

Mt. Amnye Machen **Trekking**



Guaranteed Departure

July 9 – 18, 2012 China Package

USA departure is on July 7, 2012

TRIP OVERVIEW

The province of Qinghai and its most sacred mountain, Amnye Machen, remain unblemished by outside world. On a par with Mt. Kailash in Tibet, Amnye Machen holds a special place in the heart of many Tibetans as an important site of pilgrimage.

Standing at just over six thousand meters above sea level, Mt. Amnye Machen is situated in a small range with nine other mountains that are thought of by Tibetans as a whole family of peaks.

This tour makes Mt. Amnye Machen its focus with abundant hiking over its summit and a real feel for what a traditional Tibetan pilgrimage entails, all the while absorbing Tibetan culture right from the source.

TOUR HIGHLIGHTS

- Explore Mt. Amnye Machen, the holy mountain in east Tibet
- Focus on Tibetan culture that's outside Tibet

Duration: 10 days, 9 nights

Itinerary at a glance: Xining - Dawu - Sanchakou - Santsakou - Baita - Halong Gou - Zhijiakuo - Xiadawu - Gonghe - Xining

Departure Date: July 9th - 18th, 2012

Difficulty Level*: 4

Comfort Level*: Simple

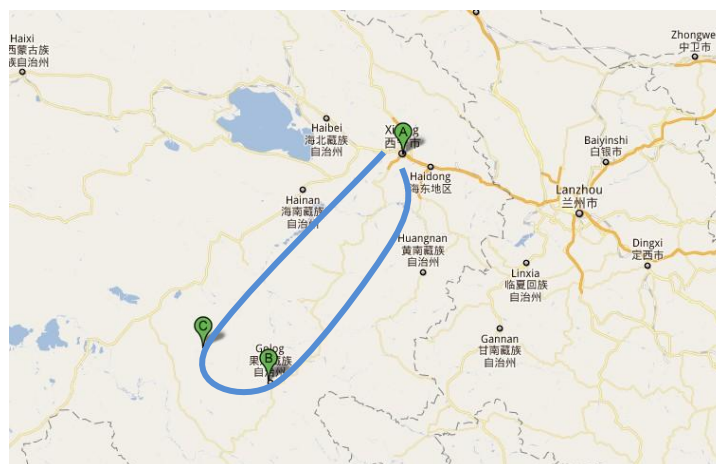
**please refer the [appendix](#) for difficulty and comfort level category details*

DESTINATION MAP

Map of China



Area of Visit



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DAY-TO-DAY ITINERARY

Day 01: Xining

Take a morning flight from Beijing/Shanghai to Xining, the largest city, as well as the capital of Qinghai province. It used to be a major town along the northern Silk Road. After lunch, visit Kumbum monastery, the center of both monks and followers of Gelugpa. It is one of the great monasteries of the Yellow Hat Section of Tibetan Buddhism. It also was the birthplace of the founder of Gelukpa.

Included: l, d

Transfer times: 2-3 hours driving/flying hours depend

Activity Level: 2-3 hours walking in village

Altitude: 2260, vertical meters during the day

Overnight in Xining

4 Options: Shenwang Hotel or similar*

Day 02: Xining to Dawu

Today we have a long drive to Dawu Town, the capital of Golo Tibetan autonomous prefecture and gateway to Mt. Amnye Machen. Dawu Town is 440 km from Xining and located to the north of Mt. Amnye Machen. Before arriving in Dawu, we first stop at Gui'de County to visit the Yellow River and Lajia Monastery, which is one of the famous Gelupa section of Tibetan Buddhism. In the evening you will have free time to walk around the town to acclimatize to the altitude.

Included: b, sl, d

Transfer times: 5-6 hours driving

Activity Level: 3-4 hours walking on uneven yet flat trails.

Altitude: 3700/2260, vertical meters during the day

Overnight in Dawu

2 Options: Xueshan Hotel (best available locally)*

Day 03: Dawu to Sanchakou

Today we warm up for the trek and transfer to the starting point where we will be rewarded with our first glance of Mt. Amnye Mache (the peak is 6282 meters above sea level). The first leg of the trek is from Dongqinggou to Sanchakou. The trekking road will be a little up and down, and we will mostly pass hills, grassland and rivers, as well as some centralized Tibetan villages. Settle for the first camping night.

Included: b, sl, d

Transfer times: 2-3 hours driving

Activity Level: 2-3 hours walking on uneven yet flat trails.

Altitude: 3700/2260, vertical meters during the day

Overnight in Tent

Camping: guests will arrive to a prepared campsite in the early evening in time to celebrate their first day hiking with a local wine and small snack before dinner. Hot Water to clean up is provided along with toilet and tent. The sleeping tent is fully equipped with sleeping bag, mat etc. and you're also free to bring your own.

Day 04: Santsakou to Baita

Today's trekking is mostly along the river and uphill in the valley. Occasionally you will need to pass bridges. On the way, we will meet some Tibetan prayers as we approach White stupa. There is a small Tibetan Buddhism monastery, and only few Tibetan homes are located there. The highest point we reach is over 4000m. Picnic lunch at a grassland and camp nearby White stupa.

