

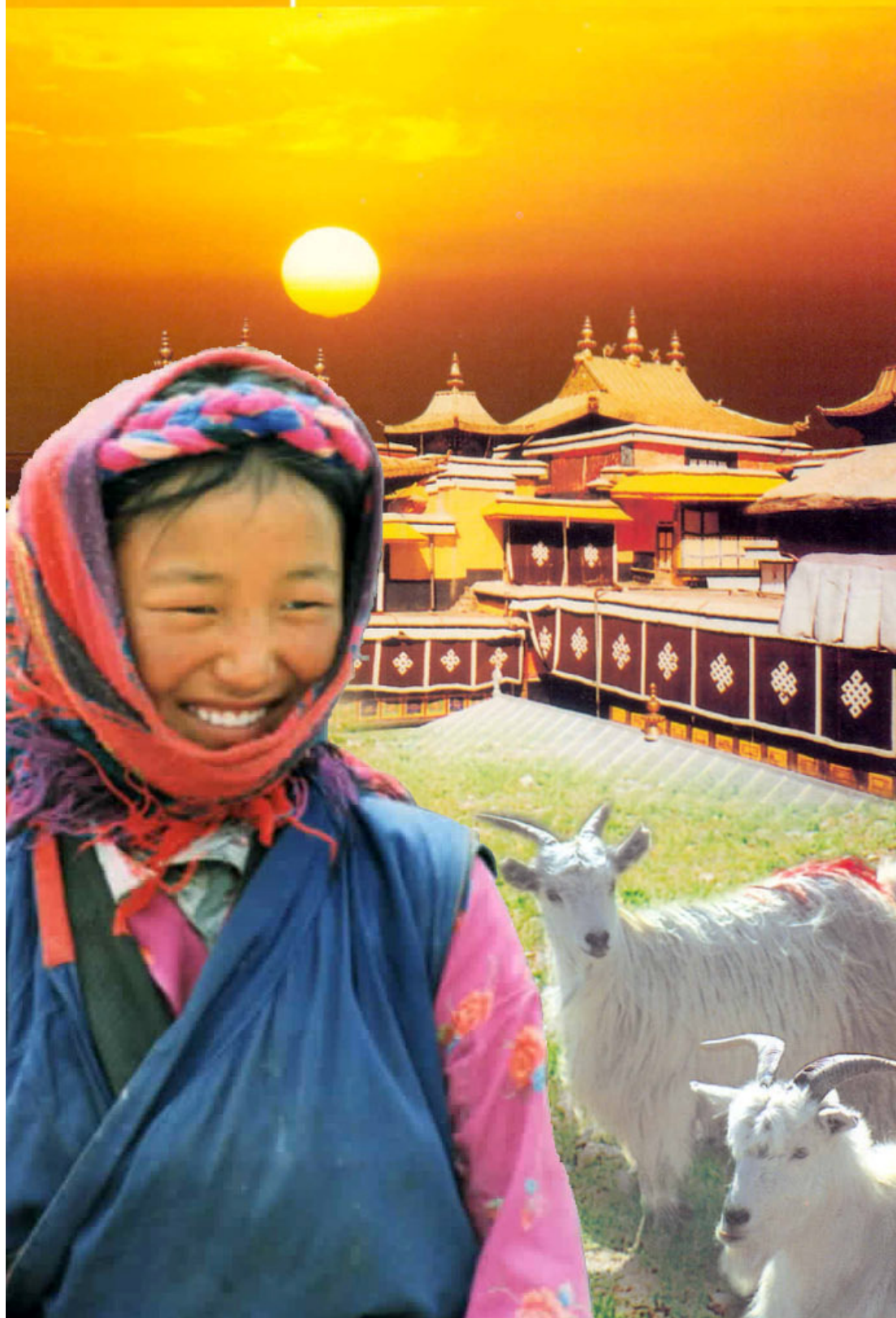
藏佛

Tibetan
Buddhism



藏遊

Culture Tour



English

Tibetan Buddhism

For long centuries, Tibet has fascinated the world. Its rugged isolation, mystical religion, fabulous buildings and hardy people continue to captivate the imagination.

Spirituality is a vital part of life up in this isolated land: because of the region's inaccessibility, there have been few modern-day influences, or distractions, to dilute Buddhism's strength.

