5 Days Holy Lhasa Namtso Lake Tour

Trip overview

Experience the perfect introduction to the "Roof of the World" with our **5 Days Lhasa Lake Namtso Tour**. This classic itinerary is designed for travelers who want to immerse themselves in Tibet's profound Buddhist culture while witnessing its breathtaking natural grandeur.

Your journey begins in the holy city of Lhasa, where you will witness the famous monk debates at **Sera Monastery,** stand before the magnificent **Potala Palace**, and join fellow travelers at **Jokhang Temple**. The trip's highlight takes you across high mountain passes to the shores of **Lake Namtso**. Known as one of Tibet's three “Great Holy Lakes,” its crystal-clear turquoise waters set against the snow-capped Nyenchen Tanglha mountains offer a view you will never forget.

Whether you are a photography enthusiast or a spiritual seeker, this 5-day journey provides a seamless, soul-stirring experience of Tibet's most iconic landmarks.

- **Durations:** 5 Days
- **Destinations:** Lhasa - Namtso Lake - Lhasa
- **Tour inquiry:** https://www.asiachinatour.com/tibet-lhasa-namtso-lake-tour-5-days/

Itinerary

Day 1: Arrive in Lhasa (3,650m) - Welcome to the Roof of the World

Welcome to Tibet! Upon your arrival at Lhasa Gonggar Airport or the railway station, you will be warmly greeted by our local Tibetan guide with a traditional Hada (a white silk scarf), a symbolic gesture of blessing and goodwill.

Our driver will then escort you to your hotel in the city. The drive offers your first glimpse of the plateau's stunning landscapes, passing through traditional Tibetan villages and along the banks of the scenic Lhasa River. To ensure a smooth start to your journey, the rest of the day is yours to rest and acclimatize to the high altitude. We recommend moving slowly, staying hydrated, and relaxing at your hotel to prepare for the adventures ahead.

Stay overnight in Lhasa.

Day 2: Lhasa Cultural Experience - Drepung Monastery and Sera Monastery

After breakfast, begin your second day in Lhasa with a visit to **Drepung Monastery,** one of the largest and most historically important monasteries in Tibet. Located on the hillside west of Lhasa, Drepung was once home to thousands of monks and played an important role in the religious and political history of Tibet. Explore its ancient halls, courtyards, and Buddhist murals while learning about Tibetan Buddhism and monastic life.

In the afternoon, we head to **Sera Monastery**, founded in 1419. Known as “the Court of Wild Roses” for the flowers that bloom throughout its grounds, Sera remains one of Tibet's most important Buddhist seminaries. You can enjoy a short, scenic hike in the surrounding valley for panoramic views of the monastery. The day's highlight is witnessing the famous Monk Debates (usually held between 15:00 and 17:00). Watch as the monks use energetic gestures and rhythmic clapping to challenge each other's philosophical knowledge - a captivating and unique cultural experience.

Stay overnight in Lhasa.

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

After breakfast, we begin our exploration at the magnificent **Potala Palace**. Perched atop Red Hill, this “golden feather upon the roof of the world” is a site Tibetans proudly claim as a premier miracle of human creation. Visible from miles away, its golden roofs shimmering in the sun, the palace offers a journey through history. You will spend time wandering through its labyrinthine halls, exploring the former living quarters of the Dalai Lamas and marveling at the priceless Buddhist icons and jewel-encrusted stupas within.

In the afternoon, we head to the **Jokhang Temple**, the spiritual heart of Tibet. Inside, the air is thick with incense and chanting. You will encounter a vibrant world of sacred art - every inch of the walls and ceilings is adorned with intricate mandalas and colorful murals. The temple's crowning glory is the life-sized, 12-year-old statue of Jowo Sakyamuni Buddha, the most sacred object in Tibetan Buddhism.

We conclude the day by joining the stream of adventurers on **Barkhor Street**. Around the temple, you'll find traditional stalls, while the back alleys are filled with the scents of yak butter and juniper. It is a profound immersion into the rhythmic, spiritual life of Old Lhasa.

Stay overnight in Lhasa.

Day 4: Lhasa to Holy Lake Namtso - The “Heavenly Lake” Experience

Today, we journey to **Lake Namtso**, the “Heavenly Lake,” which sits at an altitude of 4,718m. As one of three sacred lakes in Tibet and the highest saltwater lake in the world, Namtso offers a landscape that feels like another world.

The drive itself is a visual feast. You will witness the majestic Nyenchen Tanglha snow-capped mountains and see the famous Qinghai-Tibet Railway (the “Sky Road”) cutting through the vast plateau. During the summer, flourishing grasslands are dotted with nomadic tents and herds of yaks and sheep. We will stop at the Lagenla Pass (5,190m), where you'll be treated to your first

breathtaking vista of the turquoise lake stretching toward the horizon.

Upon arrival, enjoy a peaceful stroll around Tashi Dor Island and along the sacred lakeshore, where the prayer flags flutter against the backdrop of the crystal-blue water. After soaking in the tranquility of this holy site, we will drive back to Lhasa in the late afternoon.

Stay overnight in Lhasa.

Day 5: Depart from Lhasa

Your memorable 5-day exploration of Lhasa and the holy Lake Namtso concludes today. After breakfast, depending on your departure schedule, our guide and driver will provide a transfer to Lhasa Gonggar Airport or the Lhasa Railway Station.

Our team will assist you with check-in to ensure a smooth, hassle-free departure. As you leave the “Roof of the World,” we hope the spiritual energy of the monasteries and the tranquil beauty of the sacred lakes stay with you. You are always welcome back to explore more of Tibet's hidden wonders.

While your time in Tibet may be coming to an end, the wonders of China are just a flight away. Why not extend your journey to the ancient capital of **Xi'an** to see the Terracotta Warriors, or visit **Chengdu** to meet the **Giant Pandas**? We offer seamless connections and customized itineraries that link the spiritual heart of Tibet with the greatest icons of China.

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

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