

Tibet

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Brief

On the roof of the world, there is a mysterious pure land called Tibet. The towering snow-capped mountains stand like giants, guarding this holy land; the azure holy lake reflects the light of the sky and the shadows of the clouds, clear and ethereal. The ancient Potala Palace is solemn and majestic, witnessing the changes of time; the prayer wheels are turning, entrusting people's wishes. Here, you can encounter pure faith and embrace the ultimate magnificence.

Why Go Here

- Magnificent natural scenery
- Unique religious culture
- Rich ethnic customs
- Deep historical heritage
- A journey to challenge yourself
- A place to purify your soul

Basic info

Time zone: CST (UTC+8)

Area code: +86/0891

Postal code: 850000

Language: Mandarin

Currency: RMB, called "Yuan", "Jiao", "Mao",

10 Jiao = 1 Yuan

Plug:  

Voltage: 220V

Frequency: 50 Hz

Currency conversion:

RMB: ¥

US dollars: 1 USD = 7.2559 RMB

1 RMB = 0.1378 USD



Police: 110

Medical Care: 120

Traffic Accident: 122

Fire Emergency: 119

Sights

Potala Palace 布达拉宫



When you step on the land of Tibet, your soul seems to be pulled by a mysterious force. Snow-capped mountains stand tall, overlooking the earth with an eternal posture; the holy lake is clear, reflecting the sky and faith. Incense smoke curls in the ancient temples, and believers bow devoutly.

Address

No. 35, Beijing Middle Road, Chengguan District, Lhasa, Tibet Autonomous Region 西藏自治区拉萨市城关区北京中路35号

Recommended play time: 4 hours

Opening Hours

09:30-17:00 (November 1st - April 30th of the following year, Monday - Sunday)

09:00-17:30 (May 1st - October 31st, Monday - Sunday)

Transportation

- Take bus No. 8, Peak Line, 13, 17, 34, 35, 36, or L2 to Baita Station, and walk about 443 meters to arrivedistance.

Travel Season

☉ The best time is from May to October, as this is the season with the most oxygen in Lhasa and the most comfortable feeling for the human body. You can also catch up with the Saga Dawa Festival and the Shoton Festival.



Norbulingka, the shining pearl of Lhasa. This former summer palace of the Dalai Lama is full of the unique charm of Tibetan gardens. Pavilions and towers are scattered and looming among the green trees and flowers. Walking in it, you can see colorful butterflies dancing, the lake flowing slowly, and the breeze blowing, which is refreshing.

Address

No. 1, Minzu South Road, Chengguan District, Lhasa, Tibet Autonomous Region 西藏自治区拉萨市城关区民族南路1号

Recommended play time: 3 hours

Opening Hours

09:30-19:00 (May 1-October 15, Monday-Sunday)

Transportation

- Take bus No. 24 and get off at Norbulingka North Gate Station (bus station), and you can reach the site on foot.



This is the soul core of the snowy holy land, interwoven with history, art and piety, and every inch of air is filled with the power of faith. The Jokhang Temple stands quietly, and its solemnity has not changed for thousands of years. In front of the temple, believers kowtow and touch their foreheads to the ground, which is pure faith. In the temple, butter lamps are always lit, illuminating the exquisite murals and Buddha statues.

