

China FIT Tours

Shangri-la Experience & Trek of Abuji Range



Day 1 Shangri-la (Gyalthang)

Today we will begin the day with a tour of the sprawling Sumtsenling monastery built by instructions of the 5th Dalai Lama in the 17th Century. Inspired by the Potala Palace and perched on a hill, the sprawling monastery with numerous chapels and cathedrals is one of the largest Tibetan monasteries in Eastern Tibet. Through the knowledge of our local guides, we will get an understanding of Buddhism as well as the lifestyle of the monks by visits to the chapels and the residential quarters of the monks there which number 700 presently. In its heyday, Sumtsenling monastery housed more than 1500 monks. After lunch, we will visit Trinyi Village in the outskirts of the town and get a tour of life in the Tibetan villages. We will conclude the evening with a dinner at Arro Khampa where we will be served a Tibetan food cooked up by our famous chef from Nepal. **(B/L/D) Hotel**

Day 2 Shangri-La (Tibetan Gyalthang; also called Zhongdian)

Today we will do an acclimatization 5.5 hour trek to **Shikha** range which is a bit higher (up to 3800 meters). The trail is along the ridges of the main protector mountains of Gyalthang. We will climb up the ridges to reach the meadows of Tsowakha and then climb down to end

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the trek at Hamogu village. It will be a leisurely trek with gradual ascent and then a descent – a pretty straightforward trek going up and then coming down. The panoramic view from Tsowakha area is spectacular. For the more adventurous, you can climb up further to the base of the main peak (also called Shikha) all the way.



Lunch will be a simple picnic lunch with fruits, boiled eggs, nuts and some Tibetan bread and mineral water. We return to **hotel** for another night (B/L/D)

Day 3 to Day 7 Abuji Trek (trek with camping)

The Abuji is a range that can be viewed from Gyalthang's Shikha and Napha area. The jagged peaks are considered sacred by locals and below it is also a glacial lake that is considered one of the most holiest and powerful by the local Tibetans. In times of drought, monks from Sumtsenling trek to the region for rain calling rituals. Tibetans call it Tsonak (or Black lake) which partly explains the mystical power of these alpine lakes.

The trek itself is for 5.25 days and will involve about 5 hours of trekking each day. Our trek challenge will be to make it over the Abuji pass as well as the Abuji lake.

Our adventure begins with a trek over the Eastern range sitting atop Gyalthang Dzong Hotel. We will visit Ringa Temple, one of the holiest sites in Gyalthang and then for next 5

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days, we will trek through a changing terrain starting at 3300 and going all the way to 4300 meters when we cross the pass of Abuji mountains. Most of the trails will be along the trails set by the nomads who graze their cattle up in the mountains during the summer. The region is dense forested and because of the relative lack of roads there, the forests were comparatively well protected from modern government sanctioned harvesting since the 1960's. There is rich variety of pine, spruce, fir growth as well as a year round blossoms of various flowers including Rhododendrons, azaleas, blue poppies, gentians, irises, edelweiss and the hills are also home to a rich variety of birds and animals including brown bear.



Along the trail we will be passing meadows and nomadic camps with great views which make for perfect camping sites. At one point on Day 3 we will also be perched on a spot where Tibetans burn juniper and put up prayer flags from which we will get a 360 degree view of the major ranges in Eastern Tibet including – Khawakarpo, Risum Gonpo with it's three magnificent peaks, Jade Dragon Mountains of Lijiang, Mt Haba as well as the Gaoli Gongshang of along the Burmese/China border.

Day 8 Trek ends, Gyalthang

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We will trek the final portion for 2-3 hours today and then be picked up by our vehicles and then drive to Gyathang . After washing up, we will have the afternoon free in the Old Town and then have get together for a farewell dinner with the main team members.



Day 9 Gyalthang / Kuming (Flight)

Request itinerary pricing info:

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