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Decommended NTourist Itineraries

Web: www.tourismchina.org www.tourismchina-ca.com

E-mail: cnto@tourismchina-ca.com

Route: Potala Palace - Jokhang Temple - Route: Nyang River - Draksum Tso - Peach Norbulingka - Drepung Monastery - Yangbajain - Blossom Valley - Yarlung Tsangpo Grand Namtso

home of pilgrims. At an altitude of more than 3,600 there are beautiful landscapes, gorgeous peach meters, there are countless temples, endless lakes and blossoms and golden wheat fields. It is also known as snow-capped mountains, offering the absolute the "Tibet's Jiangnan". serenity of a supernatural world.

A Tour of Ngari Grand Loop

Route: Mount Kailash - Lake Manassarovar Burang - Zhalin Temple - Ruins of the Guge 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

• A Tour of Lhasa, City of Sunlight • A Tour of Nyingchi, Jiangnan in Tibet Canyon - Namcha Barwa - Medog Sight: Lhasa is a dream of travelers and spiritual Sight: Although Nyingchi is located on a plateau,





ibet Overview

Tibet is located in the southwestern part annual rainfall is relatively small and the of the Tibetan Plateau. With an average rainy season lasts from July to late August. elevation of over 4,000 meters, it is known as "the roof of the world".

There are numerous snow-capped Monastery and countless other ancient mountains, glaciers and highland lakes in temples. The Potala Palace, Mount Kailash, Tibet. It is also the source of many major and the Namtso Holy Lake fascinate pilgrims rivers. There stands the world's highest peak with very beautiful legends. Mount Everest. In addition to the unique snow-covered scenery, Tibet also has an includes the lively Tibetan New Year, the enchanting charm of Southern China.

The region has a high altitude, a cold Thangkas and prayer wheels . Fine delicate climate, and big day-night temperature Tibetan ornaments and Tibetan rugs are difference, but because of long hours of precious crafts. sunshine, it is not very cold in winter. The

Area & Population

About 1,230,000 square kilometers By the end of 2012, the permanent opulation was 3.02 million.





Burang Mount Kailash

Mount Kailash has always been hailed as "the Summit of Ngari". Its peak is Tibetan. The lake resembles a lying Tara. perennially covered with snow, shrouded in There are 18 ridges such as Turtle Ridge and clouds, and has yet to be scaled by any Peacock Ridge to the South of the lake as climber. Its five surrounding mountain well as 18 islands such as Huangya Island temples are holy places for pilgrims.

Burang Lake Manassarovar

Lake Manassarovar is one of the world's highest freshwater lakes. Eight temples Manasarovar are called the three holy lakes surround-ing it lie in all directions. Many in Tibet. As the largest inland lake at the followers believe that bathing in its holy northern base of the Himalayas, Yamdrok water can prolong life.



Namtso means "Heavenly Lake" in and Pengniao Island in the north of the lake.

Tibet is the birthplace of Tibetan

Buddhism, boasting Jokhang Temple, Sera

The diverse traditional Tibetan culture

unique charming Sho Dun Festival,

Administrative Divisions

Lhasa and Nagaqu Prefecture, Qamdo

Prefecture, Nyingchi Prefecture, Lhoka

Tibet Autonomous Region comprises

Shannan Yamdrok Lake

Yamdrok Lake, Namtso and Lake Lake With its mountain landscape is famous in Southern Tibet.



ransportation

• By Air

Airports in Tibet include the Lhasa Gonggar Airport, Nyingchi Mainling Airport, Qamdo Bamda Airport, Ngari Gunsa 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

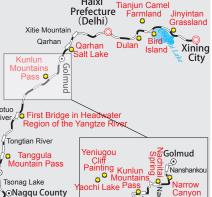
The Qinghai-Tibet Highway, Sichuan-Tibet Highway, Xinjiang-Tibet Highway, Yunnan-Tibet Highway and China-Nepal Highway are the main highways in Tibet. At present, there is a road network here with National Highways 109, 317, 318, 214 and 219, 14 provincial roads, 20 county roads, 57 township roads, 12 special roads and 79 special border roads.

