



TIBETAN NEW YEAR AND GREAT PRAYER FESTIVAL TOUR.

January 31 - February 10 - 2020 and 11 days tour.

Day (01) January 31/ 2020. Arrival in Xining: (2250m) Drive 45 m.

Arrive in Xining train station or at airport we will be met by our Tibetan guide and driver who will travel with us throughout our time in Qinghai and Gansu province. Transfer to Hotel. Xining is a biggest city on Tibet plateau and it is the capital city of Northwest China's Qinghai province. Visit the Tibetan Medical Museum and the biggest Thangka in Tibet. After dinner we will walk to see the New Year lights in Xining. (Overnight hotel in Xining.) L/D

Day (02) February 1/ 2020 Xining – Rebkong(Tongren) (2500m) Drive 3 hrs.

Drive to Rebkong. Rebkong is home to large Tibetan Buddhist monasteries and Bon monastery. Also it is famous across Tibet for its artists. On the way visit Shachung monastery, which is located on a mountain top and has a great very view of the valley and the Yellow River. Afternoon visit Sanggeshong Yago (Wutun) monastery and today's highlight is the grand ceremony of Thangka display on the slope of a hill to share the benefit of Buddhism with all the creature. Overnight hotel in Rebkong. B/L/D

Day (03) February 2/ 2020. Rebkong (Tongren) (2500m) Drive 45 m.

After breakfast, drive to Bongya, visit Bongya which is one of the Bon Monastery near Rebkong. Visit Bon ceremony. Afternoon we will vary program and view as many different ceremonies in the Village. Overnight in hotel Rebkong. B/L/D

Day (04) February 3/2020 Rebkong (Tongren) (2500m)

In the morning we will drive about 10 km to Gomar Monastery to have a fantastic view of all the villagers gathering to have a breakfast together in the monastery. Perhaps this is the biggest breakfast in the world this morning. Local Tibetans bring their milk tea and breakfast in the monastery and talk about the stories happened last year and exchange their ambition for the coming year. Afterwards, drive to Sanggeshong Yago to enjoy the Cham Dance: The Cham dance calls on traditions that date back more than 500 years. The fourth Panchen Lama went to shambala through meditation and created the Cham Dance according to the cham dance in Shambala and the fifth Dalai Lama formalized the dances in the Cham Yig book, and each monastery has created its own unique interpretations over the centuries. Cham performances and ceremonies feature sacred masked dances, sacred music, healing chants and spectacular richly ornamented multi colored costumes. The dancers use symbolic hand gestures known as madras to transmit healing powers from the deities. With accompanying narration and a monastic debate

demonstration, the program provides a fascinating and warm glimpse into ancient and current Tibetan culture. Overnight hotel in Rebkong. B/L/D

Day (05) February 4 / 2020. Rebkong – Ganja (2896m) Drive 2 hrs

After breakfast we will visit Rongwu monastery, the biggest monastery in Rebkong and home to more than 800 monks today. Or in the morning do some hike in Rebkong. After lunch drive to Ganja grassland. Visit Ganja monastery and caves back of the monastery. Visit Tibetan family and first homestay in Ganja. B/L/D

Day (06) February 5 / 2020. Ganja – Labrang (2939m) drive 1 hr.

Drive to Labrang, visit Labrang monastery which is one of the six great university of Gulekpa school. Visit book printing, walk the small Kora around the monastery, afternoon walk the long Kora around the monastery. In the evening enjoy debate by monks. Overnight hotel in Labrang. B/L/D

Day (07) February 6 / 2020. Labrang – Taktsang Lhamo (3200m) drive 3 hrs.

After breakfast, walk to Thangka wall. The highlight of Monlam festival is the Sunning the Buddha which display on the slope hill. We will join a large crowd of Buddhists who have been waiting since the early morning for today's special event, the annual' Sunning of Buddha ceremony. The huge Thangka will be carried out of the hall towards a mountain range to be spread along the slope of the Mountain. Along the way crowds of worshippers will gather around to touch the Thangka in order to get the New Year blessing, and later sing, dance and hold prayer session to celebrate the occasion. Afternoon drive to Taktsang Lhamo (Langmusi) overnight hotel in Langmusi. B/L/D

Day (08) February 7 / 2020 Taktsang Lhamo (Langmusi) Luqu (3100m) drive 1 hr.

After breakfast hike Lhamo Gorge and visit Taktsang Lhamo monastery. Enjoy and participate to the Cham Dance in Taktsang Lhamo monastery and afternoon drive to Luqu county, visit Luqu monaster enjoy Cham dance as well. All the participants as pilgrims from near and far, farmers, nomads and tourists at the ceremony could receive blessings by touching our heads from a high rank Lama. All the local people wear all the best clothes. Overnight hotel in Luqu. B/L/D

Day (09) February 8 / 2020. Luqu – Gannan (Hezuo) – Lebrang (2939m) drive 2-3 hrs.

Drive to hezou, visit Hezou monastery and Milarepa temple. After lunch drive to Labrang. At night visit an exhibition of Yak butter sculptures, which have an almost surreal beauty when lit under the lamps. Visitors invariably touch the flower shelf with their foreheads to show their respect toward the Buddha. Overnight hotel in Labrang. B/L/D

Day (10) February 9 / 2020. Labrang- Lanzhou (1400m) drive 4 hrs.

After breakfast we will join the local Tibetans in the morning for their ritual ceremony of turning the Maitreya Buddha. The buddha of maitreya is 3m high made of silk will be carried by a group of monks to Kora the Labrang monastery, of course large crowds will follow the ceremony again in order to get blessings and Buddhist wishes that they could

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follow Maitreya's teaching when he or she will turn the Dharma land on this earth.
Afterwards drive to Lanzhou. Overnight hotel in Lanzhou. B/L/D

Day (11) February 10 / 2020. Depart Lanzhou (1400m) drive 1 hr.

Spare time till check out and transfer to Lanzhou airport for departure flight. B/ L

The price for these 11 days tour is 1200 USD per person, if there's 12 people.

The price for these 11 days tour is 1280 USD per person, if there's 10 people.

The price for these 11 days tour is 1550 USD per person, if there's 6 people.

The price for these 11 days tour is 1750 USD per person, if there's 4 people.

The price for these 11 days tour is 2480 USD per person, if there's 2 people.

The price includes:

- 9 nights of Hotels, one twin beds for two people each night and one night Tibetan Homestay.
- All meals from lunch on January 31 to lunch on February 10
- Experienced English speaking Tibetan tour guide for 11 days.
- Private Van or bus for 11 days.
- Pick up at Xining airport.
- Drop off at Lanzhou airport, all transportation from January 31 to February 10.
- All the entrances tickets which mentioned on the Itinerary.
- Hotels for the Guide and Driver for 10 nights.
- Driver and Guide's meals for 11 days.

The price does not include:

- Tips for your guide (recommended if service is good)
- Travel insurance (we require all travelers to provided their own travel insurance for the duration of the journey. We recommend www.worldnomads.com and this is fairly cheap)
- Flights or Train
- Specialty or alcoholic drinks
- Visa or passport costs
- Other Activities or entry costs not mentioned in the itinerary