the delivery of extraordinary travel experience and our care of the land, wildlife and people. We are bespoke tour operators for sub-Saharan Africa, Asia, South America and Antarctica. We also own and manage 29 extraordinary lodges and camps across three continents. We positively impact 75 communities and directly conserve our footprint of one million acres. Our 2030 vision is to scale our impact through partnerships to support the conservation of an associated 40 million acres of key biospheres and to double out 2020 impact investments, while offering discerning travellers a rare and exclusive experience of the world as it should be.

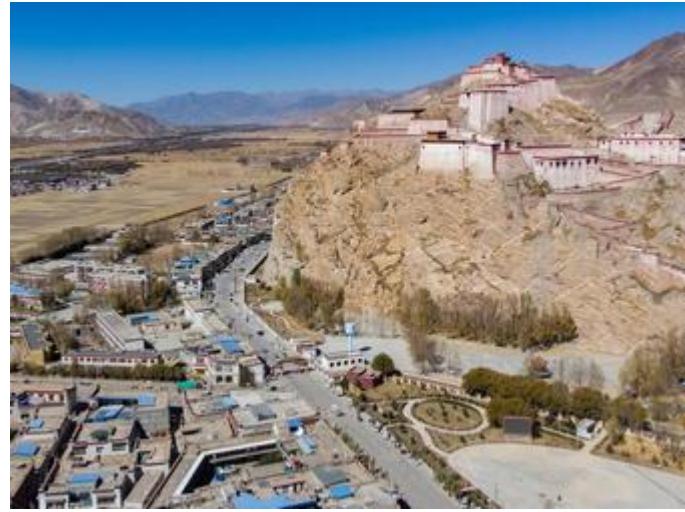
### Welcome to Tibet

Tibet, a part of China, is a historical region covering much of the Tibetan Plateau. It is the traditional homeland of the Tibetan people as well as other ethnic groups. Tibet is the highest region on Earth, with an average elevation of 4,900 metres (16,000 ft). The highest elevation in Tibet is Mt Everest, also known as Mt Qomolangma (also spelt Chomolungma), the world's highest mountain, rising to 8,848.86 m (29,032 ft).

Travelers to Tibet inevitably find Tibetans to be friendly and possessing a great sense of humour. Religion is extremely important to most Tibetans, and travellers should endeavour to respect their customs and beliefs. Always circumambulate Buddhist religious sites or monasteries in a clockwise direction, and when in a monastery do not wear a hat, smoke, or touch frescoes. In addition, refrain from climbing onto statues, mani stones or other sacred objects. Don't photograph people without permission and be aware that some locations prohibit photography unless you pay a fee.

### What we love about this journey

This exclusive seven-day odyssey, "Sanctuaries of the Roof of the World," offers a sophisticated immersion into the spiritual and architectural heart of Tibet. Beginning in the "Place of Gods," you will explore the monumental Potala Palace, the sacred Jokhang Temple, and the scholarly halls of Drepung and Sera, enriched by the tranquil gardens of the Norbulingka summer palace. The journey ascends to the breathtaking Ganden Monastery before traversing the high Himalayan passes—skirting the turquoise Yamdrok Lake and the Karo La Glacier—to reach the historic treasures of Gyantse's Khumbum Stupa and Shigatse's golden-roofed Tashilhunpo. This curated circuit provides a profound connection to the "Roof of the World" Tibet.



# At a glance



Day 1 to Day 5	Programme	Accommodation
Day 1	<ul style="list-style-type: none"> <li>Scheduled flight from Beijing Capital International Airport to Lhasa Gonggar Airport</li> </ul>	Shangri-La Lhasa <i>Lhasa, China</i>
Day 2	<ul style="list-style-type: none"> <li>Drepung Monastery</li> <li>Sera Monastery</li> <li>Norbulingka</li> <li>Lhasa - Sera Monastery, Drepung Monastery and Norbulingka</li> </ul>	Double Room Breakfast
Day 3	<ul style="list-style-type: none"> <li>Potala Palace</li> <li>Jokhang Temple</li> <li>Barkhor Street</li> <li>Lhasa - Potala Palace, Jokhang Temple and Barkhor Market</li> </ul>	
Day 4	<ul style="list-style-type: none"> <li>Ganden Monastery</li> </ul>	

