

Holy Paradise-Tibet 5 Days Tour [Tour Code: ETYL (Sun.)]

Itinerary: Lhasa Arr. - Yamdrok Lake - Lhasa Dep. 4N5D



Tour Highlights:

Roof of the World, Holy Paradise, Place connect to heaven and earth! Walking into Tibet, visit the holy and pure world, touch nature of plateau, embrace sunshine and explore the old but mystical legend!

Lhasa---beautiful and pure world, soak up the sun, explore mystery island!

- Potala Palace: "Bright Pearl on the Roof of the World", Gorgeous art palace, Romantic love legend! Mysterious Power attracting people pilgrimage worship come to there from all over world.
- Jokhang Temple: Part of the UNESCO World Heritage Site "Historic Ensemble of the Potala Palace," and a spiritual centre of Lhasa.
 - Yamdrok Lake: The most beautiful water in the world meaning, "swan pool" in Tibetan language, one of the three sacred lakes in Tibet.
 - Norbulingka: "Treasure Park" in Tibetan, the biggest man-made garden in Tibet. AS a World Cultural Heritage Site in 2001 as an extension of Potala Palace by UNESCO.
 - Drepung Monastery: The most important monastery of Gelugpa in Tibetan Buddhism.

Wonderful Optional Item (\$50/pax):

Lhasa/ Happiness on the Road (recommended)

Deluxe Hotels:

Lhasa: 4 ☆ Tibet Minzu Hotel/similar

Tour Code: ETYL

Start Dates: Every SUN (Local Date in China)

D01, SUN, Lhasa Arrival

X

Upon arriving at Lhasa Gonggar Airport, you will be greeted by tour guide and be presented with Hada (a traditional ceremonial silk scarf), and then transferred to hotel. You can have a good rest to acclimatize the high altitude. It is important for your trip.

(Free Pick-up Period: 1:30p.m.-3:30p.m., 7:30p.m.-9:30p.m.; passengers arriving adjacent within 2 hours will be picked up together; extra pick up fee: \$100 vehicle/transfer for 2-3pax).

D02, MON, Lhasa

B, L, D

After breakfast, visit the world's highest altitude Ancient Palace-- 【Potala Palace】. Potala Palace, symbol of Lhasa, was listed in the World Culture Heritage in 1994. After lunch, go to visit 【Jokhang Temple】 -- the early Buddhist Temple of the Tubo Dynasty. Included on UNESCO's World Heritage list in 2000 as part of the Potala Palace, the Jokhang Temple is the ultimate pilgrimage destination for Tibetan Pilgrims. Then continue to visit 【Barkhor Street】. As a symbol of Lhasa, this street is a well worth watching place for the tourists. Continue to visit Thangka Art village to appreciate its exquisiteness. At night, enjoy the Tibet Song & Dance Drama 【Happiness on the Road】 (recommended optional item: \$50/pax). Then free time to see night scene of Potala Palace and back to hotel by yourself.

D03, TUE, Lhasa- Yamdrok Lake-Lhasa BUS

B, L, D

After breakfast, transfer to visit the holy 【Yamdrok Lake】, the largest freshwater lake at the south foot of the Himalayas. As one of the three holy lakes, the Yamdrok Lake is said to be the female Guardian of Buddhism in Tibet. People here believe that it can bless and protect them. Every year, many devotional followers in Tibet or from other places would come here for pilgrimage. Then back to Lhasa to visit Tibetan Medicine Factories.

