

Amdo Tibet

Amdo is an ethnically and culturally Tibetan region located across much of Western China in Qinghai, Gansu, and Sichuan provinces.

The region contains a mix of traditional nomadic and farming lifestyles. The landscape consists of beautiful grasslands, rugged mountain ranges, and picturesque examples of Tibet's unique cultural achievements, such as dazzling white stupas and unique monasteries.

Here are some of our Amdo itineraries:

Trip 1 Kumbum Monastery and Qinghai Lake

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

Day 2: Qinghai Lake South Shore-Xining 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. After the 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 from Qinghai Lake.

Trip 2 Mengda Lake-Xunhua-Rebkong

Day 1: Xining-Mengda Lake-Xunhua 230kms

Day 2: Xunhua-Rebkong 80kms

Day 3: Rebkong (Tongren)

Day 4: Rebkong-Xining 200kms

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. 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. On Day 4 you will return to Xining.

Trip 3 Kumbum Monastery-Qinghai Lake-Jokhang Monastery

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

Day 2: Guide-Qinghai Lake South Shore 170kms

Day 3: Qinghai Lake-Sun Moon Mountain Pass-Xining 160kms

Day 4: Xining-Bai Ma Monastery-Gonlung Monastery-Xining 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. 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. On Day 3 you will return to Xining passing over the historic Sun Moon Mountain Pass. 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.

Trip 4 Rebkong and Labrang

Day 1: Xining-Rebkong 200kms

Day 2: Rebkong (Tongren)

Day 3: Rebkong-Labrang (Xiahe) 110kms

Day 4: Labrang

Day 5: Labrang-Xining 280kms

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. On Day 3 you will travel to Labrang, Amdo's most famous monastery located in the small town of Xiahe. Labrang sits at 2900m/9500 feet with high mountains and alpine forests surrounding it. Labrang is a popular pilgrimage destination for Tibetans and is home to over 1700 monks. On Day 5 you will return to Xining from Labrang Monastery.

Trip 5 Rebkong and Nomad Camping at Ganjia Grasslands

Day 1: Xining-Rebkong 200kms

Day 2: Rebkong-Ganjia Grasslands 90kms

Day 3: Ganjia Grasslands

Day 4: Ganjia Grasslands

Day 5: Ganjia Grasslands-Xining 280kms

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. On Day 2 you will drive from Rebkong to the Ganjia Grasslands and camp with a nomad Tibetan family for 3 nights. While with the nomads, you will learn how to make Tibetan food, milk and herd yaks and how to live the traditional Tibetan lifestyle. On Day 5 you will return to Xining.

Trip 6 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 300kms

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 you will drive out to the Tsekog Grasslands at 3500m/11,500 feet and camp with a nomad Tibetan family for 3 nights. While with the nomads, you will learn how to make Tibetan food, milk and herd yaks and how to live the traditional Tibetan lifestyle. On Day 5 you will return to Xining.

Trip 7 Kumbum Monastery-Qinghai Lk-Serdzong Monastery

- Day 1: Xining-Kumbum Monastery-Qinghai Lake 180kms
- Day 2: Qinghai Lake-Serdzong Monastery 260kms
- Day 3: Serdzong Monastery (Xinghai)
- Day 4: Serdzong Monastery-Xining 290kms

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 go to Qinghai Lake, the largest lake in China. On Day 2 you will go from Qinghai Lake to Serdzong Monastery in Xinghai County to stay 2 nights. 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. On Day 4 you will return to Xining.

Trip 8 Rebkong-Labrang-Langmusi

- Day 1: Xining-Rebkong 200kms
- Day 2: Rebkong (Tongren)
- Day 3: Rebkong-Labrang 110kms
- Day 4: Labrang (Xiahe)
- Day 5: Labrang-Langmusi 230kms
- Day 6: Langmusi
- Day 7: Langmusi-Xining 500kms

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. On Day 3 you will travel to Labrang, Amdo's most famous monastery located in the small town of Xiahe. Labrang sits at 2900m/9500 feet with high mountains and alpine forests surrounding it. Labrang is a popular pilgrimage destination for Tibetans and is home to over 1700

monks. On Day 5 you will go from Labrang to the beautiful Tibetan town of Langmusi. Langmusi is a great place to do a short horse trek or to explore grasslands that are home to nomadic Tibetans. On Day 7 you will return to Xining.

Trip 9 Qinghai Lake-Serdzong Monastery-Mt. Amnye Machen-Kumbum-Jokhang-Guide

Day 1: Xining-Qinghai Lake South Shore 160km
Day 2: Qinghai Lake-Serdzong Monastery 260kms
Day 3: Serdzong Monastery-Huashixia 240kms
Day 4: Huashixia-Amnye Machen near Xia Dawu-Huashixia 170kms
Day 5: Huashixia-Chabcha 280kms
Day 6: Chabcha-Guide 140kms
Day 7: Guide-Jokhang Monastery-Kumbum Monastery-Xining 150kms

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 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 you will drive through nomadic grasslands to the small town of Huashixia. Day 4 you will go out to the north side of Amnye Machen, the holiest mountain in Amdo. On Day 5 you will go from Huashixia to the mid-sized trading town of Chabcha. On Day 6 you will go from Chabcha to Guide which sits near the banks of the Yellow River. On Day 7 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.