A C A M

IDD Code of China 86 Police 110 120 Traffic Accident 122 Telephone Number Enquiry 114 12121 891-6834193 Tibet Tourist Complaints 95105105 Railway Ticket 891-6216465 Lhasa Gonggar Airport Nyingchi Airport 894-5810192 The Eastern Suburb of Lhasa 891-6340523 Bus Station The Northern Suburb of Lhasa 894-6922104 Bus Station

Useful Telephone Numbers and Websites

Tourism Bureau Website www.rkz.gov.cn an of The Qinghai-Tibet railwa



than 3,600 meters, the strong religious so on.

atmosphere and ancient historical sites are extremely exciting. Website: www.lasatour.com

Potala Palace

of political power in Tibet. It preserves the handicrafts. unique cultural heritage of this snow-covered

Jokhang Temple

Jokhang Temple, built during the Tibetan Tubo Dynasty, is the oldest wooden building in Tibet. Facing west, it is a twofloor boat-shaped temple. Main buildings in

Lhasa, the "City of Sunlight", is a spiritual the temple include the Sakyamuni Hall, home to many people. At an altitude of more Tsongkhapa Hall, Songtsan Gambo Hall and

Barkhor Street _____

Centered at Jokhang Temple, Barkhor Street is about 1,000 meters long as the bestpreserved ancient street in Lhasa. In Potala Palace, hailed as "the pearl on mornings and evenings, pilgrims walk the roof of the world", is the symbol of Lhasa around Jokhang Temple clockwise. There is and the Tibetan Plateau, as well as the center also a distribution center for Tibetan





amous Temple

Dagze Ganden Monastery The Ganden Monastery is one of the six

Sakya Sakya Monastery

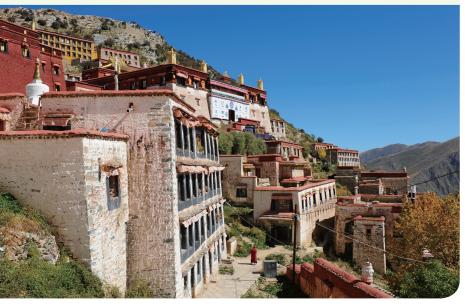
three monasteries" in Lhasa.

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 Manjusri, Avalokitesvara, and Vajrapani respectively This is also why Sakya is commonly known as the "Flower Religion."

Dranang Samye Monastery

Samye Monastery was built in 779 AD. major temples in Gelug. Je Tsongkhapa, the King Trisong Deutsen invited monks to live founder of Gelug, personally built it in 1409, and preach in the monastery and shaved the so one can say it is the ancestral temple of heads of seven children of the nobility as part Gelug. Ganden Monastery, Sera Monastery of their monk initiation ceremonies. The and Drepung Monastery are called "the great children were regarded by later generations as pioneers of Tibetan Buddhism.



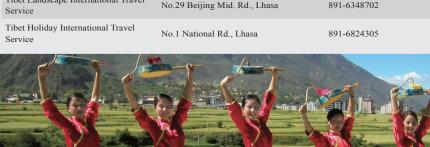


Ccommodations & Travel Services

Accommodations

Nyin

ıe	Star-rate	Add	Tel	
sa Tibet Hotel	5	No.1 Minzu Mid. Rd., Lhasa	891-6832221	
nhu Hotel	4	Block A Yangcheng Plaza Gunbdo Rd.,	Lhasa 891-6301111	
t Hotel	4	No.12, Beijing W. Rd., Lhasa	891-6834966	
t Mansion	3	No.67 Beijing M. Rd., Lhasa	891-6816666	
ngchi Hotel	4	Guangzhou Ave., Bayi Town, Nyungch	i 894-5833333	
ngchi Holiday Inn	3	No.58 Guangdong Rd., Bayi Town, Ny	ungchi 894-5820222	
ngchi Fengqing el	3	Fujian Rd., Bayi Town, Nyungchi	894-5831699	
ze Hotel	4	No.12 Shanghai M. Rd., Xigaze	892-8800336	
n Hotel	3	No.1 Yingbin Rd. Zham	892-8742221	
ze Kuangye Hotel	3	No.67 Qomolangma Rd., Xigaze	892-8822999	
Travel Servic	es			
ıe		Add	Tel	
t China Youth Travel Service		No.16 Jiangsu Rd., Lhasa	891-6326451	
t China Travel Service		2 nd Floor, Lhasa Hotel, Beijing Mid. Rd., Lhasa	891-6826223	
t Lohoka China International el Service		No.6 Beijing W. Rd.,	891-6333828	
t Landscape International Travel		No.29 Beijing Mid. Rd., Lhasa	891-6348702	





Drepung Monastery was built in the Ming Dynasty along the mountain strata. festivals in Tibet. According to the Tibetan Each building unit can be divided into three language, it is a festival for eating yogurt. levels: the courtyard, scripture hall, and Eating yogurt, watching Tibetan Opera in Buddhist hall, forming an ascending structure Norbulingka and visiting Drepung Monastery 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 is one of the traditional to see the Buddhas bathing in the sunshine are three common activities at the Sho Dun Festival.