Day 5 to Day 6	Programme	Accommodation
Day 5	<ul style="list-style-type: none"> <li>Drive to Shigatse via Gyantse from Lhasa</li> <li>Yamdrok Lake</li> <li>Pelkor Chode &amp; Khumbum</li> </ul>	Hilton Shigatse <i>Shigatse, China</i> Double Room Breakfast
Day 6 to Day 7	Programme	Accommodation
Day 6	<ul style="list-style-type: none"> <li>Tashilhunpo Monastery</li> </ul>	Shangri-La Lhasa <i>Lhasa, China</i>
Day 7	<ul style="list-style-type: none"> <li>Scheduled flight from Lhasa Gonggar Airport to Beijing Capital International Airport</li> </ul>	Double Room Breakfast

# Expect the extraordinary

## Shangri-La Lhasa

Lhasa, China

### Day 1

Upon arrival at Gongkar Airport, you will be greeted with a traditional Khada (scarf) exchange by your Tibetan guide—a gesture of greeting and goodwill in local culture. The drive to the old city of Lhasa, the "Place of Gods" is the spiritual heart of Tibet. It takes approximately one hour. To ensure proper acclimatisation, we advise resting and drinking plenty of fluids this afternoon. You may enjoy a light stroll around the hotel area to begin absorbing the exotic atmosphere of the city.

Spend five nights in Hotel Shangri-la. Your accommodation will be in a Deluxe Room on breakfast Basis.

## Shangri-La Lhasa

Lhasa, China

### Day 2

The day begins with visits to Drepung and Sera Monasteries, followed by an exploration of the Norbulingka Palace. Drepung (founded 1416) and Sera (founded 1419) are two of the "Great Three" Gelugpa monasteries, historically housing thousands of monks for rigorous philosophical study. Norbulingka, meaning "Treasure Park," served as the traditional summer residence of the Dalai Lamas from the 1780s until 1959.

At Sera, you can witness the famous monk debates. At Norbulingka, enjoy a stroll through the largest man-made garden in Tibet, which represents the pinnacle of Tibetan horticultural art and royal leisure.

### Included activities

#### Lhasa - Sera Monastery, Drepung Monastery and Norbulingka

Today tour begins at Sera Monastery, one of the Great Three Gelugpa university monasteries. Founded in 1419, it once accommodated more than 5,000 monks. Although it has faced periods of damage, Sera has been restored and remains active, with a dedicated monastic community continuing the Gelugpa tradition.

Continue to Drepung Monastery, the largest and most influential Gelugpa monastery. Nestled at the base of Mount Gambo Utse, its cluster of white buildings cascades across the hillside, resembling a heap of rice – reflected in its name, "Drepung," or "collecting rice." At its height, the monastery was home to around 7,700 monks and oversaw significant landholdings. Explore its courtyards and assembly halls as you trace its history. In the afternoon, visit Norbulingka, the former summer residence of the Dalai Lama. Located in the western part of Lhasa, this serene palace complex is known for its gardens and cultural treasures. Inside, admire the murals painted by the 14th Dalai Lama's personal artist, depicting courtly life, historic events, and the peaceful image of Sakyamuni teaching beneath a Bodhi tree.



# Expect the extraordinary

## Shangri-La Lhasa

Lhasa, China

### Day 3

Visit the Potala Palace, the iconic winter residence of the Dalai Lamas, followed by the sacred Jokhang Temple and the lively Barkhor Market. The Potala is a 13-storey architectural masterpiece and a UNESCO World Heritage site. The Jokhang Temple is considered the "Heart of Lhasa" and houses the Jowo Shakyamuni statue, the most sacred object in Tibet. Walk the "Kora" (pilgrimage circuit) around the Jokhang with local devotees in the Barkhor Market to experience the city's spiritual pulse.



### Included activities

#### Lhasa - Potala Palace, Jokhang Temple and Barkhor Market

Embark on a full-day exploration of Lhasa's cultural and spiritual highlights. Begin with the Potala Palace, a UNESCO World Heritage Site and one of the world's most iconic landmarks. Rising dramatically above the city from Red Hill, this monumental structure was once the winter residence of the Dalai Lama and remains a powerful symbol of Tibetan identity.

Continue to the Jokhang Temple, the spiritual heart of Tibetan Buddhism. Founded in the 7th century, it is the most sacred pilgrimage site in Tibet. Here, devotees from across the region come to venerate the revered Jowo Shakyamuni statue, believed to depict the Buddha at age twelve.

