



## **The Heart of Amdo - 3 Provinces, 3 Historic Towns**

Rebkong - Labrang - Langmusi

**Day 1:** Xining - Rebkong 200kms

**Day 2:** Rebkong (Tongren)

**Day 3:** Rebkong - Labrang 110kms

**Day 4:** Labrang (Xiahe)

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

**Day 6:** Langmusi

**Day 7:** Langmusi - Xining 510kms

## Detailed Itinerary

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

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 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 (Xiahe)**

Labrang is a popular pilgrimage destination for Tibetans and is home to over 1700 monks. This is the most influential monastery outside of the Tibetan Autonomous Region.

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

On Day 5 you will go from Labrang to the beautiful Tibetan town of Langmusi, set right on the border of Gansu and Sichuan Provinces. Langmusi is a great place to do a short horse trek or to explore grasslands that are home to nomadic Tibetans.

### **Day 6: Langmusi**

Hike or horse trek up the White Dragon River into a deep canyon surrounded by craggy peaks for a breathtaking view of the high peaks around Langmusi town.

### **Day 7: Langmusi - Xining 510kms**

On Day 7 you will return to Xining via a long drive through the classic grasslands of Amdo.