

Beijing Great Wall Int'l Travel Agency

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Trekking of Inner pilgrimage circuit of holy Mt. Kawagebo (17 Days)



Kawagebo (Kawa Karpo, 6740m), also called Prince Snow Mountain, is seated at the west end of the White Horse Snow Mountain in southern Kham area. The local Tibetans regard it as a Holy Mountain. Each year in autumn, the Tibetan people come from Kham area and near gathering here for take a pilgrimage (Kora) trekking around the Prince Snow Mountain, to worship the prince, to pray for good future. To many Tibetans, this pilgrimage is one of the most important thing in their life,

because they believe, trekking once they can get a lifetime's peace and safe, if they can make this trekking for 3 times in this life, then they can go to the paradise after this life. This pilgrimage trekking has more than 600 years history, the scenery on the way is breathtakingly beautiful, the ecology system is well preserved on the 3 parallel rivers area (Yangtze - Mekong - Nujiang), listed as world heritage since 2003.

Compare with Trekking of outer pilgrimage circuit of Kawagepo, inner pilgrimage circuit is soft one. From the Mekong gorges, we need to climb over 3860m to reach Yubeng Village, a friendly and hospitable Tibetan village. From Yubeng Village, trek to pilgrimage XiaoNong (Metsomo Base camp), Shengpu.

A complete view of this area, probably one of the most attractive for trekking all over China, without difficulties, and offering a rich nature!

Day 1/Arrive in Kunming

Arrive in Kunming, known as "The City of Eternal Spring", meet your guide at the airport and transfer to the hotel.

Day 2/Kunming-Stone Forest-Kunming

Today's highlight is to visit the **Stone Forest** (Shilin). The Stone Forest is in Lunan Yi Nationality, which is about 120km from Kunming. This area offers visitors a unique landscape of stark limestone pillars twisted and sculpted by wind and water erosion some 270 million year ago. From a distance, these stone pillars look indeed like a dense forest; hence the name of Stone Forest. It covers an area of 350 square kilometers, yet only about 11.92 square kilometers have been developed as scenic landscape open to the public. Then, drive back to Kunming. Walk

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around the **Flower and Bird Market** at Jingming Street, where is an interesting places either for a leisurely stroll or to purchase some lovely things.

Day 3/Kunming-Dali

Take a morning flight to Dali, standing against Cangshan Mountain in the west and adjoins Erhai Lake in the east, and is embraced by undulating hills around. Visit the **Three Pagodas of Chongsheng Monastery**, 1km away from north of Dali, which are classic Buddhist pagodas of the Tang Dynasty and are regarded as the symbol of Dali. From distance, the three pagodas are like three huge pens, standing among the continuous green mountains and emerald fields. The styles of the three pagodas are similar. Walk around the **Dali Ancient Town**, characterized by the dwelling houses of the Bai Minority, which can be dated back to the year 1382 during the Ming Dynasty (1368-1644) and rank as one of the most noted historical and cultural cities in China.

Day 4/Dali-Lijiang

Take a **cruise on Erhai Lake**, meaning “sea shaped like an ear”. In a sunny day, the crystal waters of Erhai Lake and the snow mantled Cangshan Mount radiate with each other. Then, drive to Lijiang, an old city in beautiful surroundings in northwest Yunnan, and the only city where the Naxi ethnic minority reside. Walk along **Lijiang Old Town**, one of UNESCO’s protected world Heritage Sites. It is a well-preserved old city residing Naxi Nationality. With Sifang Street at the core, the entire city spreads out in all directions, and is crisscrossed by a labyrinth of flagged streets and alleyways.

Day 5/Lijiang-Stone Drum Village-Tiger Leaping Gorge-Zhongdian

In the morning, depart from Lijiang and drive west to visit the **Stone Drum Village**, named after a drum-shaped marble plaque, standing at the First Bend of the Yangtze River. Go on driving to visit the **Tiger Leaping Gorge**, located on the upstream of the Yangtze River in Yunnan, honored as the deepest and most marvelous gorges in the world. From the top of the gorge you look down the steeply angled (70-90 degrees) mountain sides to the rushing Jinsha River with its 18 frothing rapids more than 200 meters below. Arrive in Zhongdian in the late afternoon, known as Shangri-La which was described as a heaven away from the turbulent mundane world in James Hilton’s novel “The lost Horizon” in 1933. Shangri-La, a Tibetan word, means “land of sacredness and peace”.

Day 6/Zhongdian

Begin today’s sightseeing with a visit to **Songzanlin Lamasery**, the largest Tibetan Buddhist Temple in Yunnan Province, and also one of the famous monasteries in the Tibetan area. The temple was made after the Potala Palace in Lhasa, hence it has another name “Second Potala Palace”, a spiritual place that invites you to discover the mystery and traditions of Tibetan Buddhism. Then, pay a visit to **Dukezong Ancient Town**. Dukezong means “City of White Stone”

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in Tibetan, engendered an epithet as “City of Moonlight”. The market turns out to be pretty amazing. It carries almost everything Tibetan you can think of. You will also have a chance to visit **Tibetan family** and try home-made Yak Butter tea and Tibetan Cheese. (B,L,D)

Day 7/Zhongdian-Deqin

Drive 7.5 hours to Deqin (3300), a town located in the Hengduan Mountains in Yunnan province, 80% of its 55,000 inhabitants are Tibetan. On the way, view the scene of grand gorges of Yangtze River; stop at **Dongzulin Temple**, built in 1667, is considered to be one of 13 great Lama temple in China, it can hold 2,000 monks sitting and chanting scriptures together; pass over **Baima Snow Mountain**, at the altitude of 4,200m, it is one of the most important bio-diversity sites for the Great Rivers Project sponsored by the Nature Conservancy.

