

TIBETAN CONNECTIONS'S FEATURE TRIP
2024

MOUNTAIN GE-NYAN TREK

JUNE 20-27 2024

WWW.TIBETANCONNECTIONS.COM

IMPORTANT INFORMATION

- Group Size:
2 to 6 people
- Elevation:
Up to 4,900m
- Start & endpoints:
Departs from Karze
Airport, and ends in
Kangding, Sichuan
- Average temperature:
15-25c
- Best season:
1st June through end
of August
- Service includes:
Full board service
- Trekking level:
Challenging



Tour and trekking itinerary

8-day excursion featuring a captivating 5-day trek encompassing the enchanting Ge-Nyan Mountain. Immerse yourself in the Tibetan nomadic culture, revere the hallowed mountain, and explore the Buddhist monastery, lakes, and rivers. Lavish in full-fledged camping accommodations, relish in fresh coffee, indulge in a delectable quinoa dinner, and savor a glass of red wine paired with authentic Tibetan Yak gruyere.

Day 01

Embarking on a scenic drive from Karze Airport to Lihang via Nyakrong County, followed by an overnight stay in Lihang.

Day 02

Exploring the cultural and historic attractions of Lihang, which include its renowned monastery, charming old town, bustling Tibetan market, and indulging in a delightful picnic. Overnighting in Lihang.

Day 03 (Trek 5-1)

Two hours driving to our starting point, we will drive by Garwa Punsum mountain (Three smith brothers). Picnic on the grassland. Arrive in Negu monastery in the early evening. Take short hike to Negu Old Monastery that located 4km away from our camping site. Return to the camp and dinner with our local crew. Camp for the night.

Trail length: 7 km

Duration: 3 hours.

Overnight: Camping.

Day 04 (Trek 5-2)

Undertaking an exhilarating trek from Negu Monastery to Rakar Valley, which commences amidst the virgin forests before passing through the vast meadows. Today's campsite is located nearest to the Genyen Mountain, where you can admire the splendor of the snow-capped glacier in the warm embrace of the sun's rays. The day concludes with camping in Dakar Valley.

Trail length: 14 km

Duration: 6-7 hours.

Overnight: Camping.

Day 05 (Trek 5-3)

Hiking through Rakar Valley and Ziwa Valley towards Rebgakar Campsite via the West Slope Nyakchu River, hikers are treated to a mesmerizing panorama of the Genyen peaks, alongside the mountain foot. The route is nestled within a verdant landscape of thick grasslands and scattered woodlands. The day comes to an end with a restful evening spent camping at Rebgakar campsite.

Trail length: 18 km

Duration: 6-7 hours.

Overnight: Camping.

Day 06 (Trek 5-4)

We will be venturing through a large grassland into Bathang County, This day will be the most challenging day in this trek. you will trek from 4200m- to 4800m. This is also the best day to see the picturesque mountain landscape. Its distinct vegetation belt and climatic zone bring about its enchanting features. While trekking through the vast grasslands and reaching an altitude of 4,880 meters at the Lhatse Pass, where you can get a stunning

sight of three magnificent mountains – Mount Genyen, Mount Shetra and Kemelong Peak – that appear to be suspended in mid-air as they bid you farewell. To de-stress and rejuvenate, we will have the opportunity to camp in Ziwa Village or enjoy a comfortable Tibetan-style residential bed.

Trail length: 20 km

Duration: 7-8 hours.

Overnight: Camping.

Day 07 (Trek 5-5)

Embark on a full day trek through lush meadows and verdant forests nestled in the valley. Not only will this invigorating trek elevate your spirits, but you'll also be able to bask in the beauty of the surrounding landscape. We will arrive in Nedathang in the early evening. Where we will meet with our cars. repack our luggage, Goodbye to our local team. Start to drive back to Lithang. Overnight in Lithang.

Trail length: 15 km

Duration: 5-6 hours.

Day 08

We shall drive towards the Kangding Airport today, fly out. Tour ends

TOUR & TREKKING COST:

2,285USD/ 16,000RMB per person for tour size: 4-6 pp

2,850USD/ 19,950RMB per person for 2 pp

Inclusions

- Full board camping service for the whole trekking period.
- Guide and camping staff.
- Cook and kitchen staff.
- Porters with the camping equipment.
- All staff and porters' insurance.
- Restricted area trekking permit.
- Hotel & guest house.
- Meals
- Staff, porters, and equipment transportation from DAY 04-09.
- Oxygen cylinder with mask and regulator for emergency use.
- Hotel reservation.
- Airport pickup and drop.
- Welcome and farewell dinner.
- Travel agency service surcharge

Exclusions

- All kinds of beverages.
- Personal trekking gear.
- Staffs tips.
- Airfare, airport tax, train fare
- Personal entrance fee for any sight on the tour (payable on the spot)



Things that we prepare for the trek

- Toilet papers.
- Wet tissue.
- Hand sanitiser.
- Quick-dry hand tower.
- Full camping equipment:
- Tents.
- Air mattresses for each person.
- Air pillow for each person.
- Camping lamps.
- Dining sets (table and chairs).
- Dining tent
- Toilet tent.
- All cooking equipment.
- Plates, cups, bowls, spoons, forks, tissues.

Things that you need to prepare for the trek.

Clothes:

1. Cap/hat (covers neck and face from Sun).
2. Outdoor waterproof jacket.
3. Fleece (for morning and evening temperature / 10c-15c).
4. T-shirts, two (at least one long-sleeve for protection from Sun).
5. Quick-dry trousers.
6. Raincoat.
7. Trekking boots (waterproof is the best option. If it's brand new, pls wear them and get used).
8. Cotton socks, two pairs.

Equipment:

1. Backpack, 20-25L (for your daily items, raincoat, packed lunch, water bottle, backpack rain cover).
2. Walking stick (1 for experienced trekker; 2 for beginner)
3. Water bottle (pls bring 1 or 2. We will fill the water one time before the trekking each morning and carry it by us).
4. Sunblock (SPF50+, PA+++).
5. Lipstick for sunscreen and moisture.
6. Sunglasses.
7. Headlamp (for your personal use. We provide the camping lamp for each tent).
8. Camera, and extra batteries for camera (no electricity during the trek).
9. Power bank for your cell phone charges.
10. Sleeping bag.



Tashi Phuntsok

Tashi Phuntsok is the co-founder of the Tibetan Connections and has been working as a travel agent and guide since the late 1990s, specializing in tours throughout the Tibetan regions and neighboring ethnic regions in the western part of China. He spent his childhood as a Buddhist monk in Tibet and later he went to India to continue his study where he studied English. Since he returned home, he has been traveling, discovering, and finding new travel destinations to share with international travelers.

He has worked with many foreign organizations including National Geographic, etc., and the authors of travel books such as " Eastern Tibet, The history of Central Asia" and the Lonely Planet.

Since 2014, he also has been arranging explorational trips for Motor companies including BMW and Volkswagen. In 2016 he led a Volkswagen team and completed the world record of challenge by driving JETTA throughout the KEKEXILI region (average elevation: Over 4500m/13,500ft, highest point 5300m).

He sees himself as a traveler and explorer and is very passionate about the land and culture. Among many services he and his team can offer, they are particularly experienced in high-altitude trekking and camping, as well as the cultural appreciations of the grottos and caves along the southern Silk Road, as well as the monasteries and retreat areas of Tibet.

trekking trail



porters



trekking trail



wine and cheese by fire



camping equipment

