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China National Tourism Administration www.travelchina.gov.cn

**Recommended Tourist Itineraries**

- A Tour of Lhasa, City of Sunlight**  
**Route:** Potala Palace - Jokhang Temple - Norbulingka - Drepung Monastery - Yangbajain - Namtso  
**Sight:** Lhasa is a dream of travelers and spiritual home of pilgrims. At an altitude of more than 3,600 meters, there are countless temples, endless lakes and snow-capped mountains, offering the absolute serenity of a supernatural world.
- A Tour of Nyingchi, Jiangnan in Tibet**  
**Route:** Nyang River - Draksum Tso - Peach Blossom Valley - Yarlung Tsangpo Grand Canyon - Namcha Barwa - Medog  
**Sight:** Although Nyingchi is located on a plateau, there are beautiful landscapes, gorgeous peach blossoms and golden wheat fields. It is also known as the "Tibet's Jiangnan".
- A Tour of Ngari Grand Loop**  
**Route:** Mount Kailash - Lake Manasarovar - Burang - Zhalin Temple - Ruins of the Gugé Kingdom - Zanda Soil Forest - Pangong Tso  
**Sight:** With towering snow-topped peaks, raging rivers and numerous lakes, Ngari shows its beautiful temperament and colorful scenery. Known as "the summit of 1,000 mountains, and the source of 10,000 rivers".

**Tibet Overview**

Tibet is located in the southwestern part of the Tibetan Plateau. With an average elevation of over 4,000 meters, it is known as "the roof of the world".

There are numerous snow-capped mountains, glaciers and highland lakes in Tibet. It is also the source of many major rivers. There stands the world's highest peak Mount Everest. In addition to the unique snow-covered scenery, Tibet also has an enchanting charm of Southern China.

The region has a high altitude, a cold climate, and big day-night temperature difference, but because of long hours of sunshine, it is not very cold in winter. The annual rainfall is relatively small and the rainy season lasts from July to late August.

Tibet is the birthplace of Tibetan Buddhism, boasting Jokhang Temple, Sera Monastery and countless other ancient temples. The Potala Palace, Mount Kailash, and the Namtso Holy Lake fascinate pilgrims with very beautiful legends.

The diverse traditional Tibetan culture includes the lively Tibetan New Year, the unique charming Sho Dun Festival, Thangkas and prayer wheels. Fine delicate Tibetan ornaments and Tibetan rugs are precious crafts.

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**Holy Mountains and Lakes**

**Burang Mount Kailash**  
Mount Kailash has always been hailed as "the Summit of Ngari". Its peak is perennially covered with snow, shrouded in clouds, and has yet to be scaled by any climber. Its five surrounding mountain temples are holy places for pilgrims.

**Burang Lake Manasarovar**  
Lake Manasarovar is one of the world's highest freshwater lakes. Eight temples surrounding it lie in all directions. Many followers believe that bathing in its holy water can prolong life.

**Damxung Namtso**  
Namtso means "Heavenly Lake" in Tibetan. The lake resembles a lying Tara. There are 18 ridges such as Turtle Ridge and Peacock Ridge to the South of the lake as well as 18 islands such as Huangya Island and Pengniao Island in the north of the lake.

**Shannan Yamdrok Lake**  
Yamdrok Lake, Namtso and Lake Manasarovar are called the three holy lakes in Tibet. As the largest inland lake at the northern base of the Himalayas, Yamdrok Lake With its mountain landscape is famous in Southern Tibet.

**Transportation**

- By Air**  
 Airports in Tibet include the Lhasa Gonggar Airport, Nyingchi Mailing Airport, Qamdo Bamda Airport, Ngari Gonsa Airport and other airports.  
 Lhasa Gonggar Airport at an altitude of 3,600 meters is one of the world's highest civilian airports. There are flights to Beijing, Shanghai, Guangzhou, Chengdu, Chongqing, Guiyang, Xi'an, Lanzhou, Fuzhou, Nyingchi and other cities, as well as international flights to Nepal.
- By Train**  
 The Qinghai-Tibet Railway is the world's highest and longest plateau railway, and currently the only railway in Tibet. At Lhasa Railway Station, there are trains to Beijing, Shanghai, Guangzhou, Chengdu, Chongqing, Xining, Lanzhou and other places.
- By Road**  
 The Qinghai-Tibet Highway, Sichuan-Tibet Highway, Xinjiang-Tibet Highway, Yunnan-Tibet Highway and China-Nepal Highway are the main highways in Tibet. At present, there is a road network here with National Highways 109, 317, 318, 214 and 219, 14 provincial roads, 20 county roads, 57 township roads, 12 special roads and 79 special border roads.

**Lhasa**

Lhasa, the "City of Sunlight", is a spiritual home to many people. At an altitude of more than 3,600 meters, the strong religious atmosphere and ancient historical sites are extremely exciting.

