4 Days Lhasa City Tour

Trip overview

The **4-Day Lhasa Highlights Tour** is the quintessential introduction to the “Roof of the World.” Designed for travelers with limited time or as a perfect start to a longer Himalayan expedition, this tour showcases the spiritual, architectural, and cultural landmarks of Tibet's sunlight-filled capital.

Your journey begins in the holy city of Lhasa (3,650m), where ancient traditions blend seamlessly with modern Tibetan life. Start your cultural exploration at Drepung Monastery and Sera Monastery, two of the most important monasteries in Lhasa. Next, You will stand in awe before the majestic **Potala Palace**, the former winter residence of the Dalai Lamas, and join thousands of adventurers on their sacred Kora around the **Jokhang Temple**, the spiritual epicenter of Tibetan Buddhism.

Beyond the grand monuments, you will delve into the rhythmic daily life of the locals. From the lively Monk Debates at **Sera Monastery** to the fragrant incense of **Barkhor Street**, this 4-day experience offers a profound immersion into a culture that has fascinated the world for centuries. With expert local guides and carefully paced itineraries to ensure proper acclimatization, we make your dream of visiting Tibet a seamless reality.

- **Durations:** 4 Days
- **Destinations:** Potala Palace - Jokhang Temple - Barkhor Street and Sera Monastery
- **Tour inquiry:** https://www.asiachinatour.com/tibet-lhasa-tour-4days/

Itinerary

Day 1: Arrive in Lhasa - Welcome to the Holy City (3,650m)

Welcome to Tibet! Your journey to the “Roof of the World” begins today. Upon arrival at Lhasa Gonggar Airport or the railway station, our professional Tibetan guide will warmly greet you. In keeping with ancient tradition, you will be presented with a Hada - a ceremonial white silk scarf that carries our best wishes for your safe and auspicious journey.

After a celebratory group photo to mark the start of your adventure, we will transfer you to your hotel in a comfortable vehicle. The one-hour drive provides your first glimpse of the dramatic Tibetan landscape, where the sparkling Yarlung Tsangpo River flows past traditional villages and rugged mountain silhouettes.

The rest of the day is for **rest and acclimatization**. To help your body adjust to the high altitude, we recommend taking it easy, staying well-hydrated, and moving at a relaxed pace. Relax at your hotel and soak in the serene atmosphere as you prepare for the cultural wonders ahead.

Stay overnight in Lhasa.

Day 2: Monastic Philosophy - Drepung Monastery and Sera Monastery

After breakfast, we will visit one of Tibet's most important monasteries, known for its grand white buildings, rich Buddhist heritage, and centuries-old monastic traditions. Once home to thousands of monks, **Drepung Monastery** offers a fascinating glimpse into religious and cultural life.

In the afternoon, we head to the edge of town to explore **Sera Monastery**, one of the "Great Three" Gelug university monasteries of Tibet. Founded in 1419, Sera has long been a prestigious center for Buddhist learning. The highlight of your visit and perhaps the entire tour is witnessing the famous Monk Debates held in the courtyard (typically between 15:00 and 17:00). Watch as monks engage in spirited philosophical discussions, using dramatic hand claps and gestures to punctuate their logic, a captivating display of intellectual energy that has remained unchanged for centuries.

Stay overnight in Lhasa.

Day 3: Lhasa City Highlights: Potala Palace, Jokhang Temple, and Barkhor Street

We begin our morning at the majestic **Potala Palace**, often called "a golden feather upon the roof of the world." This architectural wonder has stood as a symbol of Tibet since the 7th century, when it was established by the 33rd King of Tibet, Songtsen Gampo. As you explore its labyrinthine halls, you will encounter the palace's most precious treasures: the jewel-encrusted gilded burial stupas of former Dalai Lamas and the ancient Meditation Cave of the King. The panoramic view of Lhasa city from the palace heights is equally breathtaking.

In the afternoon, we head to the **Jokhang Temple**, the ultimate tour destination and the spiritual heart of Tibetan Buddhism. Every day, adventurers from the farthest corners of the plateau gather here to show their devotion. The temple's most venerated treasure is the life-sized statue of Jowo Sakyamuni (Buddha at age twelve), brought to Tibet in the 7th century. The air inside, filled with the scent of yak butter lamps and rhythmic chanting, creates an atmosphere of profound serenity.

Finally, we immerse ourselves in the vibrant energy of **Barkhor Street**. This ancient circuit surrounding the Jokhang Temple is both a bustling marketplace and a sacred path. Join the local adventurers' walk, watch devotees' traditional prostrations, or browse colorful stalls for authentic Tibetan handicrafts and souvenirs.

Stay overnight in Lhasa.

Day 4: Farewell to the Holy City - Depart from Lhasa

Your unforgettable exploration of the "Roof of the World" concludes today. After a final Tibetan breakfast, our guide and driver will provide a private transfer to Lhasa Gonggar Airport or Lhasa Railway Station, according to your departure schedule.

Our team will assist you with the check-in procedures to ensure your departure is as smooth and stress-free as your journey has been. As you leave the high plateau, we hope the spiritual peace of the Potala Palace and the warm smiles of the Tibetan people remain with you as lifelong memories. We look forward to welcoming you back to discover more hidden wonders of the Himalayas.

Looking to Explore More Beyond Tibet?

Many of our travelers pair their spiritual journey in Lhasa with the historic wonders of mainland China. Whether it's the **Terracotta Warriors in Xi'an**, the modern skyline of **Shanghai**, or the majestic **Great Wall in Beijing**, we offer seamless multi-city itineraries tailored to your pace. *Explore Our Classic **China Tours**?*

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

Tel:

Bejing: +86 904-6699-222
Chengdu: +86 904-6699-234

Lhasa: +86 904-6699-253
Cambodia: +84 904-6699-555

Address:

Address 1: Floor 4, Global Center, Chengdu, Sichuan, China

Address 2: Chaoyang Road No.21, Guilin, Guangxi, China

Email:

info@asiachinatour.com

Website:

www.asiachinatour.com