



Tibet

POP 3.2 MILLION

Includes ➔

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Best Places to Eat

- ➔ Sumptuous Tibetan Restaurant (p928)
- ➔ Lhasa Namaste Restaurant (p920)
- ➔ Third Eye Restaurant (p928)

Best Places to Sleep

- ➔ Kyichu Hotel (p918)
- ➔ Yeti Hotel (p926)
- ➔ Gang Gyan Orchard Hotel (p926)

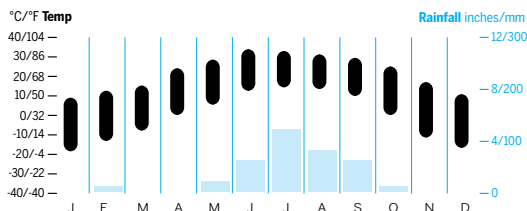
Why Go?

For many people, the highlights of Tibet will be of a spiritual nature: magnificent monasteries, prayer halls of chanting monks, and remote cliffside retreats. Tibet's pilgrims – from local grandmothers murmuring mantras in temples to hardcore visitors walking or prostrating themselves around Mt Kailash – are an essential part of this appeal. Tibet has a level of devotion and faith that seems to belong to an earlier age. It's fascinating, inspiring and endlessly photogenic.

Tibet's other big draw is the elemental beauty of the highest plateau on earth. Geography here is on a humbling scale and every view is lit with spectacular mountain light. Your trip will take you past glittering turquoise lakes, across huge plains dotted with yaks and nomads' tents, and over high passes draped with colourful prayer flags. Hike past the ruins of remote hermitages, stare open-mouthed at the north face of Everest or make an epic overland trip along some of the world's wildest roads. The scope for adventure is limited only by your ability to get permits.

When to Go

Lhasa



May–Sep The warmest weather makes travel, trekking and transport easiest.

Apr & Oct–Nov The slightly colder weather means fewer travellers and a better range of vehicles.

Dec–Feb Very few people visit Tibet in winter, so you'll have key attractions largely to yourself.

Tibet Highlights

- 1 Lhasa** (p915) Rubbing shoulders with Tibetan pilgrims in this holy city
- 2 Gyantse Kumbum** (p925) Marvelling at the murals of angels and demons in the 108

- 4 Everest Base Camp** (p929) Catching sunrise from a yak-wool tent or monastery guesthouse.
- 5 Qinghai-Tibet Railway** (p923) Riding the planet's

- highest rails across the roof of the world
- 6 Samye Monastery** (p924) Exploring the mandala-shaped chapels and stupas at Tibet's first monastery

- 7 Friendship Highway** (p931) Hiring a vehicle for one week-long trip along one of Asia's great road trips

The external boundaries of India on this map have not been authenticated and may not be correct.