Trip 10 Qinghai Lake-Serdzong Monastery-Yellow River Source Area-Mt. Amnye Machen-Chabcha-Kumbum-Guide

Day 1: Xining-Qinghai Lake South Shore 160kms
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 140kms
Day 8: Guide-Jokhang Monastery-Kumbum Monastery-Xining 150kms

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 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 you will drive through nomadic

grasslands to the small town of Maduo at 4350m/14,300 feet. Day 4 you will travel from Maduo to Ngoring Lake, which is one of the main sources of the Yellow River. Day 5 you will go out to the north side of Amnye Machen, the holiest mountain in Amdo. Day 6 you will go from Huashixia to the mid-sized trading town of Chabcha. On Day 7 you will go from Chabcha to Guide which sits near the banks of the Yellow River. 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.

Trip 11 Qinghai Lake-Serdzong Monastery-Mt. Amnye Machen-Tarthang Monastery-Mt. Nyenbo Yurtse-Machen-Serlak Monastery-Guide-Kumbum Monastery

- Day 1: Xining-Qinghai Lake South Shore 160kms
- Day 2: Qinghai Lake-Serdzong Monastery (Xinghai) 260kms
- Day 3: Serdzong Monastery-Huashixia 240kms
- Day 4: Huashixia-Amnye Machen near Xia Dawu-Huashixia 170kms
- Day 5: Huashixia-Darlag (Dari) 210kms
- Day 6: Darlag-Tarthang Monastery-Jigdril (Jiuzhi) 270kms
- Day 7: Jigdril-Nyenbo Yurtse-Jigdril 100kms
- Day 8: Jigdril-Darlag 270kms
- Day 9: Darlag-Machen (Dawu) 160kms
- Day 10: Machen
- Day 11: Machen-Serlak Monastery-Tongde 210kms
- Day 12: Tongde-Guide 170kms
- Day 13: Guide-Jokhang Monastery-Kumbum Monastery-Xining 150km

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 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 you will drive through nomadic grasslands to the small town of Huashixia. Day 4 you will go out to the north side of Amnye Machen, the holiest mountain in Amdo which rises to 6282m/20,610 feet. Day 5 you will go through the Amdo grasslands to the small town of Darlag along the Yellow River. Day 6 you will go out to the large Tibetan monastery of Tarthang before going to Jigdril to stay the night. Day 7 takes you out to Amdo's second most holy mountain, Nyenbo Yurtse which rises to 5369m/17,612 feet. This amazing mountain has endless hiking possibilities. Day 8 you will return to Darlag and then on Day 9 go to Machen. You will stay 2 nights in Machen exploring the local temples and monasteries. On Day 11 you will drive north to Tongde to see the small monastery of Serlak. On Day 12 you will drive through the prairies of Amdo to the oasis town of Guide, which sits along the Yellow River. On Day 13 you will return to Xining after visiting Jokhang and Kumbum monasteries. Kumbum is home to over 600 monks and has some great hills around the monastery to hike.

Trip 12 Xining to Chengdu via Rebkong, Labrang, Langmusi, Zoige and Songpan

Day 1: Xining-Rebkong (Tongren) 200kms

Day 2: Rebkong

Day 3: Rebkong-Labrang (Xiahe) 110kms

Day 4: Labrang

Day 5: Labrang-Langmusi 230kms

Day 6: Langmusi

Day 7: Langmusi-Zoige (Ruo'ergai) 100kms

Day 8: Zoige-Songpan 180kms

Day 9: Songpan

Day 10: Songpan-Mao Xian 160kms

Day 11: Mao Xian-Chengdu 220kms

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. On Day 3 you will travel to Labrang, Amdo's most famous monastery located in the small town of Xiahe. Labrang sits at 2900m/9500 feet with high mountains and alpine forests surrounding it. Labrang is a popular pilgrimage destination for Tibetans and is home to over 1700 monks. On Day 5 you will go from Labrang to the beautiful Tibetan town of Langmusi. Langmusi is a great place to do a short horse trek or to explore grasslands that are home to nomadic Tibetans. On Day 7 you will travel to the nomad trading town of Zoige. Along the way you will see many Tibetans herding their yaks and sheep. On Day 8 you will arrive in Songpan, which has some of the best horse trekking in Amdo. You will stay 2 nights here. On Day 10 you will head south towards Chengdu staying in the mid sized town of Mao Xian. On Day 11 you will arrive in Chengdu, the capital city of Sichuan province.