



ADVENTURE
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ADVENTURE TIBET

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ADVENTURE TIBET

RIDING DAY 1 : LHASA

Standard Route (0 km / 0 miles)

Our first day in Tibet is a rest day in Lhasa, without riding. The reason is the thin air around here, 3,650 m (12,000 ft) above sea level. It will give you headaches and make you dizzy, so you have to take it easy early on. Walk slowly, take breaks, drink plenty of water, and stay away from alcohol.

A day in Lhasa begins with the striking sight of the Potala Palace rising above the city, a former home of the Dalai Lama, visited for its grand views and sacred treasures. From there, wandering to Jokhang Temple lets visitors experience the heart of Tibetan Buddhism alongside local pilgrims, before emerging onto Barkhor Street, where prayer flags and stalls selling crafts fill the air with color and incense. In the afternoon, a visit to Sera Monastery brings a chance to watch monks debate Buddhist philosophy with energetic clapping, and the day ends quietly, perhaps at a teahouse, as the evening light glows over the city's golden rooftops and mountain backdrop.

ADVENTURE TIBET

Highlights:

#1: Lhasa Old Town



In the 7th century, Tibet was unified for the first time, and Songtsen Gampo, the King, made Lhasa his capital. The Jokhang, the heart of the Tibetan Old Town, dates back to that era. Later, the center of power shifted to other places in Tibet, but in 1642 the fifth Dalai Lama moved his court back to Lhasa. He built the Potala Palace, by far the most famous structure in Tibet, a symbol for the Dalai Lama, for

Tibetan Buddhism, for the country, and its struggle for freedom.

Modern-day Lhasa counts close to 500,000 inhabitants, around 20 times the number of 50 years ago. At least two-thirds are Han Chinese. Lhasa's most famous landmark is, of course, the Potala Palace, a massive fortress-like structure sitting high on a hill west of the Old Town. For more than 300 years, it has been the home of the Dalai Lamas and the seat of the Tibetan Government until, in 1950, China invaded Tibet. Since the escape of the current 14th Dalai Lama to India in 1959, the Potala has been lifeless and dormant like a museum, aside from the 2,300 tourists that are allowed inside each day.

Tibet's most revered religious structure is the Jokhang, a temple founded around 640 AD. "Thick with the smell of yak butter, echoing with the murmur of mantras and bustling with awed pilgrims, the Jokhang is an unrivaled Tibetan experience" (Lonely Planet). The area around the Jokhang is called Barkhor, an interesting blend of pilgrim circuit and Tibetan market. These three attractions alone could keep you busy for days!

#2: Potala Palace



Enclosed within massive walls, gates, and turrets built of rammed earth and stone, the White and Red Palaces and ancillary buildings of the Potala Palace rise from Red Mountain in the center of Lhasa Valley at an altitude of 3,700 meters. As the winter palace of the Dalai Lama from the 7th century CE, the complex symbolizes Tibetan Buddhism and its central role in the traditional

administration of Tibet. The White Palace contains the main ceremonial hall with the throne of the Dalai Lama, and his private rooms and audience hall are on the uppermost level. The palace contains 698 murals, almost 10,000 painted scrolls, numerous sculptures, carpets, canopies, curtains, porcelain, jade, and fine objects of gold and silver, as well as a large collection of sutras and important historical documents. To the west and higher up the mountain, the Red Palace contains the gilded burial stupas of past Dalai Lamas. Further west is the private monastery of the Dalai Lama, the Namgyel Dratshang. (whc.unesco.org)



ADVENTURE TIBET

RIDING DAY 2 : LHASA - BASONGCUO (PAGSUM TSO)

Standard Route (374 km / 232 miles)

