



emma whiting travel

## Tibet Experience

The striking beauty of this mesmerising part of the world is brought to life by the heart-warming smiles of its people. With a complex past, the thriving Tibetan culture is truly unique. Uncover some of the secrets of the history and faith of this intoxicating land on a once in a lifetime journey. Wander through remarkable monasteries and come upon soaring cliff-top palaces. Vibrant local streets and bustling markets give way to meaningful Buddhist rock paintings and the inspiration of a seldom visited Tibetan nunnery. Unforgettable!

From \$3140 Per person



### DAY 1: CHENGDU

Meet your tour leader and small group of fellow travellers in Chengdu for a welcome drink and tour briefing. A touching start to your adventure is the Giant Panda Research & Breeding Base, a chance to see these endangered animals. In the afternoon, your flight to spellbinding Lhasa awaits.

Hotel: Tianfu Sunshine

### DAYS 2-5: LHASA

At 3,600 metres above sea level, Lhasa is one of the highest cities in the world. It is the spiritual heart of Tibet, and your journey begins at the most significant site, the Jokhang Temple. Join the endless stream of pilgrims in walking the kora, a spiritual pilgrimage circuit around the temple. From the roof, witness spectacular vistas across the city. Wander cloistered monasteries and the hallways and chambers of the iconic Potala Palace. The Tibet Museum offers a great insight into the culture, before you meander through the narrow lanes and then stop for sweet milk tea in a local Muslim teahouse.

Hotel:Gang Gyan Lhasa Hotel

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#### DAY 6: YAMDROK LAKE & GYANTSE

Pass local nomad camps and herds of yak and sheep, with breathtaking views across the great expanse of the Tibetan Plateau and beautiful mountainous scenery, as you travel to Yamdrok-tso, a sparkling turquoise lake flanked by snowcapped peaks. Encounter the astonishing way of life in this remote region as you stop en route at a family home to share a steaming cup of yak butter tea. Finish this alluring trip in delightful Gyantse.

Hotel: Gyantse Hotel

#### DAYS 7-9: SHIGATSE & TSEDANG

The Kumbum is a massive stupa that dominates Gyantse. Explore its chambers that overflow with ancient murals, Buddha images and statues, and then be enlightened by the local Beichu Monastery. Cross to Tibet's second largest city and amble through the streets of the thriving Old Quarter in Shigatse, the seat of the Panchen Lama. Discover the Tashilhunpo Monastery, one of the very few monasteries that remained undamaged after the Cultural Revolution. Gaze out upon the stunning Yarlung Valley on a full day's drive to Tsedang. Share a charming ferry ride with pilgrims on the way to Samye Monastery and climb to the fairytale Yumbulagang Palace, perched on a cliff-top above the town.

Hotels: Shigatse Hotel, Tsedang Hotel

#### DAYS 10-11: CHENGDU

Return to Lhasa for your flight back to Chengdu. Squeeze in some last minute shopping before a chance to farewell your new friends with a final meal.

Hotel: Tianfu Sunshine

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