Buddhism has gone through many stages of development in Tibet since being introduced from India by Atisa in the sixth century. Buddhism flourished, helped from its adoption by the Tsangpo Dynasty as the national religion. In more recent years Tsongkhapa, founder of the Yellow Sect and master of the Panchen Lama and Dalai Lama, has commanded huge respect for his insightful teachings.

People from all cultures can learn from the disciplines, teachings and philosophies of Buddhism. A tour of Tibetan Buddhist sites gives a more profound understanding of this fascinating religion, and how it impacts the everyday life of Tibetans.

It has hard-to-witness ceremonies such as the sky burial, that are carried out against a stunning backdrop of snow-capped mountains. Buddhists also have a firm belief in reincarnation, symbolised by a diligent search for each and every Great Lama, a Child-Buddha who reveals his identity through certain key signs. The 14th Dalai Lama was discovered in a hillside peasant village, close to the monastery of Ta'er on the Tibetan borderlands of China, by a band of searching monks.

Once, Tibet was out of bounds to all but the most determined travellers, but modern transportation and an increasingly outward-looking Tibet now allow outsiders the chance to see, first-hand, this magical part of the world, with its superbly preserved culture and traditions.

Buddhism is part of the very fabric of everyday life. Few Tibetans live in towns or cities, so when they embark on pilgrimages to their places of worship, it can take weeks, or even months, of arduous travel.

At all Tibetan Buddhist temples, colourfully-dressed nomads can be seen making their circuits of the stupas and monasteries, bowing down low as a mark of respect. The famous Ta'er monastery, near Xining, is the birthplace of the Yellow Sect of Tibetan Buddhism and is known for excellence in three branches of the arts, notably mural painting, butter flowers and embossed embroidery.

A few hours away down a twisting mountain road, visitors can be on the Gansu-Sichuan grassland itself, marvelling at its raw beauty. Flanked by distant mountains is the magnificent Labrang Lamasery, one of the most important lamaseries for the Gansu & Sichuan Province.

Tibetans who live in this sprawling land have long known its secrets. Modern scientific tests have shown that traditional herbal medicines and potions made from plants and animals have valuable healing qualities. Tibetan doctors study for many years before being allowed to practise, using techniques honed to perfection over the centuries.

The most famous and significant Tibetan Buddhist centre of them all is the Potala Palace in Lhasa, one of the world's architectural wonders. Its tiered layer of pure white buildings is breathtaking to behold, dominating the skyline of the city. Its thousands of rooms, sacred treasures and rich history, have earned it a World Heritage Site listing.

Visiting Tibet is, in short, a cultural, spiritual and natural journey to one of the most unspoiled regions of the world. After witnessing Tibetan Buddhism culture close up, it becomes clear why this serene and peaceful way of life so fascinates people from all over the world.

Itinerary One 7 Days Xining & Xiahe (CZ)

1 Hong Kong / Guangzhou

Direct train

Guangzhou / Xining

Approx. 3 hours flight

Meet at the Guangzhou Station and transfer to the domestic airport to connect a flight to Xining - the capital of Qinghai Province.

Accommodation at the Silk Road Tsongkha Hotel

(D)

2 Xining

Travel to the Sun & Moon Hills before proceeding to Qinghai Lake - China's largest inland salt water lake and artists' paradise. It is renowned for its mirrored pastel sunrise, azure beauty at midday and the indigo blues of sunset - a natural scenery of vastness, beauty, mystery and quietness. Visit the Ta'er Lamasery, the birthplace of the founder of the Yellow Sect. Mural paintings, butter flowers and embossed embroideries are famed as the "Three Extremely Excellent Arts" of the Ta'er Lamasery.

Accommodation at the Silk Road Tsongkha Hotel

(B,L&D)

3 Xining / Ledu / Tongren

Coach

Visit the Qutan Monastery, known as the Lesser Forbidden City in Ledu County, is famous for the Ming-style buildings, precious relics and valuable murals of the Ming and Qing (AD1644-1911) dynasties. Onward to Liuwan Tombs, the largest tombs of primitive clan commune with state-level painted pottery statue unearthed.

Accommodation at the Huangnan Hotel or similar

(B,L&D)

4 Tongren

Tongren county, known as the home to Buddhist paintings and sculptures, was popular some 700 years ago. At the Regong Art Museum, learn how the Art was being fully used in beautifying daily life. Visit the famous Wutun and Longwu Temples as good examples of the influence by the Art.