Website: www.lasatour.com

**Potala Palace**  
Potala Palace, hailed as "the pearl on the roof of the world", is the symbol of Lhasa and the Tibetan Plateau, as well as the center of political power in Tibet. It preserves the unique cultural heritage of this snow-covered region.

**Jokhang Temple**  
Jokhang Temple, built during the Tibetan Tubo Dynasty, is the oldest wooden building in Tibet. Facing west, it is a two-floor boat-shaped temple. Main buildings in the temple include the Sakyamuni Hall, Tsongkhapa Hall, Songtsan Gambo Hall and so on.

**Barkhor Street**  
Centered at Jokhang Temple, Barkhor Street is about 1,000 meters long as the best-preserved ancient street in Lhasa. In mornings and evenings, pilgrims walk around Jokhang Temple clockwise. There is also a distribution center for Tibetan handicrafts.

**Famous Temples**

**Dagze Ganden Monastery**  
The Ganden Monastery is one of the six major temples in Gelug. Je Tsongkhapa, the founder of Gelug, personally built it in 1409, so one can say it is the ancestral temple of Gelug. Ganden Monastery, Sera Monastery and Drepung Monastery are called "the great three monasteries" in Lhasa.

**Sakya Sakya Monastery**  
Sakya Monastery is the seat of the Sakya of Tibetan Buddhism. In this monastery, the temple walls are painted with red, white and cyan that symbolize Manjushi, Avalokitesvara, and Vajrapani respectively. This is also why Sakya is commonly known as the "Flower Religion".

**Nyingchi**  
Located on the plateau, Nyingchi boasts beautiful landscapes, gorgeous peach blossoms and golden wheat fields, so it is titled the "Jiangnan in Tibet". It is also a settlement for Monpa, Lhoba and other ethnic groups.  
Website: www.linzhiour.gov.cn

**Namcha Barwa**  
Namcha Barwa is the highest mountain in Nyingchi Prefecture. At an altitude of 7,782 meters, its huge triangular peak is perennially covered with snow and shrouded in mist. Thus, it never easily reveals its real appearance, thus hailed as "the Shy Lady Peak."

**Yarlung Tsangpo Grand Canyon**  
Yarlung Tsangpo Grand Canyon is the world's largest canyon. In the valley, glaciers, precipices and raging rivers are intertwined, and there are many places that no one has ever visited. It is hailed as "the last unexplored place on Earth."

**Accommodations & Travel Services**

**Accommodations**

Name	Star-rate	Add	Tel
Lhasa Tibet Hotel	5	No. 1 Minna Mid. Rd., Lhasa	891-632221
Shemba Hotel	4	Block A Yangsheng Plaza Gumbdo Rd., Lhasa	891-6301111
Tibet Hotel	4	No. 12 Beijing W. Rd., Lhasa	891-6834966
Tibet Mansion	3	No. 67 Beijing M. Rd., Lhasa	891-6816666
Nyingchi Hotel	4	Guangzhou Ave., Baiy Town, Nyingchi	894-933333
Nyingchi Holiday Inn	3	No. 58 Guangdeqiang Rd., Baiy Town, Nyingchi	894-5820222
Nyingchi Fopinging Hotel	3	Fujian Rd., Baiy Town, Nyingchi	894-5831699
Xigaze Hotel	4	No. 12 Shanghai M. Rd., Xigaze	892-8800336
Zham Hotel	3	No. 1 Yaghaer Rd., Zham	892-8742221
Xigaze Kuangze Hotel	3	No. 67 Qomolangma Rd., Xigaze	892-8822999

**Travel Services**

Name	Add	Tel
Tibet China Youth Travel Service	No. 16 Jiangsu Rd., Lhasa	891-6326451
Tibet China Travel Service	2nd Floor, Lhasa Hotel, Beijing Mid. Rd., Lhasa	891-6826223
Tibet Loboka China International Travel Service	No. 6 Beijing W. Rd.,	891-6333828
Tibet Landscape International Travel Service	No. 29 Beijing Mid. Rd., Lhasa	891-6348702
Tibet Holiday International Travel Service	No. 1 National Rd., Lhasa	891-6824305

**Lhasa**

**Drepung Monastery**  
Drepung Monastery was built in the Ming Dynasty along the mountain strata. Each building unit can be divided into three levels: the courtyard, scripture hall, and Buddhist hall, forming an ascending structure from the gate to the Buddhist hall.

**Norbulingka**  
Norbulingka serves as the traditional summer residence of successive Dalai Lamas. It is the largest man-made garden in Tibet with the best scenery and most historical sites. The new summer palace, with its vivid frescoes, is one of the famous buildings situated there.

**Sho Dun Festival**  
Sho Dun Festival is one of the traditional festivals in Tibet. According to the Tibetan language, it is a festival for eating yogurt. Eating yogurt, watching Tibetan Opera in Norbulingka and visiting Drepung Monastery to see the Buddhas bathing in the sunshine are three common activities at the Sho Dun Festival.