Riding motorcycles from Lhasa to Basong Tso offers a very different experience than taking the new expressway. Instead of using the modern Lhasa–Nyingchi highway with its long tunnels and restricted traffic, the old road follows the traditional route over Mila Mountain Pass. This older alignment climbs gradually through open plateaus and winding switchbacks to the 5,000-meter pass, where prayer flags flutter against magnificent views of the Nyainqentanglha Range. The descent toward Nyingchi leads through rugged alpine terrain that slowly turns green and forested, with scattered stone villages and small monasteries along the way. Unlike the highway that bypasses much of this scenery underground, the old road allows riders to feel the altitude shifts, smell the mountain air, and stop freely for photos or rest. Though slower and steeper in sections, its pavement is generally good and traffic is light, making it well-suited for experienced motorcyclists seeking the full variety of Tibet’s landscapes on their way to Basong Tso’s turquoise shores.

Highlights:

#1: Mila Pass



Mila Mountain Pass, known in Tibetan as “Mila La,” lies between Lhasa and Nyingchi and marks one of the highest points on the scenic China National Highway 318. At an elevation of about 5,200 meters, it serves as both a natural divide and a symbolic gateway between Tibet’s dry western plateau and the greener valleys of the east. Decorated with colorful prayer flags and stone yak sculptures, the pass is

considered sacred by locals, who regard the mountain as a protective deity. Travelers often pause here to admire sweeping views of snow-capped peaks and cloud-draped ridges, though the thin air and cold winds remind visitors of the altitude’s challenge. A modern marvel beneath it, the Mila Mountain Tunnel—opened in 2019—stands as the world’s highest road tunnel, easing the journey between Lhasa and Nyingchi while preserving access to the old mountain route’s spectacular vistas. Mila Mountain Pass thus bridges not only landscapes but also the spiritual and cultural essence of Tibet.

#2: Basongcuo (Pagsum Tso)



Basong Tso, also known as Draksum-tso or Pagsum Lake, is one of Tibet’s most enchanting alpine lakes, located in Gongbo’gyamda County in the far east of the Nyingchi region. Set at an impressive altitude of approximately 3,700 meters, Basong Tso covers about 27–28 km² and has depths reaching 120 meters. Its hallmark is the astonishing emerald and turquoise water that reflects the surrounding dense forests, snow-capped mountains, and clear Tibetan

skies. Unlike other great lakes of Tibet, Basong Tso is almost entirely encircled by lush woodland, which explains its unique green tones and mirror-like reflections.

Cultural and spiritual significance is profound here: the lake is holy to the Nyingma school of Tibetan Buddhism. On a small island—connected to the shore by wooden bridges—stands the over 1,200-year-old Tsodzung Monastery, dedicated to Padmasambhava and Hayagriva. Pilgrims circumambulate the lake every spring, following legendary paths linked to King Gesar. The area is also a prized ecological sanctuary, sheltering rare animals like bears and snow pheasants and supporting unique alpine flora and endemic fish species.

RIDING DAY 3 : BASONGCUO (PAGSUM TSO) - NYINGCHI-MAINLING

Standard Route (235 km / 146 miles)

Our second day of riding is significantly shorter than the first, so we can look forward to a relaxed day. First, we descend from the lake back down into the valley, where we turn onto the old G318 road again. It is about 80 km from here to Nyingchi, also known as Linzhi. The city used to be called Bayi, which means "eight-one," an allusion to August 1, 1927, the founding day of the People's Liberation Army (PLA). Today, the city has a population of almost 250,000 and is strongly influenced by the military. Just a few years ago, foreigners were only allowed to enter the city accompanied by a police escort, were not allowed to take photos, and were not allowed to leave their booked hotel.

The Nyang Qu River, which we have been following for a while today, flows through Nyingchi and joins Tibet's largest and most important river, the Yarlung Tsangpo, south of the city. This wide river valley lies below 3,000 meters and is therefore the lowest point we will reach on our tour. With a little luck and clear visibility, you can see the legendary 7,782 (25,530-foot)-meter-high Namcha Barwa mountain (also known as Nanjia Bawa), which was once considered unconquerable.

