

# Beijing Great Wall Int'l Travel Agency

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## Trekking outer pilgrimage circuit of holy Mt. Kawagebo (22 Days)



Meili Snow Mountain (also called Prince Snow Mt.) is seated at the west end of the White Horse

(Baima) Snow Mountain, higher and more elegant compared with the White Horse. The local Tibetans regard it as a Holy Mountain. Each year in autumn, the Tibetan people come from far and near gathering here for Hajj the Prince Snow Mountain. One thing we would like to warn you is that climbing Meili Mountain could be very dangerous. Several

attempts have been made to conquer Meili Mountain since 1990, but all failed.

In Tibet, there are 13 holy mountains, among them, Meili Snow Mountain is regarded as No.1 because it is the only male, in Tibetan legend, the main peak of Meili, Kawagebo, is a handsome prince. Every year in autumn, the Tibetans from Yunnan, Sichuan, Qinghai and Tibet will take a pilgrimage trekking around the holy mountain, to worship the prince, to pray for good future. To many Tibetans, this pilgrim is 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 pilgrim trekking has more than 600 years history, the scenery on the way is breathtakingly beautiful, the ecology system is well preserved, even the animals you meet are not afraid people because nobody want to hurt them, all the villagers are very friendly and hospitable. You will not believe it until you come to take this trekking by yourself. We think this is the most classic trekking route in China. It's guaranteed to be unforgettable.

### Day 1/Arrive in Kunming

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

### 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 around the **Flower and Bird Market** at Jingming Street, where is an interesting places either for a

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leisurely stroll or to purchase some lovely things.

## Day 3/Kunming-Zhongdian (3300m)

Take a morning flight to Zhongdian (3300m), 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". Pay 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. You will also have a chance to visit **Tibetan family** and try home-made Yak Butter tea and Tibetan Cheese.

## Day 4/Zhongdian-Deqin (3300m)

Drive 6 hours along Jinsha River to Deqin (3300m), 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, it 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.

## Day 5/Deqin-Mingyong-Deqin

Drive to visit the **Feilai Temple**, which is located around 10 km away from the Deqin Town, built in 1614, it is a excellent place to enjoy the spectacular view of Meili Snow Mountain. Then, drive 40km to **Mingyong Tibet Village** (2050m) and start the 6-hour trekking to **Mingyong Glacier**, fed by the snows of Meili Snow Mountain. It is rare in the world with low latitude and high altitude. Get back to Deqin for overnight.

## Day 6/Deqin-drive to Yangzan-trek to Yongjiu (2470m)

Drive 3 hours to Yangzan (1960m), meaning "at the foot of the mountain" in Khamba Tibetan language. Then trek 3 hours from Yangzan Bridge to Yongju Camp (2470m, near village). Camping overnight.

## Day 7/Yongjiu-trek to Yongnan (2900m)

Trek 7.5hours to Yongnan camp (2900m). Today we will cross over the "Dongla Pass", at the altitude of 3261m, also visit the beautiful River Valley. Camping overnight.

## Day 8/Yongnan-trek to Manitong (3340m)

Trek 5 hours to Manitong camp (3340m). Manitong seems a small pasture, open for camping. Camping overnight.

## Day 9/MaNiTong-trek to Zisutong (3750m)

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Trek 7.5 hours to Zisutong, we will cross another pass named "Duokela Pass" (4470m), which means "the stone step to the heaven" in Tibetan. It is always the dangerous pass on the trip of outer pilgrimage circuit. Cross over Duokela Pass, you will enter the area of Tibet. Today is a hard day. Camping overnight.

## **Day10/Zisutong-trek to Qunatong (2560m)**

Trek 7 hours to Qunatong, most of time, we will trek along "Shequ River". Camping overnight.

## **Day11/Qunatong-trek to Abing Village(2250m)**

Trek 6 hours to **Nongtongla pass** (3690m, in Tibetan means the place where only can see the sky), plus 4.5hours trek down to the Abing Tibet village. Today you will be up 1300m and down 1500m, so it is not easy. Stay overnight in local family or camping.

## **Day12/Abing Village-trek to Quzhu Hot Spring (1750m)**

Trek 4 hours along the Nu River to Quzhu Hot spring. You will view the crags carved with scriptures and pictures on the way. Camping overnight.

## **Day13/Quzhu-trek to Longpu Village (2650m)**

Trek 6.5 hours to Longpu Village, on the way we will cross the Chawalong Tibetan village (1900m, inhabited Tibetan mainly, also some Dulong, Nu, Naxi minorities, and etc.) and Shengnan village. Camping overnight.

## **Day14/Longpu Village-trek to Gebu Village (2400m)**

Trek 6.5 hours to Gebu Village. Climb 3 hours to Tangduilaka Pass (3360m), then trek down to Lada Village (beside the Zhayuqu River) and Gebu village. Overnight camping or local family stay.

## **Day15/Gebu Village-trek to Dagula (3850m)**

Trek 7 hours to Dagula, climb for whole day. On the way, cross the Gebu Pass (2350m). Overnight camping.

**p.s.:** There is not so rich water ,maybe have to carry water from other places by horse.

## **Day16/Dagula-trek to Laide Village (3080m)**

Today's highlight is trekking 7.5 hours to Laide Village. In the morning, we will trek 1 hour to Dagula Pass (4200m), trek down for long time along the hard road to Deladezhika, a small temple (2680m), then climb 1.5 hours to Laide Village. Overnight camping or local family stay.

## **Day17/Laide Village (3080m)**

1-day rest in Laide Village and visit local Tibet village. Overnight camping or local family stay.

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## Day18/Laide Village-trek to Meiqiu Bugong (4200m)

Trek 6 hours to Meiqiu Bugong. Today is continuous climbing and it is a hard day. Camping overnight.

## Day19/Meiqiu Bugong-trek to Chuzom (4200m)

Trek 5 hours to Chuzom. Starting in the morning, we trek 3 hours to the Shuola Pass (4810m), then down to the Chuzom pasture. Camping overnight.

## Day20/Chuzom-Trek to Meilishui Village (2200m)-bus back to Deqin (3320m)

Trek 6.5 hours down to the Meilishui Village (2200m) for long distance, then drive 2.5 hours back to Deqin (3300m). Stay overnight in hotel.

## Day21/Deqin-Zhongdian (3300m)

Driver 6.5 hours back to Zhongdian. Stay overnight in hotel.

## Day22/Zhongdian-KunMing

Transfer to the airport of Zhongdian. Take a morning flight back to Kunming, to connect your homebound flight. TOUR ENDS!

### Tips:

1. The group size between 2-13 persons is better.
2. The best season (month) is June, September, October, November.
3. Moderate to Strenuous trekking challenging demands the good physical quality.
4. Prepare enough food and dry food.

### 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.