

## The Sacred Plateau: Pilgrimage on the Roof of the World

### Lhasa, Tibet

3-10 August 2026



Journey by sleeper train from **Chengdu** across the vast **Tibetan Plateau**, slowly ascending to the Roof of the World, where high plains and snow-crowned mountains reveal a sacred landscape shaped by centuries of pilgrimage, prayer, and Buddhist devotion. In **Lhasa**, the spiritual heart of Tibet, we bow at the revered **Jokhang Temple**, walk with pilgrims along the **Barkhor circuit**, stand before the majestic **Potala Palace**, and visit the great monastic universities of **Drepung and Sera**. Our journey concludes at the turquoise waters of sacred **Yamdrok Lake**, where the immense sky meets the high plateau, and the spirit of Tibet can be felt in its profound stillness.

Program	Meals
<p><b>Day 1 — Monday, 3 August 2026</b></p> <p><b>Arrival in Chengdu &amp; Train Journey to Tibet</b></p> <p>Arrive in Chengdu, the gateway to western China and the starting point of our ascent to the Tibetan Plateau. In the evening, board the soft-sleeper train at Chengdu Railway Station for the legendary journey to Lhasa (Train Z322 departing at 20:53). The Qinghai-Tibet Railway is one of the highest railways in the world, gradually climbing across vast grasslands and high plateau landscapes.</p> <p>Overnight on the train.</p>	-/-/-
<p><b>Day 2 — Tuesday, 4 August 2026</b></p> <p><b>Across the Tibetan Plateau</b></p> <p>Continue the scenic rail journey toward Tibet. From the train windows, watch the dramatic transformation of landscapes as the altitude increases and the vast plateau unfolds. Snow mountains, nomadic grasslands, and endless skies mark the approach to the “Roof of the World.”</p> <p>Overnight on the train.</p>	-/-/-



<p><b>Day 3 — Wednesday, 5 August 2026</b></p> <p><b>Arrival in Lhasa - Acclimatization</b></p> <p>Arrive at Lhasa Railway Station. Our guide will welcome you and transfer the group to Shangbala Hotel.</p> <p>The rest of the day is reserved for rest and gentle acclimatization to Lhasa’s high altitude (3,650 meters above sea level). Adjusting slowly is important before beginning exploration of Tibet’s sacred sites.</p> <p>Lunch and dinner will be served at the local restaurants.</p> <p>Overnight in Lhasa.</p>	<p>-/-/-</p>
<p><b>Day 4 — Thursday, 6 August 2026</b></p> <p><b>Jokhang Temple, Barkhor Pilgrimage Circuit &amp; Ramoche Temple</b></p> <p>Today we begin our spiritual exploration of Lhasa’s old city.</p> <p>Visit the sacred <b>Jokhang Temple</b>, the spiritual heart of Tibet. Founded in the 7th century by King Songtsen Gampo, the temple houses the revered Jowo Shakyamuni, a life-sized statue of the Buddha as a young prince. For centuries, pilgrims from across Tibet have traveled great distances to pray before this sacred image.</p> <p>Afterward, walk the <b>Barkhor pilgrimage circuit</b> surrounding the temple. This vibrant ring of streets is filled with pilgrims performing prostrations, prayer wheels turning in devotion, and market stalls selling traditional Tibetan crafts.</p> <p>Continue to <b>Ramoche Temple</b>, historically known as the “sister temple” of Jokhang. Originally built to house the Jowo Mikyö Dorje statue brought to Tibet by a Nepalese princess, Ramoche reflects a unique blend of Tibetan and Chinese architectural styles and remains an active center of worship.</p> <p>Lunch and dinner will be served at the local restaurants.</p> <p>Overnight in Lhasa.</p>	<p>B/-/-</p>
	



<p><b>Day 5 — Friday, 7 August 2026</b></p> <p><b>Potala Palace, Lukhang Park &amp; Ani Tsangkuk Nunnery</b></p> <p>Visit the majestic <b>Potala Palace</b>, the iconic symbol of Tibet rising from Red Hill above the city. Built in the 17th century by the Fifth Dalai Lama, this monumental palace served as the winter residence of the Dalai Lamas and the seat of Tibet's government. The vast complex contains more than a thousand rooms, sacred chapels, and stupas holding the remains of past Dalai Lamas.</p> <p>Afterwards, explore the peaceful <b>Lukhang Park</b> located behind the Potala Palace. The park surrounds <b>Lukhang Temple</b>, built on a small island in a lake during the 17th century as a retreat for meditation. Its murals depict Tibetan cosmology, spiritual practices, and scenes of traditional life.</p> <p>End the day at <b>Ani Tsangkuk Nunnery</b>, one of Lhasa's historic nunneries. Founded in the 15th century, this quiet monastic space offers a glimpse into the contemplative life of Tibetan Buddhist nuns and stands in contrast to the lively streets of the old city.</p> <p>Lunch and dinner will be served at the local restaurants.</p> <p>Overnight in Lhasa.</p>	<p>B/-/-</p>
<p><b>Day 6 — Saturday, 8 August 2026</b></p> <p><b>Drepung Monastery &amp; Sera Monastery</b></p> <p>This morning we visit <b>Drepung Monastery</b>, once the largest monastery in the world and a major center of Buddhist scholarship. Founded in 1416, the monastery once housed more than 10,000 monks and functioned as a vast monastic university. Its white buildings cascade down the hillside like a "heap of rice," the meaning of its Tibetan name.</p> <p>In the afternoon, we continue to <b>Sera Monastery</b>, another of Tibet's great monastic universities. Here we witness the famous monastic debate practice in the courtyard, where monks engage in energetic philosophical discussions using dramatic hand gestures and clapping to test their understanding of Buddhist doctrine. This tradition remains one of the most fascinating living aspects of Tibetan monastic education.</p> <p>Lunch and dinner will be served at the local restaurants.</p> <p>Overnight in Lhasa.</p>	<p>B/-/-</p>
	