Conclude your day with a stroll through Barkhor Market, the lively circular street encircling the Jokhang. Wander through narrow lanes flanked by traditional whitewashed homes and vibrant window frames. The area is filled with stalls and shops offering Tibetan handicrafts, religious items, and local treasures, providing a vivid glimpse into daily life and culture in Lhasa.

## Shangri-La Lhasa

Lhasa, China

### Day 4

Drive 45km east of Lhasa to Ganden Monastery, perched dramatically on Wangku Ri mountain. Founded in 1409 by Je Tsongkhapa, it is the first Gelugpa monastery and the administrative seat of the order. The monastery offers a spectacular ridge walk with panoramic views of the Lhasa River valley.

### Included activities

#### Ganden Monastery

Perched majestically atop the Wangku Ri mountain at an elevation of 4,300 metres, Ganden Monastery stands as a towering testament to

Tibetan spiritual heritage. Established in 1409 by the great reformer Je Tsongkhapa, it holds the prestigious distinction of being the first Gelugpa (Yellow Hat) monastery, serving as the ancestral seat of this influential school of Buddhism. Often described as a "celestial city," its sprawling complex of gilded roofs and whitewashed walls overlooks the winding Lhasa River valley, offering some of the most dramatic vistas on the Tibetan Plateau.

Historically a premier centre for intellectual rigour, Ganden once housed a vibrant community of thousands of scholars dedicated to the deepest philosophies of the Buddha. Today, it remains a profound site of pilgrimage, most notably for the golden tomb of Je Tsongkhapa himself. For the discerning traveller, the experience is best captured along the *Ganden Kora*—a sacred circuit that follows the mountain's ridge. This path provides a rare opportunity for quiet contemplation amidst panoramic high-altitude landscapes, where the whispers of ancient rituals meet the vast, open skies of the "Roof of the World." Following its meticulous restoration, the monastery stands today not just as a monument of the past, but as a living symbol of resilience and the enduring light of Tibetan faith.



## 01 - 05 Day

### Shangri-La Lhasa

Lhasa, China

Shangri-La Lhasa is a luxury resort located in the heart of the Himalayas. All rooms and suites are elegantly designed with Wi-Fi, TVs, safes, and minibars. Guests can indulge in delicious meals from the on-site restaurants. Other services and facilities include bars, a spa, and meeting facilities.

### What we love about Lhasa

Deep in the Himalayan Mountains lies Lhasa, a unique and culturally fascinating city. Lhasa translates to 'Place of God', and as its name implies, this city has been the hub of Tibetan spiritual life since the mid-17th century. As a result, it contains a myriad of culturally significant religious sites. These include the Potala Palace, Jokhang Temple, and Sera Monastery. Due to many years of Chinese-influence and modernisation, this once quiet town has been superseded by the bustling commercial streets of the modern Chinese city. Despite this, the old Tibetan quarter has managed to preserve the atmosphere of traditional Tibetan life - you'll find alleyways filled with live music venues and cabaret bars hosting local performers.

# Expect the extraordinary

## Hilton Shigatse

Shigatse, China

### Day 5

A scenic drive takes you over the Khamba La (4,794m) for views of the turquoise Yamdrok Lake, and the Karo La pass to see the roadside glacier. In Gyantse, visit the Pelkor Chode Monastery and the 100,000-image Khumbum Stupa. The Khumbum is a unique multi-storey chapel containing a vast array of 15th-century Tibetan murals and statues. Upon arrival in Shigatse, visit a traditional barley mill to see how *tsampa*, the Tibetan staple, is produced.

Spend one nights at Hilton Hotel in Deluxe room. Your stay includes breakfast.

### Yamdrok

The journey from Lhasa to Shigatse is a breathtaking traverse across the backbone of the Himalayas, offering some of the most iconic vistas on the "Roof of the World." The drive ascends the winding hairpins of the Khamba La Pass (4,794m), where you are rewarded with a staggering panorama of Yamdrok Lake. One of Tibet's three most sacred lakes, its turquoise waters fan out in a scorpion-like shape against the backdrop of the snow-capped Mt. Nojin Kangtsang. Continuing west, the route passes the Karo La Glacier, where ancient ice flows nearly touch the roadside, providing a visceral sense of the plateau's raw power. Upon reaching the historic town of Gyantse, you will explore the Pelkor Chode Monastery and the magnificent Gyantse Khumbum.

