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## 21 days Tibet Kham culture and nature overland travel from Chengdu to Lhasa

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Chengdu  
Kangding  
Ganzi  
Dege  
Yading  
Mount Meili  
Markham  
Pomi  
Bayi  
Lhasa

Have an in-depth exploration of the culture and religious sites in Sichuan Kham before heading to Yading Nature Reserve and Mount Meili, the rest days will be continued along the famous National Road G318 to Lhasa with breathtaking landscapes.

Type  
Private  
Duration  
21 days  
Theme  
Culture and Heritage, Natural scenery, Overland, Photography  
Trip code  
WT-408  
Price  
From \$ 2,727 per person

### Itinerary

This tour will lead you to have an in-depth exploration of the rich Tibetan Khampa culture, custom and traditions in Western part of Sichuan province (Ganzi Tibetan Autonomous Prefecture), where you will visit the famous Tibetan Printing Press in Dege and the Yarchen Gar in Pelyul, one of the two main Tibetan Buddhist Institutions in Kham area (the other one is Serta Larung, and it is currently closed to foreign tourists).

Afterwards heading to visit Yading Nature Reserve, one of the most beautiful places on Tibetan Plateau called 'Last Shangri-la' according to the book of 'Lost Horizon', here you will see the three snow-capped peaks sitting in a triangle formation with forested valleys, clear rivers, glacier-fed lakes and abundant wildlife between them. Then continue the overland travel by crossing Jinsha River to Mount Meili, one of the holy mountains in Tibetan Buddhism.

Finally driving a bit north along the National Road G214 up to Markham, the junction city of G214 and G318, where you will have your adventure overland travel to Tibet Lhasa along the famous National Road G318 (Sichuan-Tibet South Highway) with breathtaking views.

Day 01 :  
Arrival at Chengdu(540m)



Chengdu airport picking up, Check-in and have a good rest. Overnight at Chengdu.

Day 02 :

Chengdu / Kangding (320KM, 6 hours drive)

Today drive from Chengdu to Kangding, the prefectural capital of Garze Tibetan Autonomous Prefecture in Western Sichuan, it is known as the gateway city to Kham area. The population there is about 100,000 people split with approximately half Tibetans and half Hans and with a small population of other ethnic minorities.

Afternoon explores the local market with your guide to discover the locals' life. In the evening enjoy the dance and music night at the public square in Kangding town, which you surely will be entertained.

Day 03 :

Kangding / Tagong / Bamei / Daofo / Luohuo (280KM, 6-7 hours drive)

Morning drive to cross over Zheduo Mountain (4,200m high) to Xinduqiao, the paradise of photographers, if weather permits, you will see the peaks of Gongga Mountain on the way, the highest peak in Sichuan province.

After Xinduqiao, driver another 40km to Tagong, a small nomadic town with beautiful surrounding grasslands. In Tagong, you will be arranged to visit Tagong monastery, a nomad family and enjoy the breathtaking view with Yala Holy Mountain in the distance.

Afterward continue the way to Luohuo, with a stop to visit Huiyuan temple at Bamei, it was founded in the 18th century by 7th Dalai Lama and 11th Dalai Lama was born here. From the monastery have a great view of the grassland meadow scenery of Bamei. Enjoy the wonderful landscapes on the way and pay a visit to the traditional Daofo Residences in Daofo, which are well decorated with skillful wood-carvings and paintings. After Daofo, drive another 72Km further along Xianshui River to reach Luohuo for overnight.

Day 04 :

Luohuo / Garze (95KM, about 2-3 hours drive)

Morning drive to Garze with a visit Kasar Lake on the way. Garze is a dusty but lively market town in a picturesque valley surrounded by snow-capped mountains. The villages, temples, and monasteries here are perfect for photographers! We will pay a visit to the 500-year-old Garze monastery in the afternoon and a local antique market if time is allowed. Overnight at Garze.

Day 05 :

Garze / Manigango / Yilun Lhatso (Xinluhai) / Derge (205KM, about 6 hours drive)

Today drive from Garze to Derge, which is regarded as the cultural center of the Kham region in northwestern of Sichuan, the last town before the TAR. On the way to Derge, stop to visit Yilun La-tso (Xinluhai) near Manigango, it is a stunning, holy alpine lake lined with hand-carved prayer stones that are more than 600 years old. After Xinluhai, you will cross the Chola pass tunnel to get Derge. The rest of the day is freely exploring Derge. Overnight at Derge.

Day 06 :

Derge / Dzongsar (110KM, about 3 hours drive)

Derge is famous for its 18th-century monastery housing a printing press that still uses traditional wood blocks printing methods. The printing press produces a majority of the Buddhist scripture books used across Tibet. At the printing press, you will watch artisans carving scripture tablets by hand from woodblocks. The whole monastery holds an astonishing 70% of

Tibet's literary heritage.

Afternoon drive to Menshod valley where the famous Dzongsar monastery is located also it is a place that the old tradition and culture are well preserved, from Derge, it is roughly about 3 hours driving due to the poor road. Upon arrival at Dzongsar, if you don't feel so tired, then visit a handicrafts center or the local Tibetan hospital. Overnight at Dzongsar.