Address

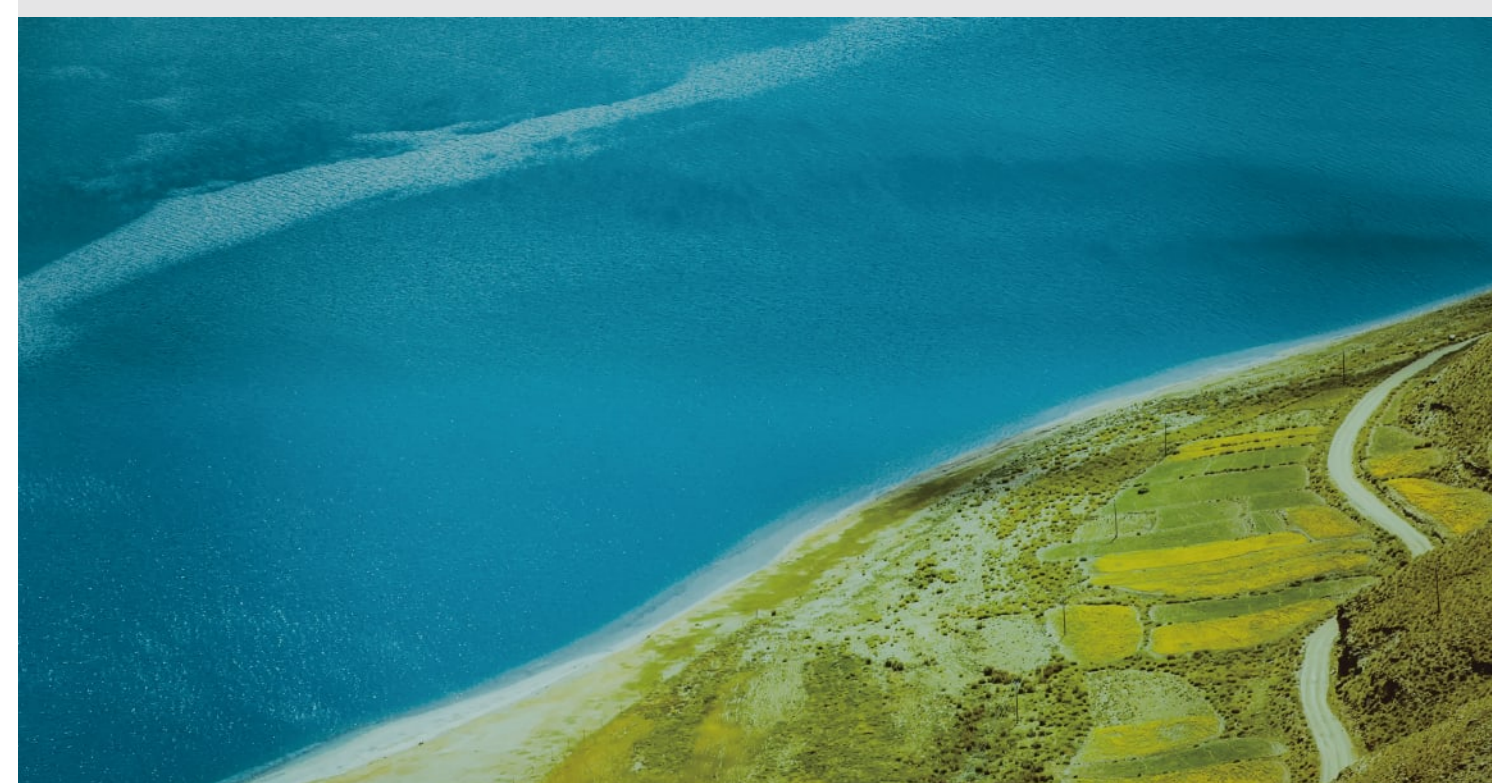
Barkhor Street, Chengguan District, Lhasa, Tibet Autonomous Region 西藏自治区拉萨市城关区八廓街

Recommended play time: 3 hours

Opening Hours

All year round 12:00-18:30

④ Yamdrok Lake 羊卓雍错



The lake is as blue as a gem, sparkling in the sunlight, changing into different levels of blue, like a dream. Surrounded by mountains, it contrasts with the azure blue lake, and herds of cattle and sheep are lining the lake-side, like stars in the sky. It is quiet and profound, like a girl waiting to be married, so beautiful that it makes people intoxicated and linger, and it is a rare fairyland on earth.

Address

Provincial Highway 307, Gonggar County,
Shannan City, Tibet Autonomous Region 西藏
自治区山南市贡嘎县307省道

Recommended play time: 3 hours

Opening Hours

All year round 09:00-18:30

Transportation

- It is about 100 kilometers south of Lhasa, about 2 hours' journey, and you can charter a car or take a shuttle bus. If you take a shuttle bus, you can first go to the Yarlung Zangbo River Bridge, and then take a taxi to visit Yamdrok Lake.

Travel Season

- ⊙ There are two seasons in a year: rainy season and dry season. It is recommended to visit in June and July. Even in summer, the temperature difference between day and night is still large. Due to its high altitude, the sunshine time is long and the sun is strong. It is better to visit in summer than in winter.

⑤ Namtso Lake 纳木错



Namtso, the holy lake of Tibet, is like a huge mirror, inlaid between heaven and earth. The clear lake water is blue and boundless, blending with the blue sky, and it is difficult to distinguish between them. In the distance, the Nyainqentanglha Snow Mountain stands tall, and the continuous peaks shine silver in the sun. The prayer flags on the lakeshore flutter, telling the wishes of the years.

