Tsurphu monastrey to yangbachen trekking

Trip Facts

Duration: 11 days

Trip Start & End Point: Lhasa

Group Size: 2 Person Or Above

Tour Type: Private

Transportation & Drive Hours: Private Vehicle (Approx. 2-3 Hrs)

Trip Grade: Moderate Difficult

Highlighted Places: Lhasa- Tsurphu - Yangabachen

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Day to Day Itinerary

Day 1:Arrival in Kathmandu

Upon arrival in Kathmandu at Tribhuvan International Airport, our officer will receive you and transfer to Hotel. Overnight at Hotel.

Day 2:Sightseeing in Kathmandu & visa preparation day

After breakfast, sightseeing tour in Kathmandu city. Visit Budhanilkantha Temple, Swoyambhunath Stupa & Kathmandu Durbar Square. In the mean time, we will prepare for visa process and obtain it by evening. Overnight at Hotel

Day 3:Fly to Lhasa (3650m)

Breakfast in the hotel. Transfer to the airport and fly to Lhasa airport. Receive by our Tibetan guide and transfer to Hotel. The flight from Nepal to Lhasa is considered one of the most beautiful air routes in the world, as it provides sweeping views of Everest (8848m), Kanchenjunga (8536m) and other Himalayan peaks. After approximately 1 hours of driving, you will reach Lhasa from Airport. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude. Overnight in Lhasa at Hotel.

Day 4:Sightseeing in Lhasa

The journey begins with a visit to Potala palace – a UNESCO World Heritage celebrated for its priceless treasury of Buddhist artifacts and bejeweled tombs of past Dalai Lamas. Equally breathtaking are the gardens and sacred spaces of the Norbulingka, the Dalai Lama's summer residence. We will also visit the Jokhang Temple followed by Barkhor Markets – a bustling road lined with vendors where you can sample the smells and sounds of Tibet, or browse through the Thankas, masks, prayer beads and countless other treasures inherent to Tibetan custom and tradition. Overnight at Hotel

Day 5:Sightseeing in Lhasa

We continue our city tour with Sera Monastery, accompanied with our experienced tour guide. Sera is an exceptional space; its white-washed walls and golden roofs speak of Tibetan Buddhism's ancient wisdom and tranquility. The group will then move to Drepung Monastery, which was built in 14th century and was home to over 10,000 monks. Drepung was also the educational center for the lineage of Dalai Lamas, and is famed for attracting tens of thousands of pilgrims for its Thanka festival. Drepung has a poignant presence in the spiritual life of Tibetans, and is the most cherished of all Tibet's monasteries. Overnight at Hotel

Day 6:Drive to Tsurphu (4480 m/75 km)

Today we will get prepare to begin our trekking adventure heading towards Tsurphu. On arrival check into guesthouse and take rest for a while for acclimatization then we will make short walk to visit Tsurphu Monastery, the seat of Karmapa branch of the Kagyupa order of Tibetan Buddhism. The Karmapas are also known as the Black Hats. It lies at the northwest of Lhasa at Tolung. It was founded by the first Karmapa, Dusum Khyenpa in 1189 and is also main monastery of Kamtsang Kagyu Tradition. Also, if you are interested and fit then we can make kora around Tsurphu Monastery which will takes about 2 to 3 hours. Overnight at

Lodge or Tented Camp

Day 7:Trek, Tsurphu to Leten (5000m) – 11 km / 4 hrs trek. Tented Camp

Wake up and have breakfast prepare by our cook then commence trekking to our next camp at Leten. The trek begin with spectacular view ascending green valley to west of Tsurphu alongside mountain streams with narrow trails and wooden logs to cross streams. Enroute, you will find with various species of mountain goats disguised in gray rocks, herds of Na, mountain blue sheep. You will across mani walls in enroute valleys which is the best spot to take rest and have capture the moment spent there. Then after few hours further heading ridge-top trail will reach to high plateau with several nomadic communities' settlement in rock-enclosed huts for the summer herding. We will find good flat place for our camp and you can taste a cup of salt butter tea or some fresh yak milk. Overnight at Tented Camp

