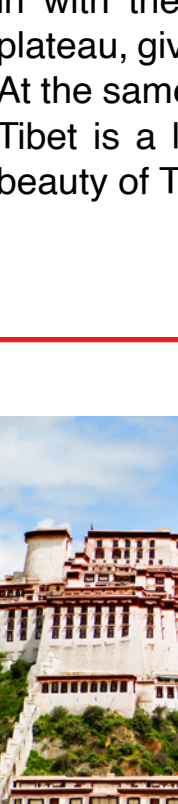




TIBET

A gem of architectural art on the snowy plateau

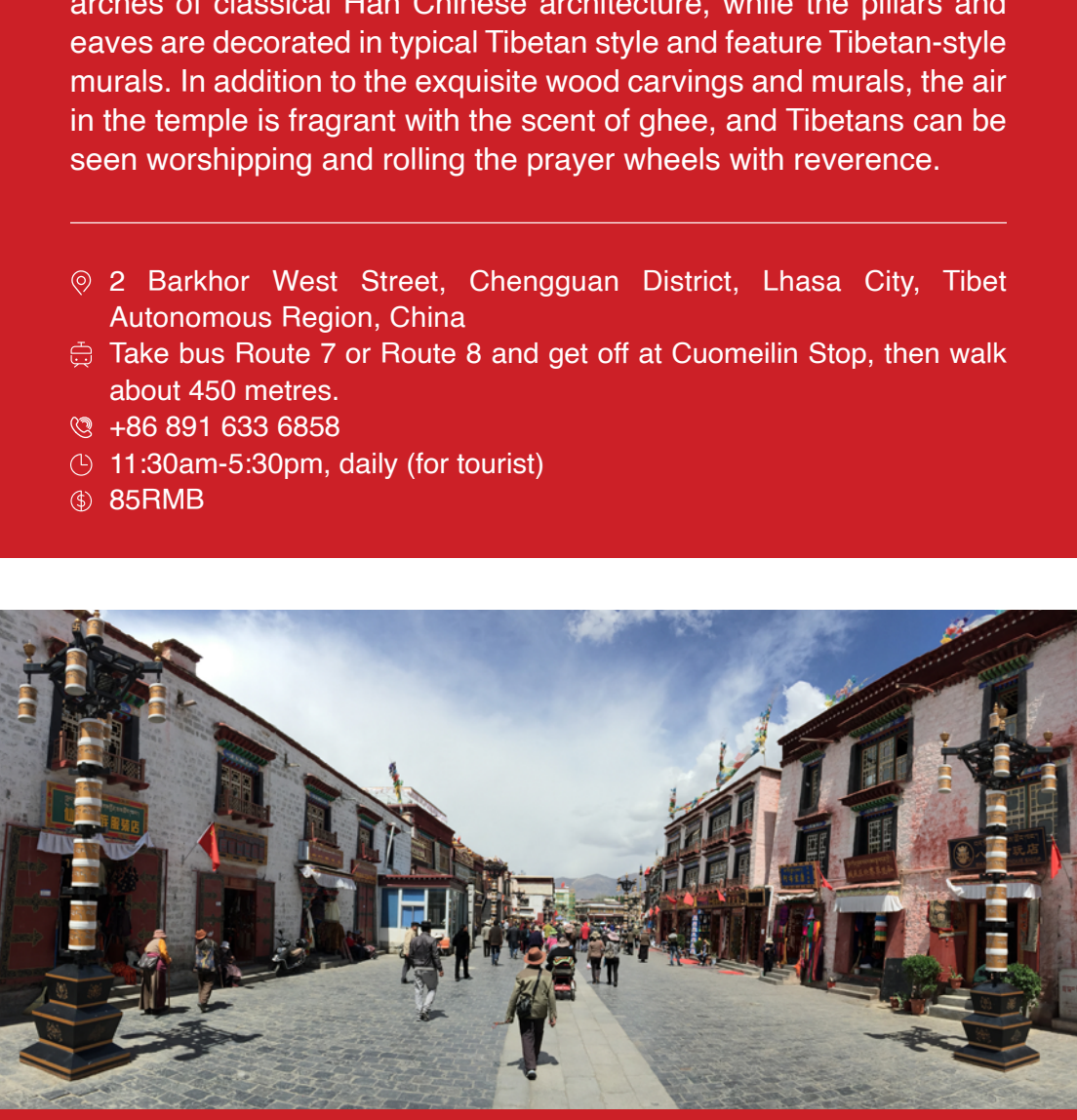


Location of Tibet



The Tibetan Plateau is known as "Third Pole of the World", and Lhasa is the seventh highest city in the world. In the long-term architectural practice, the Tibetan people have developed a unique form of architecture and architectural culture by adapting to nature and using local materials. Traditional Tibetan architecture often blends in with the magnificent natural landscape of the snowy plateau, giving people a sense of rustic and rugged beauty. At the same time, it is bold and delicate in its use of colour. Tibet is a large place, and if you want to appreciate the beauty of Tibetan architecture, you may start from Lhasa.

