

Overview

Ganden Shmye trekking is an eleven days trekking tour that includes Lhasa, Ganden and Samya trip, 4 days trek and camping. This tour has mild trekking and lots of visiting and sightseeing so this tour is suitable for a family and group of school level students. Places, people get to visit in this tour can give them lots of knowledge about the ancient architecture and art and crafts.

In this tour people will get to see extravagant monuments like Potala palace, Jokhang Temple, Sera Monastery, Drepung monastery and Barkhor Market, which is probably the busiest place in Lhasa. Visit to Ganden and Samya and monasteries are also on the list. These are the things we will do during the 11 days period

Itinerary Details

Day 01 : Arrival Kathmandu (1,300m/ 4,264ft)

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Mountain Sherpa Trekking & Expeditions display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at best hotel in the Kathmandu.

Day 02 : City Sightseeing In Kathmandu (1,300m/ 4,264ft)

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. After this you will visit Living goddess home and Kathmandu Durbar square & Buddhanath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. After Lunch, we will visit Hindus temple Pasupatinath and tour for today is finished. Overnight at Hotel breakfast included.

Day 03 : Fly To Lhasa

Welcome to the roof of the world! Your Tibet journey starts with a warm Tibetan style greeting from your local tour guide who will present you with Hada (traditional Tibetan scarves). You will be pick you up at the airport or train station, then be escorted to your

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hotel in Lhasa city at the comfort of your own private vehicle. During the hour long drive to your hotel in the city, enjoy the breathtaking view along the Yarlong Tsangpo River. Tibetan features can be seen along the way, including Big Buddha engravings on the hill near the road, colorful prayer flags and friendly Tibetan people. Overnight at Lhasa. After you arrive at your hotel, the rest of the day is free for you to explore the local area and become acclimatize to this high altitude city at the top of the world. Tips: The altitude in Lhasa is about 3,650m above sea level. Take time out to relax and acclimate to the high altitude after arrival at your hotel. We recommend that you avoid strenuous activity for the first few days. It is advisable that you not take showers. For first time visitors, it is common to have different degrees of high altitude sickness symptom. Drink more water, have fresh fruit and plenty of rest will help to prevent the sickness. Have a good rest tonight, and get ready for tomorrow's journey.

Day 04 : Lhasa (B)

Jokhang Temple and Sera Monastery Jokhang Temple is the holiest temple in all of Tibet. Barkhor, the market adjacent to the temple, is a haven for shopping. One can buy exotic items like yak skulls encrusted with corals and rubies, traditional hand-woven cloth, traditional hand-carvings in stone, hand-crafted leather, exquisite bronze items, and much, much more. Sera Monastery dates back to the 15th century. It is located a few miles outside Lhasa. It is well-preserved; its architecture a symphony of white-washed walls and golden spires. From about 3 p.m. to 4 p.m. daily, lamas debate various points from their traditional scriptures in the courtyards – a very unique sight, and not to be missed if you are there at that time. Overnight at the hotel in Lhasa

Day 05 : Lhasa (B)

Potala Palace and Drepung Monastery Potala Palace is a massive palace-fortress that towers over the city of Lhasa, and has done so from the 7th century. The first sight of the Potala is truly awe-inspiring. Potala Palace is the very acme of Tibetan culture, religion and architecture. Drepung monastery was the world's largest Buddhist monastery, once home to over 10,000 monks. The white lime-washed walls of the monastery shine from a hilltop about 8 km from Lhasa. It is an easy walk up the hill to the monastery. Assembly halls and chapels of great solemnity can be found within its walls. Along with Sera, it is one of two greatest monasteries of the Gelugpa ("Yellow Hats") sect of Tibetan Buddhism. Overnight at the hotel in Lhasa.

Day 06 : Lhasa – Ganden Monastery (B)

It is a short drive (1.5 hours, 45km) from Lhasa to Ganden Monastery, which lies at an altitude of 4,500m. Explore the attractions in and around the ancient town of Ganden, home to the earliest monastery of the Gelugpa sect of Tibetan Buddhism. Although the monastery is mostly in ruins, it is a fascinating place. Pilgrims arrive in Ganden from all over Tibet to walk around the site of the monastery, and one can observe the rituals they perform on this 'Kora' around the monastery. Tips: The broad paved road is in good condition. As Ganden Monastery is at an altitude of roughly 4,500m, be sure not to strain

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yourself physicaly, especially if you are still not fully acclimated. Be sure to bring snacks and plenty of water with you!

