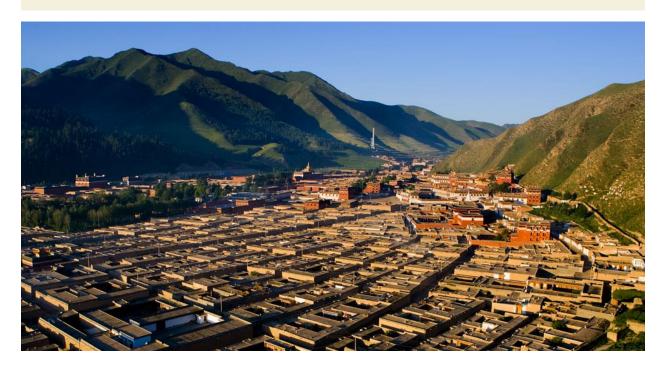
# **TASHIS TIBETAN TOURS**



### **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

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### **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.

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# 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.

Across the Plateau