Day 07 :

Dzongsar / Pelyul (Baiyu), 70KM, 2 hours drive

Dzongsar Monastery was founded in year of 746. This monastery is famous for having maintained its Tibetan philosophy teaching system from ancient times. The current lama for this monastery is a world-known teacher, His Holiness the Dzongsar Jamyang Kyentse. Morning do a short hike up to visit Dzongsar monastery, which is perched on a hill, where you can have a great view of Menshod valley. And the rest of the day is to explore the Dzongsar village and its surroundings for an authentic Tibetan life. Afternoon head to Pelyul (about 2 hours drive), a small beautiful city by the river Ding Chu. Upon arrival visit Pelyul Monastery (Baiyu Si), it is a famous Nyingma Sect monastery that had played a great role in history and held many subsidiary temples. Overnight at Pelyul.

Day 08 :

Pelyul / Yarchen Gar / Xinlong, about 260km, 6-7 hours drive

Today we will drive about 2-3 hours to visit Yarchen Gar monastery (Yaqing Si), which was built in 1985 as a religious center of the Nyingma tradition of Tibetan Buddhism. Along with Larung Gar, these are the two largest Buddhist learning institutes in Tibetan plateau. It housed more than 10,000 Sangha, and most of them are nuns.

Yarchen Monastery lies on a grassy island surrounded by river and mountains. The nearby hills are scattered with box-like max 2 square meters size red meditation-huts built by nuns, in which nuns will spend around 3-5 months long in winter for meditation. On the hilltop, there is a statue of Padmasambhava (Lotus-Born), where tourists can have an overview of the island. Sitting here and enjoying the view appeals to your mind no less than other monasteries in Kham. Later afternoon drive to Xinlong with nice landscapes on the way. Overnight at Xinlong.

Day 09 :

Xinlong / Litang / Daocheng, 300km, about 6 hours drive

In the morning drive down along the Yalong river to Litang with stunning landscapes. Litang is situated on the Maoya grasslands, it means 'place as flat as a bronze mirror' in Tibetan. Litang is an important transit town along the ancient trade business route between Tibetans from Tibet and the local Hans at Kangding and Ya'an city. At Litang, visit Litang monastery, this monastery has a close and tight relation with the 7th, 10th, 11th Dalai Lhamas.

Afternoon continues the driving to Daocheng, it is a county that you will enjoy because of its rich soil & Tibetan culture, and a good place for recharging yourself before Yading. You may relax by bathing at the hot spring & the Tibetan local dancing show. Overnight at Daocheng.

Day 10 :

Daocheng / Yading Nature Reserve (Pearl Lake) / Yading Village (110KM, about 2.5 hours drive)

Morning drive to Yading Nature Reserve, the countryside scenery en route is very charming and the road is perfect, it drives approximately 2 hours to Shangrila town, here you will buy the entrance tickets and take the local sightseeing bus to the terminal station - Zhaguanbeng (about 1 hour), then hike to Chonggu Temple, see the scenery of Chonggu Temple and holy peak Xiannairi. From Chonggu Temple trekking up to Drolma-la tso (Pearl Lake) about 30-40 minutes. Pearl Lake is the best place to view the holy peak Xiannairi. Afterward, walk about 1 hour back to Zhaguanbeng where you will take the sightseeing bus back to your hotel. Overnight at Yading village.

Day 11 :

Yading Nature Reserve (Lurong Pasture + Five Color Lake & Milk Lake) / Daocheng (110KM, about 2.5 hours drive)

Morning takes the sightseeing bus to the terminal - Zhaguanbeng, from which you will arrive at the core of Yading. You will take the local battery car to Lurong Pasture (4150m), which is a natural pasture for the local cattle and horses. Then start your hiking tour up (Hiking: 5km/about 4 hours) to Milk Lake (4600m) and Five-Color Lake (4700m), or you can choose to enjoy a horseback riding for the first 3KM to Sheshengya (optional, 305 CNY per person for single trip), then hike the rest of 2KM to Milk Lake and Five-Color Lake. Enjoy breathtaking views of the three sacred peaks: Mt. Yangmaiyong (5958m), Mt. Xianuaduoji (5958m) and Mt. Xiannairi (6032m). The up-and-down hiking tour will take you about 6 to 7 hours. Afterward, drive about 2 hours to Daocheng. Overnight at Daocheng.

Day 12 :

Daocheng / Derong / Benzilan (350KM, 8-9 hours drive)

Departs at Daocheng early morning, pass Sangdui village to Xiangcheng along with different plateau forest scenery and local Tibetan villages. From Xiangcheng continue the way to Derong and then Benzilan where you will see the First Bend of Jinsha River. Overnight at Benzilan.