Day 8:Trek, Leten to Bartso via Lhasar La pass (5300m) – 15 km / 5 hrs trek. Tented Camp

For continue our trek, you will cross Damchen Nyingtri, a small pass which is holy to the god ruling the environs as per Tibetan tradition, decorate with the prayer flags & cairns at the crest. Then descend the way to a magical valley of lichen-coated boulders through meandering steams and extensive blue sky. You will across the highest pass Lasar La (5300m) with further trekking about 3 hours trail and steeply descend to Yangbachen valley with its wide open plateau following spiky grass hummocks, tundra-like parched, cracked patches of earth, heading towards Bartso. You will lucky to see and feel blessed by Holy Mountain called Mt. Nyenchen Tanglha from far distance and also beautiful sight of Brize (translated as female yak herder) and Tarze (horse keeper) can be seen on the way. Family of drokpa (nomad) village at Bartso with few houses, surrounded by Juniper (used for incense all over the world) will be the best place for your camp for today. Overnight at Tented Camp

Day 9:Trek, Bartso to Dorjeling Nunnery (5000m) - 15 km / 5 hrs. Tented Camp

After breakfast in camp, we set off our trekking journey to Dorjeling Nunnery at north-west leaving Bartso village behind. The trail head towards Tajung village with wide trail across the valley and crossing over another ridge will be rewarded by superb views of Mt. Nyenchen Tanglha (7111m), one of the holiest Mountain in central Tibet and is said to be inhabited by the god of same name. You will then climb gently up rolling hills where you will amaze by the picnic scenic view of young nomadic boys & girls who came on this plateau to graze their yaks & sheep. By the afternoon, you will reach at Dorjeling Ani Gompa (nunnery) where you may find some of friendly nuns who will offer you the plate of huge lump of yak meat in the Gompa's teahouse and here itself we will also make our camp for overnight stay. Overnight at Tented Camp

Day 10:Trek, Dorjeling Nunnery to Yangbachen Monastery (4300m) – 14 km / 4 hrs & drive to Lhasa.

Today is the end of trek concluding at Yangbachen Monastery. You will follow ox-bow Nyango Chu (river) with snaky way through the grassy valley for about 4 hours. Yangbachen Gompa (monastery) is the old Kagyupa monastery overlooks the part of the Trans-Himalaya range was guarded by Tibetan mastiffs. The monastery was home of 115 monks, but many of them have fled to Rumtek Monastery in Sikkim. Also, Yangbachen is the world famous for its spectacular phenomenon of hot springs boiling on the cold plateau covered the area of more than 7,000 sq. meters features the highest temperature hot springs, boiling springs, geysers and common hot springs. The vehicle waiting at hot springs will pick up and transfer to Lhasa. Check

into hotel and relax the rest of day. Overnight at Hotel

Day 11:Departure

After breakfast, our guide will transfer to the airport or train station according to your time schedule to see off you from Tibet for your onward destination.

Trip Cost Includes

- Arrival & departure transfers in Kathmandu
- Sightseeing tour in Kathmandu
- Hotel accommodation in Kathmandu with breakfast on twin / triple sharing
- All travel & trek permits in Tibet
- Tibet group visa fee
- Monument entry fees in Tibet
- Tibetan guide (English speaking)
- Transportation by private vehicle (Van or Bus)
- Hotel accommodation on twin or triple sharing with breakfast
- All trekking services like tents, food, kitchen equipments
- Cook and helpers for trekking
- Yak & Yakmen for carrying luggage & trekking equipments
- Kathmandu to Lhasa flight ticket
- All meals (breakfast, lunch & dinner) during trekking

Trip Cost Excludes

- Lunch & dinner in Kathmandu & in Tibet during city tour
- Monument fees & Tour guide in Kathmandu for sightseeing
- Personal nature expenses
- Travel insurance
- Rescue & evacuation
- Bottled drinks
- Tips for guide, trek staff & driver
- Any extra cost due to unforeseen circumstances.

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