What's hot



Potala Palace

The Potala Palace which is "built against the mountain" takes advantage of the mountainous terrain to create a sense of grandeur. The palace is made up of many rectangular houses; in the longitudinal direction, various houses are staggered and uneven. The exterior of the building is painted in red, white and yellow, which are symbolising majesty, tranquillity and perfection, with distinctive Tibetan Buddhist features in both colour and style. There are nearly 10,000 houses in the palace, that are made of wood and stone, while the outer walls of the palace are built with large blocks of granite.

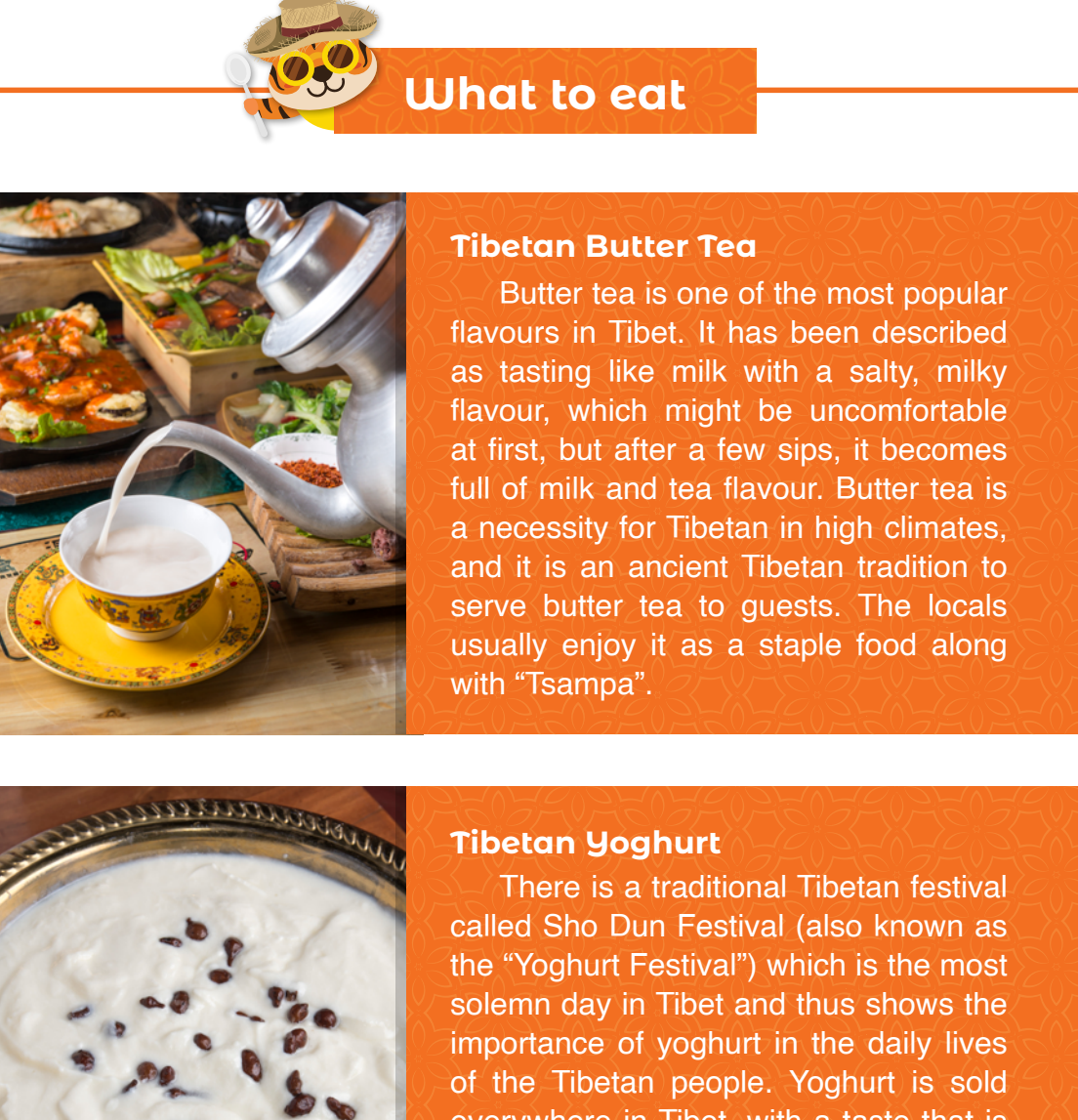
- 35 Beijing Middle Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- Take bus Route 8 and get off at Yaowang Nongmao Shichang Stop, then walk about 350 metres.
- +86 891 633 9615
- 9:30am-3pm, daily
- 200RMB (May-Oct), 100RMB (Nov-Apr)
- www.potalapalace.cn



