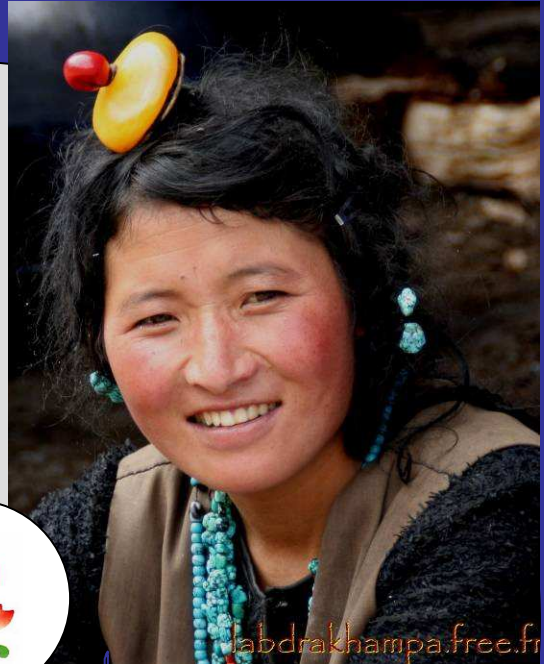


Aru Expedition
Lab Dra Khampa



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



Day 3 :
Baime

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 4 :
Tawu

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



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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

Pelyul à Dzongsar

drive to Dzongsar via Katock monastery

Dzongsar

Visit of Dzongsar College, well-known as one of the best college in Tibet. Visit of Tibetan medicine house, and Tangkha painting house



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8 Days of trek between Dzongsar and Manugango

8 Days of walking without any technical difficulties.

Height between 4000 and 5000 m on average.

Stages from 4 to 6 hours of walking with some passes to be crossed.

View on the snowy peaking mountains in more of 6000M.

Accommodation in camp mostly situated in nomad's land, Portorage 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 of caves and monasteries.

From pass to pass, discover the Tibetan high mountains, deep forests and small charming lakes.

The trek ends to Manugango.



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Day 10

à

Day 17

Day 18:
Tawu

Manugango à Tawu

Return towards Chengdu via Tawu. Accommodation in the same traditional guesthouse.



Day 19:
Damba

Tawu à Danba

Return by Danba, center of the Tibetan Gyaron.



Day 20:
Chengdu

Tawu à Chengdu

Last night in Chengdu

Departure from Chengdu



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SUM UP Trekking informations

Trekking

Stages from 4 to 6 hours of walking. Some passes of height, between 4500 and 5000 m.

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

Accommodation:

Chengdu : standard hotel

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

Camp during the trek.

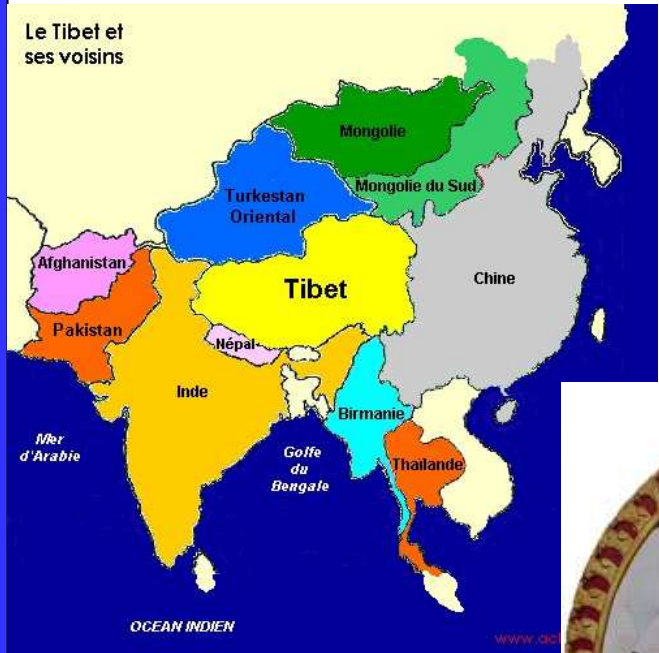
Food: Traditional and make with local products.

