



# 4 Nights Incentive Programme

Escape to Lhasa

  
Ovation  
Strategic Partner

**Lhasa**, the heart and soul of Tibet, is a city of wonders. The visits to different sites in Lhasa would be an overwhelming experience. Potala Palace has been the focus of the travelers for centuries. It is the cardinal landmark and a structure of massive proportion. Similarly, Norbulingka is the summer palace of His Holiness Dalai Lama. Drepung Monastery is one of the world's largest and most intact monasteries, Jokhang temple the heart of Tibet and Barkhor Market is the place to get the necessary resources for locals as well as souvenirs for tourists. At the end of this trip we visit the Samye Monastery, a place without which no journey to Tibet is complete.





A wide-angle photograph of a courtyard filled with Buddhist monks in maroon robes. Some monks are standing, some are sitting on the ground, and others are in motion. The courtyard is surrounded by trees and a white wall with a small building in the background. A large white circle is superimposed over the center of the image, highlighting two monks sitting on the ground.

# Day 1

Arrive in Lhasa



## Day 1



### ○ Morning

After a warm welcome at Gonggar Airport (3570m) in Lhasa, transfer to the hotel.

**Distance (Airport to Lhasa): 62kms/ 32 miles**

**Drive Time: 1 hour approx.**

**Altitude: 3,490 m/ 11,450 ft.**



### ○ Leisure for acclimatization

*Lhasa is a city of wonders that contains many culturally significant Tibetan Buddhist religious sites and lies in a valley next to the Lhasa River.*





# Day 2

In Lhasa





## Day 2



- **Morning: Set out to visit Sera and Drepung Monasteries**

Founded in 1419, **Sera Monastery** is one of the “great three” Gelukpa university monasteries in Tibet. 5km north of Lhasa, the Sera Monastery’s setting is one of the prettiest in Lhasa.

The **Drepung Monastery** houses many cultural relics, making it more beautiful and giving it more historical significance.





# Day 3

In Lhasa

## Day 3



### ○ Morning: Potala Palace

**Potala Palace** - Potala Palace, the chief residence of the Dalai Lama since the 7<sup>th</sup> century has been the focus of travelers for centuries. It is the cardinal landmark and a structure of massive proportion. It symbolizes Tibetan Buddhism and its role in the traditional administration of Tibet.



### ○ Afternoon: Norbulingka

**Norbulingka** means 'Treasure Park' in Tibetan and is situated in the western suburb of Lhasa City, on the bank of the Kyichu River, about one kilometer southwest of the Potala Palace. It is the biggest man-made garden in Tibet.

Visit **Barkhor Street**, the oldest street in Lhasa and runs through the center of the old city. It is a circular street where Tibetan culture, economy, religion and arts assemble.



### ○ Evening:

**Jokhang Temple** also houses many invaluable cultural relics. Every year, the Great Prayer Festival is held here.





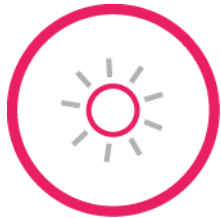


# Day 4

In Lhasa



## Day 4



### ○ Morning

Visit **Ganden Monastery** which is located on Wangbur Mountain, on the southern bank of Lhasa River about 47 kms from Lhasa City. It stands at an altitude of 3,800 meters above sea level. It is one of the earliest and largest Buddhist monasteries in Tibet. Ganden means 'joyful' and is the Tibetan name for Tusita, the heaven where the bodhisattva Maitreya is said to reside.





# Day 5

Final Departure



Day 5



- **Final Departure**

Transfer to the airport for onward journey.





**Thank  
you!**



**Palyung Block # 1-26 (2nd Floor) Men Tse Kang  
Road Lhasa, Tibet P.R.C**

**[Ovationdmc.com/destinations/tibet](http://Ovationdmc.com/destinations/tibet)**

Phone: +86.891.6342220

Fax: +86.891.6782393