

5 Days Holy Lhasa Namtso Lake Tour

Trip overview

Experience the perfect introduction to the "Roof of the World" with our **5-Day Lhasa and Lake Namtso Tour**. This classic itinerary is designed for travelers who want to immerse themselves in Tibet's profound Buddhist culture while witnessing its breathtaking natural grandeur.

Your journey begins in the holy city of **Lhasa**, where you will stand before the magnificent **Potala Palace**, join adventurers at the **Jokhang Temple**, and witness the famous monk debates at **Sera Monastery**. The highlight of the trip takes you across high mountain passes to the shores of **Lake Namtso**. Known as one of Tibet's three "Great Holy Lakes," its crystal-clear turquoise waters set against the snow-capped Nyenchen Tanglha mountains offer a view you will never forget.

Whether you are a photography enthusiast or a spiritual seeker, this 5-day journey provides a seamless, soul-stirring experience of Tibet's most iconic landmarks.

- **Durations:** 5 Days
- **Destinations:** Potala Palace - Jokhang Temple - Barkhor Street - Sera Monastery - Namtso Lake and Tashi Dor Island
- **Tour inquiry:** <https://asiachinatour.com/tibet-lhasa-namtso-lake-tour-5-days/>

Itinerary

Day 1: Arrival in Lhasa (3,650m) – Welcome to the Roof of the World

Welcome to Tibet! Upon your arrival at Lhasa Gonggar Airport or the railway station, you will be warmly greeted by our local Tibetan guide with a traditional **Hada** (a white silk scarf), a symbolic gesture of blessing and goodwill.

Our driver will then escort you to your hotel in the city. The drive offers your first glimpse of the plateau's stunning landscapes, passing through traditional Tibetan villages and along the banks of the scenic Lhasa River. To ensure a smooth start to your journey, the rest of the day is yours to rest and acclimatize to the high altitude. We recommend moving slowly, staying hydrated, and relaxing at your hotel to prepare for the adventures ahead.

Stay overnight in Lhasa.

Day 2: Lhasa City Highlights: Potala Palace, Jokhang Temple, and Barkhor Street

After breakfast, we begin our exploration at the magnificent **Potala Palace**. Perched atop Red Hill, this "golden feather upon the roof of the world" is a site Tibetans proudly claim as a premier miracle of human creation. Visible from miles away with its golden roofs shimmering in the sun, the palace offers a journey through history. You will spend time wandering through its labyrinthine halls, exploring the former living quarters of the Dalai Lamas and marveling at the priceless Buddhist icons and jewel-encrusted stupas within.

In the afternoon, we head to the **Jokhang Temple**, the spiritual heart of Tibet. Inside, the air is thick with the fragrance of incense and the chanting of monks. You will encounter a vibrant world of sacred art—every inch of the walls and ceilings is adorned with intricate mandalas and colorful murals. The temple's crowning glory is the life-sized, 12-year-old statue of **Jowo Sakyamuni Buddha**, the most sacred object in Tibetan Buddhism.

We conclude the day by joining the stream of adventurers on **Barkhor Street**. Following the travel around the temple, you'll walk past traditional stalls and through back alleys smelling of yak butter and juniper. It is a profound immersion into the rhythmic, spiritual life of Old Lhasa.

Stay overnight in Lhasa.

Day 3: Lhasa Culture & Countryside: Dadong Village and Sera Monastery

Today, we escape the city for a visit to **Dadong Village**, widely regarded as the most beautiful village in the Lhasa area. Just 25 kilometers from the city center, this hidden gem offers a peaceful look at rural Tibetan life. We will first visit the ancient **Nyimatang Monastery**, followed by a leisurely walk through the valley to visit a **local Tibetan family**. Here, you will experience the warmth of Tibetan hospitality and enjoy an authentic, home-cooked lunch, gaining a true sense of the local lifestyle.

In the afternoon, we head to **Sera Monastery**, founded in 1419. Known as "the Court of Wild Roses" for the flowers that bloom throughout its grounds, Sera remains one of Tibet's most important Buddhist seminaries. You can enjoy a short, scenic hike in the surrounding valley for panoramic views of the monastery. The day's highlight is witnessing the **famous Monk Debates** (usually held between 15:00 and 17:00). Watch as the monks use energetic gestures and rhythmic clapping to challenge each other's philosophical knowledge—a captivating and unique cultural experience.

Stay overnight in Lhasa.

Day 4: Lhasa to Holy Lake Namtso – The "Heavenly Lake" Experience

Today, we journey toward **Lake Namtso**, the "Heavenly Lake," which sits at an altitude of 4,718m. As one of the four most sacred lakes in Tibet and the highest saltwater lake in the world, Namtso offers a landscape that feels like another world.

The drive itself is a visual feast. You will witness the majestic **Nyenchen Tanglha** snow-capped mountains and see the famous **Qinghai-Tibet Railway** (the "Sky Road") cutting through the vast plateau. During the summer, the flourishing grasslands are dotted with nomadic tents and herds of

yaks and sheep. We will stop at the **Lagen-la Pass (5,190m)**, where you'll be treated to your first breathtaking vista of the turquoise lake stretching toward the horizon.

Upon arrival, enjoy a peaceful stroll around **Tashi Dor Island** and along the sacred lakeshore, where the prayer flags flutter against the backdrop of the crystal-blue water. After soaking in the tranquility of this holy site, we will drive back to Lhasa in the late afternoon.

Stay overnight in Lhasa.

Day 5: Departure from Lhasa

Your memorable 5-day exploration of Lhasa and the holy Lake Namtso concludes today. After breakfast, depending on your departure schedule, our guide and driver will provide a private transfer to **Lhasa Gonggar Airport** or the **Lhasa Railway Station**.

Our team will assist you with the check-in process to ensure a smooth and hassle-free departure. As you leave the "Roof of the World," we hope the spiritual energy of the monasteries and the tranquil beauty of the sacred lakes stay with you. You are always welcome back to explore more of Tibet's hidden wonders. While your time in Tibet may be coming to an end, the wonders of China are just a flight away. Why not extend your journey to the ancient capital of [Xi'an](#) to see the Terracotta Warriors, or visit [Chengdu](#) to meet the [Giant Pandas](#)? We offer seamless connections and customized itineraries that link the spiritual heart of Tibet with the greatest icons of China.

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: **FREE** of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate

- Above 11 years old with extra bed: 100% adult rate
-

Tel:

Beijing: +86 904-6699-222

Chengdu: +86 904-6699-234

Lhasa: +86 904-6699-253

Cambodia: +84 904-6699-555

Address:

Address 1: Floor 4, Global Center, Chengdu, Sichuan, China

Address 2: Chaoyang Road No.21, Guilin, Guangxi, China

Email:

info@asiachinatour.com

Website:

www.asiachinatour.com