

# Chyoger Trek and Ride Catalog 2026

## Day Rides

### Day Rides 1 day

Nomad Visit: Ride up into the high Lhagang grasslands, stopping for lunch with a nomadic family. Enjoy the silence and the whistling of nomads for hours. (6 hours with lunch)

Grasslands and Buddhism Ride: Ride up onto the high plateau and visit a meditation retreat cave (currently empty). Then onto Nyelum Temple for a full tour of the old thangka paintings there. (English-speaking guide a must for the full experience.) (6 hours with lunch)

Trekkers per group	Price per person Nomad horseman	Price per person With full guiding and translation
1	Y1000	Y2150
2	Y730	Y1370
3	Y640	Y1060

### Art and Horses Day Ride 1 day

Ride to Nyelum Temple, where you will learn about thangka paintings and the different styles over time. Then return to the Ecolodge for lunch. After lunch, try your own hand at thangka painting for the afternoon with our resident artist.

Trekkers per group	Price per person (With English language guide and instruction September-May)	Price per person (With English language guide and instruction June- August)
1	Y1190	Y2350
2	Y940	Y1570
3	Y760	Y1260

## Nomad Tent and Hut Stays

### 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-Pathfinder-Guided:: Walk up to the nomad camps with a Tibetan pathfinding 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.)

Fully-guided: Spend 2 full days with an English speaking Tibetan guide, who will tell you local stories, give you a full temple and art tour at Nyelum Gompa, tell you the local hermit tales, and translate between you and the nomad family. The first day is a full day hike to enable more interesting sites. The second day can be half or full day (no price difference), depending on your energy levels and interest.

Trekker s in group	Price per person self- guided	Price per person Nomad pathfinder	Price per person Fully-guided, 2 full days
1	Y160	Y730	Y2760
2	Y160	Y540	Y1770
3	Y160	Y470	Y1350

### 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 unguided 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 horseman, first day only	Price per person with guiding and translation both days
1	Y1160	Y3370
2	Y890	Y2250
3	Y800	Y1690

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 horseman	Price per person with instruction and translation
1	Y2550	Y5180
2	Y1920	Y3350
3	Y1700	Y2640

## 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 the lodge 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 Y160.)

Trekkers per group	Price per person Nomad horseman only	Price per person with guiding and translation
1	Y2550	Y5180
2	Y1920	Y3350
3	Y1700	Y2640

## 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 horseman only	Price per person with guiding and translation
1	Y4530	Y8670
2	Y3730	Y6120
3	Y3700	Y5310

### Hiking

Trekkers per group	Price per person Nomad pathfinder only	Price per person with full guiding and translation
1	Y2500	Y4430
2	Y1770	Y2920
3	Y1530	Y2280

# Horse Packing

## High Plateau and Sinkhole Lake Horse Pack Trips - Hike or Ride

High Plateau Lake  
Trek or Ride  
2 day, Out and back

\*\*This trek requires at least 2 full days acclimatization. It is strenuous and at high altitude, sleeping at 4550m.

Ride or hike high onto the plateau to Yibei Lake, and back around the following day. Day 1: Set out early for Yibei Lake, stopping at the high nomad camps during the day. Day 2: Return to the lodge across the high open plateau. (7-8 hours ride or hike per day. Includes meals and camping, packhorses, riding horses if riding, and guides. Sleeping bags and mats can be rented for an extra fee.)

### Horse Riding

Trekkers per group	Price per person Nomad horseman	Price per person with full guiding and translation
1	Y2690	Y5310
2	Y2690	Y4090
3	Y2220	Y3140

### Hiking

Trekkers per group	Price per person Nomad horseman	Price per person with full guiding and translation
1	Y1710	Y3760
2	Y1710	Y2460
3	Y1450	Y2190

High Plateau Nomads and Lake  
Trek or Ride  
3 days, Out and back  
With nomad stay and workshop

Trek far into the grasslands west of Lhagang.  
Day 1: Ride or hike to Dashika Camp, visiting a meditation cave on the way. Spend the afternoon yak herding and stay the night in a nomad tent. Day 2. Learn yak milking and rope making, and then set out for Yibei Lake, a deep sinkhole lake in the highest part of the Lhagang grasslands. Day 3: Ride or hike back to the ecolodge, across wide grasslands. Includes meals, tents, guides. Sleeping bags and mats can be rented.

