



Amdo Tours - Trips around Xining

- ❖ Highlights of Qinghai – 2 days
- ❖ Salar and Tibetan Culture – 4 days
- ❖ Monasteries and a Turquoise Lake – 4 days
- ❖ Grasslands and Monasteries – 5 days
- ❖ Meditations and a Mystic Lake – 4 days.

Itineraries

Highlights of Qinghai

Kumbum Monastery and Qinghai Lake

Day 1: Xining - Kumbum Monastery - Qinghai Lake South Shore, 180kms

On Day 1 you will go from Xining to the famous Tibetan Buddhist monastery of Kumbum (Ta'er in Chinese). Kumbum is home to over 600 monks and has some great hills around the monastery to hike. Kumbum is also famous as the birthplace of the great Buddhist master Tsongkapa and offers entire temples filled with colorful yak butter sculptures filled with 100's of years of incense and prayers!

Day 2: Qinghai Lake South Shore - Xining, 180kms

After an insightful tour of Kumbum Monastery, 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. On Day 2 you will return to Xining, capital of Qinghai Province, from Qinghai Lake.

Salar And Tibetan Culture

Mengda Lake - Xunhua - Rebkong

Day 1: Xining - Mengda Lake - Xunhua 230kms

On Day 1 you will go from Xining to Mengda Lake. Mengda Lake sits in the mountains at an elevation of over 3200m/10,500 feet. Evergreen forests surround the lake. From the lake you will go to the small town of Xunhua. Xunhua is home to the Salar people who originally came to the Tibetan Plateau from Uzbekistan over 500 years ago, guided by the holy Quran strapped to the back of a camel. Xunhua also claims to be original home of one of Qinghai's most popular dishes, Mian Pian. Mian Pian means "Noodle pieces" and consists of hand rolled noodles that are cooked in a delicious broth with meat and herbs.

Day 2: Xunhua - Rebkong 80kms

Day 2 will take you on a scenic drive through a deep, winding canyon gorge to the Tibetan town of Rebkong, famous for its detailed paintings called Thangkas. We will spend the afternoon of Day 2 and all day on day 3 exploring these extraordinary works of art and the monasteries that hold them.

Day 3: Rebkong (Tongren)

On Day 2 and 3 you will stay in the monastery town of Rebkong. Rebkong is home to 3 large Tibetan Buddhist monasteries and is famous across Tibet for its artists. We will venture into the back alleys of these monasteries to discover the hidden secrets of Tibetan Buddhism and the life of monks.

Day 4: Rebkong - Xining 200kms

On Day 4 you will return to Xining, the capital of Qinghai Province.

Monasteries and a turquoise lake

Kumbum Monastery - Qinghai Lake - Jokhang Monastery

Day 1: Xining - Kumbum Monastery - Jokhang Monastery - Guide 150kms

On Day 1 you will go from Xining to the famous Tibetan Buddhist monastery of Kumbum, which is home to over 600 monks. From Kumbum you will drive south to the town of Guide along the banks of the Yellow River. Near Guide is the small monastery of Jokhang.

Day 2: Guide - Qinghai Lake South Shore 170kms

On Day 2 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 3: Qinghai Lake - Sun Moon Mountain Pass - Xining 180kms

On Day 3 you will return to Xining passing over the historic Sun Moon Mountain Pass.

Day 4: Xining - Bai Ma Monastery - Gonlung Monastery - Xining 150kms

On Day 4 you will go to Gonlung Monastery, which is one of the most beautiful and famous monasteries in Amdo. Bai Ma Monastery is the oldest in Amdo and is famous because the 3rd Dalai Lama's horse died here.

Grasslands and Monasteries

Rebkong and Labrang

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)

The Tibetan town of Rebkong is famous for its detailed paintings called Thangkas. We will spend all day on Day 2 and the morning of day 3 exploring these extraordinary works of art and the monasteries that hold them.

Day 3: Rebkong - Labrang (Xiahe) 120kms

On Day 3 you will travel through the heart of Amdo's grasslands filled with Tibetan nomad tents made of yak to Labrang, Amdo's most famous monastery located in the small town of Xiahe.

Day 4: Labrang

Labrang town sits at 2900m/9500 feet with high mountains and alpine forests surrounding it. Labrang monastery, the cultural center of the town, is a popular pilgrimage destination for Tibetans and is home to over 1700 monks.

Day 5: Labrang - Xining 300kms

On Day 5 you will return to Xining from Labrang Monastery.

Meditations and a Mystic Lake

Kumbum Monastery - Qinghai Lake - Serdzong Monastery

Day 1: Xining - Kumbum Monastery - Qinghai Lake 180kms

On Day 1 you will go from Xining to the famous Tibetan Buddhist monastery of Kumbum, which is home to over 600 monks. Kumbum is also famous as the birthplace of the great Buddhist master Tsongkapa and offers entire temples filled with colorful yak butter sculptures filled with 100's of years of incense and prayers!

From Kumbum you will go to Qinghai Lake, the largest lake in China. The high altitude grasslands near the lake are home to Tibetan nomads herding their yaks and sheep.

Day 2: Qinghai Lake - Serdzong Monastery 260kms

On Day 2 you will go from Qinghai Lake to Serdzong Monastery in Xinghai County to stay 2 nights.

Day 3: Serdzong Monastery (Xinghai)

Serdzong, home to over 350 monks, 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 4: Serdzong Monastery - Xining 310kms

On Day 4 you will return to Xining.