



GANDEN-SAMYE TREK - 10 DAYS

Overview:

Lhasa, which means 'the land of the gods' is the heart and soul of Tibet. It is a city of wonders, the capital of Tibet and an autonomous region of China. For centuries, this holy city has attracted travellers from all over the world with its beautiful scenery, cultural heritage, and mysticism. A pilgrimage connecting two religious monasteries via pristine lakes, remote mountain passes, beautiful alpine forests and meadows, the Ganden-Samye trek is the most popular trek in Tibet as you get to see old traditional palaces and ancient monasteries all along the way.

Trip Facts:

Destination: Tibet

Theme: Adventure

Activity: Tour + Trek

Difficulty: Easy

Max Altitude: 5,630 m/ 18,471 ft

Best Season: February - May/ September – November

Highlights:

- Visit the beautiful Ganden Monastery which is built on a cliff in a natural amphitheater.
- At the riverside camp, enjoy a warm bonfire and drinks in the evening.
- Walk through thickening scrub forests, streams, blooming rhododendrons and fragrant junipers and view the picturesque Tibetan plateaus.
- Visit Yamalung hermitage where Guru Rinpoche is said to have meditated and received empowerment.



Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Lhasa	Hotel
2	In Lhasa	Hotel
3	In Lhasa	Hotel
4	Drive to Ganden, trek to Hebu Valley	Camp
5	Trek to Shogarla Pass	Camp
6	Trek to Gambala (5050m)	Camp
7	Trek to Molong	Camp
8	Trek to Samye	Hotel
9	In Tsedang	Hotel
10	Final Departure	

Detailed Itinerary:

Day 1: Arrive in Lhasa

Distance (Airport to Lhasa): 62kms/ 32 miles

Drive Time: 1 hour approx.

Altitude: 3,490 m/ 11,450ft

Upon arrival at the Gonggar Airport in Lhasa, over the tallest mountains in the world, you will be received and dropped to the hotel by our representative. For the rest of the day, we get time to acclimatize to Lhasa's high altitude and time to prepare for the upcoming visits and treks.

Overnight at Hotel [-/-/-]



Day 2: In Lhasa

We will visit the following places in Lhasa:

Potala Palace: Political and religious centre of Tibet, Potala palace is one of the most beautiful monuments in Tibet. With 1000 rooms and 13 stories to explore this is probably the most popular tourist attraction in Tibet. Elegantly decorated with hundreds of Thangka paintings, frescos and images created hundreds of years ago the Potala palace is a perfect example of how ancient monuments should be preserved.

Jokhang Temple: Jokhang temple which was constructed back in 7th century attracts hundreds of tourists every year. This temple has a huge Sakyamuni Buddha statue and is considered the holiest place in Tibet.

Norbulingka Palace: Constructed by the 7th Dalai Lama, Norbulingka Palace is not actually just one palace. This is a huge garden with numerous palaces built by many Dalai lamas in different periods of time. Along with these places we will be visiting the Barkhor Market which is probably the busiest place in Lhasa and offers anything you want to buy. Here you can pick up some Tibetan Souvenir for you and some gifts for your loved ones.

Overnight at Hotel [B/-/-]

Day 3: In Lhasa

Sera and Drepung monasteries: Sera and Drepung monasteries were founded in 1419 which are actually numerous white temples and Buddhist buildings in the foot of a rocky hill. Back in its days, Drepung monastery used to have 8,000 monks to teach traditions of Vajrayana, Mahayana, and Sutrayana, the three vehicles of Tibetan Buddhism.

Overnight at Hotel [B/-/-]



Day 4: Drive to Ganden, trek to Hebu Valley

Trek time: 3-4 hours approx.

Drive time: 1.5 hours approx.