**Horse Riding**

Number of Trekkers	Price per person Nomad horseman	Price per person with full guiding and translation
1	Y4040	Y7960
2	Y2980	Y5110
3	Y2620	Y4700

**Hiking with packhorses**

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding and translation
1	Y2850	Y6040
2	Y2850	Y3960
3	Y2410	Y3560

High Plateau Lakes Marshes and Temple  
Trek or Ride  
3 days, with car return

Trek far into the grasslands west of Lhagang.  
Day 1: Set out early 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 an 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. Meet a car this evening to return to Tagong or the ecolodge. Includes meals, tents, guides, and car. Sleeping bags and mats can be rented.

**Horse Riding**

Number of Trekkers	Price per person Nomad horseman	Price per person with full guiding and translation
1	Y6010	Y11220
2	Y5700	Y8480
3	Y4650	Y6470

**Hiking with packhorses**

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding and translation
1	Y4330	Y8390
2	Y4020	Y6250
3	Y3390	Y4850

## High Plateau Lake Trek 4 days, Ride or Hike

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.

### Horse Riding

Number of Trekkers	Price per person Nomad horseman	Price per person with full guiding and translation
1	Y5380	Y10670
2	Y5380	Y8170
3	Y4440	Y6270

### Hiking with packhorses

Trekkers per group	Price per person nomad pathfinder	Price per person with full guiding and translation
1	Y3700	Y8070
2	Y3700	Y6160
3	Y3180	Y4820

## Plateau Peaks and Deep Valleys 7 days, ride or hike

\*includes a night with nomads

Trek far into the grasslands west of Lhagang to an isolated self-sufficient village on a lake.

Day 1: Set out for Badi Temple, a small isolated nomad temple. Visit the temple and camp nearby. Day 2: Ride past many lakes and visit a small hermitage retreat. Then drop down into a side valley for the night. Day 3: Ride or hike back up onto the plateau, crossing high ridges, some of which require you to lead your horse carefully. Camp by the big Drapa Lake, and a small nomadic village. Day 4: Ride or hike back out of the valley, across the highlands, and then bushwhack, again leading your horse, past cliff lakes, to a small farming village below. Visit the temple and camp nearby. Day 5: Climb back up onto the high plateau and ride or hike to Yibei Lake, a deep sinkhole high on the plateau. Day 6: Ride or hike to a high lookout, and then end at a nomad camp, where you will spend the night. Day 7: Ride or hike back to Khampa Nomad Ecolodge. Includes meals, guide, horses (riding or packing), and tents. Sleeping bags and mats can be rented.

### Horse Riding\*

Number of Trekkers	Price per person Nomad horseman	Price per person with full guiding and translation
Single	Y10180	Y19450
Double	Y9690	Y15110
Triple+	Y8000	Y11710
*Necessarily includes parts of two days walking, carefully leading your horse, over tough terrain		

### Hiking with packhorses

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding and translation
1	Y6750	Y14020
2	Y6020	Y8640
3	Y4810	Y7460

## Sacred Zhakra Mountain Horse Pack Trips – Ride or Hike

### Zhakra Hotsprings Out and Back Trek 2 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 night in tents there. Day 2, ride or hike back up over the pass and visit Meituk lake on your way to the meeting point with a road. (Horse riding 6-7 hours per day, hiking 8-9 hours per day. As a hike, this is 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 horseman	Price per person with full guiding and translation
Single	Y4390	Y7630
Double	Y4320	Y6000
Triple	Y3590	Y4680

#### Hiking with packhorses

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding translation
1	Y3000	Y6050
2	Y2930	Y4610
3	Y2520	Y3610