In the afternoon, we will reach our beautiful hotel near Nyingchi-Mainling Airport, the lowest in Tibet. It is located at 2,949 meters (9675 ft), about 900 meters (3,000 ft) higher than the highest peak in the Appalachians...

ADVENTURE TIBET

Highlights:

#1: Yarlung Tsangpo River



The Yarlung Tsangpo River is Tibet's longest and one of the world's highest major rivers, originating from the Angsi Glacier near the sacred Mount Kailash. Flowing eastward through the Tibetan Plateau, it shapes the fertile South Tibet Valley, gradually descending from over 5,200 meters to around 3,000 meters in elevation. Along its course, the river passes through diverse ecosystems, from cold deserts

to lush conifer forests, sustaining much of Tibet's population in its broad valleys. Its most dramatic feature is the Yarlung Tsangpo Grand Canyon, the deepest canyon in the world, where the river plunges sharply around Namcha Barwa peak, carving a gorge twice as deep as the Grand Canyon. This river continues into India as the Brahmaputra, playing an essential role in the ecology and cultures of South Asia. The Yarlung Tsangpo embodies Tibet's natural grandeur and is vital for hydropower potential, biodiversity, and regional livelihoods.



ADVENTURE TIBET

RIDING DAY 4 : NYINGCHI-MAINLING - SHANNAN

Standard Route (356 km / 221 miles)

We follow the mighty Yarlung Tsangpo upstream. The road winds adventurously along the slopes of the deep gorge carved out by the river. There is hardly any traffic, so nothing stands in the way of driving pleasure.

In the afternoon, we reach Ü Province, the historical, cultural, and modern heart of Tibet. The Yarlung Valley is considered the cradle of Tibetan civilization, as it was the local kings—led by Songtsen Gampo—who united the country in the 7th century. Hence the name Yarlung Dynasty. With over 50,000 inhabitants, Tsetang is the largest city in the valley. Shannan is the name of the prefecture, whose capital and largest city is Tsetang.

Near the old town of Tsetang rises Gangpo Ri, one of the four sacred mountains in Ü. If you want to stretch your legs a little, you can hike to the summit and visit the Monkey Cave, the mystical birthplace of the Tibetan people. Alternatively, you can just wander around a bit, for example to the bar of our hotel.

ADVENTURE TIBET

Highlights:

#1: Yarlung Tsangpo Canyon



Tibet's mightiest and most important river, the Yarlung Tsangpo. From here to Langxian it is 130 miles on a scenic, newly paved road, along the river, through a wild, remote and beautiful country.

Right outside Langxian the pavement ends and the road turns into a single track, carved into the mountain side, high above the Yarlung Tsangpo. For about 50 miles we

follow the Yarlung upriver, then leave it to cross the almost 16,500 ft. high Batang-La pass, only to meet up with the mighty stream again in Rongxian, a further 30 miles west. We are now in the province of Ü, the historical, cultural and modern heartland of Tibet.

The Yarlung Valley is considered the cradle of Tibetan civilisation, because it was the local kings, most notably Songtsen Gampo, who unified the country in the 7th century, hence the name Yarlung Dynasty.

#2: Tsetang (Zêtang)



The province of Ü-Tsang is the historical, cultural and modern heartland of Tibet. Yarlung Valley is considered the cradle of Tibetan civilization because it was the local kings, most notably Songtsen Gampo, who unified the country in the 7th century, hence the name Yarlung Dynasty. At 50,000 inhabitants Tsetang is the valley's largest city.

Next to the old town in Tsetang is Gangpo Ri, one of the four sacred mountains in Ü. If you feel like walking you can hike up to the top and see the Monkey Cave, the legendary birthplace of the Tibetan people. Alternatively, you can enjoy a beer or two at the bar or in the garden of our beautiful hotel.



