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## 7 days Tibet Tsurphu to Yangpachen trekking tour

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Lhasa

Tsurphu Yangpachen Trekking

Lhasa

If you are interested in the Tibetan herders and their semi-nomadic lifestyle, this trek tour would be an excellent choice. Imagine the vistas of nomadic children picnic on the plateaus as they watch their sheep graze, it's amazing!

Type

Private

Duration

7 days

Theme

Trekking & Biking

Trip code

WT-502

Price

From CN¥ 5,200 per person

### Itinerary

This 7 day Tsurphu to Yangpachen trek is an excellent choice for those who want to get a close contact with the Tibetan herders and their lifestyle. In spite of their permanent winter homes, they spend much of the year camping with their animals.

Tsurphu to Yangpachen trek begins at Tsurphu Monastery. This rugged walk crosses several alpine valleys like Leten valley, Bartso valley before emerging into the broad and windswept Yangpachen valley. This trek combines alpine tundra and sweeping mountain panoramas with visits to monasteries and a nunnery, nicely balances cultural and wilderness activities.

It is a high elevation trek exceeding 4400m for the entire duration and a maximum elevation 5400m at the Lasar-la. The best time for this trek is from Mid- April to Mid of October.

Day 01 :

Arrival at Lhasa [3,658m]

Upon arrival at Lhasa airport or train station, to be met and transferred to your hotel in Lhasa. Then have a good rest to acclimatize the high altitude. Overnight at Lhasa. **(B)=breakfast**

Day 02 :

Lhasa City sightseeing, visit Potola Palace & Jokhang Temple (B)

Today is your first day of sightseeing on the high plateau, so we have purposely arranged only 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 03 :

Lhasa City sightseeing, visit Drepung monastery, Sera monastery (B)

Today you will be arranged to visit Drepung, Sera monasteries. Both 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 10,000 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 04 :

Lhasa / Tsurphu Monastery / Leten (70Km, 2.5 hours drive + trekking 4 hours for 11km)[4,500m] (B)

The drive from Lhasa to Tsurphu Monastery takes about 2-3 hours, and the altitude will increase up to 4300m. After a short visit to Tsurphu Monastery, start to Leten, it is a spectacular 4 hours trekking with ascending up in a green valley crisscrossed with mountain streams. Be on the lookout for various species of mountain goats disguised in gray rocks. Several small nomadic communities camp here for the summer herding months, and you may have a stop into a yak-hair tent for a cup of salt butter tea or some fresh yak milk! Crest the ridgetop four hours later, emerging onto a high plateau with a scattering of rock-enclosed huts, and look for a flat area for camping. From day one, the scenery is breathtaking, the landscapes are classic Tibetan beauty.

#### Day 05 :

Leten/ Bartso, (trekking 5-6 hours, 15km)

Have your first small pass, the Damchen Nyingtri, bear to the left at the cairns at the crest, and descend into a magical valley of lichen-coated boulders, meandering streams, and expansive, powder-blue sky. Three hours later, you will cross the Lasar La and descend into the Yangpachen valley, with its wide-open plateaus, spiky grass hummocks and tundra-like parched, cracked patches of earth, and head towards Bartso. The views of Brize (translated as female yak herder) and Tarze (horse keeper) are superb, and you will feel safe in the care of the local mountain god, Nyenchen Tanglha. Camp near Bartso, a drop (nomad) village of five or six houses, surrounded by the juniper used for incense all over the Tibetan world.

#### Day 06 :

Bartso / Dorje Ling Nunnery, (Trekking 4 hours, 15Km) / Be picked up and drive back to Lhasa.

Leaving the village of Bartso behind, head towards a wide trail leading across the valley and over another ridge, from where you will be rewarded with views of Nyenchen Tanglha (7111 m), the holiest mountain in central Tibet. Emerge at Tajung village, and then climb gently up rolling hills where young nomadic boys and girls picnic on the plateaus as they watch their yaks and sheep graze. The vistas are, again, just amazing! Mid-day, you should reach the small Djore Ling Ani Gompa (nunnery), near which you will set up camp. It's possible that these nuns, some of the friendliest in Tibet, will drag you into the gompa's tea-house and pass around a heaping plate of yak meat (use the Bowie knife provided to hack a piece off) before getting into the requisite photo session.

Your Lhasa driver will meet you at Dorje ling and drive you back to Lhasa, you may choose to stop at Yangbachen to have hot spring (Fee is on your own). You also can choose to travel further north to visit Namtso Lake, one of the three holy lakes in Tibet.

#### Day 07 :

Lhasa airport /train station send-off (B)

Your guide and driver will see you off at the airport or train station, end of 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.

All required Tibet permits and domestic travel documents.

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.)

All necessary Yak(s) or Horse(s) with caretakers for portage of luggage.

Camping gears for the trekking including tent, mattress and sleeping bags. (Optional)

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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