## Zhakra Hotsprings and Yimtso 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 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. With an English-speaking guide, you'll hear many local stories and legends, and learn about the meditation retreat area above the lake. (This lake has become part of a new park, with a paved road part of the way. It requires entry ticket of Y100, and is subject to park opening and rules). Day 3: Ride back over a gentle pass to Gyergo Nunnery. If you still have energy, tour the nunnery this afternoon. (Horse riding 6-7 hours per day, hiking 8-9 hours per day. As a hike, this is 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 horseman	Price per person with full guiding and translation
1	Y5800	Y10350
2	Y5730	Y8100
3	Y4760	Y6310

#### Hiking with packhorses

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding and translation
1	Y4680	Y8050
2	Y4330	Y6150
3	Y3690	Y5040

**Zhakra Hotsprings  
And high glacier wild area hike  
Semi-technical with lots of wildlife**

**3 days, ride or hike (day 2 hiking only)**

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 horses, and hike up toward the high glacier. Cross another high, rocky pass with close views of the glacier. Then drop down and camp near a small lake below. Many wild animals and their tracks in this area. Day 3, ride or hike across the grasslands pack to Gyergo Nunnery. Afternoon visit to the nunnery sky burial, meditation cave, and temples. (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 hiking required, particularly on the high rocky pass on day 2. 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. Semi-technical hikes require English and Chinese-speaking guide and instructor.

**Horse Riding**

Number of Trekkers	Price per person with full guiding and translation
Single	Y10350
Double	Y8100
Triple	Y6310

**Hiking with packhorse**

Trekkers per group	Price per person with full guiding and translation
1	Y8020
2	Y5360
3	Y4800

## Hotsprings and Yimtso Lake

\*\*\*with glacier day, semi-technical

4 days, ride or hike (day 2 hiking only)

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 horses, and take a day hike up toward the high glacier. Many wild animals and their tracks in this area. Return to the hot spring for another lovely evening in the hot water. 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. With an English-speaking guide, you'll hear many local stories and legends, and learn about the meditation retreat area above the lake. (This lake has become part of a new park, with a paved road part of the way. It requires entry ticket of Y100, and is subject to park opening and rules). Day 4: Ride back over a gentle pass to Gyergo Nunnery. If you still have energy, do an afternoon visit to the nunnery sky burial, meditation cave, and temples. (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 hiking required, particularly on the high rocky pass on day 2. 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. Semi-technical hikes require English and Chinese-speaking guide and instructor.

### Horse Riding

Number of Trekkers	Price per person with full guiding and translation
Single	Y13070
Double	Y10210
Triple	Y7950

### Hiking with packhorse

Trekkers per group	Price per person with full guiding and translation
1	Y10200
2	Y7830
3	Y6420

## Yala Valley to Gyergo Nunnery Trek Via Yimtso Lake and hot spring

4 days/4 nights, ride or hike

\*\*\*This one way trek meets near Kangding and includes a night a hot spring hotel near there.

Arrive the day before the start of the trek and stay in a hot spring hotel at the start of the trek. Day 1, Ride or hike a steep, forested trail to an open campside. Day 2, Ride or Hike to Zhakra Yimtso, a sacred turquoise lake. With an English-speaking guide, you'll hear many local stories and legends, and learn about the meditation retreat area above the lake. (This lake has become part of a new park, with a paved road part of the way. It requires entry ticket of Y100, and is subject to park opening and rules). Stay in a low forested area with views of the high glaciers. Day 3, Ride or hike to Zhakra Hot Springs, a fully natural medicinal spring, at the base of the high peak. Enjoy the waters. Day 4, Ride or hike up over Griffon Pass (4800 meters) to Gyergo Nunnery. This is a big day! If you still have energy, do an afternoon visit to the nunnery sky burial, meditation cave, and temples. (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. Includes food, food preparation, guide, horse or packhorse, and car one-way from Ecologe or Tagong. Tents are also provided. Sleeping bags and mats can be rented.

