6 Days Lhasa Gyantse Shigatse Central Tibet Tour

Trip overview

Embark on a soul-stirring journey across the roof of the world with our **6-day Tibet highlights private tour**. This classic route connects the spiritual heart of **Lhasa** with the historic gems of **Gyantse** and **Shigatse**, offering a profound introduction to Tibetan Buddhism, breathtaking Himalayan landscapes, and authentic plateau culture.

Your adventure begins in Lhasa, where you will stand before the majestic **Potala Palace** and join adventurers at the **Jokhang Temple**. As we drive across the high mountain passes, you will witness the turquoise brilliance of **Yamdrok Lake** before arriving in Gyantse to marvel at the multi-storied Kumbum Stupa. The journey culminates in Shigatse, the seat of the Panchen Lama, featuring the magnificent **Tashilhunpo Monastery**. With an expert local Tibetan guide and a comfortable private vehicle, you will navigate this high-altitude wonderland at your own pace, ensuring a deeply personal and unforgettable Himalayan experience.

- **Durations:** 6 Days
- **Destinations:** Lhasa - Shigatse - Lhasa
- **Tour inquiry:** https://www.asiachinatour.com/tibet-lhasa-gyantse-shigatse-tour-6-days/

Itinerary

Day 1: Arrive in Lhasa (3,650m)

Welcome to the Roof of the World! Upon your arrival at the airport or train station, you will be warmly greeted by your local Tibetan guide with a traditional **White Hada (scarf)** - a symbolic gesture of welcome, purity, and good fortune.

Your private driver will then escort you to your hotel in Lhasa. Along the way, you can relax and enjoy the spectacular high-altitude scenery, passing through traditional Tibetan villages and crossing pristine rivers. To ensure a comfortable journey, the remainder of the day is reserved for **rest and acclimatization**. We recommend taking it easy, staying hydrated, and allowing your body to adjust to the thin air of the plateau.

Stay overnight in Lhasa.

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

Today’s itinerary goes beyond standard sightseeing to offer a deeper insight into Tibetan Buddhism. We begin with a visit to **Drepung Monastery** - one of the three great Gelugpa monasteries in Tibet. Its name means “Rice Heap” in Tibetan; the monastery’s brilliant white exterior resembles a massive pile of rice when viewed from a distance.

Beyond exploring the monastery and its Buddhist culture, a major highlight here is the “Buddha Unveiling” ceremony. During important Tibetan festivals, such as the Shoton Festival, monks unfurl a colossal Buddha tapestry on the hillside behind the monastery for devotees to offer prayers.

In the afternoon, we'll visit **Sera Monastery**. Built in 1419, it has long been a key place for Buddhist study. The word “Sera” comes from the Tibetan name for wild rose, which covered the hill behind the monastery when it was built. About 200 monks still live and study here today. You can take a short hike nearby to enjoy the valley views or relax. Before heading back to Lhasa, you'll have the chance to watch the famous monks' debates (usually held between 15:00 and 17:00), which is a lively and unique way they practice their philosophy.

Stay overnight in Lhasa.

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

After breakfast, your journey begins at the majestic **Potala Palace**. Often described as a "golden feather upon the Roof of the World," this architectural wonder is a site of immense pride for Tibetans. Its iconic crimson and white walls, topped with shimmering golden roofs, are visible from miles away. You will explore the grand halls and sacred chapels formerly used by the Dalai Lamas, discovering a priceless collection of Buddhist icons and murals housed within this magnificent fortress.

In the afternoon, we head to the **Jokhang Temple**, the spiritual heart of Tibet. Inside, you will find a vibrant world of Tibetan religious art; every inch of the walls and ceilings is adorned with intricate mandalas, celestial beings, and decorative patterns. Beneath three-story-high colorful silk banners, you will witness the devotion centered around the 30-foot-high gilded statue of Maitreya Buddha. The atmosphere, filled with the soft glow of butter lamps and the sight of sculpted deities, offers a profound glimpse into Tibetan Buddhism.

To conclude the day, we will stroll through the winding back alleys of **Barkhor Street** in Old Lhasa. The air here is thick with the scent of burning incense and yak butter as hordes of adventurers perform their walking around the Jokhang Temple. Whether you choose to join the steady flow of the faithful or browse the local handicraft stalls, the Barkhor provides an unparalleled sensory experience of traditional Tibetan life.

Stay overnight in Lhasa.

Day 4: Lhasa to Shigatse via Yamdrok Lake and Gyantse

After exploring Lhasa, we'll hit the road and head into the vast Tibetan landscape. The first highlight is **Yamdrok Lake**, one of Tibet's three holiest lakes. You'll get your first look at its turquoise waters from the top of **Gampa La Pass (4,700m).** From there, the lake looks like a coiling scorpion sitting hundreds of meters below the road, with the massive **Mt. Nojin Kangtsang (7,191m)** standing tall in the distance. We'll take a short hike along the lakeside to soak in the views.

Continuing the drive, we'll pass by the **Karola Glacier (5,010m)** and Simi La Pass on our way to Gyantse (3,950m). Once there, we'll visit the **Pelkor Chode Monastery** and the famous Kumbum Stupa (also known as the 100-Thousand-Buddha Pagoda). Both were built in the 15th century and are famous for their unique architectural style and thousands of Buddhist murals.

In the late afternoon, we'll drive about 90 kilometers to **Shigatse** (3,880m). As Tibet's second-largest city and the traditional capital of the Tsang region, it's a great place to experience the local culture as we settle in for the night.

Stay overnight in Shigatse.

Day 5: Shigatse to Lhasa via Tashilhunpo Monastery

This morning, we will visit **Tashilhunpo Monastery**, the traditional seat of the Panchen Lama (Tibet's second-highest incarnation). The monastery is home to the world's largest gilded statue of Jampa (the Future Buddha), which is remarkably well-preserved. You can walk through the golden-roofed halls and learn about this spiritual center's deep history.

After the visit, we will begin the drive back to Lhasa via the Friendship Highway. The 280-kilometer journey takes about 6 hours, following the scenic **Yarlung Tsangpo River** for much of the way. It's a great chance to enjoy changing river valley views before arriving back in the city.

Stay overnight in Lhasa.

Day 6: Depart from Lhasa

Today, your guide and driver will meet you at your hotel to transfer you to the airport or train station for your departure. They will assist you with the check-in process to ensure your journey home or to your next destination goes smoothly.

Our services end here, but the memories of Tibet will stay with you. We hope to welcome you back to the plateau again in the future!

Looking for more inspiration for your next adventure? Explore our wide range of **Tibet tours** to see more of the plateau, or browse our classic **China tours** to discover other breathtaking destinations across the country.

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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