



TIBET

ROUTE BOOK

TIBET

(Year 2011)

1ST DAY

Xining – Lhasa by train, about 22 hours.

2nd DAY

Lhasa (Relax)

The **Potala Palace** was built 1,300 years ago in Tang Dynasty (618-907AD) when the Tibetan King Songtsam Gambo married the Tang Princess Wencheng. Potala is the name of the place, which means residence of the Goddess of Mercy in Tibetan language. The palace is a 13-storey stone-wood complex situated at the top of the Red Hill of Lhasa, Tibet. It has been worshiped by lamas and Tibetan Buddhists as sacred land for many years, and it is also Tibet's political and religious administration center. Known as a historical and cultural museum of Tibetan Buddhism, the Potala Palace houses many artifacts of ancient Tibet, such as frescos, stupas and images of Buddha. People feel amazing about the colorful sculptures and paintings there.



In December 1994, the Potala Palace of Lhasa was put on the UNESCO's list of World Cultural Heritage. It is a symbol of the wisdom and power of the Tibetan people.





Jokhang Temple lies at the center of the old Lhasa. Built in 647 by Songtsen Gampo and his two foreign wives, is the spiritual center of Tibet. Everyday pilgrims from every corner of Tibet trek a long distance to the temple. Some of them even progress prostrate by body length to the threshold of the temple.



3rd DAY

Lhasa - Yangbajing - Shigatse (220km)

Breakfast:	8:30
Departure Time:	9:30
Lunch:	13:00 (Restaurant)
Arrive Time:	18:00
Dinner:	Hotel



The advantage of this town is it is the last Tibet town which has good hotel during the trip until entering Xinjiang area. For tourist, there has a small Potala Palace, especially the Tashilhunpo Monastery, should not be a missing place for people who visit Shigatse.

Shigatse city, as the second biggest city in Tibet Province, have more than 500 years history, the altitude is 3850m high.



Tashilhunpo Monastery, as the biggest temple in Shigatse area, is also one of the Four Grand Gailuk Sect Temple in Tibet. It started to be build in 1447 by 1st Dalailama, it took 12 years to finish the construction. Right now it has 150,000m² in total.



4th DAY

Shigatse - New Tingri - Everest Base Camp (340km)

Breakfast:	8:30
Departure Time:	9:30
Lunch:	13:00 (Restaurant)
Arrive Time:	18:00
Dinner:	Hostal

This will be a very challenge day due to the altitude, because most of the time is more than 4500m. If weather allow, once arrive Tingri town, which around 220km far from Shigatse, people can see the Everest.on way to the Tingri Around 190kms after should pass a high mountain (5248m).

New Tingri is a new town has only 20 years history, 220kms away form Shigatse average elevation 4600ms ..



From new Tingri to Everest Base Camp is 115km. Rongbu Monastery is the highest monastery all over the world, which is 5200m.,has more than 800years history also it's one of the biggest Nekma monastery around the Everest in Tibet . From Rongbu Monastery to Everest Base Camp is 42km.

5th DAY

Everest Base Camp - Old Tingri (119km)

Breakfast:	8:30
Departure Time:	9:30
Lunch:	13:00 (Restaurant)
Arrive Time:	18:00
Dinner:	Hostal

The road from Everest to the old Tingri almost 100% offroad. On the way can see very special plateau geology view. Especially on the way can see the world's sixth highest mountain-Cho-Oyu.



Cho-Oyu, 8201m high, it's now known to be one of the most accessible of the world's 14 8000m mountains. Recently it becomes a mountain easy to climb is because

the ascent to the summit plateau is short and direct, with a few small technical sections, less than 6m high, climbed using fixed lines.



6th DAY

Old Tingri - Shixiabanma Nature Preserve Area - Old Tingri (220km)

Breakfast:	8:30
Departure Time:	9:30
Lunch:	13:00 (Picnic)
Arrive Time:	19:00
Dinner:	Hostal

From Old Tingri to Shixiabanma Nature Preserve Area Ticket Office is about 100km, first about 70km is paved road because is G318. Once leave the paved G318, it's complete offroad. Once we enter the preserve area, we can start to find a nice place for picnic, which depend on the actual situation.



Shixiabanma, known in Tibetan as 'the God of the Grasslands', is the lowest of the 14 8000m peak. It's also the only 8000m peak located wholly in Tibet, China.



7th DAY

Old Tingri --Shigatse (290km)

Breakfast: 8:30
Departure Time: 9:30
Lunch: 13:00 (Restaurant)
Arrive Time: 18:00
Dinner: Hostal



Old Tingri locates at the center of the road from Tibet Ali area to Tingri area, in ancient time, Tibet people do business with Nepal people through this county to the boarder.

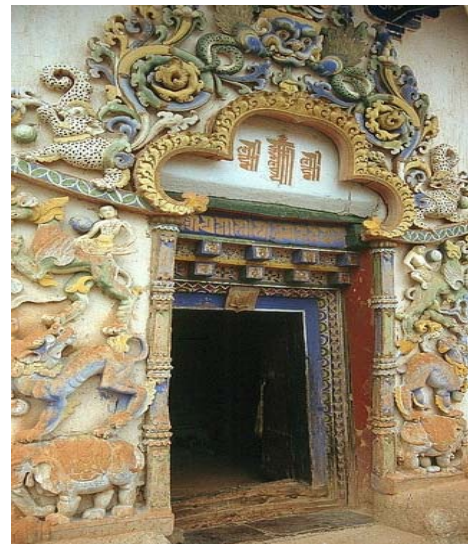


8th DAY

Shigatse -Gyantse -- Lhasa (330km)

Breakfast: 8:30
Departure Time: 9:30
Lunch: 13:00 (Restaurant)
Arrive Time: 18:00
Dinner: Hotel

Shigatse to Gyantse is 100kms , Gyantse monastery is a Gailuk monastery has more than 800years history was built in 1427.



Karola pass 5190m highest part 7206m (nachankangsang) mountain.

9th DAY

Lhasa

Breakfast:	8:30
Departure Time:	9:30
Lunch:	13:00 (Restaurant)
Arrive Hostal:	18:00
Dinner:	Hostal

Norbulinka in Tibetan language means the treasure garden, is summer palace of Dalailama was build in 8 century.