<p><b>Day 7 — Sunday, 9 August 2026</b></p> <p><b>Sacred Yamdrok Lake</b></p> <p>Today we travel across the high plateau to the magnificent <b>Yamdrok Lake</b>, one of Tibet's three great sacred lakes.</p> <p>Crossing the high <b>Gambala Pass</b> (4,794 meters), we enjoy breathtaking panoramic views of the lake's turquoise waters winding through the mountains. At over 4,400 meters above sea level, Yamdrok is revered by Tibetans as a living spiritual entity believed to protect the land and its people.</p> <p>Pilgrims traditionally circumambulate the lake to accumulate merit, and its changing colors—shifting from deep turquoise to emerald—create one of the most unforgettable landscapes in Tibet.</p> <p>Return to Lhasa in the evening.</p> <p>Lunch and dinner will be served at the local restaurants.</p> <p>Overnight in Lhasa.</p>	B/-/-
<p><b>Day 8 — Monday, 10 August 2026</b></p> <p><b>Departure from Lhasa</b></p> <p>Transfer to Lhasa Airport for your onward flight and departure from Tibet, bringing this journey across the Sacred Plateau to a close.</p>	B/-/-

**Price: 40,900 THB/person**

**Single Occupancy: 5,500 THB**

#### Included:

- Tibet Travel Permit and necessary documents
- Comfortable hotel accommodation (twin sharing)
- Comfortable air-conditioned vehicle for transfers and sightseeing
- Experienced English-speaking Tibetan guide
- Soft sleeper train ticket (软卧) from Chengdu to Lhasa
- Entrance tickets to all listed sites
- Mineral water and oxygen cylinder in vehicle
- Daily hotel breakfast
- Program facilitation and coordination throughout the trip
- Travel accident insurance

#### Excluded:

- International or domestic transportation to Chengdu and from Lhasa
- Personal expenses such as souvenirs or community products
- Meals not included in the program (lunches, dinners, and beverages)
- **Single room supplement:** If you are traveling alone and no room-sharing partner is available, a single room supplement of 5,500 THB will apply
- Tips for guide and driver: compulsory 1,600 THB per person for the entire trip

#### Booking & Payment Terms

- **Trip fee: 40,900 THB per person**
- A **50% deposit** is required to confirm your booking
- The remaining balance must be paid **at least 30 days before departure**
- Bookings are considered confirmed only after payment and proof of transfer are submitted

## Cancellation & Refund Policy

- **60 days or more** before departure: **Full refund**
- **31–60 days** before departure: **50% refund** of the total tour cost (subject to any non-refundable charges from service providers)
- **30 days or less** before departure/no-show: **No refund**
- If the organizer must cancel the trip due to circumstances beyond our control (such as severe weather or safety concerns), participants will receive either a full refund or the option to transfer the booking to a future trip.

Please transfer a 50% deposit to:

Bank:	Krungthai
Account Name:	Pilgrimage Asia Co., Ltd.
Account Number:	159-0-12795-1
Type:	Savings
Branch:	Fueng Nakhon Road, Bangkok
SWIFT Code:	KRTHTHBK

Email your payment slip to [info@pilgrimageasia.com](mailto:info@pilgrimageasia.com).

## Useful Information for Travel in China & Tibet

### Entry & Permits

Travel to Tibet requires special permits in addition to a Chinese visa. These permits will be arranged by the tour organizer in advance. Participants must carry their passports during the trip, as identity and permit checks may occur at stations, hotels, or checkpoints. Foreign travelers must travel with a licensed guide and may not travel independently in Tibet.

### Altitude & Health

Lhasa sits at approximately 3,650 meters above sea level, and some locations during the trip may exceed 4,000 meters. It is normal to experience mild altitude symptoms, such as headache or fatigue, during the first few days. Rest well on arrival, drink plenty of water, avoid strenuous activity, and walk slowly. Oxygen will be available in the vehicle if needed. Travelers with heart or respiratory conditions should consult their doctor before joining the trip.

### Food & Drinking Water

Hotel breakfast is included daily, while lunches and dinners will be arranged at local restaurants during sightseeing days. Meals may include Tibetan and Chinese dishes such as noodles, rice, vegetables, soups, and yak meat. Bottled drinking water will be provided throughout the trip, and it is recommended to avoid tap water.

### Travel Conditions

Travel in Tibet is subject to local regulations and weather conditions. Occasionally, adjustments to the itinerary may be necessary if certain sites are temporarily closed or access is restricted due to religious activities or local requirements.

## Contact

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