

# Beijing Great Wall Int'l Travel Agency

Tel:(+86)10-8446 6033 / 8446 6213 / 8446 6032 ext .801,802 ,803 Fax:(+86)10-8446 6212

## Trekking from Lugu Lake to Yading Natural Reserve & Daocheng (19 Days)



Starting on the matriarchal Mosuo's society, this adventurous trip give us opportunity to meet unchanged daily life for some Tibet-Burmese groups, such as Mosuo, Yi and Tibetan. From deep valley to high pasture, crossing the old Muli Kingdom described by Joseph Rock as bandit monks area long time ago, enter into Yading Nature Reserve, home of three scared Tibetan mountains - Chenresig (Avalokitesvara, 6032m), Jambayang (Manjusri, 5958m), and Chanadorje

(Vajrapani, 5958m), which is the main attraction of this trip. Tibetan Buddhists believe that making a pilgrimage around these mountains brings great merit, and that the three mountains represent compassion, wisdom and energy - attributes one must cultivate on the path to enlightenment.

Colorful high lakes and alpine summit bring you to a wonderful natural ecosystem. The trip will be ended in Naxi traditional town, have a great relax time there!

### Day 1/Arriv 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-Lijiang

Take a morning flight to Lijiang, an old city in beautiful surroundings in northwest Yunnan, and the only city where the Naxi ethnic minority reside. Visit **Lijiang Old Town**, one of UNESCO's protected world Heritage Sites, 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 3/Lijiang-bus to Lugu Lake (2685m)

Drive about 6.5 hours to Lugu Lake, and enjoy the beautiful high plateau scenery on the way. Lugu Lake, the ancient and mysterious "The Female's Kingdom" composed of Mosuo People, is situated at the junction of Southwest Sichuan and Northwest Yunnan, 2,685 meters in altitude. Up to now, the Mosuo people retain the vestiges of matriarchal society. Following time is free for you to explore Lugu Lake. Possible to go by boat to a small island where is seated a Kargyupa Monastery or climb some hills to have a splendid view of Lugu Lake. Stay overnight guesthouse.

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## **Day 4/Lugu Lake-drive to Yongning-trek to Jianniangua (3200m)**

In the morning, drive to Yongning (2645m), and 25 minutes to Hot Spring Mosuo Minority Village to meet our horsemen and start today's 5.5 hours trekking, cross Laowulu Yi Minority Village, Lijiazui Mosuo Village and Bayi Yi Village. Climb a forest of pine and oak, have lunch in Lijiazui Mosuo Minority Village. Then, trek on to reach the Jianniangua plateau surrounded by several Yi minority villages. Camping overnight.

## **Day 5/Jianniangua-trek to Cigu (3900m)**

Today we will trek about 6.5 hours. Between valley and cultures, we firstly pass the Mongolian village of Wujiao, then trek in forest of azalea, oak and pine trees, finally reach our camp in a primula field. Take a last view of the Lion mountain overtopped Lugu Lake. Camping overnight.

## **Day 6/Cigu-trek to Que'er Grassland (3900m)**

Today we will trek for 6 hours. As we proceed, the Tibetan world slowly appears in front of us! Yaks, Mani stones, prayer flags will be common. Keep climbing to Yakou (4200m), and trek in mountain area, cross Que'er Mountain (4210m). Have lunch beside a lake then trek to another big grassland (3950m) where is located between two mountains. Today you will cross over several rivers. Overnight camping and dinner.

## **Day 7/Que'er Grassland-trek to Lusa Grassland (4020m)**

Today we will trek 7-8 hours. We will follow the trail of Qe'er Cha River, then pass through a beautiful rhododendron forest. Reach the first pass (4170m) where one can see the holy Chana Dorje Peak (5958m). Then trek a big curve, new view point offering the 3 sacred views (Chana Dorje , Jampeyang, Chenrezig). Get down to 3900m, several small passes lead to enter a new valley. Proceed to Lusa Grassland camping place around the Menziga sacred peak which is the God mountain for Muli Tibetan County. Camping overnight.

## **Day 8/Lusa Grassland-trek to Luodu Village (2840m)**

Today is a little easy with 4 hours trekking. Trek down the mountain and pass by several Tibetan villages with typical Kham architecture. Sometimes walk along the main road directing to Muli, built to carry the precious wood some years ago. Stay overnight in Luodu Village, located between forest and pasture. Camping overnight.

## **Day 9/Luodu Village-trek to Baishui River (2400m)**

Today we well trek 7.5 hours with beautiful scene on the way. Go steeply down to Shuiluo River, whose valley is now the new focus for local people looking for gold! Cross the river following the valley, and pass by several Tibetan villages: Lama (2130m), Dongla (2150m), Turu (2370m) with white roof where can dry the local cereal, Jinkuang, also some old watching towers. Finally get to

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the confluence between White River (Baishui River) and Shuiluo River. Camping overnight.

## **Day10/Baishui River-trek to Galuo Tibet Village (2805m)**

Today we will trek 3-4 hour only. Cross the wooden bridge over the White River, and then straightly climb up to Galuo Village, picturesque, and ideally seated. We can visit the local Gompa and enjoy the scenery!. Camp overnight.