Day 8/Deqin-Xidang Hot Spring

In the early morning, ride 2 hours bus along the Mekong River to the trailhead. Start 4.5 hours to Xidang Hot Spring (rent horse to carry the luggage and equipment). Camping overnight in Xidang Hot Spring.

Day 9/Xidang Hot Spring-Yubeng

Today you will trek 6 hours with horse to Yubeng. We will climb from 2,500m to over 3,500 at the pass, today's trekking is strenuous, but it will lead us through beautiful, pristine alpine forest. After a picnic lunch at the summit (there may still be snow in early spring), we will descend to the isolated village of Yubeng, a beautiful miraculous place at the foot of Meili Snow Mountain. Stay overnight in a small lodge.

Day10/Yubeng-Base Camp-Yubeng

Today you will trek 7.5 hours. In the morning, we will wake up to have a clear view of the Mt. Kawagebo glacier. Hiking from Upper Yubeng Village to the base camp, crossing the virgin forest, enjoy the sight of ice-cape, ice-lake and etc. Then, get back to Yubeng, and stay overnight in local guesthouse.

Day11/Yubeng-Shengpu-Yubeng

Today you will trek 6.5 hours. After breakfast, hike to **Shengpu Holy Waterfall** from which Yubeng's name originated. Buddhists on a pilgrimage come to the area, and circumambulate the waterfall 13 times with the belief that this act will erase all sins from this life. In the early afternoon, we will get back to the village, and visit the sacred sites on the way. Stay overnight in local guesthouse or lodge.

Day12/Yubeng-Ninong

Trek 6 hours from Yubeng to Ninong with porters and horses carrying the equipment. Trek along

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a gorge down to Ninong Village which is located on a mountain slope by Mekong River with high barley terraces surrounded. Camping overnight.

Day13/Ninong-Yunlin

Trek 6 hours from Ninong to Yunlin with porters and horses carrying the equipment. Walk along Mekong River without too many climbs, pass Jiabi and Guoniang Tibet Villages, cross the First Bend of Lancang River, and finally reach Yunlin Village, located along the Deqin-Weixi vehicular road. Stay overnight in local guesthouse.

Day14/Yunlin-Weixi County

Today's trekking will be long, near 8 hours. Depart from Yunlin in the morning, en route, you will visit **Cizhong French Church**, a Gothic building, but its top floor is of Chinese pavilion style, covered with glazed tiles. Pass by some Tibetan villages. Then, arrive in Weixi Lisu Minority Autonomous County, lied west of the main road to Zhongdian and Deqin. Stay overnight in the hotel.

Day15/Weixi-drive to Lijiang

Drive 6.5 hours back to Lijiang. On the way, you will visit the **First Bend of Yangtze**, a world-famous geological phenomenon, formed by the Yangtze River reaches Shigu (Stone Drum) Township it makes an abrupt turn and flows further northward; also pay a visit to **Stone Drum Township**, named after a drum-shaped marble plaque, standing at the First Bend of the Yangzi River, some 70 kilometers west of Lijiang. Stay overnight in the hotel in Lijiang.

Day16/Lijiang

Visit the **Suhe Tea and Horse Old Town** where is a well-preserved example of a town along the ancient tea and horse route, and **Baisha Murals** in Baisha Naxi village, an artistic Crystallization combining the Naxi, Tibetan, Bai and Han styles. Then, pay a visit **Yufeng Temple**, located at the southern foot of Jade Dragon Snow Mountain. It is one of Scarlet Sect lamaseries in Lijiang.

Day17/Lijiang-Kunming/depart

Transfer to the airport of Lijiang, fly back to Kunming to connect your homebound flight. TOUR ENDS!

Tips:

1. The group size between 2-12 persons is better.
2. The best season (month) is May, June, September, October and till to Middle November.
3. Moderate trekking challenging.

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Information & Culture links:

Buddhist Pilgrimage Circuit in Meili Snow Mountain

In Tibetan area, pilgrimage around the mountain also called pilgrimage circuit, which is one of the important way to cultivate oneself for Tibetan Buddhist pilgrims. Pilgrims believe they won't have a good end-result if they do not worship the Holy Mountain and Holy Lakes when they are alive, believe circumambulating on foot is a holy ritual that will bring good fortune. So, the pilgrims come in an endless stream, especially pious believers even kowtow forward on their way to make pilgrimage.

The route of making a pilgrimage to Meili Snow Mountain is divided into inner and outer ways. People following the outer way should trek around the Meili Snow Mountain clockwise. For those who choose the inner way, they should first worship the white Prayer Hall (on the opposite of the snow peak), which is regarded to get the necessary key to entering the Holy Mountain and then trek to Feilai Temple, Taizi Temple and finally end the trekking at Yubeng Waterfall.

Group size between 2–12Pax is better.

The better season is May, June, September, October, November

Altitude



Physical



When to go?

May/June September/mid-November

Group Size:

2-16 Participants

Trip Highlights

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- Kunming, the city of eternal spring
- Lijiang old town
- Three Pagodas
- Jade Dragon Snow Mountain
- Tiger Leaping Gorge
- Stone Forest

[Book this trip](#)

The itinerary and date don't suit you? Have a special interest? We can always tailor-design your itinerary