

LHASA TOUR (3 NIGHTS 4 DAYS)

Our Lhasa Tour of 3 Nights/ 4 Days taps into the cultural and spiritual essence of these famous monuments like the Potala Palace, a magnificent former home of the Dalai Lamas, Jokhang Temple, Tibet's most sacred shrine, Barkhor Street, a bustling pilgrimage route.



Potala Palace, Lhasa

The list doesn't end here- iconic monasteries like Drepung Monastery, a historic center of monastic learning, Sera Monastery, known for its lively monk debates), and Norbulingka, Dalai Lamas' former summer palace with lovely gardens. It's an ideal little getaway for discovering the core of Tibetan customs and cultures.

Trip Highlights

- Explore the Potala Palace, the magnificent former residence of the Dalai Lamas
- Observe pilgrims doing sincere prayers at Tibet's holiest sanctuary, the Jokhang Temple

- Wander around Barkhor Street, a bustling kora road (road around a sacred site made specially to walk onto, as a spiritual practice) brimming with Tibetan devotion, crafts, and culture
- Explore the magnificence of two of Tibet's most significant monastic hubs, Drepung and Sera Monasteries, and take in the well-known monk discussions.
- Unwind in the serene gardens of Norbulingka, the Dalai Lamas' summer residence, which is rich in history and environment.

Destination: Potala Palace, Jokhang Temple, Barkhor Street, Drepung Monastery, Sera Monastery, Norbulingka; Lhasa

Duration: 3 Nights/ 4 Days

Transfer: SIC Basis

Meal Plan: Breakfast basis

Accommodation: 3/4 Star Hotel

Itinerary of Lhasa Tour- 3 Nights 4 Days

Day 1: Kathmandu to Lhasa

Total time: Depends on the flight

Depart from Kathmandu to Lhasa from **Tribhuvan International Airport (KTM)**. Our representative will pick you up in Lhasa from **Lhasa Gonggar International Airport (LXA)** and take you to your hotel in a private car. Take some time to acclimatize to Lhasa's high altitude and air. Spend the rest of your time leisurely, or explore some of the local areas.

Overnight at the hotel in Lhasa.

Find any street food vendor or explore any restaurant there for lunch and dinner.

Day 2: Lhasa City Tour

Total time: 4-7 hrs

Potala Palace- Around 2-3 hrs

Jokhang Temple- Around 1-2 hrs

Barkhor Street- Around 1-2 hrs

Meals: Breakfast and Lunch

After breakfast, we head to **the Potala Palace** via coach. Start your journey through the spiritual center of Lhasa at the magnificent Potala Palace, an architectural wonder that was originally the Dalai Lamas' home and today contains centuries of Tibetan history, sacred relics, and golden stupas.

The next stop is the famous **Jokhang Temple**, Tibet's holiest place, where devout visitors gather in masses to prostrate before the statue of Jowo Rinpoche, fostering an atmosphere full of incense and faith.



Jokhang Temple, Lhasa

The temple is surrounded by **Barkhor Street**, a bustling pilgrimage route where residents spin prayer wheels, stroll in prayer, and peruse stalls brimming with traditional items, resulting in a colorful fusion of culture and religion.

Wear modest clothing, take off your hat and sunglasses, refrain from taking pictures inside chapels, and wear comfortable walking shoes when you visit these heritage sites.

Overnight at the hotel in Lhasa.

Day 3: Lhasa Monastery & Palace Tour

Total time: 4- 5 hrs

Drepung Monastery - Around 1.5-2 hrs

Sera Monastery - Around 1.5-2 hrs

Norbulingka - Around 1-1.5 hrs

Meals: Breakfast and Lunch

After breakfast, via coach, start in **Drepung Monastery**, which was formerly home to more than 10,000 monks and was a significant hub for Buddhist education. It is also known as the "Mother School of the Dalai Lamas" and has sweeping city views.



Drepung Monastery, Lhasa

After that, go to **Sera Monastery**, which is well-known for its distinctive monk debates, a vibrant custom in which monks use dramatic gestures and heated arguments to discuss Buddhist teachings.

Before ending the day, proceed to **Norbulingka**, the Dalai Lamas' former summer residence, which is now a serene park with colorful gardens and cultural activities like the Shoton Festival.

Wear modest clothing, take off your hat and sunglasses, and refrain from taking pictures inside chapels when you visit monasteries.

Overnight at the hotel in Lhasa.

Day 4: Departure

Now that the final breakfast of the trip is done, you will be taken back to **Lhasa Gonggar International Airport (LXA)** to head back home. Wishing you a safe flight back home and hope to see you soon.

Inclusions

- *3 nights' accommodation at a 3-star hotel*
- *Daily breakfast at the hotel*
- *Airport transfers and local transportation for tours*
- *Entry tickets to attractions mentioned*
- *English/ Lhasa Tibetan speaking guide*
- *Airport/Hotel transfer*
- *Visa assistance*

Exclusions

- *Personal expenses*
- *Travel insurance (recommended)*
- *Shopping, tips, gratitude, etc.*
- *Additional tours*

- *All other expenses not mentioned in the inclusions*
- *For guides, drivers, and hotel staff*

Contact Us:

☎ : +977 01-5912010

☎ +977 9801055718 | +977 9820109043

✉ info@flynepa.com.np

flynepatravels@gmail.com

Visit Our Website

🌐 www.flynepa.com.np



FLYNEPA
Travels & Tours Pvt. Ltd.