



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

11-day Ganden Monastery to Samye Monastery Trekking

<http://www.chinaexpeditiontours.com/city-tours/11-day-ganden-monastery-to-samye-monastery-trekking.html>

Hiking from Ganden to Samye is one of the most popular hiking routes in Tibet. This tour covers crystal clear lakes, breath-takingly beautiful alpine forests and meadows, as well as two centers of Tibetan religious culture. The starting point of this hiking is about 50km from Lhasa but it requires 4-5 days, covering a distance of 80km and crossing 2 high passes over 5000m.

Tour Code: HTB-GSVT

Length: 11 days and 10 nights

Cities Visited/Stayed: Tibet

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

Experience & Features: Potala Palace, Jokang Temple, Barkhor Street, Drepung Monastery, Sera Monastery, Norbulingka, Ganden Monastery and Samye Monastery

Hiking Duration: about 6 Hrs per day, 5 days total

Hiking Distance: Totally 80 KM (50 miles), about 10 Km-20 Km (6-12 Miles) per day, 5 days total

Hiking Route: Ganden Monastery to Samye Monastery

Physical Rating: 4

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-Ganden

Drive from Lhasa to Ganden, visiting the monastery, and then start the trek from Ganden to Samye.

Stay overnight en route.

Meals: (B/L/D)

Day 5: Ganden-Yama Do

Hike from Ganden to Yama Do (6-7 hrs, 17km, 450m descent, 300m ascent).

Stay overnight en route.

Meals: (B/L/D)

Day 6: Yama Do to Tsotup-chu Valley

Hike from Yama Do to Tsotup-chu Valley Yama Do to Tsotup-chu Valley (5-8 hrs, 10km, 1000 ascent, and 450m descent). Cross the Shug-la pass (5250m) today.

Stay overnight en route.

Meals: (B/L/D)

Day 7: Tsotup-chu Valley to Herders' Camp

Hike from Tsotup-chu Valley to Herders' Camps (5-6 hrs, 14km, 300m ascent, 400m descent). Cross the Chitu-la pass (5100m) today.

Stay overnight en route.

Meals: (B/L/D)

Day 8: Herders' Camps to Samye Monastery

Continue to hike from Herders' Camps to Samye Monastery (10-12 hrs, 39km, and 1200 descent).

Stay overnight in the guesthouse near the Monastery or camp.

Meals: (B/L/D)

Day 9: Herders' Camps to Samye Monastery

Continue to hike from Herders' Camps to Samye Monastery (10-12 hrs, 39km, and 1200 descent).

Stay overnight in the guesthouse near the Monastery or camp.

Meals: (B/L/D)

Day 10: Samye Monastery-Lhasa

Have a leisure day visiting the Samye Monastery before driving back to Lhasa (about 4 hours' drive).

Stay overnight in Lhasa.

Meals: (B/L/D)

Day 11: Lhasa- departure

Finish your trip by saying good-bye to your guide and drive at the airport or train station.

Meals: (B)

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