



## Complete Qinghai

Qinghai Lake - Serdzong Monastery - Yellow River Source Area - Mt. Amnye Machen – Chabcha - Kumbum - Guide.

**Day 1:** Xining - Qinghai Lake South Shore 180kms

**Day 2:** Qinghai Lake - Serdzong Monastery 260kms

**Day 3:** Serdzong Monastery - Maduo 320kms

**Day 4:** Maduo - Ngoring Lake/Yellow Riv Source Area - Huashixia 300km

**Day 5:** Huashixia - Amnye Machen near Xia Dawu-Huashixia 170kms

**Day 6:** Huashixia - Chabcha 280kms

**Day 7:** Chabcha - Guide 150kms

**Day 8:** Guide - Jokhang Monastery - Kumbum Monastery - Xining 150kms

## Detailed Itinerary

### **Day 1: Xining - Qinghai Lake South Shore 180kms**

Day 1 you will drive out to the south shore of Qinghai Lake, the largest lake in China. The grasslands near the lake are home to Tibetan nomads herding their yaks and sheep.

### **Day 2: Qinghai Lake - Serdzong Monastery 260kms**

Day 2 you will go from Qinghai Lake to Serdzong which is a remote Buddhist monastery set on the side of a rugged mountain at over 3600m/12,000 feet. Serdzong provides excellent hiking opportunities.

### **Day 3: Serdzong Monastery - Maduo 320kms**

We will travel from the cliffs of Serdzong Monastery through the barren, windswept grasslands to Maduo, the highest nomad town in Amdo at 4,350 meters / 14,300 feet that can see snow any day of the year. The area around Maduo town has an annual mean temperature of -4 Celcius and the ecosystem there bears the imprint of glaciation with U-shaped valleys and large moraines. On the journey we stand a good chance to stop and see Tibetan Wild Asses galloping though the high grasses of the rugged plateau plains.

### **Day 4: Maduo - Ngoring Lake/Yellow Riv Source Area-Huashixia 300km**

Day 4 you will travel from Maduo to Ngoring Lake, which is one of the main sources of the Yellow River.

Travel 110km from Maduo to Ngoring Lake. This expansive blue alpine lake is one of the most beautiful and one of the most unknown lakes in Tibet. The road from Maduo to the lake is rough and in bad condition but we can stop often to spot the wildlife that survives at these high conditions including Wild Ass, Tibetan Antelope, and the rare, flat-faced Tibetan Fox. Though it is only 110km, it takes 4 or 5 hours to reach. Ngoring Lake and the lake next to it, Kyaring Lake, are two of the main lakes that are considered to be the source of the Yellow River. The Yellow River is the second longest in China with a total length of over 5400kms /3400 miles. From its source all the way through the Tibetan Plateau, the Yellow River area is stunning.

After a long, satisfying day out in the open, untouched plains at the source of the Yellow River, we will head back to the town of Maduo to warm up with a good, hot meal and a nice hotel and a shower.

**Day 5: Huashixia - Amnye Machen near Xia Dawu - Huashixia 170kms**

Day 5 you will go out to the north side of Amnye Machen, the holiest mountain in Amdo. The Golog area is famous across the Tibetan Plateau as being the home of Amnye Machen, one of the 4 main holy mountains of Tibet. Each year, thousands of pilgrims make their way to Amnye Machen to make a pilgrimage around the mountain. Amnye Machen rises to 6282m / 20,605 feet and is the highest mountain in Amdo. You will stand on the edge of Amnye Machen's grand glacier at a high pass with prayer flags.

**Day 6: Huashixia - Chabcha 280kms**

On day 6 you will go from Huashixia to the mid-sized trading town of Chabcha.

**Day 7: Chabcha - Guide 150kms**

On Day 7 you will go from Chabcha to Guide which sits near the banks of the Yellow River.

**Day 8: Guide - Jokhang Monastery - Kumbum Monastery - Xining 150kms**

On Day 8 you will go from Guide back to Xining stopping off at Jokhang and Kumbum monasteries along the way. Kumbum is home to over 600 monks and has some great hills around the monastery to hike.