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15 days Qinghai Amnye Machen trekking tour

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Xining
Qinghai Lake
Machen
Mount Amnye Machen Trekking
Trika
Xining
This Qinghai adventure offers an opportunity to trek along the majestic scenery of holy Amnye Machen. Mixed with spectacular Qinghai Lake. 15 Days of endless natural landscapes await to be discovered by you! Lets Get Going.
Type
Private
Duration
15 days
Theme
Trekking & Biking
Trip code
CT-06
Price
From CN¥ 13,800 per person
Itinerary

This Amnye Machen trekking tour is not just for traveling. It is an awe-inspiring experience for you to authentically immerse into the Tibetan way of life. Starts with a visit to Qinghai Lake, you will trek on Qinghai-Tibet Plateau to capture the majestic Mount Amnye Machen, which is one of most important Holy Mountains for Tibetans. Pursue the cultures of Tibetan Buddhism while trekking along the valleys of the mountain.

Day 01 :
Arrive Xining
Xining, the capital of Qinghai province, is the first destination of your Mount Amnye Machen trekking tour. Upon your arrival at the airport or railway station, your local guide will greet you and help you check into the hotel. Since Xining is at 2,295 m. (7,530 ft.) high above the sea level, we highly recommend you to spend the rest of the day to retire for acclimatizing the high altitude. Your memorable trip will start tomorrow morning.

Day 02 :
Qinghai Lake Sightseeing
Make a day excursion to **Qinghai Lake**, the largest salt lake which often serves as the symbolic midway point between Tibet and Mongolia in China. The lake is a gift that is endowed by nature, and you will find it offers you a great escape from the bustling city life.

Upon your arrival, visit several highlight spots in the natural reserve of Qinghai Lake. See an extensive array of birds on the Birds Island, walk along the green grassland to visit the temples and lucid springs on the island of Haixin Shan, and enjoy the unique sand scenery of Shadao. In the late afternoon, drive back to Xining for retire.

Day 03 :
Drive to Machen



Drive along one of the most beautiful roads in Qinghai to reach Machen, the capital of Golok Tibetan Autonomous Prefecture in this morning. Enjoy the natural view of Lhakyi Mountain along the way. Be impressed by the unique landscapes of Red Clay Mountains and the boundless sand dunes along the Yellow River.

En route stop at the **Ragya Monastery**, the second largest monastery in Qinghai province. Learn about the cultures of Tibetan Buddha by visiting this monastery. After, head to a nomad tent to explore the lifestyle of the locals. After you arrive in Machen this afternoon, get settled into the hotel for the evening.

Day 04 :
Trek to Langri
After breakfast, drive to the trailhead, where you will be dropped off and begin your trek. Today's destination is Langri, which is about 15 km. (9 mi.) away from Machen. The trek will take about 6 hours.

First, climb over a mountain pass, where you will capture the first sight of Mount Amnye Machen. Stop here to take some photos of this majestic mountain. Then continue trekking to Tsanak Kamdu to meet up with your yak handlers. These people are some locals who can serve as your guides.

Afterward, hike along the Yongkhor-chu River, a holy place where monks and traditional Tibetan medical practitioners receive blessings from Naga (a water god) after collecting herbs. You will often see the monks by the river doing their medical prayers. In the afternoon, you will reach Langri, which is at 4,100 m. (13,451 ft.) above sea level. You will see some nomadic houses set among the sparse juniper woods in the surrounding hills.

Day 05 :
Trek Through Tamchok Gongkha La Pass
After having breakfast in the campsite, continue the trekking towards the Mount Amnye Machen. Hike through the Halong Langri-chu valley to reach the Tamchok Gongkha La Pass [4,600 m. (15,092 ft.)], which is the second-highest pass on this trekking trip. Stop at the pass to capture the snow-capped mountains in distance.

Afterward, spend the rest of the day to cross the pass and get to the campsite today, which is about 24 km. (15 mi.) away from Langri. Upon your arrival, your local guide will help you prepare the dinner and make your camp comfortable.

Day 06 :
Hike to The Rock Valley of Mowatowa



Today you will hike on an average altitude of over 4,400 m, and the sacred Amnye Machen will uncover her mysterious veil to you. First walk over the meadows along the riverside, where you will have frequent views of the snow capped Amnye Machen Range.

After, hike descending on the western side to the Rock Valley of Mowatowa, which is your camping place this evening. After encamping, walk around this valley to see numerous interesting rock formations forming different shapes. Then return to your camp for retire.

Day 07 :
Trek to Deleni



Start the trek today by walking around the**Rock Valley of Mowatowa** to visit some meditation caves. These ancient relics served as the holy places for the monks to learn about the Buddhism. The most famous one among these caves is the Retreat of the Great Nyngmapa master Zhabkar Tsokdruk Ringdrol.

During your trekking today, you will also see lots of rock towers called the heart of Mochen Pomra. People believe they are the protctor god to Mogya Pomra. After 8 hours trekking you will reach your campsite, Deleni. End the trip today with a comfortable and warm evening.