Accommodation at the Huangnan Hotel or similar

(B,L&D)

5 Tongren / Xiahe

Coach

Set in a beautiful mountain valley, Xiahe is second to Tibet for the monasteries. Visit the Labrang Monastery, one of the six major Tibetan monasteries of the Gelukpa (Yellow Sect of Tibetan Buddhism). It is a religious and educational center with six institutes for over one thousand monks.

Accommodation at the Labrang Hotel or similar

(B,L&D)

6 Xiahe / Lanzhou

Coach

Travel to Lanzhou. Visit the First Bridge and Statue of the Yellow River.

Accommodation at the Legend Hotel or similar

(B,L&D)

7 Lanzhou / Guangzhou

Approx. 3 hours flight

Guangzhou / Hong Kong

Direct train

Take a flight to Guangzhou and transfer to the station for a train ride back to Hong Kong. (B)



Itinerary Two 7 Days Xining & Lhasa (CA/CZ)

1 Hong Kong / Guangzhou

Direct train

Guangzhou / Xining

Approx. 3 hours flight

Meet at the Guangzhou Station and transfer to the domestic airport to connect a flight to Xining - the capital of Qinghai Province.

Accommodation at the Silk Road Tsongkha Hotel

(D)

2 Xining

Visit the Ta'er Lamasery, the birthplace of the founder of the Yellow Sect. Mural paintings, butter flowers and embossed embroideries are famed as "Three Extremely Excellent Arts" of the Ta'er Lamasery. Travel to the Sun & Moon Hills before proceeding to Qinghai Lake - China's largest inland salt water lake and artists' paradise. It is renowned for its mirrored pastel sunrise, azure beauty at midday and the indigo blues of sunset - a natural scenery of vastness, beauty, mystery and quietness.

Accommodation at the Silk Road Tsongkha Hotel

(B,L&D)

3 Xining / Lhasa

Approx. 2 hours flight

Fly to Lhasa, meaning the "Holy Land" in Tibetan language, the capital of Tibet Autonomous Region at 3,700 meters above sea level. Rest of day at leisure to acclimatize to the high altitude.

Accommodation at the Lhasa Hotel or similar

(B,L&D)

4 Lhasa

Visit the "World Cultural Heritage" Potala Palace, the headquarters of the Dalai Lamas and a treasure house of traditional Tibetan culture. Scattered over the mountain is one of the three major monasteries of Yellow Sect - the Deprung Monastery, built by a famous disciple of Tsongkhapa, founder of the Ge-lug-pa sect. Onward to the "Jewel Garden" Norbu Lingka - the summer palace built by the 7th Dalai. Enjoy souvenirs-shopping at the Barkhor, a pilgrim circuit, an astounding jamboree and a Tibetan-style stock exchange.

Accommodation at the Lhasa Hotel or similar

(B,L&D)

5 Lhasa / Gyangze / Xigaze

Coach

Walk around the Baiju Monastery - the headquarter for 3 sects, the Sa-kya-pa, Ka-tam-pa and Ge-lug-pa which is a rare phenomenon in Tibet. Afternoon travel to Lake Yamzhog Yum - one of the 3 holy lakes in Tibet with snow-capped mountains, islands, pasturelands, hot springs, wild animals and plants and monasteries.

Accommodation at the Shangdong Building or similar

(B,L&D)

6 Xigaze / Lhasa

Coach

Guided through the Tashilhunpo Monastery - built by the 1st Dalai, houses the seat for the Panchen Lama and enshrines a gilded-bronze Buddha of Qiangba, the largest of its kind in the world. Visit the birthplace of Tibetan culture - the Yarlung Zangbo River Valley and a handicraft centre.

Accommodation at the Lhasa Hotel or similar

(B,L&D)

7 Lhasa / Chengdu

Approx. 2 hours flight

Chengdu / Hong Kong

Approx. 2 hours flight

Take a flight to Chengdu to connect a flight back to Hong Kong.

(B)



行程一 七天西寧及夏河
Itinerary One - 7 Days Xining & Xiabe

行程二 七天西寧及拉薩
Itinerary Two - 7 Days Xining & Lhasa

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Tibetan Buddhism

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絲路旅遊



Silk Road Travel

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