

Spiritual Trekking Journey from Gandan to Samye Monastery - 9 Days

The hike from Ganden Monastery in Lhasa to Samye Monastery in Tsetang is one of the oldest and most popular hiking routes in Tibet. It covers lakes, beautiful alpine forests and meadows, as well as two centers of Tibetan religious culture. It is an opportunity to discover this mysterious area as well as yourself.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Lhasa	<ul style="list-style-type: none">Upon arrival at Lhasa, meet the guide and transfer to the hotel. For the rest of the day you will be at leisure for acclimatization.
2	Day 2 Lhasa	<ul style="list-style-type: none">breakfast, lunch<i>Potala Palace, Jokhang Temple, Barkhor Street</i> 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. <p>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.</p> <p>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.</p>
3	Day 3 Lhasa	<ul style="list-style-type: none">breakfast, lunch<i>Drepung Monastery, Sera Monastery, Norbulingkha</i> Founded in the year 1416, the Drepung Monastery is recognized as the world's largest monastery housing over 10,000 monks. <p>The Sera Monastery, one of the three most distinguished monasteries in Lhasa, is famous for its tantric teachings.</p> <p>The Norbulingkha is the summer palace of the Dalai Lama.</p>
4	Day 4 Lhasa - Hebu Village	<ul style="list-style-type: none">breakfast, lunch, dinnerToday, you drive to visit Ganden Monastery, one of the three greatest Buddhist monasteries in Tibet. <p>Then you start trekking from Ganden Monastery at 3,900 meters and follow the trail rising to the village of Hebu. It is better to leave for the next Pass early and the best choice is to cross the river and camp near nomads.</p>
5	Day 5 Hebu Village - Hebu-south Base of Jookar La	<ul style="list-style-type: none">breakfast, lunch, dinnerToday's main trip is to trek Hebu-south Base of Jookar La. Firstly climb up to Jookar La Pass (altitude: 5,200 meters) through a steep and covert trail. Then go down through the trail and arrive at the camp site to have a rest.
6	Day 6 Hebu-south Base of Jookar La - Sukhe La	<ul style="list-style-type: none">breakfast, lunch, dinnerToday's hiking begins from the Hebu-south Base of Jookar La. You walk up to Sukhe La Pass (altitude: 5,000 meters), which owns a lower altitude than Jookar La Pass. The Pass leads to a short gorge and then an opening meadow. More nomads' tents are along the journey. Finally you will reach a junction where two brooks meet.
7	Day 7 Sukhe La - Yemalung Hermitage - Nyengo Village	<ul style="list-style-type: none">breakfast, lunch, dinnerIn the morning, you head to Nyengo Village, a valley junction. <p>En route visit Yemalung Hermitage, a major pilgrimage site for the followers of the Pa sect, and Padmasambhava Meditation Cave (Padmasambhava is an Indian sage Guru and is said to have transmitted Tantric Buddhism to Bhutan and Tibet). Now it is a very popular place with Tibetan pilgrims.</p>
8	Day 8 Nyengo Village - Samye Valley - Tsetang	<ul style="list-style-type: none">breakfast, lunch, dinnerThis morning, walk down from Nyengo to Samye Valley and then head for Samye Monastery, the first Buddhist monastery built in Tibet. Tibetan people believe that the souls of the dead will not be incarnated unless the deceased has reached Samye before. <p>After the visit, take a ferry to Tsetang, one of the largest cities in Tibet, located in the Yarlung Valley.</p> <p>Overnight at Tsetang Hotel.</p>
		<ul style="list-style-type: none">breakfast

- Today, transfer from Tsedang to the Gonggar Airport in Lhasa.
Service ends.

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
- Hotels with breakfast
- Tibet travel permit

-- Service charge & government taxes

Tour Excludes :

-- Flight and 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.](#)