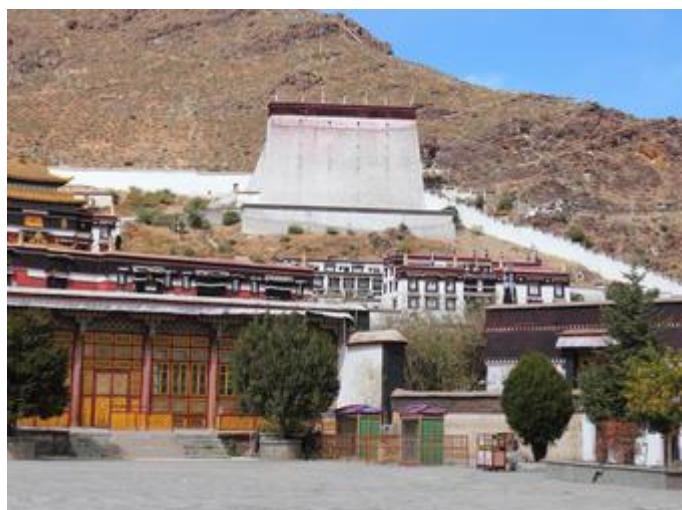
Yamdrok Lake is spiritually significant as it is believed to be the transformation of a goddess; for Tibetans, the lake's health is intrinsically tied to the vitality of the Tibetan spirit. In Gyantse, the Khumbum Stupa (the "Stupa of a Hundred Thousand Buddhas") is an architectural masterpiece of the 15th century. It is the largest of its kind in Tibet, featuring seventy-seven chapels layered with exquisite murals and statues that represent the pinnacle of Newari and Tibetan artistic fusion.

This is a day of high-altitude transitions. We recommend keeping your camera ready for the nomadic camps and yaks that dot the landscape. Before checking into your hotel in Shigatse, we will pause at a local artisan workshop to observe the traditional milling of *tsampa*, offering an authentic glimpse into the sustainable agricultural practices that have sustained Tibetan life for centuries.

### Included activities

#### Yamdrok Tso

Yamdrok Tso, also known as Yamdrok Yumtso, is one of Tibet's four great sacred lakes, along with Nam Tso and Lake Manasarovar. Resting at an altitude of 14,570 feet (4,440 metres), this vast jade-hued expanse stretches for more than 72 kilometres, plunges to depths of 60 metres,



and is dotted with tiny islands. Fed by countless mountain streams and encircled by snow-clad peaks, the lake glimmers like a turquoise jewel in the heart of the plateau.

From Lhasa, a 120-kilometre drive southwest over the winding Kampala Pass offers a sweeping bird's-eye view of its brilliant blue-green waters. Approaching from Gyantse, 140 kilometres to the east, the route leads across the dramatic Karola Pass, unveiling yet another breathtaking perspective of this revered natural wonder.

## 05 - 06 Day

### Hilton Shigatse

Shigatse, China

Hilton Shigatse, located on Mid Shanghai Road in the heart of Shigatse, Tibet, offers a stylish stay surrounded by majestic mountains. Guests can choose from elegant rooms and suites equipped with modern amenities such as air conditioning, TVs, minibars, and hair dryers. The hotel boasts facilities such as a fitness centre, parking, and multiple dining options. Activities available include visiting nearby attractions like the Tashilhunpo Monastery.

### What we love about Shigatse

Also known as Xigatse, this ever-growing and thriving town lies on a fertile plain in Tibet. Regarded as a holy city insofar as it was the traditional seat of the Panchen Lama (a Tibetan spiritual leader), its significance as an economic, political, and cultural centre is also well established. The 'old town' is quite small and lies at the foot of the imposing (but empty) Shigatse Dzong fort. Most visitors head to the Tashilhunpo Monastery to explore the cobbled streets, and surrounding kora, and see the Future Buddha (the largest gilded statue in the world). Other must-sees are the Wordo Museum (grab a bite and pop into the private museum upstairs) and the enchanting Tibetan Market.