### Horse Riding

Number of Trekkers	Price per person Nomad horseman	Price per person with full guiding and translation
Single	Y10390	Y19750
Double	Y10390	Y15360
Triple	Y8660	Y11190

### Hiking with packhorse

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding and translation
1	Y6850	Y12200
2	Y6070	Y8990
3	Y4930	Y6890

## Back of Zhakra Trek

One way – Yala Valley to Gyergo Nunnery

\*the closest we come to a kora of the peak

Semi-technical

5 days, ride or hike

Meet at Zhonggu Village, the hot springs near Kangding. Then ride or hike up a steep forested trail to an open campsite. Day 2, leave the horses and hike into a side valley with lakes just at the base of the Zhakra. This valley is known as Yeti Valley and is very little visited. It is mainly on talus fields, and those with no experience walking on talus rocks are not recommended to do this trek. Day 3, hike or ride down toward Yimsto, the sacred turquoise lake. Do a traditional kora of the lake, visiting meditation huts. With an English-speaking guide, you'll hear many local stories and legends, and learn about the meditation retreat area above the lake. (This lake has become part of a new park, with a paved road part of the way. It requires entry ticket of Y100, and is subject to park opening and rules). Day 4: Ride or hike to the Zhakra Hotsprings, completing your 3/4 kora of the peak. Enjoy bathing in the springs as your reward. Day 5: Ride or hike over high (4880 meter) Griffon Pass, pass to Gyergo Nunnery. Ride or hike up over Griffon Pass (4800 meters) to Gyergo Nunnery. This is a big day! If you still have energy, do an afternoon visit to the nunnery sky burial, meditation cave, and temples.

Best in Summer. Horse riding 6-7 hours per day, hiking 8-9 hours per day. As a hike, this is very strenuous, for people in good shape. Horse riding is medium difficulty with some hiking required. Semi-technical hikes require English and Chinese-speaking guide and instructor.

### Horse Riding

Number of Trekkers	Price per person with full guiding and translation
Single	Y21670
Double	Y16880
Triple	Y13070

### Hiking with packhorse

Trekkers per group	Price per person with full guiding and translation
1	Y14100
2	Y10320
3	Y7890

## 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. With an English-speaking guide, you'll hear many local stories and legends, and learn about the meditation retreat area above the lake. (This lake has become part of a new park, with a paved road part of the way. It requires entry ticket of Y100, and is subject to park opening and rules). 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 horseman	Price per person with full guiding and translation
Single	Y11320	Y21760
Double	Y11320	Y14150
Triple	Y9430	Y13070

### Hiking with packhorse

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding and translation
1	Y8100	Y14880
2	Y7190	Y10670
3	Y5840	Y8250

## Mount Gongka Horse Pack Trips - Ride or Hike

### 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 horseman	Price per person with full guiding and translation
1	Y20360	Y32030
2	Y12830	Y19170
3	Y12500	Y14490

#### Hiking with Packhorse

Trekkers per group	Price per person Nomad pathfinder	Price per person with full guiding and translation
1	Y14440	Y20000
2	Y8990	Y12310
3	Y7170	Y8940

# Yak Packing

Yak packing is only available with horse riding, and mainly in the grasslands. All treks include yak instruction and full English translation. Yak packing also allows for higher luggage allowance for guests, and a dining tent, nice seats, and evening drinks.

## High Sinkhole Lake Yak Packing 2 day, Out and back

\*\*This trek requires at least 2 full days acclimatization. It is at high altitude, sleeping at 4550 meters.

Ride high onto the plateau to Yibei Lake, and back around the following day.

Day 1: Meet your yaks in the morning at the lodge, and help with packing. Set out early for Yibei Lake, stopping at the high nomad camps during the day. Day 2: Return to the lodge across the high open plateau. (7-8 hours ride per day. Includes meals and camping, pack yaks, yak packing and horse tack up instruction, horses, and horse and yak men, and English instruction. Sleeping bags and mats can be rented for an extra fee.)

### Yak Packing

Trekkers per group	English speaking instructor, hiking	English speaking instructor, horse-riding
1	Y4320	Y5190
2	Y3410	Y4070
3	Y3010	Y3600
4	Y2810	Y3370

## Nomad Tentstay and Yak Packing + with temple and painting tour 2 day

Learn about yaks – herding, packing, milking and more. Plus, learn more about Tibetan culture and art with a temple tour.

