



Yuthok and Shanlong Tour in Central Tibet with Dr.Nida Chenagtsang 2018

1	17/Aug	Xining - Lhasa	1972km	3650m	Train to Lhasa around lunch hour (better option for accustoming high altitude).
2	18/Aug	Lhasa		3650m	On the Train, arriving to Lhasa around 10am. Afternoon is relaxed with time to enjoy some leisure time in Barkhor Street to shop and to look at some of the local crafts, also can rest in Hotel.
3	19/Aug	Lhasa		3650m	Potala palace in the morning Mendroling in the afternoon
4	20/Aug	Lhasa	40km	3650m	Yuthok's Birth place
5	21/Aug	Lhasa - Shanglong's Monastery	150km	3650m	Dratang Monastery was found by Drapa Ngöshi, the treasure revealer of Shanglong protector, Drapa Ngöshi built 108 monasteries in Central Tibet and Dratang monastery used to be as large as Samye Monastery, but after the Chinese cultural revolution, many parts are destroyed, the remained wall paintings and temples are extraordinary.
6	22/Aug	Dratang Gumpa - Samye	30km	3650m	Samye Monastery, the first monastery in Tibet built during 8th Century by Guru Rinpoche, along the way we will visit Dranang monastery, which is known as the Monastery of Shanglong practice.
7	24/Aug	Lhasa airport and Train station	180km	3650m	Please buy return flight ticket or train ticket on this day to the place where you have return flight to your own country or next destination, we will assist you if you need any help.

Trip Price

6 - 8 students	11 - 13 students	14 - 17 students	18 - 22 students
980 €	900 €	870 €	810 €

Single room service
cost: € 300

Price includes:

- ✓ All long or short distance land transportation related the schedule
- ✓ **Two** English - Tibetan - Chinese speaking tour guides.
- ✓ Entrance fee for sightseeing
- ✓ Twin bed standard room in hotels specified in program or similar level
- ✓ The travel agency liability insurance
- ✓ 7 Group meals, all breakfasts in the hotel.
- ✓ Documents needed for Visa application and Tibet permit

Price excludes:

- ✓ Airfare or train tickets
- ✓ Personal expenses
- ✓ Personal Taxi fare
- ✓ All meals except the ones noted in the schedule that are included.