



*Lhasa Birding & Culture Exploration*

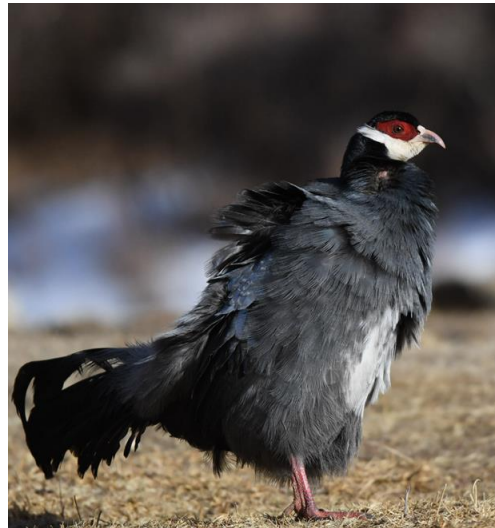
# 4 Days Lhasa Culture & Birding Extension

*Jul 3-6, 2023 OR Jul 18-21, 2023*



## Outline

- Day 1: Lhasa, Tibet, China
- Day 2-3: Lhasa and surrounds
- Day 4: Lhasa / Depart



**Tibetan Eared Pheasant**



**The majestic Potala Palace**



## Overview

Lhasa, known as the "Highland Pearl" on the "Third Pole", is the cultural and religious center for all Tibetan people. The city boasts of numerous significant cultural sites and extraordinary architectures such as the Potala Palace, Jokhang Temple, Drepung Monastery, and Norbulingka Palace.

Lhasa is also an excellent place searching for region-restricted species. Behind the majestic Potala Palace, we can search for Tibetan Black Bird, Ruddy Shelduck, Common Merganser, and Common Rosefinch. While Norbulingka Park is the best place to find Lord Derby's Parakeet. Driving out of the city to a special mountain slope, we can search for the iconic Tibetan Eared Pheasant. There are flocks of them lingering in the shrubs around a small nunnery. Here you can see the power of belief, the teaching of Tibetan Buddhism has created a small paradise where birds and people co-exist harmoniously for hundreds of years. Here we can also search for some other birds like Tibetan Partridge, Tibetan Babax, Brown-cheeked Laughingthrush, and Common Rosefinch.



## Highlights

1. The combination of our experienced western guides and local guides ensures your needs are well met.
2. See some of the most extraordinary plateau specials in the most popular and classic birding sites of the plateau.
3. Visiting the world-renowned Potala Palace, Jokhang Monastery, etc.
4. We run the trip in the best season. Not only birds are in the breeding seasons, but all the destinations have the most beautiful sceneries in this season.
5. A small group size of no more than 8 birders.
6. Years of working as a local partner for some prestigious western companies specialized in birds and other wildlife.
7. A strong logistic team in the office to ensure our trip goes smoothly and every participant has a comfortable and memorable journey.



## Tour Info Sheet

<b>Highlight Birds</b>	Tibetan Eared Pheasant, Tibetan Snowcock, Tibetan Partridge, Tibetan Blackbird, Giant Babax, Lord Derby's Parakeet, White-browed Tit Warbler, Himalayan Beautiful Rosefinch, Streaked Rosefinch, Common Rosefinch, Brown-cheeked Laughingthrush, Plain Laughingthrush, Black-necked Crane, Bar-headed Goose, Common Merganser, Pallas's Gull, etc.
<b>Numbers of Species to Expect</b>	30-60
<b>Ease of Birding</b>	mostly easy
<b>Other Attractions</b>	Tibetan culture, Potala Palace, Jokhang Monastery, Norbulingka Palace, Xiongse Nunnery (Temple)
<b>Photography Opportunities</b>	birding focused but with very good photography chances
<b>Habitats Covered</b>	alpine shrubs, wetlands, coniferous forests
<b>Expected Climate</b>	windy and cold in the morning, strong sunlight in the daytime
<b>Physical Requirements</b>	moderate walk at high altitude
<b>Accommodation</b>	comfortable
<b>Transportation</b>	15 to 20-seat van



## Map




## Itinerary

### Day 1: Fly from Yushu to Lhasa (Alt.: 3,660m).

Followed the main tour in Qinghai, we will fly either from Yushu or Xining to Lhasa. After checking in our hotel in Lhasa city, we will visit Jokhang Monastery. Founded in 650 AD by Sontzen Gampo, one of Tibet's greatest monarchs, Jokhang Monastery is known as the religious center of Tibet and a magnet for pilgrims from all over China. Throughout the day a colorful throng circumambulates the temple, the pilgrims chant and prostrate themselves. Inside the monastery, past rows of prayer wheels, are dark chapels containing a bewildering richness of frescoes and statues. We will also walk on Barkhor Street to explore local people's life.



**The Potala Palace**

### Day 2-3: Birding and Culture Exploration in Lhasa.

In the following two days, we will spend one day for birding and one day for cultural exploration and sightseeing because both the endemic birds and rich cultural heritages are something you can not miss in Lhasa.

For cultural exploration, we will visit the famous Potala Palace and Drepung Monastery. Potala was built between 1645 and 1694, contains over 1,000 rooms, including numerous chapels, shrines, assembly halls, mausoleums, and is undoubtedly one of the world's most extraordinary and moving buildings. The interlinked 'white' and 'red' palaces tower 13 stories high and completely dominate the city below. The panoramic view from the roof across Lhasa to the mountains beyond is well worth a visit. In addition, Drepung Monastery, one of the famous Gelug sect gompas and the largest monastery in Tibet, is also an ideal place for an immersive experience of Tibetan culture.



**Tibetan Eared Pheasant**

The other day will be focused on birding. We will drive out of the city and visit Xiongse Temple at around 4,390m where we can enjoy the beautiful Tibetan Eared Pheasant, Tibetan Blackbird, Giant Babax, we may also see Tibetan Snowcock, Tibetan Partridge, White-browed Tit Warbler, Himalayan Beautiful Rosefinch, Pink-browed Rosefinch, Brown-cheeked Laughingthrush, etc. Besides, we will also visit some birding sites around the city such as Lhalu Wetland, Norbulingka, Lhasa River, we will find some interesting species including the elusive

Lord Derby's Parakeet, Tibetan Blackbird, Streaked Rosefinch, Ruddy Shelduck, Common Merganser, Pallas's Gull, Plain Laughingthrush, Brown-cheeked Laughingthrush, White-browed Tit Warbler, Brown Accentor, etc.

### Day 4: Departure from Lhasa.

In the morning, we can do some birding around the hotel to make our final efforts to add to our bird list if time permits, then we drive to the airport to catch your flight. AlpineBirding service ends.



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