**Tibet Tour Packages**

**Itinerary and budget breakdown**

PLAN A：Lhasa—Xigazê- Mount Everest

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| Day | Title | Description | Meals | Lodging |
| DAY 1 | Arrive in Lhasa (1 hour drive), altitude: 3656 m a.s.l. | At the airport/train station, you will be warmly received by local staff dressed in chuba (traditional Tibetan dress) with welcoming wine. And then you will be transferred to your hotel to rest. | - | Star rated hotel in Lhasa |
| DAY 2 | Lhasa Tour : Potala Palace-Jokhang Temple- Barkhor  (1 hour drive), altitude: 3656 m a.s.l. | In the morning, you will be able to explore the Potala Palace. After lunch, you can continue to visit the Jokhang Temple, the spiritual heart of the city. Around the temple is Barkhor, its main commercial district, where you can explore freely on your guide’s advice. | breakfast, lunch and dinner | Star rated hotel in Lhasa |
| DAY 3 | Lhasa - Lake Namtso-Lhasa (7 hour drive), altitude: 4700 m a.s.l. | After breakfast, you will travel to Namtso, the Heavenly Lake, along the Qinghai-Tibet highway. After the visit, you will return to Lhasa. | breakfast, lunch and dinner | Star rated hotel in Lhasa |
| DAY 4 | Lhasa - Yamdrok Lake – Xigazê (5 hour drive), altitude: 4400 m a.s.l. | After breakfast, you will set out to enjoy the beauty of Yamdrok Lake. Also, you will be able to visit the Karuola Glacier, the Red River Valley, the ancient city of Jiangzi before you arrive in Xigazê in the afternoon. | breakfast, lunch and dinner | Star rated hotel in Xigazê |
| DAY 5 | Xigazê- Lazi - Tingri - Mount Everest  (3.5 hour drive on Asphalt road;4-5 hour drive on rocky road), altitude: 5100 m a.s.l. | Early in the morning, you will set out to the Mount Everest nature reserve and visit the Rongbuk Monastery. | breakfast, lunch and dinner | Tingri Hotel |
| DAY 6 | Mount Everest - Tingri- Lhatse – Xigazê, altitude: 3800 m a.s.l. | In the morning, you will be able to enjoy the spectacular view of the Mount Everest. Then, you will head back to Xigazê along China-Nepal highway, enjoying abulous scenery of Lhatse County along the way. | breakfast, lunch and dinner | Star rated hotel in Xigazê |
| DAY 7 | Xigazê- Tashilhunpo Monastery- Lhasa (4 hour drive), altitude: 3656 m a.s.l. | After breakfast, you will visit the Tashilhunpo Monastery. | breakfast, lunch and dinner | Star rated hotel in Lhasa |
| DAY 8 | Lhasa-home | After breakfast, transfer to the airport/train station and board your flight/train home. | breakfast | - |

**Cost for 30-people group**

by air: 1800 dollar/person (11700 RMB/person)

by train: 1400 dollar/person (9100 RMB/person).

Cost included:

Accommodation: 66 dollar/room/day

Meal: 12.5 dollar/meal

Local Transport: 270 dollar/person

Tour guide: 33 dollar/person

Entrance tickets for tourist sites: 120 dollar/person

Service fee: 130 dollar/person

Full-itinerary guide: 26 dollar/person

Transportation: 597 dollar/person (economy class airfare), 185 dollar/person (sleeper train ticket)

CONTACT

Xining Hotel Travel Agency

No. 348, Qiyi Road, Chengzhong District, Xining, Qinghai, China

Tel: 86-0971-8462109

Email: 963014957@qq.com

PLAN B：Lhasa - Namtso - Nyingchi

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| Day | Title | Description | Meals | Lodging |
| DAY 1 | Arrive in Lhasa, altitude: 3656 m a.s.l. | Upon arrival, you will be transferred to your hotel to rest. | - | Lhasa |
| DAY 2 | Lhasa Tour : Potala Palace-Jokhang Temple- Barkhor, altitude: 3656 m a.s.l. | In the morning, you will be able to explore the Potala Palace. After lunch, you can continue to visit the Jokhang Temple, the spiritual heart of the city. Around the temple is Barkhor, its main commercial district, where you can explore on your guide’s advice. | breakfast, lunch and dinner | Lhasa |
| DAY 3 | Lhasa - Lake Namtso-Lhasa, altitude: 4700 m a.s.l. | After breakfast, you will travel to Namtso, the Heavenly Lake, along the Qinghai-Tibet highway. After the visit, you will return to Lhasa. | breakfast, lunch and dinner | Lhasa |
| DAY 4 | Lhasa - Mira Mountain - The Ice Lake – Nyingchi, altitude: 5000 m a.s.l. | You will be able to explore the Mira Mountain and set foot in the forest and grassland there. You will then head to the Ice Lake before you leave for Nyingchi. | breakfast, lunch and dinner | Nyingchi |
| DAY 5 | Nyingchi-Benri Mountain-Cupressus Gigantean-Nyingchi, altitude: 3100 m a.s.l. | You will arrive at the holy Benri Mountain in the morning. Then in the afternoon, you can visit the Cupressus Gigantean before returning to hotel. | breakfast, lunch and dinner | Nyingchi |
| DAY 6 | Nyingchi-Niyang Ge –Lhasa, altitude: 3700 m a.s.l. | In the morning, you will set off to to Niyang Ge and come back to Lhasa in the afternoon. | breakfast, lunch and dinner | Lhasa |
| DAY 7 | Lhasa-home | After breakfast, transfer to the airport/train station and board your flight/train home. | breakfast |  |

**Cost for 30-people group**

by air: 1710 dollar/person (11115 RMB/person)

by train: 1300 dollar/person (8450 RMB/person).

Cost included:

Accommodation: 66 dollar/room/day

Meal: 12.5 dollar/meal

Local Transport: 250 dollar/person

Tour guide: 33 dollar/person

Entrance tickets for tourist sites: 103 dollar/person

Service fee: 130 dollar/person

Full-itinerary guide: 26 dollar/person

Transportation: 597 dollar/person (economy class airfare), 185 dollar/person (sleeper train ticket)

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