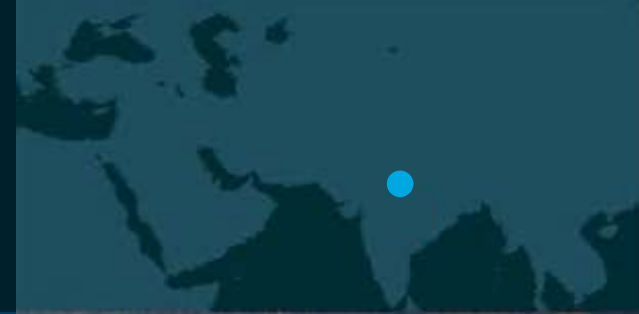


Trek Tibet

Ganden to Samye – summitting the highest peak at 5,200m



Ultimate Challenges

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Detailed itinerary

Day 1: Departure

Depart from home country for an onward flight to Lhasa via Nepal or China.

Day 2: Lhasa (3,650m)

Arrive Lhasa and transfer to the hotel. Meet your guide and prepare for the trek ahead. Dinner in hotel.

Day 3: Acclimatisation day in Lhasa

After breakfast we visit to the iconic Potala Palace: the one-time residence of the Dalai Lama, the religious head and political leader of Tibet. The Palace is a true architectural masterpiece, magisterially overlooking the whole city of Lhasa from its 130m vantage point.

After lunch we will continue to the Jokhang Temple. Built in the 7th century to display the Jowo Shakyamuni Statue – the statue of the 12-year-old Buddha before his enlightenment. The statue was created at the time when the historical Buddha lived. It is elaborately decorated with gold, jewels, and precious stones.

Finally, we head to Barkhor Street where you will join crowds of pilgrims, local Tibetans, and monks circumambulating the temple before returning to our hotel.

Day 4: Pabongka Monastery

Today we have an acclimatisation trek to visit the Pabongka Monastery. Pabongka monastery history goes back to the 7th century when Tibetan king Songtsen Gampo meditated in one of the caves. You can also visit the cave and spend time meditating there.

We complete the acclimatisation walk by visiting a local nunnery before returning to Lhasa.

Day 5: Ganden to Trubshi (3,400m) 4hrs trekking, approx. 9km

Today we will drive to Ganden Monastery (4,100m), the starting point of our trek. We meet our porters here and they will load the luggage onto the Yaks.

The monastery was built by Tsongkhapa in 1409. It is the first monastery of Gelugpa sect. We will walk the circuit (lingkor) from the monastery catching incredible views of the Kyichu valley.

After lunch we will continue to Trubshi village and onto the campsite which located nearby.



Detailed itinerary

Day 6: Ganden to Yama Do (4,500m)

5-7hrs trekking, approx. 17km

Ascent: 500m / Descent: 300m

Today we start trekking from Ganden towards Yama Do village. We will be passing by Trubshi and Hepu villages and numerous small nomad's settlements.

We will steadily climb the mountain and for the first time get the view on the Shuga-la pass, the highest point of the trek (5,250m).

The trail today is very pleasant. We will be following the path through the valleys, cross the mountain river bridge and start the ascent to the Yamo Do village where we will set up camp this evening.



Day 7: Yama Do to Tsotup-chu (5,100m)

5-7hrs trekking, approx. 10km

Ascent: 900m / Descent 300m

After breakfast we continue towards Shuga-la pass (5,250m). The path changes as we now walk through rocky hills and many streams. We will take our last look at the Ganden monastery still visible in the distance before climbing up to the pass.

From the top of the pass, you will see an incredible view of the valley below. The fast mountain river is running at the bottom of the hill. Our way is lying to the East from the pass, taking us towards the Tsotup-chu valley. While the river is leading to the West where there is a short way out to Lhasa.

When we reach the bottom, we will cross the river. There are usually some nomad's camps in the valley, and it is a nice place for camping. However, depending on the time of the day, we can continue trekking for another 15-20 minutes to reach the campsite (5,100 m). The area is flat near the river and stone barriers.

Day 8: Tsotup-chu to Herder camp (4,300m)

5-7hrs trekking, approx. 14km

Ascent: 200m / Descent 800m

Today we trek towards Chitu-la pass, the second highest point of the trek (5,210m). The ascent is much easier and shorter compared to Shuga-la pass. At the top you will get an incredible view of three lakes. The first lake will be on the top of the mountain, and we will walk by it on the way down to the valley with the other two lakes.

After a steep descent, we will walk along the lakes and after that continue down to the river and the rocky valley. From now on we will be slowly descending, and the landscape starts to change. We will see more greenery and forest with tall trees.

After we pass the rocky section, we will find ourselves in a vast valley with two rivers. We will start seeing many of nomad's tents on both sides of rivers. We will settle in the herder's camps area by the river for the night.

Detailed itinerary

Day 9: Herders Camp to Samye (3,570m) 5-6hrs trekking, approx. 14km Descent 700m

Today we will continue our descent. The path becomes wider. It is one of the most beautiful parts of the trek. We will be walking along the fast mountain river, surrounded by forest. As we descend more than 1,200m, the weather gets warmer.

We will reach the first permanent Tibetan village in the afternoon, and from there it will be only a short walk to Changtang village. From Changtang we can climb up to visit the Yemalung Hermitage site with the active nunnery and meditation caves. From here we continue the Samye monastery, and the finish line of this wonderful trekking adventure! We then transfer to Tsedang to celebrate our achievements in style! Overnight at hotel.



Day 10: Depart Tibet

After breakfast (flight time depending) we leave Tsedang for the 3hr transfer to the airport in Lhasa.

Day 11: Arrive home

Challenge grade

Tough to challenging

Tough

You are likely to be walking between 6-8 hours each day on hilly terrain (undulating), which may sometimes be rough with the occasional high pass, and altitudes of up to 3,500m.

Challenging

You may be walking between 6-10 hours per day at high altitude with tough daily ascends and descends of around 500-1,000m. This involves strenuous trekking in sometimes remote, wild environments. There could be extreme weather conditions and limited availability of facilities. You will also be trekking on minor trails and/or difficult terrain including snow or scrambling sections. You are therefore required to have high level of physical fitness along with optimal level of experience and positive attitude.

Best time of year

April to May and September to October.

Itinerary complex and subject to change.

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