Day 13 :

Benzilan / Deqin / Feilaisi - Mount Meili (97KM, about 3 hours drive)

Walk to visit the famous Jinsha River bend, then start driving to Deqin Feilai Temple by passing Snow mountains. Feilai Si is the best place to see holy Mount Meili, which is one of the most sacred mountains of Tibetan Buddhism. 'Kang Karpo Peak' means the God of Snow Mountain in Tibetan, and is a holy land for worshipping. Pilgrims from Tibet, Qinghai, Sichuan, and Gansu travel to the mountain at the beginning of each winter to worship. Thousands of devout pilgrims worship together and

encircle the holy mountain, adding even more mystery and loftiness to the mountain.

In the afternoon drive to visit the Mingyong Glacier at the foot of Mount Meili. Overnight at a local hotel at Feilaisi.

**Day 14 :**

Feilaisi - Mount Meili / Yanjing (Salt Pans) / Markham (210KM, 6-7 hours)

Go on northwards along the Lancang river valley, the upper reaches of Mekong River. Pass the border between Tibet and Yunnan at Yanjing, arrive at Markham after another 111km and meet with the Sichuan-Tibet Southern route. When at Yanjing, visit the salt pans along the Lancang Jiang River. Overnight at Markham.

**Day 15 :**

Markham / Pomda / Pasho (360KM, 8 hours)

Cross Lancang river, pass over the highest pass- Dongda which is 5,008m. Markham offers spectacular scenery, with two riotous rivers 'Lancang River and Jinsha River'. The road running up and down through mountains and gorges makes the 265 km driving full of surprise and excitement. After getting to Pomda, the landscape changes to stretching grassland. Another 94 km's driving, you get to Pasho. Overnight in Pasho.

**Day 16 :**

Pasho / Rawu-tso (Ranwu Lake) / Pomi (219KM, 6-7hours)

The scenery east of Pomi is particularly beautiful. The road heads up the Yarlung Tsangpo valley, passing a gorge and several stunning side valleys before you get your first magical views of the blue waters and sandy beaches of Rawoktso (Ranwu Lake). After days of driving on the dusty roads, you'll feel so refreshed once get to Pomi, a town embraced by snow mountains and deep forest with pleasant views. Overnight in Pomi.

**Day 17 :**

Pomi / Lulang / Bayi (240KM, 6-7hrs)

This part of road continually surprises you with incredible scenery. One saying describes it best: four seasons a day, the diverse climate in ten miles. Stop at Lulang to view the grand peak of Mt.Namche Barwa (7,756m). Overnight in Bayi.

**Day 18 :**

Bayi / Draksum Tso (Basum tso) / Lhasa (490KM, 8-9 hours drive)

Morning visit Bayi Cypress Park, afterward continue the way to Lhasa along the beautiful Niyang River, make a detour to Draksumtso (Basumtso). The lake and its surrounding views are beautiful and the site is also connected to the semi-mythical ruler of the Kham region and Guru Rinpoche. The joint board floating bridge is the only way to the Tsodzung island and visit the Tsodzung Monastery amid of the trees, most probably the highest attraction of this site. Then keep driving along the Niyang River, cross over Min-la pass (5100m) to Lhasa. Overnight at Lhasa.

**Day 19 :**

Lhasa City sightseeing, visit Potola Palace & Jokhang Temple

Today you will be arranged to visit Jokhang temple and Potala Palace. Jokhang temple is the most sacred shrine in Tibet which was built in the 7th century and located at the heart of old town in Lhasa, the circuit around it called Barkhor street, which is a good place to purchase souvenirs. Potala Palace is the worldwide known cardinal landmark of Tibet. The massive structure itself contains a small world within it. Mostly it is renowned as residence of the Dalai Lama lineages (Avalokiteshvara). Both of them are the focal points of pilgrims from the entire Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. Overnight at Lhasa.

**Day 20 :**

Lhasa City sightseeing, visit Drepung monastery, Sera monastery & Norbulingka summer palace

Today you will be arranged to visit Drepung, Sera monasteries and Summer Palace - Norbulingka palace. Both Drepung and Sera monasteries are Gelugpa (yellow hat) sect monastic colleges. Drepung monastery was the seat of the Government prior to Potala, it was once the world largest monastery in the history with 7,700 monks hailed from different monasteries all over Tibet. Sera monastery is famous for its Buddhism philosophical debate practice, the clapping sound and aggressive expression of the monks are well worth to see. Norbulingka is the summer palace of Dalai Lama, you can visit the residences of different lineages of the Dalai Lama. The park is crowded with picnickers and traditional activities during the Shoton (Yogurt festival) in August. Overnight at Lhasa.

**Day 21 :**

Lhasa airport / train station drop off, end the trip.

Lhasa airport or train station drop off, end the trip.

**Inclusions**

**Tour notes:**

Please note prices are based in CNY.

**General inclusions:**

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.

Your selection of 3, 4 or 5 Stars hotel (shared twin room, private bathroom and daily breakfast)

All entrance tickets as noted in the tour's itinerary.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (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.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

**General exclusions:**

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Flight tickets or train tickets in and out of Lhasa (Please note: We can offer you train and/or plane tickets in and out Lhasa from all cities within China. Please check the latest price with us via email.)

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