



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

9 day Tibet Tour with Trekking from Tsurphu to Yangpachen

<http://www.chinaexpeditiontours.com/city-tours/treking-from-tsurphu-to-yangpachen.html>

The Tsurphu to Yangpachen trek is an excellent choice for those who want to get a close look at the Tibetan herders (drokpa) and their semi-nomadic lifestyle. Although they have permanent winter homes they spend much of the year camping with their animals.

Beginning at Tsurphu Monastery this rugged walk crosses several alpine valleys before emerging into the broad and windswept Yangpachen valley. This is a high elevation trek exceeding 4400m for the entire duration and a maximum elevation 5400m at the Lasar-la. Combining alpine tundra and sweeping mountain panoramas with visits to monasteries and a nunnery, this trek nicely balances cultural and wilderness activities. The Best time for this trek is from mid- April to Mid of October.

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

Starting Point: Tsurphu

End Point: Yangpachen

Tour Code: HTB-TTY

Length: 9 days and 8 nights

Cities Visited/Stayed: Tibet

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

Experience & Features: Potala Palace, Jokhang Temple, Barkhor Street, Drepung Monastery, Sera Monastery, Tsurphu Monastery, Leten, Damchen Nyingtri pass, Bartso, Mt. Nyianchengtangula, Tajung village, Dorje Ling Nunnery

Physical Rating: 3

Cultural Shock Rating: 3

Itinerary

Day 1: Arrive in Lhasa

Upon your arrival to Lhasa, you will be welcomed at the airport or the train station by your local guide and then transferred to your hotel. Relax and acclimatize yourself to the high altitude.

Stay overnight in Lhasa.

Meals: (D)

Day 2: 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 at leisure.

Stay overnight in Lhasa.

Meals: (B/L/D)

Day 3: Sightseeing in Lhasa

Do sightseeing in Lhasa and visit some other highlights of Lhasa-**Drepung Monastery, Sera Monastery** and the **Norbulingka** (Summer Palace of the Dalai Lama), to get further acclimatization.

Stay overnight in Lhasa.

Meals: (B/L/D)

Day 4: Lhasa-Tsurphu Monastery (4300m), 79km, 2-3hrs drive

In the fresh morning air, we'll drive from Lhasa to Tsurphu Monastery for about 2-3 hrs. After arrival, visit the monastery and prepare for next few days trekking tour. The altitude will increase up to 4300m.

Stay overnight in tent.

Meals: (B/L/D)

Day 5: Trekking from Tsurphu Monastery to Leten, 11km (6.8 miles), 4hrs

After breakfast, we'll start our first-day trek up a green valley to Leten. On the way, you could come over various species of mountain goats and some small nomadic community camps for summer herding, and may stop into the herder's tent for a cup of salt butter tea or fresh yak milk. The classic beauty of Tibet will be with you for the entire trek tour.

Stay overnight in tent.

Meals: (B/L/D)

Day 6: Trekking from 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 Yangpachen valley, and then head to 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/D)

Day 7: Trekking from 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** (7111m). After pass the Tajung village, you may see some young nomadic boys and girls picnic on the plateaus while watching their yaks and sheep graze. In the afternoon, set up camp near the small **Dorje Ling Nunnery**.

Stay overnight in tent.

Meals: (B/L/D)

Day 8: Trekking from Dorje Ling Nunnery to Yangpachen Gompa, and drive to Hot Spring, then back to Lhasa, trekking for 14km (8.7 miles), 4hrs

Today walk for three or four hours, following the ox-bow Nyango Chu River snaking its way through the grassy valley, and head for Yangpachen Gompa. This old Kagyupa monastery, with Tibetan mastiffs keeping guard, overlooks part of the Trans-Himalaya range. Our van will be waiting for us at the monastery and pick us up, driving to the Hot Spring and have a hot bath at Yangbachen. Finally drive back to Lhasa.

Stay overnight in Lhasa.

Meals: (B/L/D)

Day 9: Leave Lhasa

Comfortable private transfer to the airport and help you board the plane to your next destination. Your wonderful Tibet trek tour ends.

Meals: (B)

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