

China FIT Tours

Hiking Shangri-la - 9 Days



Day 1, Gyalthang (Shangri-la)

Arrive in Gyalthang from Kuming in the morning; Visit Ganden Songtsenling monastery, which was founded during 17th century by the 5th Dalai Lama. Presently there are more than 800 monks study in this monastery. Back to Old Town for Lunch or somewhere. Afternoon short drive to the holy Ringa temple, located on a small hill surrounded by pine forests and fluttering prayer flags. Ringa is revered as one of the oldest Buddhist pilgrimage sites in Eastern Tibet and it originally belonged to the classical Nyingma sect, also known as “Red Hat” or “old school.” Ringa is also believed to hold the sacred key needed for the Buddhist pilgrimage to Mount Chicken Foot and Erhai Lake and then to Trinyi Village. Hotel (B/L/D)

Day 2, Abuji Trek

Around 35 minutes drive from Gyalthang, start hike for 6-7 hours of trekking through a beautiful trail deep in the Abuji valley, one of the most remote and beautiful treks in Gyalthang’s vicinity. Pastures, forests and wild flowers and birds. Abuji lake sitting on the lap of the towering rocky mountain range. Some

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marshy trails, portion of the trek has steep climbs and descents. Drive back to Gyalthang. Hotel (B/L/D)



Day 3, Gyalthang / Dechen (Feilai shi)

This morning, you leave Gyalthang and drive north along the Yangtse up through rhododendron and pine forests and past the Napha Reserve. Arriving at Punzera, bordering on Sichuan, (6890 ft, you wander through a warm oasis valley on the Yangtse where oranges, pomegranates and olives grow. Climbing along the Yangtse Basin, you can stop and spend a bit of time at the monastery of Dhondupling. Climbing further, you finally reach Baima Pass, with excellent views of the jagged peaks of Baima Snow Mountain at about 14,100 ft and enter the Baima Nature Reserve. From the other side of the pass, you descend into the town of Dechen and then to Feilai shi. Hotel (B/L/D)

Day 4 Dechen / Yubeng

Early in the morning we will see people on a pilgrimage will burn the cypress twigs and incenses for a good pray. If weather permits, we will be able to see the first sunlight sprinkling on the Peak of Mt. Kawakarpo. We will continue drive north and descend over 1000 meters along the Mekong River. We will begin our strenuous hike when we reach a village 2400 meters high near the

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Mekong River. This 6-hour hike will be strenuous but offer you a good opportunity to appreciate the rich biodiversity of the region. We will climb up to a pass at 3700 meters where you will be suddenly moved by the elegance of Mt. Mantsemu, Kawakarpo's wife in the local fairy. After a picnic lunch on the pass, we will descend 700 meters to the Yubeng village, tucked among the sacred snow mountains. Stay at a village lodge and enjoy hot tea with a view of sunset glow far away South above the Baima Snow Mountain. Tibetan village lodge (B/L/D)



Day 5 Yubeng Waterfall

Sure you will wake up early, walk up and appreciate this tranquil village which is still in the sleep. The snow-white Mantsemu will be sheltered by a piece of gold voile. After breakfast we will start our hike from a primitive forest tucked between the mountains. Along the snow water creeks flowing down from the sacred mountains, we will eventually see a waterfall from the cliff, the ultimate site of the inner-loop pilgrimage of Mt. Kawakarpo. Tibetan on a pilgrimage to the area circumambulates the waterfall 13 times with the belief that this act will increase Karma for the next life. We will visit a delicate Garyupa monastery on the way back to Yubeng village this afternoon. Tibetan village lodge (B/L/D)

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Day 6 Yubeng / Dechen

Today we have to say good bye to Yubeng and go back Dechen. We will retrace the road we came through and climb up the pass. Walking through the fairy forests, we will make the long descent to the village built along the Mekong River, where our car will bring us back to Feilai shi. Hotel (B/L/D)



Day 7 Dechen / Gyalthang

We will drive back to Gyalthang today. Time permitting we will stop near the Shusong village and walk up the mountain for 20 minutes or so and visit a very ancient nunnery, the only Gelug nunnery of the region, established at the site of the ancient Dhondupling Monastery and at present is being renovated with funds donated from USA and Hong Kong. You have a spectacular view of the region from here and will understand the importance of this geomantic power place. Spend a little time to converse with the nuns and then walk back to the road and vehicle. We will visit Gonjo village, famous for its Tibetan wooden crafts. Hotel (B/L/D)

Day 8 Gyalthang / White Water terrace



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Full day tribal tour through the borderlands of Tibetan where various ethnic groups mingle. Drive west through Yi villages and then descend to the Yangtze gorge, through picturesque Tibetan and Naxi villages. After arriving Badi, we visit the White Water Terrace where the Naxi people believe their Dongba culture originated. Dongba culture is derived from Tibetan Bon, an animistic creed that predates Tibetan Buddhism. Hotel

Day 9 Gyalthang / Kuming (Flight)

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