ADVENTURE TIBET

RIDING DAY 5 : SHANNAN - GYANGZÉ

Standard Route (312 km / 194 miles)

The mighty Yarlung Tsangpo will still be by our side for the first 80 miles of today's ride. The valley is wide and beautiful, and between the patchwork fields and the sand dunes, you can see a multitude of temples and monasteries scattered around the hillsides. Just outside of Chusul, we turn left onto a side road and head up to Kamba-La pass, covering almost 3,500 ft. of elevation in a ride of less than 15 miles. At the top of the pass, a breathtaking view opens up, down to the lake Yamdrok-tso and, in the far distance, to the 25,000 ft. peaks marking the border to Bhutan.

We follow the shore to Nagartse, the largest village on the lakeside and a good place (and the only place) to have lunch. Karo-La, between Nagartse and today's destination Gyantse, is another 16,000+ ft. pass offering fantastic views, this time to the glacier of 24,000 ft. Nojin-Kangtsang peak.

On the other side, we gently descend down to Gyantse, a small town with a massive Tibetan-style fortress towering over it. Given the altitude, it's a strenuous hike to the top, but we can't recommend it enough as the views up there are marvelous! At its foot, there is an impressive temple, and if you're lucky, you can witness the monks' performance.

ADVENTURE TIBET

Highlights:

#1: Yamdrok Lake



Yamdrok means turquoise in Tibetan and describes this lake very well. It is one of the largest lakes in Tibet, measuring 638 km² (246 sq mi). At 4,441 m (14,570 ft) above sea level, Yamdrok is also one of the world's highest lakes but still, when riding towards it from the north, you can look at it from above. Kamba-La is another 400 m higher!

#2: Kharo-La Pass (5,036 m)



The Kharo-La Pass in Tibet is a breathtaking crossing at an altitude of over 5,000 meters, which impresses not only with its sheer height but also with its proximity to enormous glaciers. The pass is known for its spectacular icefalls, where huge glaciers cascade down the mountainside like frozen staircases. These fascinating natural spectacles are clearly visible from the roadside,

making Kharo-La a popular stopover for travelers between Lhasa and Shigatse or Everest Base Camp.

#3: Gyangzê



This pleasant little town features two very interesting attractions. High on the list of every visitor is the monastery with its Kumbum, a 115 ft. high stupa filled with murals and statues ("Kumbum" means "100,000 images"). High on a hill on the other side of the Tibetan Old Town stands the fortress, the Gyantse Dzong, the only dzong in Tibet that didn't get destroyed during the Cultural Revolution. The

reward for the 20-minute climb to the top is awesome views down the Nyang Valley and over to the compound of the monastery, including the Kumbum.



ADVENTURE TIBET

RIDING DAY 6 : GYANGZÉ - ZHAXIZONG

Standard Route (380 km / 236 miles)

A long ride lies ahead of us again today. There are some long, straight stretches across wide-open, desolate landscapes and two high passes that we need to cross. The most spectacular section is Gawula Pass, with 50 hairpin turns and breathtaking views from the top. From here, you can see the highest and most central part of the Himalayas, and five of the world's highest peaks!

For the night, we descend to the town of Zhaxizong, which was nothing but a dusty little village a few years ago. This is changing rapidly, as you will see.

ADVENTURE TIBET

Highlights:

#1: 5000 km marker



The 5000-kilometer marker on the Friendship Highway is a powerful symbol of connection spanning vast distances in China. Rather than indicating elevation or a local geographic feature, this marker tells travelers they are 5000 kilometers away from Shanghai, the sprawling metropolis where China's highway network begins. The Friendship Highway itself, a rugged and scenic route, links Lhasa, the

heart of Tibet, with the Nepalese border, traversing some of the planet's highest mountain passes and breathtaking landscapes.

#2: Lhakpa-La



En route to Mount Everest, along the Friendship Highway, we have to cross several high mountain passes. At 5,260 meters (17,257 ft), Lhakpa La is the highest one. It marks the boundary of Qomolangma National Nature Reserve (QNNR), which protects the northern (Tibetan) side of the main Himalayan ridge. It measures about 35,000 km² (13,500 square miles), roughly the size of Maryland.