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.linzhitour.gov.cn

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."

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.'

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.





Dining

beverage

or the goat's milk, seen everywhere in Tibet. turquoise, Tibetan carpet, No household would lack Tibetan butter.



-

Shopping

Tibetan specialties feature religious (a Tibetan barley bread), butter tea is a daily thangka, etc. Characteristic handicrafts include Tibetan style clothes and

etc. Tibetan medicine tricholoma matsutake, snow lotus herb, etc.



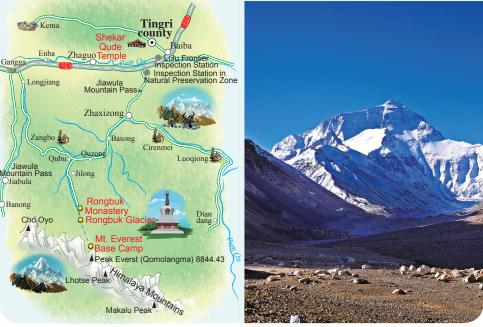
Xigaz

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 manor" Xigazê

Tashilhunpo Monastery

Tashilhunpo Monastery means "auspicious Sumeru" 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



Draksum Tso means "green water" in Lulang Forest is a typical highland Tibetan. It is a famous holy lake of the mountain meadow with thick bushes, spruces Nyingma. Crystal clear Draksum Tso is and pine trees. The scenery is especially surrounded by snow-capped mountains, like beautiful here. The distant snow-capped a piece of jade embedded in the alpine mountains, glaciers, forests, villages and rivers valleys, peaceful, pleasing and majestic.

Mount Segrila ———

Mount Segrila is part of the Nyenchen Tanglha 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 Segrila stands the Benrila Mountain, which is the holy land of Bon in Tibet as well as one of its four holy mountains.





rivers and numerous lakes, Ngari shows colorful scenery, hailed as "the summit of 1,000 mountains, and the source of 10,000 rivers." Website: www.ally.gov.cn

Ruins of the Guge Kingdon

Ruins of the Guge Kingdom were **Burang** situated in a small mound, covering about 180,000 square meters. There are walls on the periphery and towers on the corners. From the foothill to the summit, there are houses, buildings, pagodas and caves forming a huge ancient building complex.



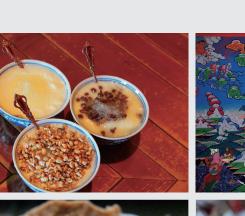






Butter: Butter is extracted from the cow's ornaments, red turquoise,

Tsampa: Tsampa, an important Tibetan includes Cordyceps food, is made of barley flour. Before eating, it sinensis, saffron crocus, is put into a bowl, mixed with a little butter tea, and rolled into small balls.





Snow-capped mountains represented by 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".

Draksum Tso _____ Lulang Forest _____

nearby add beauty to each other.



With towering snow-topped peaks, raging 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 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."



Zhangmu is an important extension of the Tea Horse Road as well as a settlement for the Han, Tibetan and Nepalese people. known as a "pagoda in the pagodas," is After the China-Nepal Highway was opened formed by nearly 100 overlapping halls, with to traffic, it became the main channel for Buddha statues in its halls, shrines and many mountaineering expedition teams to murals totaling 100,000, hence the name get in and out of China.

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.

Palcho Monastery —

The 100,000 Buddha Pagoda is the symbol of Palcho Monastery. The pagoda, "100,000 Buddha Pagoda".







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.

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.

/lidui 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.







The largest Chinese Himalayas glaciers can be found at Gurla Mandhata. With dozens of hilltops 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.

Khorzhak Monastery ——

Khorzhak Monastery, built by the famous translator Rinchen Zangpo in the

11th century, belongs to the Sakya. The temple was constructed in accordance with the terrain, near the mountain and by the river. It faces north, surrounded by high mountains in the north and south.

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.

