



9 Nights Incentive Programme

Everest from Tibet


Ovation
Strategic Partner

Lhasa, which means 'the land of the gods' is the heart and soul of Tibet. It is a city of wonders, the capital of the Tibet autonomous region of China. The city contains many culturally significant Tibetan Buddhist religious sites and lies in a valley next to the Lhasa River. For centuries this holy city has attracted travelers from all over the world, drawn by beautiful scenery, cultural heritage and its mysticism leaves the travelers captivated.





Day 1

Arrive in Lhasa

Day 1



- **Arrive in Lhasa**

After a warm welcome at the Gonggar Airport in Lhasa, you are transferred to the hotel.

Drive Time (Airport to Lhasa): 1 hour approx.

Altitude: 3,595 m / 11,794 ft.



- **Leisure for acclimatization**



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 7th 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.

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



○ Evening:

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.



Day 4

Drive to Gyantse. Visit Kumbum Stupa and Palkhor Monastery



Day 4

- **Drive to Gyantse. Visit Kumbum Stupa and Palkhor Monastery**

Drive Time: 4 hours approx.

Altitude: 4000m/ 13,124 ft.

After breakfast we begin our drive to **Gyantse** via Turquoise Lake. The third most important city, Gyantse is one of the least Chinese influenced towns in Tibet and is worth a visit for this reason alone.

En-route visit Kumbum stupa and Palkhor Monastery.

Kumbum Stupa: The spectacular Bodhi stupa, or Kumbum in Tibetan was built in 1412 and completed 10 years later. The famous Kumbum pagoda, built in collaboration with Newari artists from Nepal and Tibetan artists, also stands in the same courtyard with nine stories, 108 doors and 77 chapels containing clay sculptures and various murals.

Palkhor Monastery: Located about 100 km east of Shigatse, the unique Palkhor Monastery, also named Palcho Monastery, is very different from other monasteries. It is reputed as the lord of Tibetan stupas and is famous for its architecture, sculpture, and mural painting art.



Day 5

Drive to Shigatse



Day 5

- **Drive to Shigatse**

Drive Time: 2 hours approx.

Altitude: 3,900m/ 12,795 ft.



En-route to Shigatse, visit **Tashilunpo Monastery**, a historic and culturally important monastery in Tibet. It is located on a hill in the center of Shigatse. Tashilhunpo in Tibetan means "all fortune and happiness gathered here" or "heap of glory". Since the early 1980s parts of the Tashilhunpo Monastery have been open to the public and it is an important tourist attraction in Tibet today

Shigatse is the second largest city in Tibet and the capital of the traditional Tibetan province of Tsang.



Day 6

Drive to Shegar



Day 6



○ **Drive to Shegar**

Distance: 237kms/ 147 miles

Drive Time: 4 hours approx.

Altitude: 4,050 m/ 13,287

On the way to Shegar, visit **Sakya Monastery**, built in 1073. Sakya means 'Grey Soil' in Tibetan, a name given because of the grey soil in the surrounding area. The monastery is divided into Southern and Northern parts. The Northern Monastery is now visible as ruins.



Day 7

Drive to Rongbuk and visit Everest base Camp



Day 7

- **Drive to Rongbuk and visit Everest base Camp**

Distance: 131kms/ 81miles

Drive Time: 3 - 4 hours approx. (each way)

Altitude: 4,980 m/ 16,338 ft

Drive for an hour and a half to Rongbuk and further to visit EBC.

It's just over a two-hour walk each way from **Rongbuk Monastery** to the **Everest Base Camp**. Vehicles do the trip in about 15 minutes. Above Rongbuk the valley expands into a large glacial outwash plain. Passing the recently built SherabCholing Hermitage (signposted as the Guru Rinpoche Monastery) you may see herds of deer and yak on the hillsides.

After visiting Everest Base Camp drive back to Rongbuk.

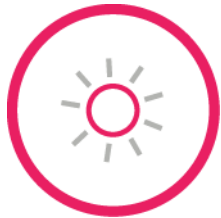


Day 8

Drive to Shigatse



Day 8



- **Drive to Shigatse**

Drive Time: 7 hours approx.

Drive back to Shigatse.

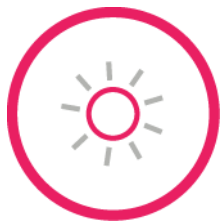


Day 9

Drive to Lhasa



Day 9



○ **Morning: Drive to Lhasa**

Drive Time: 5 hours approx.

Drive back to Lhasa.



○ **Afternoon at leisure**

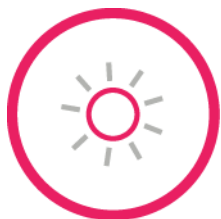




Day 10

Final Departure

Day 10



- **Final Departure**

Transfer to the airport for onward journey.



**Thank
you!**



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