Day 1: Meet your yaks in the morning at the lodge, and help with packing. Set out onto the high Lhagang plateau herding the yaks, and then stay with nomads this evening. Bring the whole herd of yaks in, and bring baby yaks into the tents. Enjoy dinner with the family. Day 2: Return to the lodge across the high plateau, stopping for a tour of Nyelum Temple, whose old thangka paintings can teach us about both the history of Tibetan painting and Buddhism. (5-6 hours ride per day. Includes all meals, pack yaks, yak packing and horse tack up instruction, horses, and horse and yak men, nomad homestay and workshop, and English instruction.)

### Yak Packing

Trekkers per group	English speaking instructor, hiking	English speaking instructor, horse-riding
1	Y4730	Y5590
2	Y3300	Y4410
3	Y2730	Y3920
4	Y2670	Y3680

High Plateau Nomads and Lake  
Yak Packing Ride  
3 days, Out and back

+ With nomad stay and workshop

Ride, following yaks, far into the grasslands west of Lhagang. Learn about yak packing and nomadic life.

Day 1: Ride to Dashika Camp. In the morning, help pack up your yaks and herd them up to the camp. Spend the afternoon yak herding on foot, and bringing in baby yaks. Stay the night in a nomad tent, after dinner with the family. Day 2. Learn yak milking and rope making, and then set out after packing up the yaks again, for Yibei Lake, a deep sinkhole lake in the highest part of the Lhagang grasslands. Day 3: Ride back to the ecolodge, across wide grasslands, herding yaks the whole way. Includes all meals, pack yaks, yak packing and horse tack up instruction, horses, and horse and yak men, nomad homestay and workshop, and skilled English instruction.

Yak Packing

Trekkers per group	English speaking instructor, hiking	English speaking instructor, horse-riding
1	Y6890	Y8190
2	Y5450	Y6440
3	Y4830	Y5720
4	Y4520	Y5360

High Plateau Lakes Marshes and Temple  
Yak Packing Ride  
3 days, with car return

Ride, following yaks, far into the grasslands west of Lhagang.

Day 1: After packing up yaks, set out early for Yibei Lake, a deep sinkhole lake in the highest part of the Lhagang grasslands. Day 2: Ride across high wetland, filled with wild birds, to an 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 to Genup Gompa, an original small nomad temple on the edge of the high plateau. Your guide will teach you about the old paintings in this temple, and about Tibetan Buddhism. Meet a car this evening to return to Tagong or the ecolodge. Includes all meals, pack yaks, yak packing and horse tack up instruction, horses, and horse and yak men, car return, nomad homestay and workshop, and skilled English guide. Sleeping bags and mats can be rented.

Yak Packing

Trekkers per group	English speaking instructor, hiking	English speaking instructor, horse-riding
1	Y9250	Y10980
2	Y7110	Y8440
3	Y5720	Y6630
4	Y5390	Y6110

## High Plateau Lake Yak Packing Ride 4 days

Ride, following yaks, far into the grasslands west of Lhagang.

Day 1: After packing up yaks, set out early for Yibei Lake, a deep sinkhole lake in the highest part of the Lhagang grasslands. Day 2: Ride across high wetland, filled with wild birds, to an 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 to Genup Gompa, an original small nomad temple on the edge of the high plateau. Your guide will teach you about the old paintings in this temple, and about Tibetan Buddhism. Day 4: Return to the ecolodge by riding across deep rivers and valleys.

Includes all meals, pack yaks, yak packing and horse tack up instruction, horses, and horse and yak men, car return, nomad homestay and workshop, and skilled English guide. Sleeping bags and mats can be rented.

### Yak Packing

Trekkers per group	English speaking instructor, hiking	English speaking instructor, horse-riding
1	Y8640	Y9700
2	Y6810	Y7730
3	Y6020	Y6930
4	Y5620	Y6630

## Plateau Peaks and Deep Valleys Yak Packing Ride

9 days +includes two days with nomads

Trek far into the grasslands west of Lhagang to an isolated self-sufficient village on a lake.

