

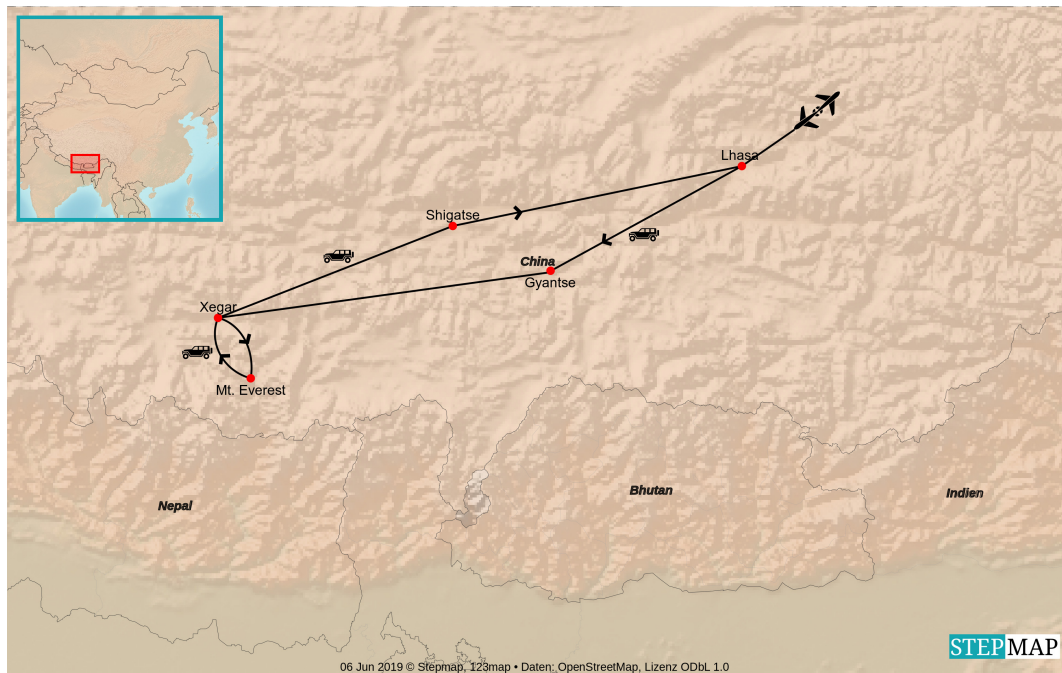


# ALIDA Travel

上海安迅國際旅行社有限公司

**On the roof of the world: Excursion to Mt. Everest (10 days)**

## Day 1 Arrival in Lhasa



Arrival at Gonggar Airport. Meet and Greet by your local tibetan guide. Transfer to Lhasa. The rest of time for free. Acclimatize yourself to the high altitude.

## Day 2 Lhasa



Lhasa Essential Tour to the Potala Palace and the Jokhang Temple. Strolling along the Barkhor Street in the old town.

## Day 3 Lhasa



Visiting the Sommerresidenz Norbulinka and the Sera Monastery, where you may watch monks debate on buddhistic topics.



## Day 4 Lhasa-Gyantse



Car ride across 2 mountain passes to Gyantse. En route Picknick at the Yamdrok Lake, one of the three holy lakes in Tibet. Visiting the Giant Stupa in the Pelkor Chode Monastery.

## Day 5 Gyantse-Xegar



Car ride across 5000m high pass to Xegar, the starting point for the Mt. Everest mission. En route visit the Skaya monastery.

## Day 6 Xegar-Rungbuk



Car ride to Rungbuk, the village at the foot of the Mt. Everest. Enjoying stunning views both on the way and around the overnight place near the Rungbuk Monastery.



## Day 7 Rungbuk-Shigatse



Watching a sunrise on the Mt. Everest, may the weather allow. Car ride back to Shigatse. Upon arrival visiting the Tashilumpo Monastery.



## Day 8 Shigatse-Lhasa



Car ride back to Lhasa. Free time at leisure in the afternoon.

## Day 9 Depart



Transfer to airport. Depart.