Pique-nique or meal in family or traditional restaurant

Tibetan guide, driver and local team during the trek

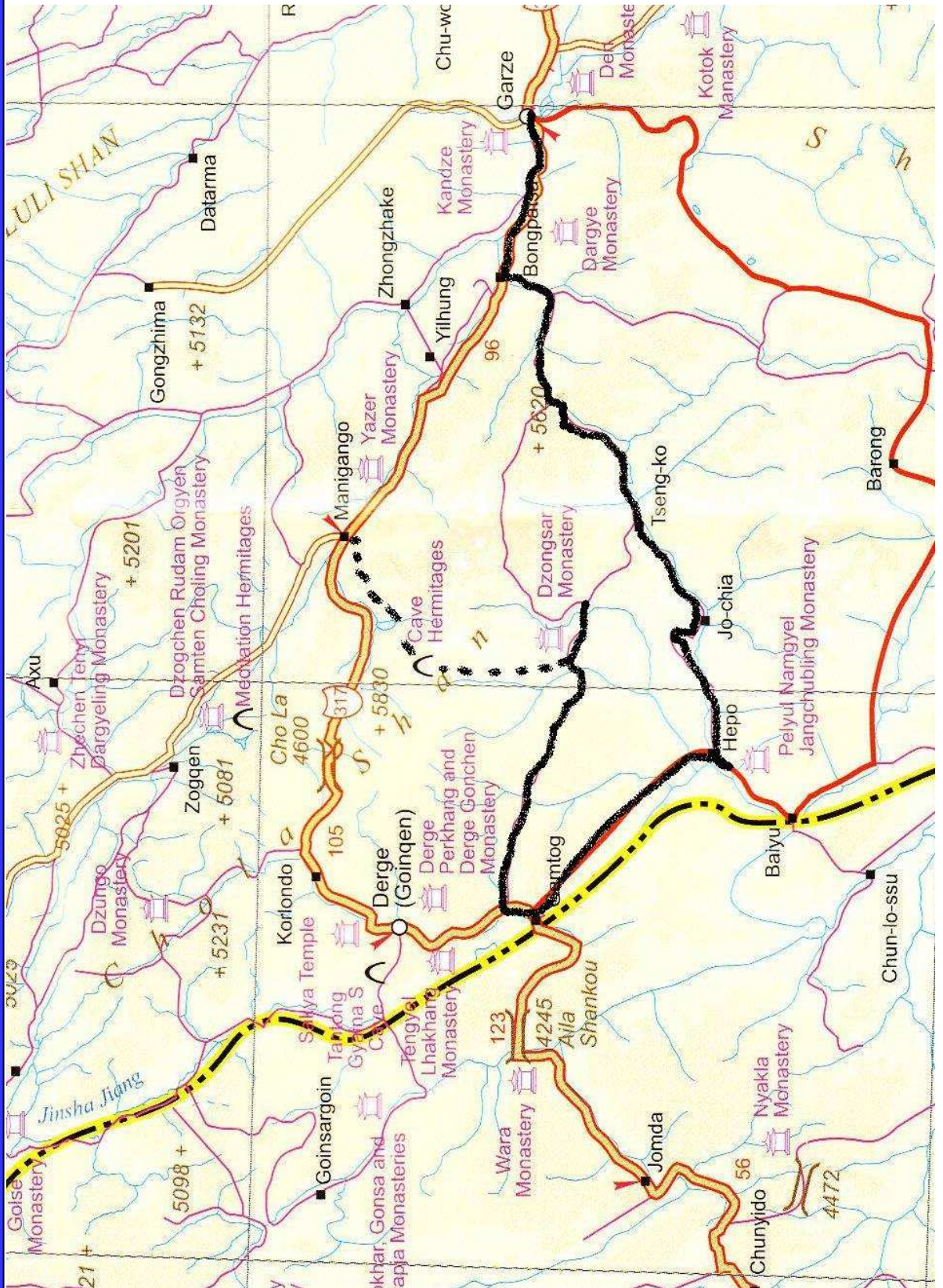
Group : 8 or 10 persons

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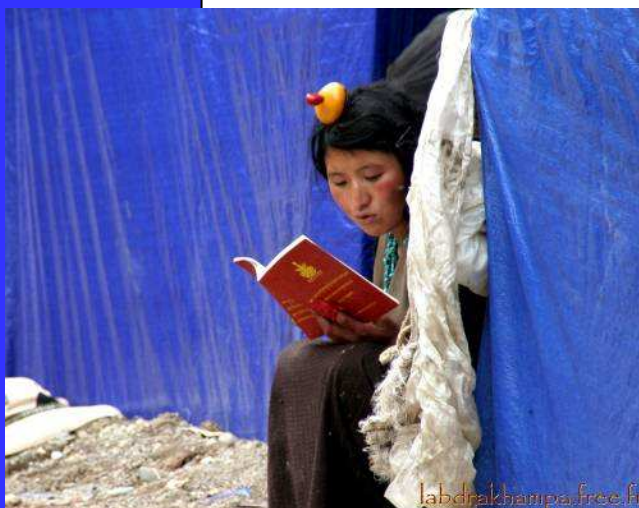


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Contact

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Cost

Travel and trek 201j : 2175 € (3200 \$) / 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
- Reconfirmation the flight

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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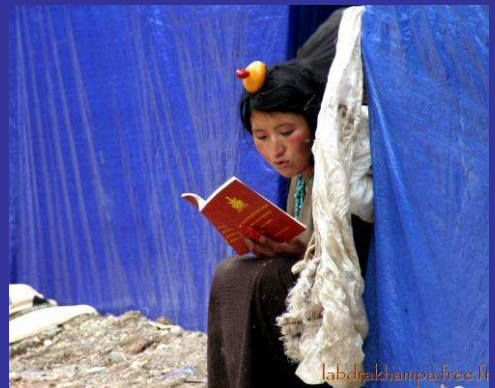


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*The meeting of an
unforgettable, resolve
and robust humour
Tibetan people*



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