Included: b, sl, d

Transfer times: 0 hours driving

Activity Level: 5-6 hours trekking

Altitude: Over 4000m above sea level during the day

Overnight in Tent

Day 05: Baita to Halong Gou

Today is the real start of the mountain trekking. The entire journey takes us along the front side of Mt Amnye Machen. We will also get to see some wild animals such as wild donkeys and antelopes in the area which is filled with some unexpected wild flowers. The Tibetans settle in tents to watch over their livestock there. We will camp in the Halong Valley

Included: b, sl, d

Transfer times: 0 hours driving

Activity Level: 6-7hours trekking

Altitude: 4660/4200 meters above sea level during the day

Overnight in Tent

Day 06: Halong Gou to Zhijiakuo

Begin trekking towards snowy mountains and grassland. Today's trekking will be the highlight of this trip as we will; pass a glacier, make the highest point (over 5000m!), and the scenery will be fantastic. Then when we pass down the mountain, we will camp near by a prayer site.

Included: b, sl, d

Transfer times: 0 hours driving

Activity Level: 6-7hours trekking

Altitude: 5000/4600 meters above sea level during the day

Overnight in Tent

Day 07: Zhijiakuo to Xiadawu

In the morning we hike towards the first Tibetan town that we are going to approach. The altitude will be lower down and Trekking will become more comfortable. We are also going to pass a big

Tibetan monastery. It belongs to Nyingmapa of Tibetan Buddhism. It was originally built in 1956, and now has around 40 monks living there. We will camp nearby this monastery.

Included: b, sl, d

Transfer times: 0 hours driving

Activity Level: 6-7 hours trekking

Altitude: 4170/4115 meters above sea level during the day

Overnight in Tent

Day 08: Xiadawu to Gonghe

Drive to Gonghe and enjoy the local scenery on the way.

Included: b, sl, d

Transfer times: 5 hours driving

Activity Level: n/a

Altitude: 3200 meters above sea level during the day

Overnight in Gonghe

2 Option: Gonghe Hotel (best available locally)*

Day 09: Gonghe to Xining

Today, we continue to drive to Xining, passing by Kokonor, which is the biggest inland saline lake in China. Visit the Summer Palace of Pachen Lama and have picnic lunch on the way back.

Included: b, sm, d

Transfer times: 3-4 hours driving

Activity Level: n/a

Altitude: 4184/3700 meters above sea level during the day

Overnight in Hotel

4 Options: Shenwang Hotel or similar*

Day 10: End of Tour

Transfer to the airport and take a flight to Beijing or Shanghai

QUOTATION

LANDSERVICE COST	Group Rate	USD 3,460 per person
	<i>Single Supplement</i>	<i>USD 360 per person</i>
DOMESTIC FLIGHT TICKET	Beijing/Xining Return Ticket (economy class, including airport tax and fuel surcharge)	
SERVICE INCLUDES	<ul style="list-style-type: none"> • Accommodation in selected hotels in standard room (2-person sharing) with bath/shower and WC. • All camping facilities during the trip • All transfers mentioned in the program with private air-conditioned car/coach • Entrance fee for all sights mentioned in the program. • Fees for all activities mentioned in the program • Private English speaking tour guide for all mentioned program. • Meals mentioned in the program • 24 hours customer service telephone hotline (English speaking) • Drinking water on coach • Water, tea and coffee during meals 	
SERVICE NOT INCLUDES	<ul style="list-style-type: none"> • Chinese Tourist Visa • International flight with tax and fuel surcharge • Alcohol beverage • Gratuities for guides and drivers • Personal expenses • Travel Insurance • All expenses not mentioned above 	

Note:

- 1. Group Size: Minimum 2 pax, Maximum 25 pax**
- 2. Booking Deadline: 1month prior to travel**
- 3. National Tour Guide included for group more than 10 pax**

APPENDIX

Difficulty Level

- 1 – Relaxed. Some physical stamina necessary, mostly relaxed pace of activity
- 2 – Easy. Up to 3 hours of (generally easy) physical activity a day
- 3 – Moderate. 3 to 5 hours of activity a day and/or elevation gain, higher altitude, longer distance, uneven terrain.
- 4 – Challenging. 5 to 7 hours of sustained physical activity throughout trip. Good levels of fitness and technical ability required.
- 5 – Extreme. More than 7 hours of activity and/or involving high levels of technical ability and stamina. Involves long days and distances, extended camping, high altitude or ascent for extensive days.

Comfort Level

- Basic – dormitory, shared bathrooms, basic camping
- Simple – homestay, farmhouse, 1 star hotel
- Comfort – 3 star hotel, private bath/comfort camping
- Boutique – 3+ star hotel, unique property, small/luxury camping
- Luxury – 5 star

Key Code for all of these options

- b: Breakfast (full)
- l: Lunch at restaurant or similar
- sl: Small Lunch or light lunch
- pl: picnic Lunch
- d: Dinner