

Tea - Horse Route

Chengdu, Lhasa, Chamdo, Dechen, Gyeltangteng, Kunming • Touring • 15 Days

Get well and truly off the beaten track in Tibet's remote south eastern region on this cross-country exploration of the historic Lhasa-Kunming Tea - Horse route. From Lhasa our journey takes us up to Namtso Lake and across the grasslands into the headwaters of S.E. Asia's great rivers where follow the spectacular Mekong gorges through the valleys and plateaux of Tibet's Kham region where western travellers are still a novelty. Big rivers, ancient pine forests, azalea shrub lands, rhododendron groves and spectacular grasslands combine with magnificent scenery, authentic cultures and vast open landscapes to make the trip a classic journey



Tea - Horse Route TRIP DETAILS

2010 Departures

Escorted Small group

- 06th Oct - 20th Oct

Trip Price : NZD7150pp

Private Departures

- April
- May
- September

Trip Price : Price on application

Trip Length: 15 Days

Activity Type: Adventurous

Link:

from Lhasa Explorer
Western Approaches
to SE Asia Silk Route
Yunnan Explorer

WHATS INVOLVED IN THIS ITINERARY

• ROUTE

Includes Chengdu, Lhasa, Nakchu, Baqen, Tenggen, Chamdo, Wamda, Markham, Deqin, Zhogdian, Kunming.

This is an adventurous journey by comfortable 4x4 into the remote Kham region of Tibet tracing the tea-horse route from Lhasa. The route crosses numerous high passes with slow going over narrow gravel roads. You will need to be prepared for alpine conditions at altitudes of around 4500m and some long days on the road. This is a great trip for people who appreciate remote places, simple facilities and an occasional challenge.

• GROUP SIZE and ESCORTS

The maximum group size is 12 people. SRA leaders accompany groups of 6 or more otherwise our groups are accompanied by local English speaking professional guides.

Private departures may either be fully or partially escorted by our local guides depending on your preference.

• ACCOMMODATION

Comfortable tourist standard hotels and guesthouses on twin share basis in cities and some county towns otherwise 1* or 2* hotels or guesthouses where hot water may not be available and amenities may be basic. Single room supplement NZ\$450 To be confirmed

• INCLUSIONS

Our group departure prices are fully inclusive. Meals, local flights, road and rail transportation, entries and transfers are included. There are no hidden costs, no supplementary extras and no add-ons apply to any of the services associated with the advertised programme once it commences.

Meal plans for Private departures are flexible.

Itinerary at a Glance :

06-Oct-10 Join Chengdu

Arrive in Chengdu and transfer to hotel.

07-Oct-10 Chengdu to Lhasa

Today depart for Lhasa by flight from Chengdu. Afternoon visit to Barkhor Square with time to wander around the Kora route.

08-Oct-10 Lhasa

Morning sightseeing to Potala Palace and afternoon to Sera Monastery

09-Oct-10 Lhasa

Today we will visit Ganden and Sera Monasteries.

10-Oct-10 Lhasa to Damzhung

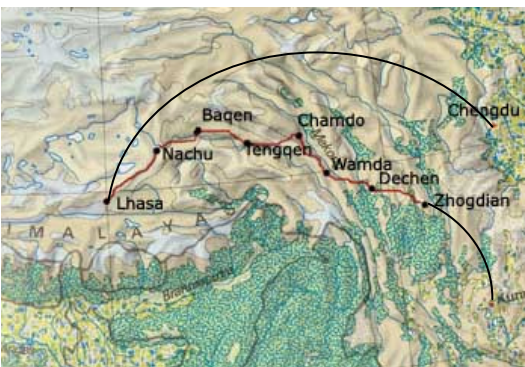
The road turns north to follow the railway towards Damzhung, crosses the Sok Chu River and ascends to the Damzhung grasslands. Make a side trip to Namtso Lake via the Largen La (5150) the highest point of the route and arrive in Damzhung late PM.

11-Oct-10 Damzhung to Nakchu

Today we plan to visit with nomadic families on the grasslands between Damzhung and Nakchu. This is the watershed of the Salween and Bhramaputra Rivers at the Zangzhung La pass. PM arrive at Nakchu on the banks of the Nok Chu River (Salween).

12-Oct-10 Nakchu to Baqen

Grasslands, seriously big skies, Monasteries and passes dominate the route into the headwaters of the Sok Chu (Salween) River as we track south along the North Sichuan-Tibet highway to Sok and Baqen.



13-Oct-10 Baqen to Tengqen

Three passes to cross today, Tsuni La (4200), Shel La Pass (4830) Chak La pass (4502) and numerous Gompas and picturesque villages enroute to Tengqen.

14-Oct-10 Tengqen to Chamdo

Depart Tengqen and climb Dzekri La pass 4809m then descend into picturesque valleys past Gompas and Kampa villages to enter the red sandstone canyon of Kyilkhar gorge and descend through pine and Rhododendron forests to reach Chamdo city on the Ngom Chu (Mekong) River.

15-Oct-10 Chamdo to Wamda

Follow the Ngom Chu down stream and climb to reach the Chamdo airport and grasslands. At Pomda junction pass the southern route to Lhasa and climb to the Wamda grasslands.

16-Oct-10 Wamda (Zogang) to Markham.

Climb to Dugd La then descend to cross the Ngom Chu River then climb spectacular switchbacks to regain the forested hills and climb a long alpine valley to reach Markham perched on the slopes of the Markham Shan mountains.

17-Oct-10 Markham to Dechen

Descend by stages into the Ngom Ch Valley (Mekong) gorges and continue down river to Yangling then climb high above the valley into the forests passing spectacular views of the Kawakarpo Range to reach Dechen.

18-Oct-10 Dechen

Day excursion to Meyung village near the Kawakarpo glacier and trek to the glacier terminal. PM return to Dechen.

19-Oct-10 Dechen to Zhogdian

Depart by road for Zhogdian through Three Rivers Running Parallel World Heritage site passing the Baima National Park and crossing Baima Pass to reach Zhogdian. PM visit to the Ganden Sumsandling Monastery.

20-Oct-10 Flight to Kunming and conclude

Morning flight to Kunming. Transfer to international departure flight.

OR

Continue with our *South East Silk Route* itinerary to White Terraces, Lijiang, Dali and south to Myanmar.