Address

Near Tashiduo Monastery, Damxiong County,
Lhasa, Tibet Autonomous Region 西藏自治区
拉萨市当雄县扎西多寺附近

Recommended play time: 3 hours

Opening Hours

10:00-21:00 (Monday to Sunday, January 1st - March 15th)

08:00-21:00 (Monday to Sunday, March 16th - October 31st)

08:30-21:00 (Monday to Sunday, November 1st - December 31st)

Transportation

- It is recommended to charter a car; public transportation can only go to Dangxiong County first, and then rent a car from the county to Namtso, which is troublesome and time-consuming.

Travel Season

- ⦿ Summer is the best time to visit Namtso Lake, because the thawed lake water is crystal clear and stunning; the rest of the time the lake may be frozen and inaccessible.

📍 Tashlumbu Monastery 扎什伦布寺



It is a holy place of the Gelugpa sect of Tibetan Buddhism, with a shining golden roof and fluttering prayer flags. Inside the temple, the Buddha Hall is majestic, the murals are exquisite, and the Buddha statues are compassionate. Believers hold prayer wheels, chant scriptures, and pace in circles. This place is filled with history and overflowing with faith, allowing visitors to feel the deep charm of Tibetan culture in solemnity.

Address

No. 1, Jijilangka Road, Sangzhuzi District, Shigatse City, Tibet Autonomous Region
西藏自治区日喀则市桑珠孜区几吉朗卡路1号

Recommended play time: 3 hours

Opening Hours

09:00-19:30 all year round

Transportation

- TShigatse is not big, and it is very convenient to walk around the city.

Travel Season

- ⦿ Suitable for all seasons, but better in summer.

📍 Lulang Forest Lake 鲁朗林海



The vast primeval forest, with rolling green waves, stretches to the horizon

The tall spruce and pine trees block out the sun, and the streams in the forest gurgle, with clear water winding through. The mountain breeze blows, carrying the fragrance of grass and trees, and the birds sing in your ears. Walking in it, your body and mind are gently wrapped in this rich green and vigorous vitality.

Address

National Highway 318, Lulang Town, Bayi District, Nyingchi City, Tibet Autonomous Region
西藏自治区林芝市巴宜区鲁朗镇318国道

Recommended play time: 4 hours

Opening Hours

06:00-18:00 (Monday to Sunday, January 1st to December 31st)

Travel Season

☉ The best time to visit Lulang Forest Sea is undoubtedly from July to mid-September every year. At this time, the forest sea is lush

and green, with flourishing vegetation and wild flowers everywhere.

☉ Before July and after September, the plateau climate plus warm and humid air currents will make this place damp and cold.



⑧ **Yarlung Zangbo Grand Canyon**
雅鲁藏布大峡谷

The Yarlung Zangbo Grand Canyon is a magnificent wonder on earth. The surging river roars like a giant dragon, splitting the towering mountains over billions of years to create the world's deepest canyon.

The two banks are covered with peaks, clouds and mists are like veils, and snow-capped peaks shine coldly in the sky. The forest at the bottom of the valley is lush and green, with rare animals and plants hiding in between. The vigorous vitality and the shocking power of nature are perfectly intertwined here.

Address

Pai Town, Milin City, Nyingchi City, Tibet Autonomous Region 西藏自治区林芝市米林市派镇

Recommended play time: 6 days

Opening Hours

09:30-18:00 (Monday to Sunday, January 1st to December 31st)

Travel Season

☉ Early May and early October are the best hiking seasons.

9 Everest Base Camp 珠峰大本营



Everest Base Camp is where dreams come true. Standing here, the world's top, Mount Everest, is right in front of you, with snow-capped peaks glittering in the sun. The colorful prayer flags beside the camp are fluttering, reflecting the high blue sky. Every time you look up, you are in awe of the power of nature; every breath you take is filled with the pride of conquering yourself.

Address

Mount Everest Road, Dingri County, Shigatse City, Tibet Autonomous Region 西藏自治区日喀则市定日县珠峰路

Recommended play time: 3 days

Address

No. 518, Tianmushan Road, Xihu District, Hangzhou City, Zhejiang Province 浙江省杭州市西湖区天目山路518号

Recommended play time: 3 days

Opening Hours

All day (Monday to Sunday, January 1st to December 31st)

Transportation

- Mount Everest is located in the middle of the Himalayas, on the China-Nepal border, just south of Tingri County, Shigatse, Tibet. It is recommended to drive or charter a car to get there.

Travel Season

- ◎ The best time to climb Mount Everest is from early April to the end of May every year.

10 Guge Kingdom Ruins 古格王国遗址



The ruins of the Guge Kingdom stand quietly on the Ali desert. Surrounded by earth forests, castle buildings are stacked one after another. Although they have been eroded by time, the ruins still tell of the past glory. Inside the caves, the murals are colorful but exquisite, recording the past life and beliefs. It is mysterious and vicissitudes, quietly waiting for the world to explore the history buried by wind and sand.

