



In Depth Nomad Life 1

Rebkong and Nomad Camping at Gangya Grasslands.

- Day 1:** Xining - Rebkong 200kms
- Day 2:** Rebkong - Gangya Grasslands 90kms
- Day 3:** Gangya Grasslands
- Day 4:** Gangya Grasslands
- Day 5:** Gangya Grasslands - Xining 280kms

Detailed Itinerary

Day 1: Xining - Rebkong 200kms

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 - Gangya Grasslands 90kms

On Day 2 you will drive from Rebkong to the Gangya Grasslands and camp with a nomad Tibetan family for the next 3 nights.

Day 3: Gangya Grasslands

While with the nomads, you will learn how to make Tibetan food, milk and herd yaks and how to live the traditional Tibetan lifestyle.

Day 4: Gangya Grasslands

Continue cultural activities in the grasslands to learn about the sustainable lifestyle of nomads as well as their unique seasonal rhythms that revive around the natural cycles of both the animals they tend and their pastures.

Day 5: Gangya Grasslands - Xining 280kms

On Day 5 you will return to Xining, the capital of Qinghai Province at 2,500 meters in elevation.