

# 2019 Short Trek Catalog

## High Lhagang Plateau, Zhakra Mountain, and Mount Gongka Hiking Treks and Tibetan Horse Rides

### High Lhagang Plateau Treks and Rides

#### Day Rides 1 day

Nomad Visit: Ride up into the high Lhagang grasslands, stopping for lunch with a nomadic family. Visit a small nomadic temple and return to Lhagang in the evening. (6 hours with lunch)

Gyergo Nunnery: Ride across the low Lhagang grasslands to Gyergo Nunnery. Lunch there with a local family; visit the mani wall and nun's temple, and the newly built Monk's College. Return to town. (6 hours with lunch)

Trekkers per group	Price per person Nomad guide	Price per person With English translation
1	Y630	Y1450
2	Y480	Y890
3	Y450	Y700

#### Nomad Homestay Hikes 2 days

Self-guided: Walk, following a map, to visit nomads, and stay the night with them in their tents. Enjoy the afternoon herding yaks and seeing the area, and try milking yaks in the morning. Walk back in the morning by the same route, or by the road and highway. (3-6 hours walk each day, depending on season.)

Nomad-guided: Walk up to the nomad camps with a guide to take you places you otherwise may not be able to find! Enjoy the afternoon herding yaks and seeing the area, and try milking yaks in the morning. Walk back the next day on your own. (3-6 hours walk depending on season.)

Trekkers in group	Price per person Homestay with self-guided hike	Price per person Nomad homestay with guided hike
1	Y100	Y390
2	Y100	Y290
3	Y100	Y250

## Nomad Homestay and Horse Rides 2 days

Nomad Homestay with 1-Day Ride and Walk Back: Ride up into the high Lhagang grasslands, stopping for a temple visit and lunch with a nomadic family - or, if the weather is nice, have a grassland picnic. Stay the night with a nomadic family, and walk back over the same route the next day. (6 hours ride, 3 hours walk. Includes lunch, dinner, bed, breakfast, horses, and horse guide)

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y720	Y1610
2	Y570	Y1010
3	Y540	Y860

Nomad Homestay with 2-day Ride: As above but 2 days riding. The way back is different, and includes another small temple visit. (6 hour ride each day. Includes 2 lunches, dinner, bed, breakfast, horses, and horse guide.)

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y1460	Y3200
2	Y1110	Y1980
3	Y990	Y1570

## Nomad Tent Stay and Nunnery Ride 2 days

Nomad Homestay and Visit to Gyergo Nunnery, 2 Days Riding: Ride up into the high Lhagang grasslands, stopping for a temple visit and lunch with a nomadic family - or, if the weather is nice, have a grassland picnic. Stay the night with a nomadic family. The following day, try milking yaks in the morning and then ride on to Gyergo Nunnery. Visit the sights there - the temple, mani wall, and newly built monk's college. You need to return to Lhagang on your own or stay in a homestay here. (6 hours ride each day. Includes lunch, dinner, bed, and breakfast, horses, and horse guide. With additional night at Gyergo add Y90.)

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y1460	Y3200
2	Y1110	Y1980
3	Y990	Y1570

Nomad Tent Stay, Gyergo Nunnery, and Meituk Lake Trek  
3 days, ride or hike

Ride up into the high Lhagang grasslands, stopping for a temple visit and lunch with a nomadic family - or, if the weather is nice, have a grassland picnic. Stay the night with a nomadic family. The following day, try milking yaks in the morning and then ride on to Gyergo Nunnery. Visit the sights there - the temple, mani wall, and monk's college. Stay the night with a family at Gyergo, and the next day ride up to high Meituk Tso, a lake with gorgeous high peak views. Have lunch at the lake and then ride back to Lhagang. (6 hours ride each day and 2 home stays included. Includes all meals, beds, guiding, and horses (if riding). No packhorses.

Horse Riding

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y2460	Y4800
2	Y1870	Y2970
3	Y1670	Y2360

Hiking

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y1560	Y5280
2	Y1140	Y2230
3	Y1000	Y1700

High Plateau Lake Trek  
3 days, ride or hike  
With car return  
(+optional nomad tent stay before trek)

Trek far into the grasslands west of Lhagang.  
Day 1: Set out for Yibei Lake, a deep sinkhole lake in the highest part of the Lhagang grasslands. Day 2: Ride or hike across high wetland, filled with wild birds, to a overlook to the north and west, and get a sense of the scope of the land. Visit sacred Ragni Lake, another sinkhole, and camp nearby. Day 3: Ride or hike to Genup Gompa, an original small nomad temple on the edge of the high plateau. Meet a car this evening to return to Tagong or the ecolodge. Includes meals, tents, guides, and car. Add 100 yuan for optional tent stay the night before.