Address

Zhaburang, Toling Town, Zhada County, Ali Prefecture, Tibet Autonomous Region 西藏自治区阿里地区札达县托林镇札布让

Recommended play time: 3 hours

Opening Hours

8:00-20:30 all year round

Travel Season

☉ May to September every year

Eating

In Tibet, your taste buds will also start a wonderful journey. Have a bowl of steaming hot butter tea, which is a clever blend of butter, tea and salt, warming the body and refreshing the mind. Tsampa, fried highland barley noodles with butter, is simple but full of mellow flavor, easy to carry, and is the traditional staple food of the Tibetans. Tibetan hot pot is also not to be missed. The soup base is made from yak bones, mixed with yak meat and seasonal vegetables. It is original and dipped in sauce, and it is full of plateau style.

◆ Stone Pot Chicken 石锅鸡

With palm ginseng, native chicken and other ingredients, it is slow-cooked in a Medog stone pot, blending nutrients. The soup is rich and fragrant, the chicken is tender and smooth, and every bite is full of plateau style.



◆ lamb Chops Tibetan Pork 羊排藏香猪

The lamb chops are tender and juicy, full of grassland flavor; the Tibetan pork is firm and has a unique aroma. Cooked with local traditional cooking techniques, the flavors of the two blend together, and every bite is the warmest and most intense interpretation of Tibetan style.



◆ Tsampa 糌粑

Tsampa is undoubtedly one of the most representative delicacies on the snowy plateau. It is made from the unique highland barley that is carefully fried and finely ground. When eating, slowly pour butter tea or highland barley wine into it and rub it skillfully with your hands. In an instant, the aroma of wheat, tea and wine interweave. This simple food is not only a good choice for filling your stomach, but also carries the wisdom and life imprint of the Tibetan people for thousands of years, and conveys the tenacious spiritual power of this land.



◆ Butter Tea 酥油茶

The thick juice made from brick tea collides violently with mellow butter and a little salt, and is repeatedly whipped by a long-handled tea bucket, blending and coexisting. It is steaming hot, silky, salty and sweet, driving away the coldness of the plateau and bringing warmth and satisfaction to the heart.



📖 Notes

Customs & Culture 习俗&文化

● Offering Hada 献哈达

Offering Hada originated in ancient Tubo. It was originally a way to express respect, friendship and auspiciousness to the other party. Later, it was continuously passed down in Tibetan culture and became an important etiquette for Tibetans to welcome distinguished guests and other occasions.



● Sky Burial 天葬

Sky burial originated from the ancient Tibetan belief that vultures can help the soul reach the "heaven". Feeding the vultures with the

body is a reflection of the respect for nature and the concept of reincarnation.



● Prayer Wheel 转经筒

The copper or wooden wheels are densely engraved with sacred scriptures, and every stroke embodies the Tibetan people's yearning for a better life. Believers put their hands together, hold the prayer wheels devoutly, and turn them gently clockwise. As the prayer wheels rotate, they make a slight sound, as if they are chanting softly. Every turn is a tribute to the gods and a blessing for all living beings.



● Hanging Prayer Flags 挂经幡

Hanging prayer flags originates from the Tibetan people's respect for natural spirits. The colorful prayer flags are printed with scriptures and flutter in the wind, symbolizing the rise of good fortune, praying for blessings and eliminating disasters in the world, and carrying people's beautiful wishes for life.



Hospital

● Tibet Autonomous Region People's Hospital 西藏自治区人民医院

Address: No. 18, Linkuo North Road, Chengguan District, Lhasa, Tibet Autonomous Region

Tel: 0891 - 6322200

Website: <http://www.tarph.com/>

Opening hours: 24 hours

● Chinese People's Liberation Army Tibet Military Region General Hospital

中国人民解放军西藏军区总医院

Address: No. 66, Niangre North Road, Chengguan District, Lhasa, Tibet Autonomous Region

Tel: 0891 - 6253029

Opening hours: 24 hours

● Tibet Fukang Hospital

西藏阜康医院

Address: The comprehensive campus is located at No. 14, Linkuo North Road, Lhasa, Tibet Autonomous Region

Tel: 400 -1178 - 120

Website: <http://www.xzfkyy.cn/index.php>

Opening hours: 24 hours

Contact Us



+8613775219367
+8613915017585



cs@hellochinatrip.com



HelloChinaTrip.com



Tibet Attractions Map