Day 07 : Trek From Ganden To Yama Do (B, L, D)

Trek: 5 hours, 17km This is a 5 hour trek. From the highest point of the Ganden kora, trek along an ancient trail and take in scenic views of unusual beauty. Walk along a ridge of reach the ancient Hepu village. In the afternoon, you'll walk through Ani Pagong, a narrow part of the trail that was once home to a nunnery. In the late afternoon, ascend to Yama Do. Camp overnight at Yama Do.

Day 08 : Trek From Yama Do To Tsotup Valley (B, L, D)

Trek: 4-5 hours, 10km This trek takes 4 to 5 hours. Early in the morning, trek from Yamo Do through a steep gully to the banks of a stream. Climb to Shug La pass and begin the descent from there through fields of glacial boulders. Tsotup Chup is actually a large stream that flows through the valley, and we will cross this stream towards the end of the trek. Camp overnight in Tsotup Chu valley. Tips: Be careful while trekking! Make sure you bring some snacks and plenty of water.

Day 09 : Trek From Tsotup Chu Valley To Herder'S Camp

Go on an exciting 6-7 hour trekk covering 14km. Follow the Tsotup Chu towards the rocky mountain pass of Chitu La. Descend from there into the exquisitely beautiful camping grounds and fields around the tributary of the Tsotup Cho, walking through the picturesque Herder's camp along the way. Stay overnight at the Herder's Camp.

Day 10 : Trek From Herder'S Camp To Wango(B, L, D)

Trek from Herder's Camp to Wango (25 km). This is a 6 hour trek. The trail widens and the walking becomes easier. Follow the trail through beautiful rivulets of water and fertile forests. There are many varieties of trees, scrubs, rhododendrons in full bloom, and vistas of meadows that will take your breath away. There is also a desert not too far away. This part of the trek is really amazing. Along the way, you will pass the village of Changtang, and you can choose to hike to the holy Buddhist meditation site of Yamalung, an ancient hermitage. Eventually, the trail goes to the Samye valley along a beautiful stream. Camp at a site near Samye.

Day 11 : Samye And Tsetang (B, L, D)

From the camp site a 2 hour trek takes you to Samye Monastery (14km), with spectacular views from Pisha and the vista of the Samye valley along the way. From the high point of Dragmar, explore many temples, and ruins. At Samye itself, explore one of the oldest and holiest Buddhist sites, Samye Monastery. Its ancient buildings are a Tibetan architectural masterpiece. Drive from Samye to Tsetang, the third largest city in Tibet. Stay overnight at

Day 12 : Tsetang – Lhasa (B, L)

Tsetang is known as “the cradle of Tibetan Civilization” for two reasons: first, its mild weather and fertile land conceived the great Tibet dynasty; second, it’s the birthplace of the first Tibetans who were said to be the offspring of a monkey and a demoness. Today you will visit the Yumbulakang and Trundruk monasteries. According to a legend of followers of the Bon religion, Yumbulakang was erected in the second century B.C. for the first Tibetan king Nyatri Tsenpo, who was descended from the sky. Yumbulagang became a shrine and under the reign of the 5th Dalai Lama, Ngawang Lobsang Gyatso, a monastery of the Gelugpa school. Yumbulakang monastery was severely damaged during the Cultural Revolution, though it has been extensively rennovated since. According to legend, the site where the Trandruk Monastery lies once was a large lake and an evil dragon with five heads lived in the lake. The evil dragon caused havok for the people living around the lake. In order to defeat the dragon and save the villagers, Songtsen Gampo turned into a roc and fought with the dragon, finally managing to kill it. The Trandruk Monastery was built to commemorate Songtsen Gampo’s great deeds. Many pilgrims come to Trundruk monastery to worship. Drive back to Lhasa to stay overnight.

Day 13 : Lhasa Departure (B)

Our adventure Tour and Treks comes to an end today! If we have more time we can do some shopping or sightseeing. A representative from Mountain Sherpa Trekking & Expeditions will escort us to the airport for our onward journey. We can either get back to Kathmandu or continue to mainland China on our way to home.