## **Day11/Galuo Village-trek to Caoqui (4260)**

Today we will trek 8 hours. Climb hardly to reach the high Galuo Meadow through thick and miscellaneous forest, having a beautiful view of the way. 3 small passes with great view to discover several tents where can mix with Pilgrims, Caterpillar Fungus Hunters (pricy herbal of Chinese Medicine), and local people. Camping overnight.

## **Day12/Caoqui-trek to Colorful lake (4350m)**

Today we will trek 7-8 hours. Firstly, pass by a plateau (4500m), we reach a pass at the altitude of 4720m, you will have good view to the Mt. Chenrezig (6034m). Then, leave the main trail to reach Luorong Pasture, at the foot of Mt. Chanadorje, enter into Yading Nature Reserve. Most Chinese tourist like to stay overnight there and leave on the next morning. But we will continue to Colorful Lake. Here the environment of high mountain will bring us some unforgettable views and feeling! Camping overnight.

## **Day13/Colorful Lake-trek to western face of Mt Chenrezig (4240m).**

Today's highlight is to explore the glacier's lakes of the natural reserve. After view of Milky Lake, we will pass the Sundoti (4600m) where pilgrims leave some personal clothes during their Kora (pilgrimage). Possible to go to Selink tso (4675m) and Konrotche tso (4750m), both are high altitude lakes. From the pass, we will go down to another valley beside lakes. Build up our tents at the foot of Mt Chenrezig. Camping overnight.

## **Day14/Mt. Chenrezig-trek to Yading-drive to Daocheng**

Today's trekking is 4 hours to Yading. We will end our trek after the last pass of Chenrezing-La (4520m), we also see the Dromla Lake where Mt Chenrezig is shining. Then, pay a visit Changu Monastery and go back to the entrance of the park. Transfer to Daocheng. Stay overnight in hotel.

## **Day15/Daocheng-drive to Xiangcheng**

Drive 4.5 hours to Xiangcheng. Pay a visit to **Sampeling Monastery**, newly built. Behind the temple there is a small cemetery with prayer-flags and white ribbons adorning every bush. Stay overnight in hotel.

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## Day16/Xiangcheng-drive to Zhongdian

Drive 7.5 hours to Zhongdian (3300m). Visit **Shangri-La Gorge** on the way, located in the northern part of Zhongdian (Shangri-La County). It is comprised of a series of gorges, the Birang Gorge is certainly worthy of a visit. There are many rock paintings on the cliffs of the gorge. On arrival in Zhongdian, walk around **Dukezong Ancient Town**. Dukezong means "City of White Stone" in Tibetan, engendered an epithet as "City of Moonlight". It is located at the center of Jiangtang Town which is the capital of the Diqing Prefecture and also the county seat of Shangri-La County. Stay overnight in hotel.

## Day17/Zhongdian-drive to Lijiang via Tiger Leaping Gorge

In the morning, drive 3 hours to Qiaotou Town, and start to visit **Tiger Leaping Gorge**, located on the upstream of the Yangtze River in Yunnan, and it is 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 Jingsha River with its 18 frothing rapids more than 200 meters below. Go on driving 2 hours to Lijiang, and stay overnight in the hotel.

## Day18/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. Also visit **Yufeng Temple**, located at the southern foot of Jade Dragon Snow Mountain. It is one of Scarlet Sect lamaseries in Lijiang. Stay overnight in the hotel.

## Day19/Lijiang-Kunming/depart

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

## Culture & Information Links

Muli, meaning "Beautiful" in Tibetan language, a relative strange to the name, but can have unknown beautiful. Muli Kingdom seats in the remote region of East Tibetan plateau, in southwest Kham in Sichuan Province, bordered to the north of Daocheng and Litang, west of Zhongdian and Lijiang. It is area of vast grassland, high plateau, and glaciated mountains. The area is home to 22 of China's 56 minority peoples.

Most people of Muli believe in Buddhism and preserve many primordial religious cultures seeing Lama Huofo (Living Buddha) as a god. Buddhists are not allowed to kill, and they keep concept of self-abnegation and the idea of existing, which cherishes to the nature. The people's customs is pure, obeying the natural rules, insisting with limit, toleration and harmony. And the customs made the region long last to keep its primitive landscape.

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When U.S. botanist and explorer Joseph Rock first visited the Gelugpa Buddhist kingdom of Muli in 1923, he reported finding a beautiful but poor land, home to various ethnic groups, a despotic king, and bandits and robbers who controlled vast parts of the remote region. Rock was fascinated by the beauty and seclusion of Muli, not to mention the difficulties of travel in the region, calling it "a land where robbers turn from pillage to prayer" in a National Geographic article published in January 1931. Nearby are the pretty Konkaling peaks, which represent some of the finest mountaineering challenges left in eastern Qinghai-Tibet plateau. The locals adored the peaks as Chenresig (Avalokitesvara, 6032m), Jambeyang (Manjusri, 5958m), and Chanadorje (Vajrapani, 5958m).

In June and July, the fields are full of wild azaleas as a variety of colors; in September and October, charming Autumn is an excellent tourist season.