

## 11 Days Hiking the Pilgrimage Path from Ganden to Samye Monastery

Follow one of the most famous and well-respected trekking routes in Tibet. The trail running from Ganden to Samye, two of the area's most historically significant monasteries, features remote mountain terrains dotted with sacred Buddhist sites and traditional villages.



**Destination:**Lhasa

**Tour Type:**Single City Tour

**Departure:**Daily

**Tour Code:**CTP205

**Duration:**11 Days & 10 Nights

**Url:**<http://www.chinatraveldepot.com/ChinaTours/CT5058-11-Days-Hiking-the-Pilgrimage-Path-from-Ganden-to-Samye-Monastery>

### HignLights

- Hiking and trekking excursions
- Camping
- Local family visit

### Itinerary

**Day 01** Arrive in Lhasa

**Activities:** On our way to hotel, we can enjoy the heart-beating highland view along this Yarlong Tsangpo river (the longest river in Tibet). Get full rest for acclimatization. Overnight at Lhasa. Your local guide will pick you up. Service starts from your arrival. International/Domestic flight/train arrangement is on your own.

**Hotel:** Lhasa Dhood Gu Hotel

**Meals:**

**Day 02** Lhasa

**Activities:** Today we will visit the highest palace in the world—Potala Palace which is the Dalai Lama's winter palace. It locates on the red hill, a good viewing point in Lhasa. In the afternoon, we go to the renowned Jokhang Temple which will provide us one of your first sights of devout Tibetans. In

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the temple we will see the glistening Sakyamuni statue which is considered as Tibetan Buddhism's rarity. After it walk about the Barkhor Street.

**Hotel:** Lhasa Dhood Gu Hotel

**Meals:** Lunch

**Day 03** Lhasa

**Activities:** Morning time will be spent in Norbulinka which is Dalai Lama's summer palace. Noon we will go to visit the Sera monastery where lively lama debating will be seen (except Sundays). This is very interesting. Many lamas sitting or standing in the yard debate a certain topic their teacher has given. Overnight at Lhasa Tibetan flavor dinner with traditional performance at local Tibetan restaurant.

**Hotel:** Lhasa Dhood Gu Hotel

**Meals:** Lunch+Dinner

**Day 04** Lhasa to Ganden to Yama Do

**Activities:** Drive to Gandan Monastery, after visiting the first monastery of Gelupa Sect, start trek to Yama Do via Hebu Valley. It takes about 5 hours to reach the village and camp. Have a good rest here before tackling the pass. Overnight Camping

**Hotel:** Camping

**Meals:** Lunch+Dinner

**Day 05** Yamado to Shug-la

**Activities:** This is the day of the pass, We will start trek early morning for the strenuous day. Take about 4 hrs to the pass, Shug-la(5217m) where cairns, yak horns and prayerflags mark the summit. From the pass, walk down to the valley for 1.5 hrs, we will camping at this pleasant valley along the the river. Overnight camping

**Hotel:** Camping

**Meals:** Lunch+Dinner

**Day 06** Trek Shug-la to Valley Junction

**Activities:** Walk 3 hrs up to the Sukhe La, lower and easier than the Shug-la, descend past two glacial lakes and pass more nomad tents to reach valley junction. Camp near here. Overnight camping

**Hotel:** Camping

**Meals:** Lunch+Dinner

**Day 07** Valley Junction to Ninggong

**Activities:** Walk through the thick forest, stream and a series of meadows for four hours , we reach to Gendo, a stone structure in ruins, this is one of the most attractive sections of the trek. Overnight camping

**Hotel:** Camping

**Meals:** Lunch+Dinner

**Day 08** Niggong to Samye

**Activities:** We drive to Samye monastery noon visit Tibet's first monastery. Samye Monastery was one of the very first Buddhist monasteries of Tibet and the site of the historic "Great Debate" between Indian Mahayanists and Chinese Chan Buddhists. Spiritual pilgrims have journeyed along the path connecting these two monasteries for hundreds of years.

**Hotel:** Camping

**Meals:** Lunch+Dinner

**Day 09** Samye to Tsetang

**Activities:** Get to Ferry by local truck, cross Yarlung Tsanpo River about an hour, after then , transfer to the Tsedang . Afternoon, visit Yumbu Lhakang which is the first palace in Tibet. Tradruk Temple. which once was the palace to king Songtsen gampo. Overnight hotel.

**Hotel:** Camping

**Meals:** Lunch+Dinner

**Day 010** Depart from Tsetang

**Activities:** Transfer to airport for your departure. Service ends at your departure. Your local guide will say goodbye to you after transferring you to the airport. International/Domestic flight/train arrangement is on your own.

**Hotel:**

**Meals:**

## Price & Policy

### Price Includes:

- Hotel accommodation in twin shared room with daily breakfast.
- Meals as specified in the itinerary (B=Breakfast L=Lunch D=Dinner).
- Private car/coach for transfers service and sightseeing program as indicated in the itinerary.
- Local English-speaking tour guide for transfers and sightseeing program as

indicated in each city.

Entrance fees to scenic spots as indicated in the itinerary.

Service charge and government Taxes.

**Price Excludes:**

- Entry or exit China international airfare or train tickets.  
Domestic airfare or train tickets.  
Hotel room/cruise cabin single supplement.  
Personal expenses such as laundry, drinks, fax, telephone call, optional activities, etc.  
Gratuities to the tour guide, driver and hotel bellboy.  
Fees for entry visa to China.  
Traveler insurance.  
Services not mentioned in the itinerary.