D04, WED, Lhasa

B, L, D

After breakfast, visit 【Norbulingka】 which means "precious garden" in Tibetan. It was the summer residence of many generations of Dalai Lamas, while Potala Palace was their winter residence. After lunch visit the biggest temple in Tibet-- 【Drepung Monastery】 which is known as the most important monastery of Gelugpa in Tibetan Buddhism. It is considered one of the "Three Great Monasteries" (the other two are the Ganden Monastery



Barkhor Street, Lhasa



【ETYL】 Holy Paradise-Tibet 5 Days Tour
USD/CAD/AUD per person

| Valid Date | Tour Fare | 4Nights 5Days (Tour Code: ETYL) |
|--|-----------|---------------------------------|
| 2013.04.01--2013.06.30 2013.10.01--2013.11.30 | | 799 |
| 2013.07.01- 2013.09.30 | | 949 |
| Single Room Supp. | | 330 |
| Service Charge | | 50 |

Remarks:

- 1) Tour fare excludes service charge (\$50/pax). Service charge includes tips for tour guide and driver and so on. The fare for adults and children are the same.
- 2) Total fare composed of tour fare and service charge must be pre-paid at time of reservation.
- 3) The price is based on American/Canadian/Australian adults (non student group). That for travelers under 12 years old is as follows:

| Child between 2-11 years old with bed | Child between 2-11 years old without bed | Child under 2 years old without bed |
|---------------------------------------|--|-------------------------------------|
| \$949/pax | \$729/pax | 10% of adult tour fare |
- 4) Excellent English speaking tour guide.
- 5) Our company reserves the right to modify the itinerary if necessary subject to the local real conditions.

Detailed Start Date (Local Date in China):

| Month | Sun. Arrival | Month | Sun. Arrival |
|-----------|------------------|-----------|--------------------|
| 2013. 03. | tour unavailable | 2013. 09. | 01, 08, 15, 22, 29 |
| 2013. 04. | 14, 21 | 2013. 10. | 06, 13, 20, 27 |
| 2013. 05. | 19 | 2013. 11. | 03, 10 |
| 2013. 06. | 02, 16, 30 | 2013. 12. | tour unavailable |
| 2013. 07. | 07, 21 | 2014. 01. | tour unavailable |
| 2013. 08. | 18 | 2014. 02. | tour unavailable |

and the Sera Monastery). After that go back to Lhasa, then visit Geological Mining Museum.

D05, THU, Lhasa Departure **B**

After breakfast, transfer to the airport.

【Warm Tips when you are in Tibet】

1. Have a good rest after your arrival. You should not do anything strenuous on the first day. Brisk walking and running are not advised. We suggest that you do not smoke nor drink alcohol too. Do not eat too much for dinner.
2. It quite often happens that people feel short of breath. If it is not serious, please do not rely on oxygen equipment all the time so that you can acclimate yourself to the high altitude as early as possible. You may prepare some health care medicine such as: American ginseng tablet, rhodiola rosea or plateau peaceful capsule.
3. Do not take showers or bathes too frequently especially on your first night in Tibet. This will help you avoid catching severe colds. It is a good way for you to keep a usual mind in Tibet. Please follow tour guide's advice.
4. We need to apply the Tibet permit for you at least 15 days earlier before you arrive here. So make sure provide the following materials to us timely: your nationality, career, gender, day of birth as well as the scanning copy of your passport and visa.

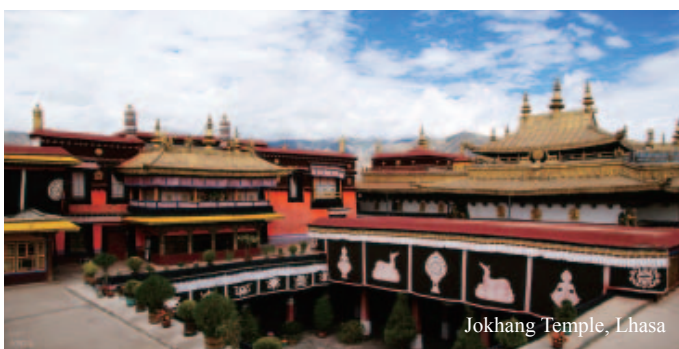
Tour Arrangements will be subject to local real conditions!
Wish You a Happy Journey!



Yamdrok Lake



Norbulingka, Lhasa



Jokhang Temple, Lhasa