From the pass, you can't see the world's tallest mountain yet, but as you descend, you will soon see the characteristic peak in the distance, 120 km away.

ADVENTURE TIBET

#3: Gawula Pass



Gawula Pass, situated within the Everest National Nature Reserve, is a remarkable high-altitude mountain pass in Tibet. With an altitude of 5,198 meters, it is renowned as one of the world's most spectacular viewpoints, offering viewers a rare chance to see five of the highest peaks on Earth simultaneously—Mount Everest, Lhotse, Makalu, Cho Oyu, and Shishapangma. This makes Gawula Pass a unique and breathtaking spot, often called "the world's most

beautiful viewing platform" due to the awe-inspiring panorama it provides.²

The pass is situated approximately 30 kilometers from Tingri and roughly 80 kilometers from Everest Base Camp. It includes the famous 108 bends, a series of hairpin turns that challenge drivers but reward them with stunning views of the rugged terrain below.



ADVENTURE TIBET

RIDING DAY 7 : ZHAXIZONG

Standard Route (100 km / 62 miles)

The northern base camp of Mount Everest has become a major tourist attraction in recent years. It used to be difficult to reach via a rough track, but now the road is paved and easy to drive on. Over 100,000 people now visit the base camp every year, which puts a lot of strain on the sensitive environment in this remote location. To limit the negative impact, since 2019, it is no longer permitted to drive or ride to the camp. Instead, a shuttle bus must be used to reach Ronbuk Monastery and the famous viewpoint below the north face of Everest.

So today we leave our helmets in our hotel room and take the bus, which departs almost directly in front of our hotel. However, we recommend wearing sturdy shoes and warm clothing, as the wind that often blows down from the mountains is freezing cold. Motorcycle boots and jackets are very welcome.

Highlights:

#1: Everest Base Camp



Everest Base Camp in Tibet, also known as the North Everest Base Camp, is located at an altitude of approximately 5,200 meters (17,060 feet) above sea level. It serves as the northern gateway for mountaineers attempting to summit Mount Everest via the northeast ridge route.

Unlike its southern counterpart in Nepal, which sits slightly higher at 5,364 meters, the Tibetan base camp is accessible by a paved road branching from China National Highway 318, making it more reachable for tourists who want to experience the grandeur of the Himalayas. The camp itself is rudimentary, with minimal permanent structures, mostly serving as a staging area for climbers and a place for acclimatization to the extreme altitude.

Visitors to the Tibetan Everest Base Camp can enjoy panoramic views of the world's highest peak just 19 kilometers away. The area is part of the Everest National Nature Reserve and includes the famous Rongbuk Monastery, which adds cultural significance to the trekking experience. Due to environmental concerns, access to the actual base camp has been restricted recently, with tourists often viewing the majestic mountain from nearby vantage points like the Tibetan Tent Camp or Rongbuk Monastery.

#2: Mount Everest



Mount Everest, known as the highest peak on Earth, stands at an astounding elevation of 8,848.86 meters (29,031.69 feet) above sea level, a figure confirmed in a joint survey by China and Nepal in 2020. This colossal mountain, part of the Himalayan range straddling Nepal and Tibet, symbolizes both a natural marvel and a pinnacle of human adventure and endurance.

Everest has long fascinated explorers, climbers, and scientists alike. The first successful ascent was achieved on May 29, 1953, by Sir Edmund Hillary from New Zealand and Tenzing Norgay, a Sherpa of Nepal, a historic feat that marked humanity's conquest of the planet's highest point. Since then, over 7,200 individuals have reached its summit, with thousands of expeditions recorded annually, although climbing it remains perilous due to extreme altitude, unpredictable weather, and treacherous terrain.

