



桂林中青旅国际旅游有限公司特色旅游部

China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin

Xi'an to Tibet Tour with Trekking from Tsurphu to Yangpancheng in Tibet

<http://www.chinaexpeditiontours.com/china-tours/xian-to-tibet-tsurphu-to-yangpancheng-china-tour.html>

Tour Code: CET-HK03

Length: 11 days and 10 nights

Cities Visited/Stayed: (Hong Kong), Xi'an, Tibet, (Hong Kong)

Highlight Attractions: Barkhor Square, Jokhang Monastery, Potala Palace, Tsurphu Monastery

Experience & Features: Train Ride to Tibet, Tibetan Family Visit, Hiking from Tsurphu Monastery to Yangpancheng

This trekking tour offers a good chance to get a close look at the Tibetan herders and their nomadic lifestyles. The trek exceeds 4400m in average with a maximum elevation at 5300m. It nicely balances cultural and wilderness activities and available in Mid April-Mid Oct.

Hiking Duration: about 4-6 Hrs per day, 4 days total

Hiking Distance: about 6.8 Km-15 Km (9.3 Miles) per day, 4 days total

Hiking Starting Point: Tsurphu

Hiking End Point: Yangpancheng

Tour Type: Private and Guided

Meals: Picnicking meals for the trekking part

Itinerary

Day 1: Hong Kong-Xi'an

Fly from Hong Kong to Xi'an. You will be picked up at airport and transferred to your hotel.

Stay overnight in Xi'an.

Meals: (B, L)

Day 2: Board on the train in Xi'an

In the morning go to the railway station to get the train heading for Lhasa.

Stay overnight on the train (hard sleepers).

Meals: (B, L)

Day 3: Arrive in Lhasa

Arrive in Lhasa in the afternoon or evening. Our local guide will welcome you in the train station and then we transfer you to the hotel in Lhasa. It is better to acclimatize yourself to the high altitude as soon as possible.

Stay overnight in Lhasa.

Meals: (B, L)

Day 4: Sightseeing in Lhasa

Visit the renowned **[Potala Palace]**, **[Jokhang Temple]**, **[Barkhor Street]** and a **[local Tibetan family]**. The rest time of the day will be free on your own.

Stay overnight in Lhasa.

Meals: (B, L)

Day 5: Lhasa-Tsurphu Monastery

Filled with the fresh morning air, we'll drive from Lhasa to **[Tsurphu Monastery]** for about 2hrs. After arrival, you may visit the monastery and be prepared for the next few days trekking tour.

Stay overnight in tent.

Meals: (B, L)

Day 6: Trek Tsurphu Monastery to Leten, 11km (6.8 miles), 4hrs

After breakfast, start the first-day trek up a green valley to Leten. On the way, you could pass through various species of mountain goats and some small nomadic community camps for summer herding, and sometimes, you may stop into the herder's tent for a cup of salt butter tea or fresh yak milk, which would be unfamiliar to you. Most important is that the classic beauty of Tibet will be with you for the entire trek tour.

Stay overnight in tent.

Meals: (B, L)

Day 7: Trek Leten to Bartso, 15km (9.3 miles), 5-6hrs

Climb over the Damchen Nyingtri pass and descend into a beautiful valley. After three hours, you'll pass the Lasar La to the Yangpancheng valley, followed is Bartso, a drokpa village with several houses. Today's view is also breathtaking with streams, wide open plateaus, powder-blue sky, etc.

Stay overnight in tent.

Meals: (B, L)

Day 8: Trek Bartso to Dorje Ling Nunnery, 15km (9.3 miles), 4hrs

Follow a wide trail across the valley to another ridge, from where you'll be rewarded with views of Mt. Nyianchengtangula (over 7000m). After pass the Tajung village, you may see some young nomadic boys and girls having a picnic on the plateaus while watching their yaks and sheep graze. In the afternoon, we will set up camp near the small Dorje Ling Nunnery.

Stay overnight in tent.

Meals: (B, L)

Day 9: Trek Dorje Ling Nunnery to Yangpancheng Hot Spring, 14km (8.7 miles), 4hrs

Leaving Dorje Ling Nunnery behind, you'll have easy trek along the Nyango Chu River through the grassy valley to Yangpancheng Gomba. Our Land cruiser will be waiting for you at the monastery and guide you to the [hot spring]. After that, drive to the beautiful **[Namtso Lake]**, the biggest highland lake in Tibet.

Stay overnight in tent.

Meals: (B, L)

Day 10: Drive back to Lhasa from Namtso Lake

We need to take a quite long drive from Namtso Lake back to Lhasa.

Meals: (B, L)

Day 11: Lhasa-Chengdu (via)-Hong Kong

There will be a private drive taking you to the airport for your homeward flight. Your wonderful Tibet tour ends.

Meals: (B)



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