

TIBET

A Taste of Tibet



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A wonderful adventure in Tibet filled with spectacular mountain landscapes, magnificent sacred sites, cultural beauty and fascinating history. The tour also includes time in Nepal where we start and finish and of course, discover the wonderful sights on offer.

Commencing in Kathmandu explore the ancient city with its Durbar square and amazing monuments and temples. Take a guided tour of Kathmandu's best sights and experience the atmospheric old-world Newari towns of Bhaktapur and Patan. In Tibet, take a guided tour of Lhasa's amazing Potala Palace, the Dalai Lama's summer palace and other wonderful sights. Wander through Lhasa's intriguing old town where you will be inspired by the Tibetans going about their spiritual business. Explore the vast open countryside of Tibet on a visit to the beautiful 'heavenly' lake, Namtso, largest in Tibet and highest saltwater lake in the world. The tour takes you to Tsedang with its wonderful historical sights including Tibet's first palace and first monastery. Along the way you will enjoy quaint attractive villages, breathtaking views of Himalayan mountains, peaceful river valleys, beautiful lakes, fabulous ancient monuments and temples and other great sights that this remarkable country has to offer. This beautiful journey will amaze and inspire you.



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Day 1

Arrive in Kathmandu and transfer to our lovely guesthouse, right near Boudhnath's famous Stupa. In the late afternoon, the group will meet for an official welcome and collection



of documents for Tibet visa process. Overnight Boudhnath.

Day 2

Enjoy a guided tour of the beautiful Unesco World Heritage site of Swayambhunath Buddhist temple and Kathmandu's fascinating Durbar Square, where Nepalese Kings once ruled. After lunch, visit the peaceful 'Gardens of Dreams' and Kathmandu's colourful Bead Market. Overnight Boudhnath.

Day 3

This morning we have a guided tour of the fascinating Pashupatinath temple, a very important pilgrimage site for Hindus. We then visit Shanti Sewa Griya to see the amazing and inspiring work they do. In the early evening, we join the locals to walk the kora around the huge Boudhnath Stupa.

Day 4

Go on a sightseeing tour of the fascinating city of Patan, taking in the beautiful Golden Temple and Patan's fabulous Durbar Square and museum. Enjoy lunch at a lovely café inside the palace complex and visit a handicrafts co-operative. Overnight Boudhnath.

Day 5

Transfer to Kathmandu airport for a short flight to Lhasa. The afternoon is free to relax and acclimatize. Overnight Lhasa.

Day 6





Today we have a guided tour of the fabulous Potala Palace, built in the 7th century and winter home of the Dalai Lama before his escape to India. The palace contains countless cultural relics including murals, sutras, tomb stupas, mandalas and images. We also visit the beautiful Jokhang Temple ('House of the Lord'), one of the holiest sites in Tibetan Buddhism, also built in the 7th century.

Day 7

We continue our sightseeing tour of Lhasa with a visit to another world heritage site, Norbulinka ('Jewel Park'), the Dalai Lama's wonderful summer palace. Enjoy a picnic lunch in the beautiful gardens, followed by a visit to Sera Monastery to witness the monks debating and to view the intricate sand mandalas.

Day 8

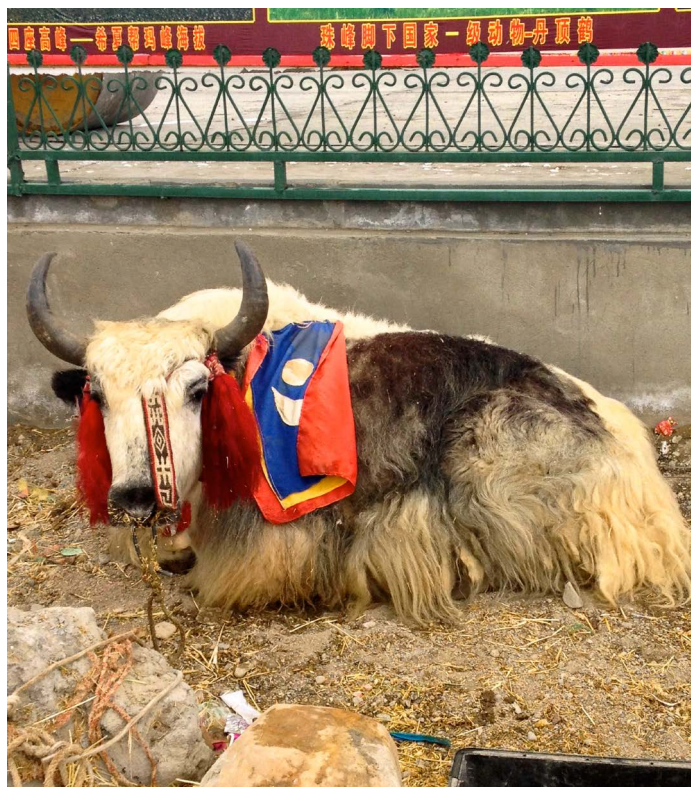
Embark on a journey to Namtso Lake, with amazing views of Tibet's vast countryside en route. Namtso, meaning 'heavenly' is Tibet's largest lake and the highest saltwater lake above sea level. It is also one of Tibet's 3 sacred lakes. Overnight Thamshong.

Day 9

After breakfast, we take a short drive to Reting Monastery for a guided tour. We then drive to the hot springs near Drigung. Relax and bathe in the medicinal springs. Overnight Shambala Guest House.

Day 10

Start the day with an early visit to Drigung mon-





astery where the Tibetan tradition known as sky burials is performed by the monks. Drive back to Lhasa via a visit to the ancient Ganden monastery. Perched high on a hillside, it is the largest monastery in Tibet. Overnight Lhasa.

Day 11

Enjoy a free day to relax or explore the intriguing old town of Lhasa. Overnight Lhasa.

Day 12

After breakfast, drive to Tsedang, where spectacular ranges, beautiful lakes, numerous springs and peaceful river valleys abound. En route, take a ferry across the great Yarlung Tsangpo River to Samye Monastery, Tibet's first formal Buddhist monastery. Overnight Tsedang.

Day 13

Go on a guided tour of Tsedang's ancient sights, including Tibet's first palace - Yungbulakhang, Tibet's earliest temple, Tradruk Temple and one of Tibet's sacred lakes - Yamdrok-Tso. Overnight Tsedang.

Day 14

Drive to Lhasa airport for flights to Kathmandu. After a short drive to Bhaktapur, an intriguing 'Newari' town, enjoy a free afternoon to relax or explore. Overnight Bhaktapur.

Day 15

After breakfast, we embark on a walking tour of this fascinating town. In the early afternoon take a short drive to Kathmandu. Enjoy some free time before a final dinner with the group.

Day 16

Transfer to the airport for flights home.

ADDITIONAL INFO

Your 16-day experience includes all land travel, all accommodation, return flights Kathmandu/Lhasa, all tours, all entrance fees, Tibet visa and travel permit, local escort/guide, some meals and Australian tour leader.



For booking information contact:

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Please note: The itinerary may be subject to change depending on altered circumstances.

