

Eastern Tibet Tour

Day 01: Arrive in Kunming then Fly to Lijiang: 45 mins flight time

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then board a plane to travel to Lijiang. Lijiang is an ancient city in Yunnan province. It is over 800 years old dating back to the Song dynasty. The city has more of a resemblance to a fairytale than real life. It is also inhabited by ethnic minorities with a beautiful culture. The city is surrounded by Lion Mountains in the west and Golden Row, and Elephant Mountains in the north. We spend the night in Lijiang.

Day 02: Travel to Lugu Lake: 6-7 hours

Today we embark on a path to Lugu Lake. We are greeted by green valleys, terraced farms, and beautiful mountains as we travel to lake. Upon arrival in Lugu, we check into rooms and spend the night.

Day 03: Go Sightseeing at Lugu Lake

We spend today participating in activities on or near the lake. We can go for a walk around the horse shoe shaped lake, go fishing, go for a canoe ride, and sit with our feet in the pristine water, or any activity available for us at the time. We spend the night in Lugu.

Day 04: Lugu to Shangri-la: 4-5 hours

From Lugu, we travel to Shangri-La. More than a fictional place in the novel Lost Horizon by James Hilton, Shangri-La is a real place. It translates to “the sun and the moon in the heart”. The road to Shangri-La is accompanied by jungles and forests, domesticated landscapes and terraced farms. We spend the night in Shangri-La.

Day 05: Shangri-La sightseeing, Sumtsaling Monastery, Pudacuo National Park visit

In Shangri-La, we experience Tibetan lifestyle, cuisine, lifestyle, culture, and religion. We also tour the Sumtsaling Monastery. It is also known as Little Potala Palace and was built in 1679 by the 5th Dalai Lama. We also visit Pudacuo National Park. In the park we can see natural wonders like lakes, rivers, marshes, and the accompanying wildlife. We spend the night in Shangri-La.

Day 06: Travel to Daocheng: 9-10 hours

The landscapes as seen out the window while traveling from Shangri-La to Daocheng have been described as being among the most beautiful in the world. The many small settlements along the way have a cottage like feel and seem to be perfectly placed in the landscape. We can stop at any of the restaurants along the way for authentic Chinese food. We spend the night in Daocheng.

Day 07: Travel to Yading National Park

Yading National Park has been closed to foreigners until the late 1990's. It is a treat to be able to tour it today. The National Park contains three sacred mountains, Jambayang, Chanadorjee, and Chenrezik. Tibetans believe the mountains bring good fortune to people. Many people each year go on a pilgrimage around the mountains. Other than the mountains, we get to interact with the landscape and see the plants and animals native to the area. We spend the night in a guest house at the park.

Day 08: Trek around Chenrezik Mountain to Campsite: 4-5 hours 4,000 m

We begin our trek around Chenrezik Mountain today. Traveling around Chenrezik by horse is an option, however most people prefer to go by foot because they find it easier. We pass small waterfalls along the trail to our campsite.

Day 09: Trek around Chenrezik Mountain, and Travel to Daocheng: Trek ends 4-5 hours 4,000 m

From our campsite we trek to Kasi Valley. The path leads through unique stone formations naturally sculpted by the wind and water. Tibetans say they resemble guillotines and hand scales. The path is set inside a gully, which some Tibetan beliefs say the departed souls of the dead have to walk through to get to heaven. The opening of the gully points at Kasi Village. We complete our trek and travel to Daocheng. We spend the night in Daocheng.

Day 10: Travel to Kanze: 4-5 hours

From Daocheng we travel to Kanze. It is a merchant town with a busy market place. It is nestled at the base of the Trola Mountain Range and is a natural place to rest from the trek. The landscape outside the town is populated with villages, wilderness, and monasteries. We visit Kandze Monastery, 2 hours outside Kanze. We spend the night in Kanze.

Day 11: Travel to Larung Gar and Go Sightseeing

Larung Gar is best known for its religious inhabitants and their houses. The area has thousands of box shaped houses planted firmly into the side of a hill. With a population of over 40,000 people comprised mostly of monks and nuns, it is possibly the largest religious institute in the world. We tour the area, and the monastery.

Day 12: Watch the Sky Burial Ceremony, Travel to Luhuo

Today we can see a sky burial ceremony. Some Tibetans believe the body is an empty vessel after death. Due to the rocky soil, it is too difficult to offer the body to the earth. Limited timber and fuel resources prevent most Tibetans from a funeral pyre. Instead, a ceremony was developed to give the body of the dead to the eagles that rule the sky. The sky burial ceremony should be watched with respect for the dead, and tradition. We end our day in Luhuo.

Day 13: Travel through Tagong to Kangding and Visit a Monastery

We depart Luhuo for Kangding today. On our way we stop at Tangong and visit Tangong Monastery. The monastery sits near Yala Mountain, which is a sacred mountain. At the monastery we can see Buddhist ceremonies performed. After reaching Kangding we can tour the quiet town.

Day 14: Travel by vehicle or plane to Chengdu

The trip to Chengdu from Kangding takes 5 to 6 hours by car or about 1 hour by plane. We can choose to see more of the countryside or spend the extra time in Chengdu shopping or touring the area. We spend the night in Chengdu.

Day 15: Final departure

We conclude our trip after breakfast. If you wish to stay in Tibet, further accommodations can be arranged or if you are leaving we will assist in preparations and transport to the airport.