

Sorigtour in Amdo Tibet with Dr.Machik - 2020

Day	Date	From - To	Distance	Altitude	Itinerary
1	8/ Aug	Airport - Xining	30km	2275m	<p>Guests will arrive in Xining according to their own schedules. Airport and train station pickups will be arranged, hotels will be reserved upon notification of arrival dates.</p> <p>Evening: Group dinner and announcements, receiving Sorigtour booklets.</p>
2	9/ Aug	Xining	10km	2275m	<p>Morning: Visit Tibetan Medical Museum, Explanation of the Buddhist history, art and medicine of Tibet.</p> <p>Afternoon: divide into two groups, group 1 will receive 30m-40m HORME Therapy for each participant in the Tibetan Hospital by Dr.Tsewongtso and her colleagues. Group 2 has free time to shop or rest.</p> <p>Evening: Group dinner and announcement.</p> <p>PS: HORME Therapy is included, if you need consultation, please book with us in advance with extra charge.</p>
3	10/ Aug	Xining - Kumbum Monastery	40km	2275m	<p>Morning: Visit Kumbum Monastery and clinic</p> <p>Afternoon: divide into two groups, group 2 will receive 30m-40m HORME Therapy for each participant in the Tibetan Hospital by Dr.Tsewongtso and her colleagues. Group 1 has free time to shop or rest.</p> <p>PS: HORME Therapy is included, if you need consultation, please book with us in advance with extra charge.</p> <p>Evening: Group dinner and announcement.</p>
4	11/ Aug	Xining - Rebgong	180km	2275m	<p>Morning: Drive to Rebgong county</p> <p>Afternoon : Visit different villages to explore the Shaman festival- Lurul.</p> <p>Evening: Shanglong practice and group dinner</p>
5	12/ Aug	Rebgong	5-25km	2500m	<p>Morning: 9:00 - 10:00 - Study Tibetan language for the daytime activities.</p> <p>All day: Visit different villages to explore the Buddhist&Shaman festival - Luru, one of the most exotic festival in Tibet, suggested to be the best time to take unique pictures and film personal documentaries</p> <p>Evening: Shanglong practice and Group dinner</p>
6	13/ Aug	Rebgong - Rigzinrampelling	25km	3200m	<p>Morning: Visit Rigzinrampeling early morning, Hiking to the cave of Rigzin Palden Tashi, King of Yogi in Amdo region, return to have lunch in the village. (5 hour hiking with guide.)</p> <p>Afternoon: Group practice in the temple after simple lunch in the village.</p> <p>Evening: Shanglong practice and Group dinner</p>
7	14/ Aug	Rebgong - Sogzong	131km	3800m	<p>Morning: Drive to Sogzong, settle down in hotel.</p> <p>Afternoon: Group lunch, visit Dr.Machik and his clinic, rest to adjust the altitude, time for buying personal needs.</p> <p>Evening: Group dinner and announcements, receive handbooks of Urine&Pulse analysis by Dr.Machik.</p>
8	15/ Aug	Sogzong		3800m	<p>Morning: 9:00 - 10:00 - Study Tibetan language for the daytime activities.</p> <p>All day: Tibetan medical training of Urine&Pulse analysis with Dr.Machik.</p> <p>Evening: Shanglong practice and announcements</p>
9	16/ Aug	Sogzong		3800m	<p>Morning: 9:00 - 10:00 - Study Tibetan language for the daytime activities.</p> <p>All day: Tibetan medical training of Urine&Pulse analysis with Dr.Machik.</p> <p>Evening: Shanglong practice and announcements</p>
10	17/ Aug	Sogzong		3800m	<p>Morning: 9:00 - 10:00 - Study Tibetan language for the daytime activities.</p> <p>All day: Tibetan medical training of Urine&Pulse analysis with Dr.Machik.</p> <p>Evening: Shanglong practice and announcements</p>
11	18/ Aug	Sogzong		3600m	<p>Morning: 9:00 - 10:00 - Study Tibetan language for the daytime activities.</p> <p>All day: Tibetan medical training of Urine&Pulse analysis with Dr.Machik.</p> <p>Evening: Shanglong practice and announcements</p>
12	19/ Aug	Sogzong		3600m	<p>Morning: Effective and useful Tibetan compound medicine introduction with Dr.Machik.</p> <p>Afternoon: Consultation and (optional) purchase medicines for oneself with Dr.Machik.</p>
13	20/ Aug	Sogzong		3600m	<p>All day: Visit Dakini (Palden Lhamo and Machik Labdron) cave and lake.</p> <p>Evening: Shanglong practice and announcements</p>
14	21/ Aug	Sogzong - Ngawa	275km	3300m	<p>All day: Drive to Ngawa. (6h30m). Visit Taklung monastery with Guru Rinpoche statue on the way, Hotel in Ngawa.</p> <p>Evening: Group Dinner and announcements</p>
15	22/ Aug	Ngawa		3300m	<p>Morning: Visit Tsochen monastery (white Bön) where we can see Guru Rinpoche statue in a Bon monastery.</p> <p>Afternoon: Visit Nakzhing monastery (Black Bön) and Jonang Monastery(Se Monastery), whose core is Kalachakra, afternoon tea in a Tibetan family to see typical house of Ngawa. Hotel in Ngawa. (3300m).</p> <p>Evening: Group Dinner and announcements</p>



