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Heavenly Nyingchi Exploration with Namtso Lake - 8 Days

Discover the pristine alpine beauty and spiritual wonders of eastern Xizang (Tibet) on this scenic 8-day overland journey. Starting at lower elevations in verdant Nyingchi, travel past ancient cypress groves, Lulang Forest, and turquoise Rawok Lake beneath towering Himalayan glaciers. Journey westward across sacred Basum-tso Lake into Lhasa to explore the historic Potala Palace before concluding at the breathtaking shores of Heavenly Lake Namtso.

Tour Highlights

Gentle Altitude Acclimatization: Begin your journey in oxygen-rich **Nyingchi** (approx. 3,000m), allowing for a smoother, more comfortable acclimatization to the plateau.

Spectacular Glaciers & Alpine Lakes: Stand in awe before turquoise **Rawok Lake**, ancient **Laigu Glacier**, sacred **Basum-tso**, and the sky-blue waters of **Namtso Lake**.

Lush Plateau Forests: Explore ancient giant cypress woodlands and the scenic alpine meadows of **Lulang Forest** framed by views of Mt. Namcha Barwa.

Sacred Lhasa Landmarks: Tour the UNESCO-listed **Potala Palace**, venerated **Jokhang Temple**, and witness dynamic monastic debates at **Sera Monastery**.

Complete Permit Handling: Enjoy seamless travel throughout Xizang (Tibet) with full **Travel Permit** application support and private local Tibetan guide service.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Nyingchi to Bome Giant Cypress Forest & Lulang Forest	 airport transfer in Nyingchi, private transfer from Nyingchi to Bome  Giant Cypress Forest, Lulang Forest 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, Laigu & Midui Glaciers	 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 landslides, 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 to Bayi by Private Car Mt. Namcha Barwa & Niyang River	 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 to Lhasa by Private Car Basum-tso Lake	 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 Potala Palace, Jokhang Temple & Barkhor Street	 breakfast, lunch  Potala Palace (UNESCO), Jokhang Temple (UNESCO), Barkhor Street Standing on top of Red Hill in the north-west of the Lhasa city region, the Potala Palace is a grand Tibetan palace complex that remains the largest and most intact ancient palace in Xizang (Tibet) Autonomous Region today. Behaviours that are taboo in Tibetan Buddhism, such as wearing a hat inside, taking photos and stepping on doorsills, should be avoided during any visit. Advance booking is required. With a history of more than 1,300 years, Jokhang Template is a Tibetan Buddhist monastery nestled in the old part of Lhasa. Having housed almost all key Buddhist events, the temple is often called the “Eye of Xizang (Tibet) Autonomous Region”. Thanks to its extremely high status in Buddhism, the temple is frequented by pilgrims and worshiped with burning incense all year long. It is circled in a clockwise direction every day by a steady stream of believers who kneel with devotion in front of the main entrance on a stone floor imbued with the marks of the visits of the thousands of pilgrims who have come before them. The Jokhang Temple is located in the Barkhor neighbourhood and the street around the temple is called Barkhor Street, which means “eight corner street”. Initially a normal road around the temple, it has gradually become the route by which many pilgrims circumambulate the monastery in prayer and one of Lhasa’s most important commercial streets. Lined on both sides with shops selling religious wares in various sizes as well as all kinds of daily necessities, it is a fantastic place to shop, try local snacks, and check out the variety of goods on offer.

6	Day 6 Lhasa Sera Monastery & Drepung Monastery	 breakfast, lunch  Sera Monastery, Drepung Monastery This monastery together with Drepung Monastery and Ganden Monastery are jointly known as the “great three monasteries of Lhasa”. This tranquil place has seen a succession of eminent monks and living Buddha give lectures about Buddhist scriptures ever since its completion in 1419. Sera Monastery is particularly known in the Tibetan region for its daily scripture debates, which remain one of its main draws. The monastery has developed its own distinctive style in terms of the level of occasion, code of gestures as well as intensity, and is a fascinating ritual to watch. 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	 private transfer from Lhasa to Namtso Lake  breakfast, lunch  Namtso Lake Take a stroll at Namtso Lake, also known as Heavenly Lake. It has been centuries been the destination for Xizang pilgrims. As holy lake in Xizang and the highest lake in China, Namtso Lake links the sky with the breathtaking blue.
8	Day 8 Lhasa Departure	 hotel - airport transfer in Lhasa  breakfast

Xizang (Tibet) Travel Permit Guidelines & Booking Process

Essential Permit Guidelines

- Mandatory Requirement:** All non-Chinese passport holders require a Travel Permit in addition to a valid Chinese Visa to board flights or trains into Xizang (Tibet).
- Authorized Application:** Independent permit applications are not accepted; permits must be arranged through an authorized travel agency as part of a fully booked package (including licensed guide, private vehicle, and itinerary).
- Application Timeline:** Submit your booking and documents at least **25–30 days prior** to departure to ensure smooth government processing.
- Fixed Itinerary:** Destinations, travel dates, and traveler details are locked onto the permit once issued and cannot be altered during travel.

4-Step Easy Booking & Permit Process

- Step 1: Confirm Itinerary & Book Tour Package** — Select travel dates and finalize private tour arrangements with your travel consultant.
- Step 2: Submit Required Travel Documents (30 Days in Advance)** — Provide clear digital copies of your passport photo page and valid China Tourist Visa (L Visa).
- Step 3: Agency Applies for Travel Permit** — We handle all official regional documentation, government approvals, and verification.
- Step 4: Receive Your Original Permit** — The original permit will be delivered to our local office in your departure city for pickup. If you have booked local land services in that city, our guide will hand the permit to you in person before your departure.

Frequently Asked Questions (FAQ)

- Q: Why is starting a Xizang (Tibet) tour in Nyingchi advantageous?**
- A:** Nyingchi sits at a considerably lower elevation (around 3,000 meters) and features dense forests with higher oxygen levels, making it ideal for gradual altitude acclimatization before traveling to higher destinations like Lhasa (3,650m) and Namtso Lake (4,718m).

Q: How far in advance do I need to book to get the Travel Permit?

A: Please confirm your tour booking and submit digital copies of your passport and Chinese visa at least 25 to 30 days prior to your arrival date.

Q: What is the best season to visit Nyingchi and Namtso Lake?

A: Spring (April to May) brings blooming peach blossoms and crisp mountain views, while Summer through Autumn (June to October) offers lush green landscapes, clear lakes, and optimal road conditions across the plateau.

Q: How do I receive my physical permit before entering Xizang (Tibet)?

A: The original permit will be delivered to our local office in your departure city, where you can pick it up prior to boarding your flight or train. If you have booked land services with us in that departure city, our local guide will deliver the permit to you directly.

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

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.](#)