Jokhang Temple

As the oldest existing earth and wood structure in Tibet, Jokhang Temple is the most glorious Tibetan architecture of the Tibetan Empire. It is a fusion of Han Chinese, Tibetan, Nepal and Indian architectural styles. The main hall is constructed with the beams and arches of classical Han Chinese architecture, while the pillars and eaves are decorated in typical Tibetan style and feature Tibetan-style murals. In addition to the exquisite wood carvings and murals, the air in the temple is fragrant with the scent of ghee, and Tibetans can be seen worshipping and rolling the prayer wheels with reverence.

- 2 Barkhor West Street, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- Take bus Route 7 or Route 8 and get off at Cuomeilin Stop, then walk about 450 metres.
- +86 891 633 6858
- 11:30am-5:30pm, daily (for tourist)
- 85RMB



Barkhor Street

The circular Barkhor Street was originally a path with prayer wheels around the Jokhang Temple, and it has been endowed with religious meaning due to the temple. Tibetans call it the "Holy Road". It is now gradually expanding into a large old-style neighbourhood around the temple, consisting of Barkhor East Street, Barkhor West Street, Barkhor South Street and Barkhor North Street. It forms a polygonal street ring with a perimeter of more than 1,000 metres, and with 35 alleys. Barkhor Street retains the original appearance of the Lhasa Old Town, with its hand-paved stone streets and old Tibetan houses.

- Barkhor West Street, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- Take bus Route 7, Route 8 or Route 20 and get off at Cuomeilin Stop, then walk about 370 metres.
- All Day
- Free



Drepung Monastery

As the largest monastery in Tibet, Drepung Monastery is as magnificent as you can imagine. The white buildings lined up on the hillside are a magnificent sight to behold. The Drepung Monastery looks like a giant heap of rice from a distance, and its name means "a heap of rice" in Tibetan. The roads in the monastery are rugged and winding; the houses are of varying heights, rising and falling according to the mountain; the red, white and yellow walls reveal a raw and rough texture. Against the blue sky and white clouds of the plateau, Drepung Monastery is incredibly beautiful.

- 276 Beijing West Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- Take bus no. 24 or 25 and get off at Bangzheshi Stop, then hike up the mountain along Dangba Road.
- +86 891 686 0011
- 8:30am-5:30pm, daily
- 60RMB



Dzongyab Lukhang Park

"Dzongyab" means "behind the palace" in Tibetan, which points out the location of Dzongyab Lukhang Park—at the foot of the hill to the east of the Potala Palace. Dzongyab Lukhang Park is one of the most famous parks in Lhasa, it is laid out flexibly around the mountains of the Potala, with irregular polygonal walls. There is a pond called "Longyang Lake" (Dragon King Lake) in the park, and an irregularly rounded island with a three-storey pavilion is located on it. The island and the lake are surrounded by lush greenery and a stunning view.

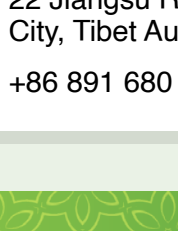
- 9 Niangre South Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- Take bus no. 7, 20 or 28 and get off at Minhangju Stop, then walk about 90 metres.
- +86 891 682 3540
- 8am-6:30pm, daily
- Free



Norbulingka

Norbulingka has the largest scale, the best scenery, and the most historical sites among the man-made parks in Tibet. Its architecture is characterised by the building of a platform at the top and a pond at the bottom, leaving nature to take its course. Once the summer palace of successive lamas, Norbulingka has been described as the "Summer Palace of Lhasa". After more than 200 years of expansion, the park now covers an area of 360,000 square metres and contains more than 100 species of plants, including exotic flowers and plants from the Himalayas, and precious flowers transplanted from other places.

