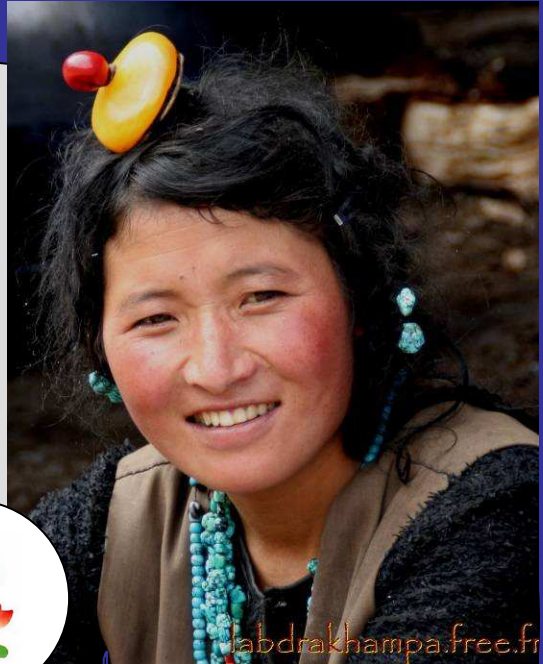


# Aru Expedition

## Lab Dra Khampa



Voyages and treks

## Dzongsar 2008

*A moving journey into the heart of  
Tibetan world and into the daily  
traditional life of without doubt one of  
the world's most great people.*

Day 1 :  
Chengdu

**Arrive at Chengdu** Meeting in Chengdu, the most important town of SICHUAN. transfer to the Hotel and visit the Tibetan market.



Day 2 :  
Kangding

**Chengdu/Ya'an/Kangding (2616m)**

Leave Chengdu for Kangding in the morning. Tibetan highway through Ya'an city. Ya'an, is the starting point of the Sichuan-Tibet stretch of the Tea-horse Road. Those trading activities went on for centuries. Overnight in Kangding



**Kangding to bamei (3420m)**

Visit Lhagang Monastery one of Kham's most sacred gompas. Through fantastic landscape, you could see the nomadic and local Tibetan houses. Overnight at Bamei, in the sungold Hotel, A nice Tibetan guesthouse. View on Stupa.



Day 3 :  
Baime

**beime à Tawu (3040m)**

morning visit Garther monastery which is built by 7th Dali Lama; afternoon drive to Tawu, overning here in Tibetan family guesthouse, visit local stupa



Day 4 :  
Tawu



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Day 5 et 6 :  
Kanze

### Tawu à Kanze (3310m)

drive to Kanzi via Drago county, stop to have lunch, sightseeing the town of Drago county, continuous to kanzi on the way visit Jury monastery.



### Kanze

today spend one day to visit Kanze monastery and nunnery; explore of the town.



### Kanze à Pelyul

drive to Pelyul, fantastic nomad's landscape, take picnic lunch at nomadic camp. Visit Yachen monastery which is one of the biggest retreat center in Tibet, then continue to Pelyul which is a pretty Tibetan town with the Ding-chu river running through it ; if the time permit, visit Pelyul monastery



Day 7 :  
Pelyul

Day 8 :  
Dzongsar

### Pelyul à Dzongsar

drive to Dzongsar via Katock monastery

Day 9 à 14:  
Dzongsar

### Dzongsar and Dorphu valley

Stay in traditional village of Dzongsar. Accommodation in Tibetan family or free in house. Trek in Dorphu valley into nomadic camp. Visit the Buddhist retreat centre



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Day 9  
à  
Day 11

6 Days into the heart of Tibetan world and into the daily traditional life of great Khampa people.

### 3 days in Dzongsar :

Height between 3600 and 4000 m on average.

Stay in traditional village of Dzongsar,  
Accommodation in Tibetan family or free in house.

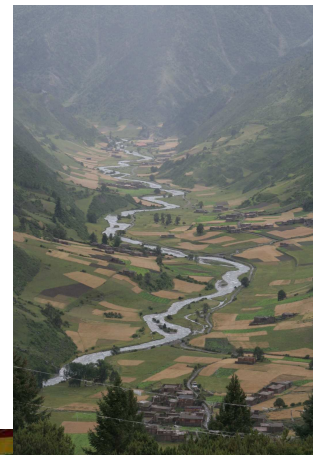
Visit of Dzongsar College, well-known as one of the best college in Tibet.

