

**stars China 2017**  
**Cultural tour to Tibet**  
28 April - 2 May 2017  
Shangri-La, Lhasa

**Programme**

**Friday, 28 April 2017**

**Transfer from Chengdu to Lhasa**

Transfer from Chengdu (500 meters above sea level) to Lhasa (3656m). Getting into Tibet by flight offers amazing views of the Himalayas and the Tibetan Plateau. After check-in at **Shangri-La Hotel in Lhasa**, the rest of the day is used to get acclimatized to the altitude.

**Saturday, 29 April 2017**

**Potala Palace and Sera Monastery**

The 5th Dalai Lama started the construction of **Potala Palace** in 1645, overlaying the remains of an earlier fortress which had been built in 637 by King Songtsen Gampo, the founder of the Tibetan Empire. Potala Palace served as chief residence of the Dalai Lama until the 14th Dalai Lama fled to India in 1959. In 1994, Potala Palace became a UNESCO World Heritage Site.

**Sera Monastery**, located at the foothills north of Lhasa, is one of the great three university monasteries of Tibet. Sera Monastery was founded in 1419 and its complex includes a Great Assembly Hall and three colleges. The monastery is noted for its debate sessions. Until today, philosophical debates about Buddhism take place among the monks every afternoon.



Potala Palace



Sera Monastery

**Sunday, 30 April 2017**

**Drak Yerpa Valley, Jokhang Temple and Barkhor Square**

**Drak Yerpa Valley** is located in the mountainside east of Lhasa. The valley is famous for its hillside monastery, various small temples and shrines, and a number of ancient meditation caves carved out of spectacular limestone cliffs. Those caves contain the earliest known meditation sites in Tibet, some dating back to pre-Buddhist times.

**Jokhang Temple** was founded during the reign of King Songtsen Gampo in 652. Located at **Barkhor Square** at the center of an ancient network of Buddhist temples, Jokhang is considered to be the spiritual heart of Lhasa and the most sacred temple in Tibet. In 2000, Jokhang became a UNESCO World Heritage Site.





Barkhor Square

**Monday, 1 May 2017**

### **Gampala Pass, Lake Yardok and Mt. Noijin Kangsang**

A highway leads from Lhasa through the splendid scenery of the Tibetan Highland up to the **Gampala Pass** at 4990m. The pass offers stunning views of the holy **Lake Yardok**, two major glaciers and majestic **Mt. Noijin Kangsang** in the distance. With an altitude of 7206m, it is one of the highest peaks in the Himalayas.

**Tuesday, 2 May 2017**

### **Transfer from Lhasa to Chengdu**

Transfer from Shangri-La Hotel Lhasa to Chengdu Shuangliu International Airport where the programme ends.

stars reserves the right to make any necessary changes to the programme. The full terms and conditions of stars are available [here](#).

1 February 2017