



Tibet

POP 3 MILLION

Includes ➔

Lhasa	902
Ganden Monastery	911
Samye Monastery	911
Yamdrok-Tso	912
Gyantse	912
Shigatse	913
Sakya	916
Rongphu Monastery & Everest Base Camp	916
Zhāngmù	918
Lhatse to Kailash	919
Mt Kailash	919
Lake Manasarovar	920

Best Monasteries

- ➔ Drepung (p905)
- ➔ Ganden (p911)
- ➔ Samye (p911)
- ➔ Sakya (p916)

Best Views

- ➔ Everest's north face from Rongphu Monastery (p917)
- ➔ Nam-tso from Tashi Dor (p911)
- ➔ Yamdrok-tso from the Kamba-la (p912)
- ➔ Samye Monastery from Hepo Ri (p911)

Why Go?

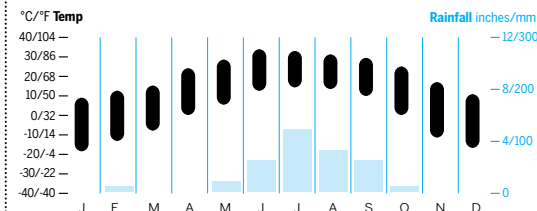
For centuries exotic Tibet has captured the imagination of spiritual seekers, mountain adventurers and intrepid travellers. For modern travellers the 'roof of the world' continues to promise breathtaking high-altitude scenery, awe-inspiring monasteries, epic trans-Himalayan road trips and a unique Buddhist culture that remains vibrant even after half a century of assault and repression.

Perhaps the true highlight of Tibet, though, is the Tibetan people, from crimson-robed monks to wild-haired pilgrims, whose colour, good humour and religious devotion are what makes travelling across the plateau such a profound joy.

Tibet is changing at a pace unmatched even in China. The political tensions of recent years have resulted in strict travel restrictions on foreigners throughout the autonomous region, limiting travel to pre-arranged group tours. Despite all this, the magic of old Tibet is still there – you just to have to work a bit harder to find it these days.

When to Go

Lhasa



Mar This politically sensitive month brings closures and permit problems; avoid.

May–Sep High season: warm weather, some rain in July/August, and good hiking.

Apr & mid-Oct–Nov A good time to visit, with fewer crowds and warm days.

Tibet Highlights

- 1** Rub shoulders with holy Tibetan pilgrims in the holy city of **Lhasa** (p902)
- 2** Wonder at the murals of angels and demons in the 108 chapels of the **Gyantse Kumbum** (p913), an architectural wonder
- 3** Erase the sins of a lifetime on the three-day pilgrim circuit around sacred **Mt Kailash** (p920)
- 4** Rouse yourself from a yak-wool tent or monastery guesthouse to catch sunrise at **Everest Base Camp** (p917)
- 5** Ride the planet's highest rails across the roof of the world on the **Qīnghái–Tibet Railway** (p909) to Lhasa
- 6** Explore the mandala-shaped chapels and stupas at **Samye Monastery** (p911), Tibet's first monastery
- 7** Hire a vehicle for the week-long trip along the **Friendship Highway** (p912) from Lhasa to Kathmandu, one of Asia's great road trips