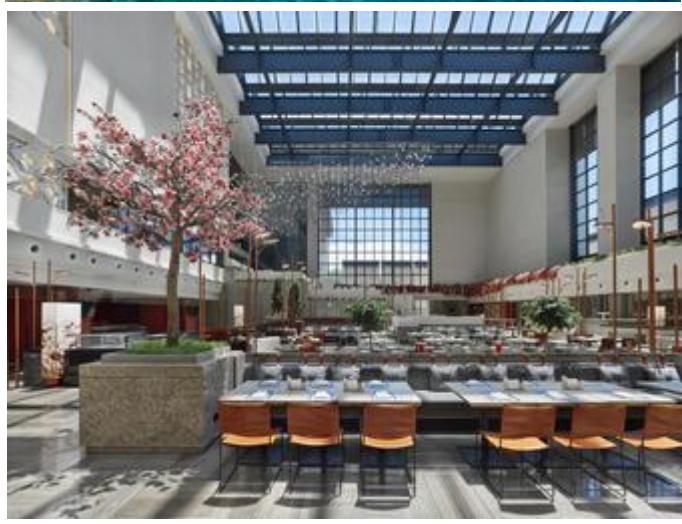
### Shangri-La Lhasa

Lhasa, China

### Day 6

Explore the golden-roofed Tashilhunpo Monastery, the seat of the Panchen Lama. Return to Lhasa via the scenic northern route along the Yarlung Tsangpo River. Tashilhunpo houses the world's largest gilded copper statue of the Maitreya (Future) Buddha. The return journey offers excellent photography opportunities of rural Tibetan villages and the rugged river gorge.

Spend one night in Hotel Shangri-la. Your accommodation will be in a Deluxe Room on breakfast Basis.



## Included activities

### Tashilhunpo Monastery

The morning is dedicated to exploring the magnificent Tashilhunpo Monastery, the traditional seat of the Panchen Lama and one of the four "Great Monasteries" of the Gelugpa sect. As you wander through its labyrinthine cobbled alleys, the monastery's golden roofs shimmer against the rugged backdrop of Drolma Mountain. The highlight of the visit is the Chapel of Maitreya, which houses the world's largest gilded copper statue of the Future Buddha—a breathtaking masterpiece standing 26 metres tall and adorned with precious gems. Following this spiritual immersion, we begin our return journey to Lhasa via the scenic northern route. This drive follows the upper reaches of the Yarlung Tsangpo River (the Brahmaputra), winding through dramatic river gorges and vast, sandy valleys that offer a starkly beautiful contrast to the lush plains of the previous days.

Founded in 1447 by Gendun Drup (the First Dalai Lama), Tashilhunpo is a vital bastion of Tibetan culture and Buddhist scholarship. It is architecturally significant for its massive Thangka wall, which dominates the Shigatse skyline during festival seasons, and its numerous funeral chortens (stupas) of past Panchen Lamas, which are encrusted with gold and silver.

As we traverse the northern route back to the capital, keep an eye out for traditional coracle boats—made of yak hide—still used by local fishermen on the river. This route is particularly favoured for its "off-the-beaten-path" feel, providing ample opportunities to witness the sustainable, rural lifestyles of the Tibetan people far from the main highway.



## 06 - 07 Day

### Shangri-La Lhasa

Lhasa, China

Shangri-La Lhasa is a luxury resort located in the heart of the Himalayas. All rooms and suites are elegantly designed with Wi-Fi, TVs, safes, and minibars. Guests can indulge in delicious meals from the on-site restaurants. Other services and facilities include bars, a spa, and meeting facilities.

## Departure

Tibet, China

## Day 7

Your profound journey through the spiritual heart of the Tibetan Plateau concludes today. After a final breakfast at your hotel, you will be chauffeured to Gonggar Airport, tracking the scenic Yarlung Tsangpo River one last time.

# Journey overview

RATES FOR 2 PAYING GUESTS ON DOUBLE SHARING BASIS	
Validity- June 2026	Per person sharing
Total cost for 6 nights and 7 days Tibet tour	USD 2852.00
Single Supplement	USD 622.00

## Accommodation

DATE	DESTINATION	ACCOMMODATION	DETAILS
Day 1 to Day 5	Lhasa	Shangri-La Lhasa	Breakfast Double Room
Day 5 to Day 6	Shigatse	Hilton Shigatse	Breakfast Junior Suite BB (Other)
Day 6 to Day 7	Lhasa	Shangri-La Lhasa	Breakfast Double Room

## Suggested Flights

DATE	DETAILS	DEPARTURE	ARRIVAL
Day 1	Beijing Capital International Airport to Lhasa Gonggar Airport	07:45 AM	12:10 PM
Day 2	Lhasa Gonggar Airport to Beijing Capital International Airport	01:15 PM	05:15 PM

# *Journey overview*

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## **What's included:**

- Accommodation at mentioned hotels in a deluxe room inclusive of Bed and breakfast.
- All transfers as mentioned in a private vehicle.
- Sightseeing tour will be provided as per the itinerary with an English-speaking local guide and in a private vehicle.
- All entrance and monuments fees.
- All current taxes as on date - subject to change as per hotel/airline/Government policy.
- Tibet visa and travel permit fee.