- 21 Luobulinka Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- Take bus no. 2 or 14 and get off at Luobulinka Stop, Norbulingka will be reached in walking distance.
- +86 891 682 6274
- 9am-6pm (May-Sep), 9:30am-5:30pm (Oct-Apr), closed on Sunday
- 80RMB (May-Sep), 60RMB (Oct-Apr)



What to eat

Tibetan Butter Tea

Butter tea is one of the most popular flavours in Tibet. It has been described as tasting like milk with a salty, milky flavour, which might be uncomfortable at first, but after a few sips, it becomes full of milk and tea flavour. Butter tea is a necessity for Tibetan in high climates, and it is an ancient Tibetan tradition to serve butter tea to guests. The locals usually enjoy it as a staple food along with "Tsampa".

Tibetan Yoghurt

There is a traditional Tibetan festival called Sho Dun Festival (also known as the "Yoghurt Festival") which is the most solemn day in Tibet and thus shows the importance of yoghurt in the daily lives of the Tibetan people. Yoghurt is sold everywhere in Tibet, with a taste that is particularly rich, sticky and creamy, yet particularly sour. It is usually mixed with sugar according to personal taste.

Tsampa

The hulls barley is the main source of food for the Tibetan people. Tibetans believe that it is a gift from heaven. Unless barley is the main ingredient of making Tsampa, which is fried and ground. Unless barley is easy to store, it does not become mouldy easily and can be eaten as long as there is water. Locals usually serve it with butter tea or yoghurt, mix it well and squeeze it into small balls.

Tibetan Sweet Tea

Tibetan Sweet Tea is called "Qabadi" in Tibetan, most people who travel to Tibet are not used to drinking butter tea, but love sweet tea. Many small teahouses sell sweet tea on Barkhor Street make it the most relaxing and life-like place in Lhasa. The ingredients of sweet tea are just black tea, milk powder or milk and sugar, but its taste varies from teahouse to teahouse due to different recipe ratios.

Where to go

- By train/subway
- By taxi
- By bus
- On foot

Day 1

Teatime: Tibetan Yoghurt

Jokhang Temple

Barkhor Street

Lhasa Great Mosque **TIP 01**

Dinner: Tibetan dishes **TIP 02**

TIP 01 The Lhasa Great Mosque is the largest mosque in Tibet. It is located at one of the Hui people settlements in Lhasa.

TIP 02 Located at the southeast corner of Barkhor Street, "Makye Ame" is a restaurant with Nepalese, Indian and Tibetan flavours that decorated with a strong Tibetan style.

Day 2

Potala Palace

Lunch: Tibetan Butter Tea

Chagpori **TIP 03**

Dzongyab Lukhang Park **TIP 04**

Dinner: Tsampa

TIP 03 The viewpoint halfway up Chagpori is known to photographers as the best place to take pictures of the Potala Palace, and it is here that the image on the back of the 50RMB note was taken.

TIP 04 In summer you can pedal a water bike on the lake, and you can capture the reflection of the Potala Palace on a windless day.

Day 3

Norbulingka **TIP 05**

Lunch: Tibetan Sweet Tea

Drepung Monastery

Sera Monastery **TIP 06**

Airport

TIP 05 The Sho Dun Festival would be held every year from June 15 to July 30 of the Tibetan calendar (usually falling in August) with Tibetan opera and other major events.

TIP 06 Sera Monastery, together with Drepung Monastery and Ganden Monastery, is known as the three major monasteries in Lhasa. Sera Monastery is the last to be built among the three and is famous for its sutra debates.

Halal choice

Tibet Cuisine

Yibire Steamed Stuffed-bun Restaurant

Famous dishes: Tibetan Sweet Tea, Tibetan fried bread "Woeshang phalay", Tibetan Fried Noodles

- 36 annex 18 Linkuo East Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- 8am-3:30pm, daily

Chinese Cuisine

Yitengge Halal Restaurant

Famous dishes: Shouzhuo Yangrou, Bashu grilled fish

- 168 Dangre East Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- 10am-11:30pm, daily

Chinese Cuisine

Taicheng Halal Steamboat

Famous dishes: Yak Beef, "Gaiwan Cha" (lidded tea bowl)

- 266 Dangre East Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- +86 891 692 8188 10am-10:30pm, daily

Chinese Cuisine

Halal Restaurant Linxia Hotel

Famous dishes: Paozhang Noodles, Shouzhuo Yangrou, mutton noodle patch

- 4 Duodi South Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- +86 891 692 0040 10am-12am, daily

Accommodation

Shangri-La Lhasa

5-star hotel with attractions in the vicinity

- 19 Luobulinka Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- +86 891 655 8888 www.shangri-la.com

Accommodation

The St. Regis Lhasa Resort

5-star hotel located in the ancient Barkhor area

- 22 Jiangsu Road, Chengguan District, Lhasa City, Tibet Autonomous Region, China
- +86 891 680 8888 www.marriott.com