

Travel to the Roof of the world

Tibet has been crowned as the "roof of the world" and Lhasa is its political and spiritual capital. At 13,000 feet it is one of the highest habitations in the world. Over the centuries one of the branches of Buddhism flourished in Tibet. As an isolated habitation people of the Tibet achieved great heights in the world of spirituality. Their state head is known as Lama. Some people define Tibetan form of Buddhism as Lamaism.

It is believed that Buddhism was introduced in Tibet by pilgrims from India, in the early centuries after Christ in the modern history. It is said that Buddhism was influenced by local religion by the name Bon and interrelation resulted in Lamaism. First spiritual and religious head known as Dalai Lama took the seat of leadership in 1573. Since then there is unbroken chain of lamas known as Dalai Lama.

After Chinese occupation of Tibet Present Dalai Lama, which is 14th in the chain fled to India in 1959? Many monks and lama from monasteries fled to India to carry out their studies. Before Dalai Lama left for India, Potala Palace in Lhasa was his official residence. Its location in the city was on top of Red Mountain. Palace was divided in two palaces known as red and white palace. Complex was 110 meters tall and 360 meter across. The palace had extensive collection of images and had over 1000 rooms.

The Jokhang Temple which was founded more than 1,300 years ago is another magnificent monument in Lhasa. It is situated in the heart of Lhasa. In front of the shrine a stone tablet has been erected. It contains inscription in Chinese as well as Tibetan script. It bears the signage from Tang Dynasty. By the stone tablet there is a Tang willow tree. The tree was planted by Princess Wen Cheng.

Drepung monastery is another magnificent and famous structure in Lhasa. It is located six miles in the north of Lhasa city. The monastery is built in Tibetan style and stands on a high cliff. It was founded in 1416. In its peak times it was one of the largest monasteries around Lhasa. At present the monastery is open to worshippers.

Mount Qomolangma is the name given by Tibetans to the Mount Everest. In Tibetan language, word Oomolangma means "goddess the third". Standing more than 39,000 feet high it is a wonder of wonders. You will admire it and love it.

In the last decade China has opened up Tibet a lot. Tibet's infrastructure has improved as well as the means of transportation to the front. New railway line has been opened. Travel through this track is a breathtaking experience. Air links between Lhasa and towns of China have improved in quality as well as quantity. Go to official Travel web site of China for latest and more information.

About the Author

For more information on Lhasa and its attractions visit [China vacation](#) or [china trips](#) web sites. [Holiday in china](#) website will provide you more information about group tours for China. To know about accommodation visit [china tours](#) website.

Source: <http://www.insria.net>