Day 1: After packing your yaks, set out for Badi Temple, a small isolated nomad temple. Visit the temple with your guide and camp nearby. Day 2: Ride past many lakes and visit a small hermitage retreat. Then drop down into a side valley for the night. Day 3: Ride back up onto the plateau, crossing high ridges, some of which require you to lead your horse carefully. Camp by the big Drapa Lake, and a small nomadic village. Day 4: Ride back out of the valley, across the highlands, and then bushwhack, again leading your horse, past cliff lakes, to a small farming village below. Visit the temple and camp nearby. Day 5: Climb back up onto the high plateau and ride to Yibei Lake, a deep sinkhole high on the plateau. Day 6: Ride to a high lookout, and then end at a nomad camp, where you will spend three nights. Day 7-8: Learn about nomad life and get to know the families here. Do dung patty making, yak milking, and rope making. Herd yaks and bring in the baby yaks. Settle into the rhythm of the days. Day 9: Ride or hike back to Khampa Nomad Ecolodge. Includes meals, guide, horses (riding or packing), and tents. Sleeping bags and mats can be rented.

### Yak Packing

Trekkers per group	English speaking instructor, hiking	English speaking instructor, horse-riding
1	Y20660	Y23870
2	Y18230	Y21710
3	Y15750	Y19030
4	Y14500	Y17480

# Yak Packing – Full Service Tours with Set Dates

These set-date all-inclusive tours include full guide service from airport to airport, and include a car tour of the area, as well as the yak packing trip. Camping is as comfortable as possible while still holding to tradition, with dining tent and high quality food.

## GATAR RACE RIDE 2026

12 days, 8 days riding

*This ride includes 2 sections mountains and grasslands, with lama dancing and horse race (and rest!) in between.*

Day 1, July 13: Meet in Chengdu and drive to Kangding. For centuries this small city has been the meeting place of Tibetan and Chinese culture, and has served as a tea and yak hide trading center. It serves as last outpost before the wild Tibetan mountains. Spend the night above the city at hot springs.

Day 2, July 14: Drive to Tagong (2 hours) and settle into the Ecolodge. Meet your horse and have a 2-3 hour ride, and prepare for the mountain trek. 3800m

Day 3, July 15: Take a 20 minute car ride to the trailhead at Gyergo Nunnery. Then ride over high Griffon Pass (4800 m) with stunning views of sacred Mt. Zhakra, 5900 m). Then walk down into the back valley to camp at the Zhakra Hotsprings. (4 hour ride, 3 hour hike, camp at 4100 m)

Day 4, July 16: Ride down into the valley and to the forest where we will camp overnight. Then, we will ride up to the turquoise sacred lake Yimtsa, and do a traditional circumambulation of the lake on foot, visiting the active meditation huts and caves on the far side. (5 hour ride, 1 hour hike, camp at 3700m)

Day 5, July 17: Return to Gyergo Nunnery over a lower pass, via Empty Valley. Stay tonight in traditional homestays with the elderly around the nunnery. (6 hour ride, huts, 3900m)

Day 6, July 18: Drive to Gatar Gumpa to experience the yearly lama dance there. Your guide will explain the meaning of these amazing masked dances. We will camp nearby. (1 hour drive, 3500 meters)

Day 7, July 19: Big Race Day! Enjoy the various race events: blessing the horses, the long race far across the valley, and stunt races in the afternoon. Then drive back to the Ecolodge to rest up, have shower and sauna, and prepare for the next section of the trek. (1 hour drive, 3800 meters).

Day 8, July 20: Ride up into the high nomad areas. Another lovely day on the horse to end at the home camp of our guides. We will settle in to spend the night at this camp, to be wined and dined by nomads, and experience their traditional life. Opportunity for nomad tent stay for interested guests. (7 hour ride, camp near nomads, 4200 m)

Day 9, July 21: Spend the morning at Dashika Nomad Camp, enjoying the traditional life. We can try yak milking, butter processing, yak fiber spinning for string and rope, and yak herding. Then ride to Yibei Lake, a high sinkhole (cenote) lake. This is a short 3 hour ride across the high plateau where we will see many nomad camps dotted across the area. Yibei is a Great Lake for swimming, but cold! (3 hour ride, camping, 4450 m)