16	23/ Aug	Ngawa - Taktsang Lhamo	185km	3200m	All day: Drive from Ngawa to Taktsang Lhamo. The drive (with stops) takes 4 hours with spectacular scenery of nomadic grassland. (185km) (3200m). once we arrive, we will visit Kirti monastery, Lhamo cave, Tiger cave and walk in the valley behind, it is a beautiful hiking. sleep in a hotel in Taktsang Lhamo. Evening: Group dinner and rest.
17	24/ Aug	Taktsang Lhamo - Labrang	203km	2920m	All day: Drive from Taktsang Lhamo to Labrang. (3h30) (203km) Afternoon visit Labrang Tashikyil monastery: printing house*, place where they make amulets, Kora around Labrang monastery if anybody wants to join after dinner, Hotel in Labrang. Evening: Group dinner and rest.
18	25/Aug	Labrang - Xining	265km	2275m	Morning: Enjoy walking around Labrang monastery and markets. Afternoon: Drive from Labrang to Xining. Evening: Farewell Dinner and Hotel in Xining.
19	26/Aug	Xining airport	40km	2275m	Drop off to the airport or Train station, See you next year!

Trip Price		
8 - 12 students	13 - 18 students	19 - 24 students
€1900	€1800	€1700

Single room service cost: € 350

Price includes:

- ✓ All long or short distance land transportation related the schedule.
- ✓ **Three** English - Tibetan - Chinese speaking tour guides and translators.
- ✓ Entrance fee for sightseeing mentioned in the schedule.
- ✓ Twin bed standard room in hotels specified in program or similar level.
- ✓ The travel agency liability insurance.
- ✓ **All meals during the tour.**
- ✓ Basic Medical instruments for external therapies and other facilities at Dr.Machik's clinic.
- ✓ Tibetan medicine purchase arrangement.
- ✓ Dr.Machik's diagnosis training and consultation.
- ✓ Horme Therapy at the Tibetan hospital in Xining.
- ✓ Tibetan Language training.

Price excludes:

- ✓ Airfare or train
- ✓ Personal expenses
- ✓ Personal Taxi fare
- ✓ -Tips for your guide (recommended if service is good)
- ✓ -Travel insurance (we require all travelers to provided their own travel insurance for the duration of the journey. We recommend www.worldnomads.com and this is fairly cheap)
- ✓ -Specialty or alcoholic drinks
- ✓ -Visa or passport costs
- ✓ -Other Activities or entry costs not mentioned in the itinerary

Suggestions:

Please bring at least one or two thick jackets

Please bring sun cream and hats

Please bring basic medicines for emergency cases