**Nyingchi**

**Namcha Barwa**  
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**Nyang River**  
The Nyang River is a tributary of the Yarlung Tsangpo River. Here a clear river joins a muddy river, with the two distinguishable by color. Scattered sandbars make up different idyllic scenery observable in different seasons.

**Xigazê**

Snow-capped mountains represented by Mount Everest, beautiful primeval forests, holy mountains, and holy lakes and grasslands add a radiance and beauty to each other. Mysterious and legendary ancient temples, as well as unique Tibetan customs constitute "the best manner" Xigazê.

**Tashilhunpo Monastery**  
Tashilhunpo Monastery means "auspicious Sumera" in Tibetan. It is one of the six Gelug monasteries. It was built in 1447 by the first Dalai Lama Gendun Drup, a disciple of Tsongkhapa, the founder of the Gelug Sect.

**Map of Mount Everest**  
Map showing the location of Mount Everest (8848.43m) and surrounding areas like Zaskhu, Zaskhu Mountain Pass, and various passes and camps.

**Mount Everest**  
Mount Everest means "Holy Mother" in Tibetan. Standing 8,844.43 meters above sea level, it is the highest peak in the world. The summit is perennially covered with snow, which is holy and pure. Therefore, it is hailed as "the Third Pole of the Earth".

**Nyingchi**

**Draksum Tso**  
Draksum Tso means "green water" in Tibetan. It is a famous holy lake of the Nyingma. Crystal clear Draksum Tso is surrounded by snow-capped mountains, like a piece of jade embedded in the alpine valleys, peaceful, pleasing and majestic.

**Mount Segriia**  
Mount Segriia is part of the Nyanchen Tangha Mountains, where one can watch the sunrise over a sea of clouds, and overlook the majestic steep beauty of Namcha Barwa. Beside Daze Village on the west slope of Mount Segriia stands the Benrlia Mountain, which is the holy land of Bon in Tibet as well as one of its four holy mountains.

**Lulang Forest**  
Lulang Forest is a typical highland mountain meadow with thick bushes, spruces and pine trees. The scenery is especially beautiful here. The distant snow-capped mountains, glaciers, forests, villages and rivers nearby add beauty to each other.

**Xigazê**

**Zhangmu**  
Zhangmu is an important extension of the Tea Horse Road as well as a settlement for the Han, Tibetan and Nepalese people. After the China-Nepal Highway was opened to traffic, it became the main channel for many mountaineering expedition teams to get in and out of China.

**Palcho Monastery**  
The 100,000 Buddha Pagoda is the symbol of Palcho Monastery. The pagoda, known as a "pagoda in the pagodas," is formed by nearly 100 overlapping halls, with Buddha statues in its halls, shrines and murals totaling 100,000, hence the name "100,000 Buddha Pagoda".

**Gyantse Fort Site**  
Gyantse Fort Site stands on the cliffs at the center of Gyantse Ancient Town. At an elevation of 4,020 meters and a relative height of 125 meters, it is steep and magnificent in the central Nyang River Plain.

**Nyingchi**

**Tangmai Natural Barrier**  
Tangmai Natural Barrier refers to the roadside cliffs which make up the most dangerous section of the world's most dangerous Sichuan-Tibet Highway. Tangmai Bridge is a twin-tower double-span suspension bridge crossing the Parlung Tsangpo River.

**Midui Glacier**  
The main peak of Midui Glacier is 6,800 meters above sea level. It is the world's lowest oceanic glacier with complete glacier types. The well-known beautiful arch structure is a rare natural wonder.

**Peach Blossom Valley**  
The Peach Blossom Valley is a natural wild peach orchard surrounded by mountains on three sides. The lush trees are green all year round. Gala Peach Blossom Village is the first choice for watching peach blossoms. Each year in March, a grand Nyingchi Peach Blossom Festival is held here.

**Ngari**

**Zanda Soil Forest**  
Affected by local mountain formation, and Zanda Basin's deep ravines formed through longitudinal erosion, a large stretch of irregular forestwas formed. In the sunlight, Zanda Soil Forest is simply enchanting, like a wonderland.

**Burang**  
Burang has been a foreign trade channel in the west of the plateau since ancient times. Foreign pilgrims and traders often enter China from here, and many domestic travelers also come to pay homage to holy mountains and lakes. It is hailed as "the place surrounded by snow-capped mountains."

**Ngari**

**Gurla Mandhata**  
The largest Chinese Himalayas glaciers can be found at Gurla Mandhata. With dozens of hiltpots standing 6,000 meters high, the glacier surrounding the peak area is composed of three crystal clear serac clusters, resembling palaces from the fairy tales.

**Lake Rakshastal**  
Lake Rakshastal has an irregular moon shape, without vegetation around but dark red hills. The pebble beach nearby is like a silver ribbon running along it.