The mountain presents two main climbing routes: the South Col route from Nepal and the North Ridge route from Tibet. Each offers unique challenges and stunning perspectives, with the northern side offering views of the Tibetan plateau, and the south showcasing iconic features such as the Khumbu Icefall. Despite its allure, Everest is also marked by risks, including altitude sickness, avalanches, and the inherent dangers present in the "death zone" above 8,000 meters. Over the decades, climbing conditions, safety measures, and commercial expeditions have evolved, leading to record numbers of summits but also highlighting environmental and ethical concerns linked to overcrowding and waste on the mountain.



ADVENTURE TIBET

RIDING DAY 8 : ZHAXIZONG - SHIGATSE (XIGAZÊ)

Standard Route (325 km / 202 miles)

We head back on the Friendship Highway, cross the same high passes we did two days ago, and watch Mount Everest disappear in our mirrors. In Lhazê, we treat ourselves to some lunch and then turn left onto a small side road. It follows the Yarlung Tsangpo River downstream through a wide valley that enables the river to divert into several streams and frequently change its bed. The land is dry and desolate, but here and there, you can see a temple or monastery on the hillside.

Our destination is Shigatse, or Xigazê, as it is sometimes spelled. Tibet's second-largest city is home to Tibetan Buddhism's most important buildings: Tashilhunpo Monastery, the seat of the Panchen Lama. If you visit only one monastery in Tibet, this one should be it.

ADVENTURE TIBET

Highlights:

#1: Shigatse (Xigazê)



Tibet's second-largest city (about 100,000 inhabitants) is also called the Religious City because of its important place in Tibetan Buddhism and history. Shigatse was Tibet's capital from 1565 to 1640, when the fifth Dalai Lama overthrew the Shigatse kings with Mongol assistance. He then established a lineage of spiritual leaders called the Panchen Lamas ("great scholar") with Tashilhunpo

Monastery as their seat.

The monastery, just west of downtown Shigatse, was founded in 1447 and – unlike most of the other religious buildings in Tibet – survived the Cultural Revolution almost undamaged. The monastery's most impressive sight is the world's largest gilded statue, a figure of Jampa, the Future Buddha, standing (or sitting) 85 ft. tall.

#2: Tashi Lhunpo Monastery



Tashi Lhunpo Monastery is a powerful, vibrant place in Tibet, deeply rooted in history and spirituality. Founded in 1447 by the first Dalai Lama, it is home to the Panchen Lama, the second-highest religious authority in Tibetan Buddhism after the Dalai Lama.

The monastery immediately impresses with its huge golden statue of Maitreya Buddha—one of the largest in the world—which sparkles in the sun and fills visitors with awe. In between, you will find magnificent murals and ornate tombs of the Panchen Lamas, telling stories of faith and tradition.

Those who walk there feel the spiritual energy and immerse themselves in an atmosphere steeped in history and living faith. The monks in their colorful robes, the numerous prayer wheels, the constant murmur of prayers – all this makes Tashi Lhunpo a place that goes far beyond a fascinating building.

It is the living heart of Tibetan culture, where one gets the feeling that not only is the past preserved here, but also the spirit of Tibet lives on. A visit to Tashi Lhunpo Monastery is therefore more than just a sightseeing tour – it is a journey into the soul of Tibet.



ADVENTURE TIBET

RIDING DAY 9 : SHIGATSE (XIGAZÊ) - DANGXIONG

Standard Route (325 km / 202 miles)

From Shigatse, we follow the Yarlung Tsangpo River for a while, direction of Lhasa, before we turn left, to the north, into the wild. Apart from a handful of tiny villages and the road, there are no signs of civilization around here, only wide-open spaces and sky-high mountains. The road turns to gravel and gradually, slowly climbs up to Suge-La, at around 5,450 m one of the world's highest motorable mountain passes. You wouldn't think you're so high up, but just get off your bike and walk up one of the hillsides and soon you'll be panting like a marathon runner.