Horse Riding

Number of Trekkers	Price per person Nomad guide	Price per person with English translation
Single	Y4090	Y8040
Double	Y2960	Y4940

Hiking with packhorses

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y3080	Y6330
2	Y2300	Y3920
3	Y2040	Y3000

High Plateau Lake Trek  
 4 days, ride or hike  
 (+optional nomad tent stay before trek)

Trek far into the grasslands west of Lhagang.

Day 1: Set out for Yibei Lake, a deep sinkhole lake in the highest part of the Lhagang grasslands. Day 2: Ride or hike across high wetland, filled with wild birds, to a overlook to the north and west, and get a sense of the scope of the land. Visit sacred Ragni Lake, another sinkhole, and camp nearby. Day 3: Ride or hike to Genup Gumpa, an original small nomad temple on the edge of the high plateau. Day 4, return to the Khampa Nomad Ecolodge on foot or by horse, crossing deep valleys and high hills. Includes meals, guide, horses (riding or packing), and tents. Sleeping bags and mats can be rented. Add 90 yuan for nomad tent stay the night before the start of the trek.

**Horse Riding**

Number of Trekkers	Price per person Nomad guide	Price per person with English translation
Single	Y3280	Y6950
Double	Y2490	Y4320

Larger groups can share costs according to actual group size. I.e. 3 people are 2 double and 1 single.

**Hiking with packhorses**

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y2520	Y5770
2	Y2020	Y3640
3	Y1850	Y2940

## Sacred Zhakra Mountain Treks and Rides

### Zhakra Hotsprings and Turquoise Lake Trek 3 days, ride or hike

Meet in the morning at Gyergo Nunnery. Ride or hike up over Griffon Pass (4800 meters) and down to Zhakra Hot springs, and the base of the high peak. Stay the first night in tents there. Day 2, ride or hike down the valley to the forest. Set up camp there and take an afternoon trek up to see the sacred turquoise lake, Zhakra Yimtso. Day 3, ride or hike the low pass back to Gyergo Nunnery. (Horse riding 6-7 hours per day, hiking 8-9 hours per day. As a hike, this is very strenuous. Horse riding is medium difficulty with some hiking required. Includes all meals, horses (either riding or pack-horses), guiding, tents, and car from Ecolodge or Tagong (one way). Sleeping bags and pads can be rented for an extra charge.

#### Horse Riding

Number of Trekkers	Price per person Nomad guide	Price per person with English translation
Single	Y3210	Y6320
Double	Y2430	Y3980

Larger groups can share costs according to actual group size. I.e. 3 people are 2 double and 1 single.

#### Hiking with packhorse

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y2540	Y5140
2	Y2010	Y3310
3	Y1830	Y2700

**Zhakra Hotsprings  
and Turquoise Lake Trek  
with glacier visit  
4 days, ride or hike**

Meet in the morning at Gyergo Nunnery. Ride or hike up over Griffon Pass (4800 meters) and down to Zhakra Hot springs, and the base of the high peak. Stay the first night in tents there. Day 2, leave the camp at the hot springs and hike up to the glacier of Zhakmu Peak (also ok to make this a rest day). Return in the evening for another hot springs soak. Day 3, ride or hike down the valley to the forest. Set up camp there and take an afternoon trek up to see the sacred turquoise lake, Zhakra Yimtso. Day 4, ride or hike the low pass back to Gyergo Nunnery. (Horse riding 6-7 hours per day, hiking 8-9 hours per day. As a hike, this is very strenuous. Horse riding medium difficulty with some hiking required. Includes food, food preparation, guide, horse or packhorse, and car one-way from Ecolodge or Tagong. Tents are also provided. Sleeping bags and mats can be rented.

**Horse Riding**

<b>Number of Trekkers</b>	<b>Price per person Nomad guide</b>	<b>Price per person with English translation</b>
Single	Y4230	Y8380
Double	Y3210	Y5280

Larger groups can share costs according to actual group size. I.e. 3 people are 2 double and 1 single.

