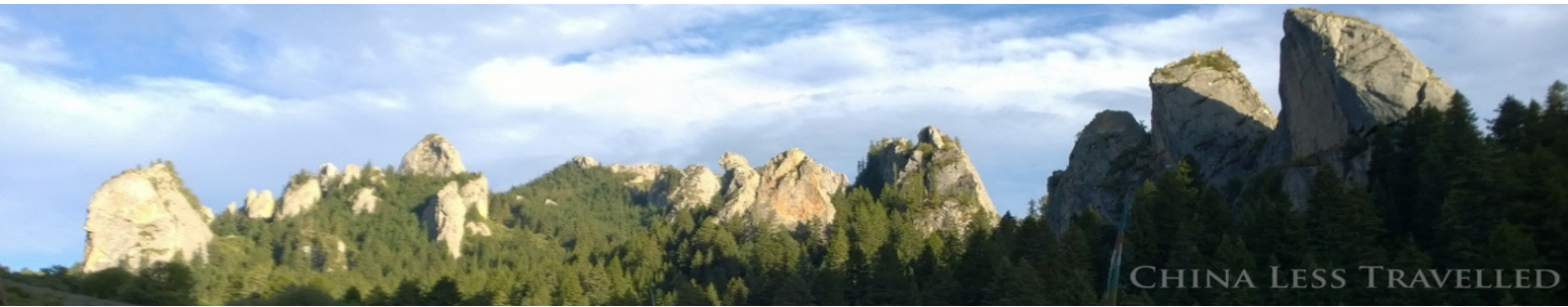




## Into the Heart of Amdo and Kham – The Tibetan Borderlands



Date/Day	Morning	Afternoon	Hotel
Day 1	Arrival into Lanzhou.	Visit to <b>Lanzhou Provincial Museum</b>	Lanzhou crown plaza
Day 2	Drive out to the Liujiaxia Lake. Take a private boat to the <b>Bing Ling Grottoes</b>	Return to Lanzhou.	Lanzhou crown plaza B,L
Day 3	Drive to <b>Xining</b> .	Visit the <b>Kumbum</b> , one of the major Gelukpa(Yellow hat sect) monasteries, famed for butter-sculptures and religious paintings.	Xining Sofitel hotel B,L
Day 4	Morning drive to <b>Rebkong</b> through <b>Guomar</b> , the great Stupa in Amdo.	Sights include the <b>Mona Thangka Painting</b> , and <b>Wutun Lower Gompa</b> . Take dinner with a local <b>Lama's family</b> .	Repkong B,L
Day 5	Visit <b>Riwong Monastery</b> and then drive for two hours to Xiahe. Stop en route at the <b>Karshize Monastery</b> .	On arrival into <b>Xiahe</b> walk the <b>Kora</b> and visit the famed <b>Labrang Monastery</b> and Tibetan market.	Xiahe – Tibetan Style Hotel B,L
Day 6	Take a morning drive from Xiahe via Luqu to <b>Zecha Stone Forest</b> . Enjoy a picnic lunch and hike in to the remote grasslands, through a landscape that few but the local nomads have been.	Continue across Tibetan Plateau on an unpaved back road to <b>Langmusi</b> .	Langmusi International Hotel B,L
Day 7	Begin this morning with a visit to the <b>Geerdeng Monastery</b> in Gansu province, before crossing the river into Sichuan and taking the <b>Kora</b> around <b>the Sezhi Monastery</b> .	Enjoy an <b>afternoon hike</b> through the spectacular <b>Winter Grasslands</b> , past remote Tibetan villages or take a remote <b>Horse Trek</b> with the Tibetan nomads.	Langmusi International Hotel B,L
Day 8	Take side trip through the <b>Zhagana</b> valley, into a remote corner of Gannan.	Return to Langmusi this evening.	Langmusi International Hotel B,L
Day 9	Drive across the sprawling <b>Zorge Grasslands</b> to <b>Tangke</b> and hike up to the viewpoint that looks over at the <b>First Bend of the Yellow River</b> .	Continue across the grasslands, passing the <b>Wache Stupa</b> to Hongyuan.	Hongyuan Hot Spring Hotel B,L



Date/Day	Morning	Afternoon	Hotel
<b>Day 10</b>	Continue through a dramatic mountain landscape towards Barkam.	Make a stop at <b>Zhokjye</b> , an old Tibetan village made famous for its role in the Long March, when Mao and his generals took shelter in the mansion of a local warlord.	<i>Barkam B,L</i>
<b>Day 11</b>	Continue over a spectacular mountain landscape to <b>Danba</b> .	Spend the afternoon exploring some of the most unique Tibetan villages in Western Sichuan, famed for their giant stone watchtowers and fortress-like houses.	<i>Danba A local village guesthouse. B,L,D</i>
<b>Day 12</b>	Hike between some of more remote villages in the <b>Danba</b> region.	Continue along a winding mountain road to <b>Mount Siguniang</b> .	<i>Changping Gou Local village guesthouse B,L,D</i>
<b>Day 13</b>	Enjoy a day <b>hike</b> or <b>horse trek</b> through the <b>Changping Valley</b> which passes through the foothills of <b>Siguniang Mountain</b> . The highest of the four peaks stands at 6250m, and there are spectacular views of many other mountains, including the <b>Camel Peak</b> , (5484m).	After hiking through a wonderful high altitude landscape that includes primal forests and alpine meadows, return to the small village of Changping Gou this evening.	<i>Changping Gou Local village guesthouse B,L,D</i>
<b>Day 13</b>	Spend much of the day driving back to Chengdu.	Enjoy an evening stroll through Jinli snack street.	<i>Chengdu Crown Plaza B,L</i>
<b>Day 14</b>	Take a morning visit to the <b>Qingyang Gong (Temple of the Green Ram)</b> , which is the oldest and largest Taoist temple in South West China, dating back to the Zhou dynasty (1040 BC – 221 BC). There will be an opportunity to visit one of the <b>Taoist Monks</b> and learn more about this intrinsically Chinese religion.	Visit the mysterious <b>Sanxingdui</b> site that boasts an incredible array of bronze masks that date back to the 12 <sup>th</sup> Century BCE. Later this evening, enjoy a <b>Sichuan Hotpot</b> farewell banquet.	<i>Chengdu Crown Plaza B,L</i>
<b>Day 15</b>	Depart Chengdu.		



**Total Cost**      USD **5200** Per Person (minimum 2 people)

Add 5% extra if you wish to pay credit card.

<b>Included in the price;</b>	<b>Not included in the price;</b>
<ul style="list-style-type: none"><li>• Services of a good English speaking local guide throughout</li><li>• All Hotels and rooms as stated for 14 nights including 2 breakfasts. <b>(B)</b></li><li>• Meals where specified <b>B,L,D</b></li><li>• Driver and all land transportation</li><li>• Entrance fees to all tourist sites</li><li>• Baggage handling, service charges and gratuities for guides, drivers and hotel staff</li></ul>	<ul style="list-style-type: none"><li>• Visa processing fees</li><li>• International Flights to and from China</li><li>• Travel insurance</li><li>• Personal expenses such as excess luggage, alcoholic drinks, telephone, laundry and room service</li></ul>