We ride down the pass and join the G-109, the road that leads from Lhasa all the way to Beijing, 3,900 km (2,400 miles) further east. Of course, we don't go that far, only to Dangxiong. This fast-growing little town serves as a hub for travelers between Tibet and the rest of China and as a gateway to Namco Lake.

ADVENTURE TIBET

Highlights:

#1: Suge-La Pass



Kardung-La in Ladakh is widely considered to be the world's highest motorable mountain pass. The plaque at the top says 18,380 ft above sea level, about 5,602 m, but according to GPS measurements (and Google Maps) it is "only" about 5,340 m high. This means that Suge-La in Tibet is quite a bit higher, about 5,450 m.

Please let us know if you find any pass, anywhere, that is higher.

#2: Nyenchen Tanglha



The Nyenchen Tanglha Mountains rise like a mighty backbone across northern Tibet, stretching hundreds of kilometers with peaks that seem to touch the sky. Their highest summit, soaring over 7,100 meters near Lhasa, carries a sacred presence deeply felt by the Tibetan people. These mountains aren't just imposing granite and ice—they are living symbols of strength and spirituality.

On the southern side, the cliffs plunge steeply, while the northern slopes gently roll down to grassy pastures and quiet valleys. Glaciers carve the landscape, ribboning through jagged peaks like ancient rivers of ice. The mountains serve as a vital divide, sending waters south toward the mighty Yarlung Tsangpo River and north into vast inland basins.

Remote and rugged, the Nyenchen Tanglha remain largely wild and untouched. They inspire awe, not only for their natural grandeur but also for their place in Tibetan stories and traditions. To the locals, these mountains are guardians and ancestors, woven into the very fabric of life on the high plateau.



ADVENTURE TIBET

RIDING DAY 10 : DANGXIONG - LHASA

Standard Route (260 km / 161 miles)

It's our last day, we return to Lhasa. It's not very far, so you can add a little morning ride to a nearby pass if you like. From Lhachen La Pass, you can see the huge salt lake Nam Tso in the distance.

The main road to Lhasa can be quite busy, but that doesn't matter to us as we take a side road. The S-202 takes us past Pangduo Reservoir and across a nameless 4,900 m pass into the wide valley of Lhasa River, just east of the city. As we approach the city, brace yourself for lots of people and crazy traffic. Lhasa is very, very busy!

Highlights:

#1: Lhachen-La Pass



With its three-language sign at the top of the pass and the fantastic view of Lake Nam Tso in the west, the Lhachen-La is one of the most beautiful passes in Tibet. It is 5,190 m high and the wind that almost always blows up there is piercingly cold. Keep your helmet on!

Due to overtourism, China has restricted access to the famous salt lake known as Namco, or Nam Tso, or Namucuo. Private vehicles are not allowed anymore, visitors have to use a shuttle bus from the bottom of Lhachen La Pass. This is no fun with all the motorcycle gear on but if you want to go, your tour guide will make it possible. If catching a glimpse of the lake from the top of the pass is enough, you can ride there in the morning before heading off to Lhasa. Your tour guide will be happy to join you. Just don't forget to put enough clothes on...

#2: Lhasa Old Town



In the 7th century, Tibet was unified for the first time, and Songtsen Gampo, the King, made Lhasa his capital. The Jokhang, the heart of the Tibetan Old Town, dates back to that era. Later, the center of power shifted to other places in Tibet, but in 1642 the fifth Dalai Lama moved his court back to Lhasa. He built the Potala Palace, by far the most famous structure in Tibet, a symbol for the Dalai Lama, for

Tibetan Buddhism, for the country, and its struggle for freedom.

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Tibet's most revered religious structure is the Jokhang, a temple founded around 640 AD. "Thick with the smell of yak butter, echoing with the murmur of mantras and bustling with awed pilgrims, the Jokhang is an unrivaled Tibetan experience" (Lonely Planet). The area around the Jokhang is called Barkhor, an interesting blend of pilgrim circuit and Tibetan market. These three attractions alone could keep you busy for days!



We wish you a wonderful tour.

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