Day 10, July 22: Ride to high lookout to the west, across wolf and gazelle country and the Lhagang plateau's highest area. Lunch at the lookout, at 4600 m, then drop down to see sacred Ragni Lake, home of lammergeyer birds in cliffs and the site of many legends. Camp nearby. (5 hour ride, camping, 4200 m)

Day 11, July 23: Ride across the Lhagang Plateau's most populated nomadic area. Some years we happen upon a religious festival in this area. Arrive after lunch to high Genup Gumpa, an 300-year-old nomad temple. After visiting the temple, we'll say goodbye to our guides.

Day 12, July 24: Return to Chengdu by car (Buddhazen Hotel)

**Prices: 5+ pax Y23100 4 pax Y23800 per person, 3 pax Y30415 per person, 2 pax Y34090**

**Single supplement Y4900**

## **SHAMALONG RACE RIDE 2026 (moderate)**

**14 days total, 8 days riding**

**July 23 - Aug 5**

*This trek is almost completely riding, with a few small spots of needing to walk downhill. Personal items will be packed on yaks. 7 nights of camping, with Tibetan style dining tent.*

Day 1, July 23: Meet in Chengdu and drive to Kangding. Spend the night above the city at hot springs.

Day 2, July 24: Drive to Shamalong Horse Race Festival, and enjoy the races! Attend the morning horse blessings, and then spectacular races of the local clan, with long races, short sprints, and stunt races. Camp near the races.

Day 3, July 25: Start trekking. Ride 6 hours across a farming valley and again into the highlands. Camp on the Puksum Hilltops.

Day 4, July 26: Cross another valley to end at Badi Gompa, a small mountain monastery. This monastery houses the holy jeep of a revered monk. Camp nearby.

Day 5, July 27: Ride in remote areas, past high lakes, to a meditation cave. Camp low near a crystal clear stream, with rhubarb picking nearby.

Day 6, July 28: Ride up on the plateau, and traverse around valleys, to end at a grassy perch with views in all directions.

Day 7, July 29: Today is a high ridge ride and walk with stunning views in all directions, reaching 4700 meters. End at Drapa Lake, a beautiful lake in a deep forested valley, with a small farmer/nomad village nearby.

Day 8, July 30: Retrace our steps back out of the valley, and then down a steep trail on the other side. We see extremely remote lakes and waterfalls from this barely-there trail. Downhill, it is necessary to walk the horses. End at a small village with a lovely gold-roofed temple. Camp here.

Day 9, July 31: Ride up again onto the high wide grasslands, to Yibei Lake, a high sinkhole lake. This is a ride across the high plateau where we will see many nomad camps dotted across the area. Yibei is a great lake for swimming, but cold!

Day 10, Aug 1: Ride to high lookout to the west, across wolf and gazelle country and the Lhagang plateau's highest area.

Lunch at the lookout, at 4600 m, with views of isolated hermitages nestled in mountains, after mountain, after mountain. Then drop down to see sacred Ragni Lake, home of lammergyer birds in cliffs and the site of many legends. Camp nearby.

Day 11, Aug 2: Another lovely day on the horse to end at the home yak camp of our guides. We'll watch as the herders bring in the animals, catch and tie the calves, and do the evening milking. Opportunity for a homestay if you like, or just dinner in the black yak hair tents.

Day 12, Aug 3: Final day! Spend the morning at Dashika Nomad Camp, enjoying the traditional life. We can try yak milking, butter processing, and yak fiber spinning for string and rope. Then, visit the cave of a woman hermit, blind in one-eye, who lived 40 years alone in a rock cave, in an isolated valley. She lived on donations, and the surrounded rocks were, to her, statues of Buddhas and Boddhisatvas. Finish your ride at Khampa Nomad Ecolodge.

Day 13, Aug 4: Drive to Chengdu (6-8 hour drive, Buddhazen Hotel)

Day 14, Aug 5: Sendoff to the airport.

**Prices: 5+ Y26250, 4+ pax Y29750 per person, 3 pax Y36500 per person, 2 pax Y41020 per person**