







Lhasa Highlights & Cycling Around Yamdrok Tso - 7 Days

This tour features top attractions in Lhasa and a 3-day bicycle trip around the Yamdrok Tso, one of the Three Holy Lakes in Tibet. Riding through the high mountain passes and Tibetan villages, you will enjoy the breathtaking scenery on the roof of the world.

Date	Destinations	Attractions, Meals & Transport
1	Spotlight Service:	
2	Day 1 Lhasa	 airport-hotel transfer in Lhasa
3	Day 2 Lhasa	 breakfast, lunch  Potala Palace, Jokhang Temple, Barkhor Street 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 reputation 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.
4	Day 3 Lhasa	 breakfast, lunch  Drepung Monastery, Norbulingkha, Sera Monastery Founded in the year 1416, the Drepung Monastery is recognized as the world's largest monastery housing over 10,000 monks. The Norbulingkha is the summer palace of the Dalai Lama. The Sera Monastery, one of the three most distinguished monasteries in Lhasa, is famous for its tantric teachings.
5	Day 4 Lhasa - Kambala Pass (by automobile) - Ghopa Village (by bicycle)	 take a car ride from Lhasa to Kambala Pass  breakfast, lunch, dinner
6	Day 5 Ghopa Village - Nyanpa Village (by bicycle)	 breakfast, lunch, dinner  Today, you will ride from Ghopa Village to Nyanpa Village . Cycling along the lakeside and passing through some Tibetan villages, you will enjoy the breathtaking landscape of primitive Tibet. Overnight in camp.

7	Day 6 Nyanpa Village - Nakartse Town (by bicycle) - Lhasa (by automobile)	 private transfer from Nakartse Town to Lhasa  breakfast, lunch  Today's journey is relaxing and you will visit the Samding Monastery en route. Built in early 15th century, the Samding Monastery was an ancient monastery of Gelug Sect of Tibetan Buddhism. It was the seat of Dorje Pakmo, the only female incarnation (tulku) in Tibet and the third-ranking incarnation after Dalai Lama and Panchen Lama. Later, ride to the Nakartse Town and take a car ride back to Lhasa.
8	Day 7 Lhasa	 hotel - airport transfer in Lhasa  breakfast
9	Travel Season	 From May to October

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.

Tour Includes :

- Private tour guide
- Private air-conditioned coach
- Land transfers between airport or railway station and hotel
- Entrance tickets as listed
- Chinese Lunch and dinner as listed
- Centrally located hotels with breakfast in Lhasa
- Essential equipments and service during your cycling journey (include tent, air mattress, luggage delivery and catering, and so on)
- Tibet Travel Permit
- Service charge & government taxes

Tour Excludes :

- Any flights with taxes
- Personal expenses such as laundry, drinks, phone bills, optional activities
- Tips for guides and drivers
- China Visa

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.](#)