Day 08 :
Trek to Jomoyangra

Another trekking day as you will hike about 6 hours to reach Jomoyangra for camping today. First follow the gorge of the **Qushian River**. Then walk along the path leading to a spur where the king of Ling Gesar was said to tie his horse when resting at the pass. You will have an impressive panorama of the main peaks of Amnye Machen along the way. Afterwards, cross a wide valley where there are gentle slopes. See the beautiful meadows filled with many wild flowers. It will be an amazing experience to camp in such a beautiful place. The campsite is at 4,200 m. above the sea level.

Day 09 :
Trek to Jiashinongke
Trek up in the grassy valley this morning. During the summer season, you will see lots of nomads settle down in this breathtaking place. Next with a visit to **Dodrub Chode of the Nyingma school**, also called Guri monastery.

At the beginning of the 20th century, Derges Dzongchen Gompa incarnates Lama came to Amney Machen to spread Dzongchen teachings from a Tent monastery. In the following years, his disciples built this monastery to continue learning the Dzongchen teachings. Now there still are about 100 monks in this monastery.

After visiting the monastery, continue the trekking to reach Jiashinongke. Today you will camp at an elevation of over 4,200 m. (13,780 ft.)

Day 10 :
Trek to Chablong



Today you will trek about 6 hours to get to Chablong. Enjoy the view of the grasslands and primitive bushes. Do not forget to capture these breathtaking scenery with the camera in your hands.

As you arrive at the campsite in the afternoon, your guide will help you with camping. After, stay in a comfortable camp for the evening.

Day 11 :
Trek to Halong-Chu Valley



The goal today is to reach Halong-Chu Valley, which is about 22 km. (14 mi) from Chablong. The trek takes about 6 hours. You will pass Drakdar Pass. Stop here to admire the scenery of Rikhar Tongshang Glacier in distance. See the three ice covered peaks of the Amnye Machen Mountain in blessing.

Day 12 :
Drive to Marchen



Your trek will end this morning after you meet the driver in the Halong-chu Valley. Then drive back to Marchen. En route, you will pass through various small Tibetan villages. Stop at Chumarna to visit the **Chorten Karpo**. Also called White Pagoda, this is a holy place for the Tibetan Buddhist believers.

In the afternoon, you will reach Marchen. Then get settled into the Xueshan Hotel for the evening. We also recommend you to spend some time roaming this small town to explore the lifestyle of the locals.

Day 13 :
Drive to Trika Town - Trika Cultural Tour



Leave for Trika, a small town located 330 km. (205 mi.) away from Marchen. Enjoy the unique landscape of the Yellow River Valley. As the second longest river in China, Yellow River is one of the most important cradleland for the Chinese ancient civilizations.

Upon your arrival, spend the rest of the day to visit two highlights in this town,**Trika Jokhang Temple** and **King Gesar Art Center**. King Gesar has been called the king of world epics as it is the longest of its kind in the world. The Tibetan people created it, and it has been transmitted orally for centuries.

Day 14 :
Drive Back to Xining - Visit Kumbum Monastery



Today you will drive back to Xining. En route stop at the**Kumbum Monastery**, which is located 27 km. (18 mi.) southwest of Xining city. This monastery is considered as one of the two most important Tibetan Buddhist monasteries outside the Tibet. Local people and many Tibetan Buddhists believe that the monastery was originated from a pagoda that marked the birthplace of Tsong Kha-pa, the founder of Gelukpa Sect in 1379.

Afterwards, drive back to Xining for the evening. If you want to explore the night life of this city, please ask our guide for some suggestions on where to go and what to see.

Day 15 :
Departure from Xining

The memorable trekking tour comes to an end today. Your guide and drive will pick you up from the hotel and drive you to the airport or train station for departure this morning. If you wish to continue your travels, we are experts in tailor made trips and ready to assist you in extending your stay in China.

Inclusions

Tour notes:

All of our tours can be customized to suite your requirements, interests and budget. It is our specialty! Please feel free to contact us.
Optional personal camel or horse riding fees.
Please note prices are based in CNY.

General inclusions:

2 bottles of mineral water provided daily.
All required government taxes and fees.
Please contact one of our Tour Advisors to get a custom quotation made to your requirements.
Necessary oxygen and medicine for the acute high altitude sickness.
Where possible 3 star hotels will always be provided, if the city or town does not have then the local guest house or monastery guest house will be provided (i.e. tent / dormitory bed, no private bathroom etc.)
Your selection of 3, 4 or 5 Stars hotel (shared twin room, private bathroom and daily breakfast)
The hotel accommodation is based on two persons sharing one standard twin room with private facilities in all relevant locations. If a single client requests a twin room alone, the single room supplement will be charged.
Camping gears for the trekking including tent, mattress and sleeping bags. (Optional)
All entrance tickets as noted in the tour's itinerary.
Guide fluent in English, Chinese or Japanese that is certified by the state tourism build and from the local community. (If your native language is not listed please let us know, we are certain we can assist your needs.)
Airport and/or train station pick-up and drop-off.
All domestic flight and train tickets. Economy-class for flights and soft sleeper / seat for train tickets.
All necessary animals for portage of luggage. with their caretakers (i.e. Camels, Horses or Yaks.
Transportation will we be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.
All meals during the trekking. Food will vary a combination of packaged with cooked dinners by your guide.

General exclusions:

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.
Tips for your guide and driver.
Optional Attractions that are not specified in the itinerary.
Flight and/or railway ticket(s) to the first city of the tour and departure from the last city of the tour.
Meals not specified in the itinerary.
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