## **What's not included:**

- Any International Airfare including flight to and from Lhasa.
- Any Lunch and Dinner.
- Any change in tax structure resulting from the hike in published tariff.
- Items of personal nature like tips, bar bills, laundry, phone calls etc.
- Any video / still camera fee to the monuments and places of visit.
- Any other item not explicitly mentioned under price includes.
- Any Insurance.

# *The details are in the fine print*

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## China

### Banking and currency

#### Currency

Local currency: Chinese Yuan Renminbi

Symbol: ¥

ISO code: CNY

Subunit: Fen (分)

Banknotes: ¥1, ¥5, ¥10, ¥20, ¥50, ¥100

Coins: ¥1, ¥0.5, ¥0.1

#### Banking

Card Transactions: Yes

ATMs: Yes

Mastercard: Yes

Visa: Yes

American Express: Limited acceptance

Diner's club: Limited acceptance

#### Banking Hours:

Weekdays: 9:00 am - 5:00 pm

Weekends: Some banks open on Saturdays for limited hours

Public Holidays: Yes (varies by region)

Foreign exchange services: Yes

### Climate and weather

**Annual rainfall:** Varies by region: 100 mm to over 1,500 mm

**Average temperature:** Varies by region

#### Summer:

Average highs: 25-35°C

Average lows: 20-25°C

#### Winter:

Average highs: 5-15°C

Average lows: -5-5°C

**Best time to visit:** Spring (March to May) and Autumn (September to November) offer pleasant weather and fewer crowds, making them ideal for exploring China's attractions.

### Food, drink and cuisine advice

#### Food and water safety:

Can you drink the tap water: No

Fresh fruit and veg: Yes

Ice: Generally safe in reputable establishments

# *The details are in the fine print*

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**Meat:** Yes, if properly cooked

**Street food:** Yes, but choose vendors wisely

**Local cuisine:** Chinese cuisine boasts a rich diversity of flavors, influenced by various regions such as Cantonese, Sichuan, Hunan, and more. Notable dishes include Peking Duck, Kung Pao Chicken, Dim Sum, and Hot Pot.

**Drinks:** Green tea, Baijiu (Chinese liquor), Herbal teas, Tsingtao beer

**Tipping:** Not expected, but rounding up the bill is appreciated

## Clothing and dress recommendations

### Spring and Summer

Cool, light, breathable and comfortable: Yes

Lightweight warm clothes: Yes

### Winter and Autumn

Jerseys, cardigans, sweaters, jackets: Recommended

Heavyweight clothing and boots: Yes

### General

Umbrella and raincoat: Yes

Warm gloves, hat and scarf: Yes

Swimming costume (bathing suit): Yes

Hat, sunglasses and sunblock: Yes

Walking shoes: Yes

Casual: Yes

Smart-casual attire: Yes

## Electricity and plug standards

**Plug Type:** Type A, Type I, Type C

**Voltage (V):** 220

**Frequency Hertz (Hz):** 50

\*Travel plug adapter and voltage converter might be necessary depending on your appliances.

## Travel, transport and getting around

### Air:

Main airlines: Air China, China Eastern Airlines, China Southern Airlines

International Airports: Beijing Capital International Airport, Shanghai Pudong International Airport, Guangzhou Baiyun International Airport

Domestic Airports: Numerous

### Road:

Driving on the: Right

Tar roads: Yes

Gravel roads: Rare

Valid International Driver's License needed: Yes

Car hire available: Yes

## *The details are in the fine print*

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Taxis: Yes

E-hailing services: Yes

### **Bus:**

Inter-city bus services: Yes

Local city bus networks: Yes

### **Rail:**

Railway system: Yes

Subway System: Yes

### **Water:**

Ferries: Yes

Water taxis: Limited availability in coastal cities

Leisure cruises: Limited