



## Across the Plateau

Xining to Chengdu via Rebkong, Labrang, Langmusi, Zoige and Songpan.

**Day 1:** Xining - Rebkong (Tongren) 200kms

**Day 2:** Rebkong

**Day 3:** Rebkong - Labrang (Xiahe) 110kms

**Day 4:** Labrang

**Day 5:** Labrang - Langmusi 250kms

**Day 6:** Langmusi

**Day 7:** Langmusi - Zoige (Ruo'ergai) 100kms

**Day 8:** Zoige - Songpan 180kms

**Day 9:** Songpan

**Day 10:** Songpan - Mao Xian 160kms

**Day 11:** Mao Xian - Chengdu 220kms

## Detailed Itinerary

### **Day 1: Xining - Rebkong (Tongren) 200kms**

On Day 1 you will go from Xining to Rebkong. Rebkong is home to 3 large Tibetan Buddhist monasteries and is famous across Tibet for its artists.

### **Day 2: Rebkong**

Rebkong is home to 3 large Tibetan Buddhist monasteries and is famous across Tibet for its color paintings called Thangkas. We will venture into the back alleys of these monasteries to discover the hidden secrets of Tibetan Buddhism and the life of monks.

### **Day 3: Rebkong - Labrang (Xiahe) 110kms**

On Day 3 you will travel to Labrang, Amdo's most famous monastery located in the small town of Xiahe. Labrang sits at 2900m/9500 feet with high mountains and alpine forests surrounding it.

### **Day 4: Labrang**

Labrang is a popular pilgrimage destination for Tibetans and is home to over 1700 monks.

### **Day 5: Labrang - Langmusi 250kms**

On Day 5 you will go from Labrang to the beautiful Tibetan town of Langmusi.

### **Day 6: Langmusi**

Langmusi is a great place to do a short horse trek or to explore grasslands that are home to nomadic Tibetans.

### **Day 7: Langmusi - Zoige (Ruo'ergai) 100kms**

On Day 7 you will travel to the nomad trading town of Zoige. Along the way you will see many Tibetans herding their yaks and sheep.

### **Day 8: Zoige - Songpan 180kms**

On Day 8 you will arrive in Songpan, which has some of the best horse trekking in Amdo. You will stay 2 nights here.

**Day 9: Songpan**

Horse trek in the grasslands around Songpan.

**Day 10: Songpan -Mao Xian 160kms**

On Day 10 you will head south towards Chengdu staying in the mid-sized town of Mao Xian.

**Day 11: Mao Xian - Chengdu 220kms**

On Day 11 you will arrive in Chengdu, the capital city of Sichuan province.