Altitude: 3,000 m/ 9,843 ft

Today we will drive from Lhasa to Ganden up through Wangpori. Here at Ganden we will visit the beautiful Ganden monastery which is built on a cliff in a natural amphitheatre and start our trek to The Hebu Valley. South across the valley is a steep drainage leading to the first pass crossing Shogarla, which is hidden from this point behind a ridge. The route to Samye descends steadily for 2 hours to Hebu on a well-defined trail, traversing along ridges. We will camp here at the Hebu valley.

Overnight at Camp [B/L/D]

Day 5: Trek to Shogarla Pass

Trek time: 3-4 hours approx.

Altitude: 5,250 m/ 17,224 ft

After breakfast in Hebu Valley, today we will trek from Hebu valley to Shogarla pass. The trail forms along the base of the ridge and enters valley leading to Shogarla. Many campsites can be found in the meadows located 1 hour or more up the valley and towards the herder camp. You can take picturesque photos of the Tibetan Plateaus in the sunset. We call it a day and camp here.

Overnight at Camp [B/L/D]

Day 6: Trek to Gambala

Trek time: 6-7 hours approx.

Altitude: 5,050 m/ 15,568 ft



Today we will head from Shogarla towards Gambala passing a couple of lakes. South of the gambala the trail plunges into a gorge, crisscrossing the stream that flows down from it. After the day's trek we will rest at the river side and camp there for the night. You can have fun at the river side with some bonfire and drinks in the evening.

Overnight at Camp [B/L/D]

Day 7: Trek to Molong

Trek time: 6-7 hours approx.

Altitude: 4,000 m/ 13,123 ft

This day we will trek from the river side of Gambala to Molong. The trail is now wider and easy to follow. We walk through the thickening scrub forest for one hour where you will come across another stream. The next three hours of the trail is among the most delightful parts of the entire trek. During the spring season, you may come across blooming rhododendrons and fragrant junipers. About an hour of steep climbing from a bridge near the stream, you will reach the Yamalung Hermitage where Guru Rinpoche is said to have meditated and received empowerment.

Later we can descend back to the bridge where we will camp for the night.

Overnight at Camp [B/L/D]

Day 8: Trek to Samye & drive to Tsedang

Trek time: 4 hours approx.

Drive Time: 1 hour approx.

Altitude: 3,580 m/ 11,745 ft

Today is the last day of our trek from Molong to Samye. The trail is much wider by now and we will walk for another 3.5 hours. We will pass through the Nyango village with its substantially built stone houses. On reaching Samye we will visit the Samye Monastery



which happens to be one of the most popular monasteries and one the 6 biggest monasteries in Tibet. The same day after Samye Monastery we will drive from Samye to Tsedang and rest at the hotel.

Overnight at Hotel [B/-/-]

Day 9: In Tsedang

After breakfast, we will have time to explore Tsedang and visit Yambulakhang Palace and Tandruk monastery in the city. Again, we will spend the night in Tsedang.

Overnight at Hotel [B/-/-]

Day 10: Final Departure

On the last day of our tour, we will drive to the Gonggar Airport according to the flight time for your onward journey. [B]

Trip Ends

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]



Trip Includes:

- All necessary arrival/departure transfers.
- Meet assistance at the airport.
- 3 nights' hotel accommodation in Lhasa in a twin sharing basis on bed and breakfast basis.
- 2 nights' hotel accommodation in Tsedang in a twin sharing basis on bed and breakfast basis.
- 4 nights in camp tent on full board basis.
- Sightseeing tour and all surface transfers in Tibet will be provided as per the itinerary with English speaking Tibetan guide by private vehicle.
- Tibet Travel Permit.
- All entrance and monuments fees as indicated in the program.

Trip Extras:

- Chinese Visa Fee.
- International airfare.
- Meals which are not mentioned in the above program.
- Refreshments, bottled drinks.
- Tipping.
- Insurance and rescue of any form.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Expenses of personal nature and any other expenses not mentioned in the above program.
- Photography charges in the monasteries and monuments.
- Any other services and items which are not mentioned in the above program inclusion.