



# 9D8N Tibet-Shigatse-Lhasa Heritage Tour

## 九天八晚 神秘西藏-拉萨-日喀则-成都之旅

Tour Code : CTU9DTSL-NPH (TB2D)

### 2 TO GO !!!



✦ **Special Gourmet: Chengdu Herbal Dishes/ Sichuan Yuanyang Steamboat/ Chengdu Local Snack**

**Day 1: Singapore ✦ Chengdu/ Jinli Street**

(L/D) ★★★★★

Catch your flight to **Chengdu**, provincial capital of Sichuan. Upon arrival, our local representative will meet you at the airport. Then visit **Jinli street**, it can represent many unchanged folk customs in ancient Chengdu.

**Day 2: Chengdu ✦ Lhasa**

(B/L/D) ★★★

Today, transferred for flight to **Lhasa**- Lhasa means holy land in Tibetan. On the northern bank of Lhasa River, a tributary of Yarlungtsanpo River, it is 3,650 meters above sea level. It is famous for its long history. Lhasa is also famous as a city of sunshine for its sunshine of more than 3,000 hours a year. It is the capital city of the Tibet Autonomous Region and is a political, economic and cultural center of the region. It boasts many historical sites and scenic spots both in its urban areas and outskirts. Upon arrival, you will be met and transferred to Hotel. Kindly have a good rest due to the high elevation

**Day 3: Lhasa/ The Potala Palace/ Jokhang Monastery/ Barkor Street**

(B/L/D) ★★★

Depart for tour of **the Potala Palace**—The Potala was the place of the Dalai Lama. It was originally built in the 7th century by King Songtsan Gampo and rebuilt to the present size by the 5th Dalai Lama in the 17th century. Its 13-story main building is 117metershigh and is composed of the Red and White Palaces, with the red one in the middle. The main building consists of the Halls of Stupas of Dalai Lamas from various historical stages and halls of Buddhist statues. The White Palace is the residence of the Dalai Lamas and places for handing political affairs. The Potala Palace houses great amounts of rare cultural relics including the Pattra-leaf scripture from India, Bak'gyur and the imperial edicts, golden seals and titles of nobility granted by the Qing emperors to the Dalai Lamas. **Jokhang Monastery**- Located in the center of the ancient city of Lhasa, the Jokhang Temple was built in the seventh century by Songtsan Gampo, the Tang Princess Wen Cheng and Nepalese Princess Bhrikuti. Its four-story main building demonstrates a combination of the Han, Tibetan, Indian and Nepalese architectural styles, as well as a Mandala world outlook of Buddhism. With the Hall of Amitayus Sutra as its center, the temple symbolizes the nucleus of the universe. The Hall of Sakyamuni is the essence of the temple. **Barkor Street**- This area bursts with atmosphere and contradictions. On the one hand, this is one of THE holiest areas of Tibet, awash with pilgrims, monks, nuns and temples. On the other, the streets around here are the hubs of Lhasa's commercial zone. Street traders, hawkers and market sellers fill the pavements around the Barkhor area.

**Day 4: Lhasa/ Norbulingka Monastery/ Sera Monastery/ Tibet Museum**

(B/L/D) ★★★

Our tour today cover **Norbulingka Monastery**- Norbulingka means a lovely garden in Tibetan. Located in the western suburbs of Lhasa, it has been a palace for the Dalai Lamas to stay to escape the summer heat. It was built in the 1740s and covers an area of 36 hectares. It was once a place of bathing and recuperation of the Seventh Dalai Lama. The Qing minister stationed in Tibet built the first palace here. Since then, the eighth, 13th and 14th Dalai Lamas built their own palaces here too. Continuous expansions in the past 200-odd years have turned it a large-scale and Tibet-style palace complex and garden. On festivals and holidays, the local people in their splendid attires come here with food and tents to sing and dance overnight. **Sera Monastery**- At the foot of the Wuze Hill in Sera to the north of Lhasa, the Sera Monastery is one of the three great monasteries in Lhasa and one of the six great monasteries of the Gelug Sect of Buddhism in Tibet. It was built by one of disciples of Zonggaba in 1419. On 27th of the 12th month of the Tibetan calendar, the monastery holds the grand Sera Bungchen Festival, which attracts flocks of Buddhists and others. Follow by a visit to the **Tibet Museum**

**Day 5: Lhasa/ Lake Yamdrok / Gyantse / Palcho Monastery**

(B/L/D) ★★★

Driving out of Lhasa past the turquoise **Lake Yamdrok** – one of the three holy lakes in Tibet. Yamdrok Lake is situated in the Lhoka area, covers 621 square KM with the elevation of 4441M. That is the largest lake on the northern slope of the Himalayas, enjoying the beautiful sightseeing of the lakes and taking some pictures. **Palcho Monastery** - is so famous that its remarkable feature accommodates the three sects of Tibetan Buddhism in one monastery coexisting in peace with each other. The Palcho Monastery is in coexistence of the three sects namely, the Sakya, the Kagyu and the Gelug. The full name of the Palcho Monastery is called "The Auspicious Wheel Joy Monastery". According to the historical records, this monastery was built in 14<sup>th</sup> or 15<sup>th</sup> century. It consists of the Assembly Hall, the 10000-Buddha pagoda, dratsangs and an enclosure wall as its construction units. Continue to Shigatse and stay overnight.

**Day 6: Shigatse / Tashilunpo Monastery / Panchang Summer Palace/ Lhasa**

(B/L/D) ★★★

This morning, you will visit **Tashilunpo Monastery**- At the foot of the Nyima Mountain on the outskirts of Xigatse, the monastery was built in 1447 under the supervision of the First Dalai Lama Gedun Tsuba, one of the disciples of Tsonggaba. It was expanded by the Fourth, Fifth and Sixth Panchen Lamas and has become the place of the reincarnation of the Panchen Lamas. The monastery houses a 22.4-meter-high gilded bronze statue of Qiangba Buddha, the tallest of its kind in the world. The image of the Buddha is kind, generous and vivid.then visit to **Panchang Summer Palace**. Overnight in Lhasa

**Day 7: Lhasa ✦ Chengdu/ The Country's Intangible Cultural Heritage Park**

(B/L/D) ★★★★★

This morning, fly back to Chengdu. Then proceed to the **country's Intangible Cultural Heritage Park** where Chengdu's preparation in hosting the first China International Intangible Cultural Heritage Festival. According to the United Nations Educational, scientific and Cultural Organization (UNESCO), intangible cultural heritage, also known as living heritage, refers to practices, expressions, knowledge, skill as well as instruments, artifacts and cultural spaces associated therewith.

**Day 8: Chengdu/ Huanglongxi Ancient Town/ Huanhuaxi Park**

(B/L/D) ★★★★★

This morning, visit the **Huanglongxi Ancient Town**. It is famous in Chengdu for its old and simple architectural style and the elegant art for the layout of the town. It is the old image of Chengdu and contains rich tourist resources. Then proceed to **Huanhuaxi Park**. It is a very ideal park for the local people to relax. It is also the biggest open city - forest garden in Chengdu which combines the city scenery with the natural landscape.

**Day 9: Chengdu/ Chunxi Road ✦ Singapore**

(B/L)

This morning, proceed to **Chunxi Road** - walking street to go shopping. Thereafter, transfer to the airport for your flight back to Singapore

\* Note: The sequence of the tour programme may be re-arranged by the local tour operators as deemed necessary or when there is a re-schedule of the domestic flights. Any discrepancies in information please refer to Chinese itinerary. \*

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