**Hiking with packhorse**

<b>Trekkers per group</b>	<b>Price per person Nomad guide</b>	<b>Price per person with English translation</b>
1	Y3340	Y5370
2	Y2650	Y3770
3	Y2420	Y3170

## Zhakra Hotpsrings and Turquoise Lake Trek plus Nomad Tent Stay

5 days, ride or hike

Meet in the morning at Gyergo Nunnery. Ride or hike up over Griffon Pass (4800 meters) and down to Zhakra Hot springs, and the base of the high peak. Stay the first night in tents there. Day 2, ride of hike down the valley to the forest. Set up camp there and take an afternoon trek up to see the sacred turquoise lake, Zhakra Yimtso. Day 3, ride or hike the low pass back to Gyergo Nunnery. Day 4, ride across low grasslands to a nomadic family encampment. Day 5, after spending time with the family and trying out yak milking in the morning, return to Tagong. (Best in Summer. Horse riding 6-7 hours per day, hiking 8-9 hours per day. As a hike, this is very strenuous, for the very fit. Horse riding is medium difficulty with some hiking required. Includes food, food preparation, guide, horse or packhorse, and car one-way from Ecolodge or Tagong. Tents are also provided. Sleeping bags and mats can be rented.

### Horse Riding

Number of Trekkers	Price per person Nomad guide	Price per person with English translation
Single	Y5250	Y10430
Double	Y3990	Y6580

Larger groups can share costs according to actual group size. Ie. 3 people are 2 double and 1 single.

### Hiking with packhorse

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y4130	Y8050
2	Y3290	Y5460
3	Y3010	Y4460

## Danba Village to Zhakra Turquoise Lake and Hotsprings

5 days, ride or hike

Meet at Maoniu Village the night before the start of the trek, and stay in a village guesthouse. Day 1: ride or hike up the Maoniu Valley to a midway camp. Day 2: Continue the hike or ride up the valley to the twin lakes in the Zhakra Basin. Day 3: Ride or hike down to the sacred Turquoise Lake, and do a kora of the lake. Then continue down and up to the hotsprings. Day 4: Do a day hike to the glacier above the hotsprings, and camp a second night at the springs. Day 5: Hike or ride over high Griffon Pass (4800 meters) to Gyergo Nunnery. (Best in Summer. Horse riding 6-7 hours per day, hiking 8-9 hours per day. Includes night at Maoniu, food, food preparation, guide, horse and packhorse, and car to return to Ecolodge or Tagong. Tents are also provided. Sleeping bags and mats can be rented.

### Horse Riding

Number of Trekkers	Price per person Nomad guide	Price per person with English translation
Single	Y6540	Y12250
Double	Y4950	Y7800

Larger groups can share costs according to actual group size. I.e. 3 people are 2 double and 1 single.

### Hiking with packhorse

Trekkers per group	Price per person Nomad guide	Price per person with English translation
1	Y4930	Y7840
2	Y4230	Y5370
3	Y3790	Y4550



## Mount Gongka Treks and Rides

### Mount Gongka Trek starting to the southwest 6.5 days, ride or hike

Day 1: Meet in the village of Pengbuxi in the afternoon. Stay the night in a small family guesthouse. Day 2: Drive through lovely valleys and finally up and across high passes to Tsemei Village. Lunch with the family here and meet your guide. Walk or ride this afternoon to Gongka Monastery.

This small monastery is the major base camp for Gongka Peak climbs, and offers great sunset views of the peak. Day 3. Today is a long hike or ride to the Yulongxi Village winter pasture in the Buchi valley. It starts in live oak and climbs into high grassland. We stay in a small herding hut here.

Day 4: Today is a shorter trek with an option for a glacial dip at lunchtime. Camp high in preparation for crossing the pass the next morning. Day 5: A lovely day trek over the high Riwoche Pass (4950 m) and across permafrost to a glacial lake with impressive moraines. Camp below the lake.

Day 6: Hike down to a camp in lower Riwoche Valley, a camp for a caterpillar fungus diggers. Day 7: Hike through lovely temperate forest to Laoyulin. Catch a car here to Kangding city.

(This area is very busy in summer; fall or spring are best (non-holidays)). Horse riding 6-7 hours per day, hiking 8-9 hours per day. Includes night at Pengbuxi, food, food preparation, guide, horse (if riding) and packhorse, and cars from Pengbuxi and to Kangding. Tents are also provided. Sleeping bags and mats can be rented.

#### Horse Riding

Trekkers per group	Price per person Nomad Guide	Price per person with English translation
1	Y8980	Y15890
2	Y6170	Y9620
3	Y5230	Y7530

#### Hiking with Packhorse

Trekkers per group	Price per person Nomad Guide	Price per person with English translation
1	Y7750	Y9580
2	Y5700	Y6620
3	Y5020	Y5630