



In Depth Nomad Life 2

Rebkong and Nomad Camping at Tsekog Grasslands.

Day 1: Xining - Rebkong 200kms

Day 2: Rebkong - Tsekog (Zeku) 110kms

Day 3: Tsekog

Day 4: Tsekog

Day 5: Tsekog - Xining 310kms

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 - Tsekog (Zeku) 110kms

Day 2 you will drive out to the Tsekog Grasslands at 3500m/11,500 feet and camp with a nomad Tibetan family for 3 nights. Here you will discover the rhythms of nomadic peoples as they follow the best pastures and move several times each year with their tents and all their animals. The entire life of the nomad centers around the yak and the sheep. These animals are the source of meat, milk, shelter, transport, and many of the traditional clothes for the Tibetan nomads.

Day 3: Tsekog

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: Tsekog

Continue the exploration of nomad culture in the wide open grasslands of Tsekog, surrounded by an open sea of grass and grazing yaks, sheep, horses, and goats.

Day 5: Tsekog - Xining 310kms

On Day 5 you will return to Xining.