Visit of Tibetan medicine house, Tangkha painting house and other traditional art of Dzongsar.

walking around Dzongsar without any technical difficulties  
Discovery of the Tibetan life of the farmer.

Visit of Dzongsar monastery and Meshu valley.

Have tea, yogurt and Tsampa with so great Tibetan family.



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3 days into the heart of Tibetan world and into the daily traditional life of nomadic people.

### 3 days in Dorphu Valley :

3 Days of walking without any technical difficulties.

Height between 3600 and 4000 m on average.

Stages from 4 to 6 hours of walking.

Accommodation in camp mostly situated in nomad's land,  
Porterage assured by yaks or horses.

Simple meal with local and traditional products.

Discovery of the Tibetan life of the nomads, their herds of yaks and horses.

Have tea and the tsampa in families nomads.

Along the road visit the Buddhist retreat centre



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Day 15:  
Tawu

### Dzongsar à Kanzi

Return towards Chengdu via Kanzi.



Day 16:  
Damba

### Kanzi à Danba

Return by Danba, center of the Tibetan Gyaron.

Day 17:  
Chengdu

### Danba

explore Danba. see the holy mountain called Murdo, the traditional Tibetan houses and the Bonpo monasteries.



Day 18:  
Chengdu

### Danba à Chengdu

Last night in Chengdu

### Departure from Chengdu



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## **SUM UP Trekking informations**

Accommodation:

Chengdu : standard hotel

Chengdu/Dzongsar: Night in basic, traditional Tibetan guesthouse.

Accommodation in family or free in house in Dzongsar,

Pique-nique or meal in family or traditional restaurant

Trekking Dorphu Valley

Stages from 4 to 6 hours of walking between 3600 and 4000 m.

Camp during the trek into Dorphu valley.

Transport of luggage: horse or yak. You carry only your personal thing.

Food during the camp: Traditional and make with local products.

Tibetan guide, driver and local team during the trek

Group : 8 or 10 persons

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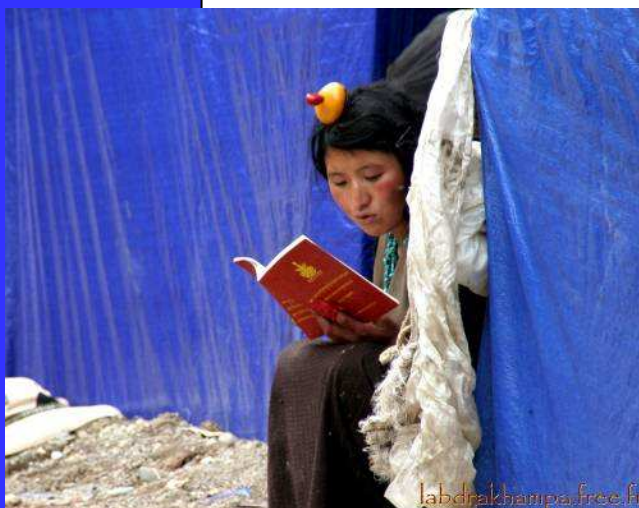




Le Tibet et ses voisins



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## Contact

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## Cost

Travel and trek 18j : 2750 \$ / person  
Participation Lab dra Khampa : 150 €  
For a group 8 to 10 persons

### **Cost quoted on itineraries includes:**

- Airport-hotel transfer at arrival and departure
- Accommodation in Tibet as described in itinerary
- Lunch and dinner
- All sightseeing as described in itinerary
- All city/ monument /monastery entrance fees
- All government taxes on said fees
- Ground transfers in Tibet using minibus

### **Cost quoted does not include:**

- The international flight
- Fee for visa
- Travel insurance
- Tips, souvenirs or other shopping
- Photography and/ or videography charges in the monasteries and other tourist attractions.
- Personal expenses incurred for drinks, snacks, tips, etc
- Any extra cost involved on the road should there be an unavoidable delay due to, for example, a landslide or similar

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Dzongsar 2008

*The meeting of an  
unforgettable, resolve  
and robust humour  
Tibetan people*

