

Ganden Samye Trek



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Url: <https://wildyakexpeditions.com/trips/ganden-samye-trek/>

Duration

14

Max. Altitude

4,980 meters / 16,339 feet

Difficulty

Moderate

Group Size

4 to 6 Participants

Country

Tibet / Nepal

Region

Tsang Region

Accommodation

Superior hotels in Nepal and Tibet (China) /
Campsites

Prime Activity

Trekking

Minor Activity

Culture

Meals

Half-board in Kathmandu / All meals during
Trek

HIGHLIGHTS

- Sightseeing of exotic place on top of the world: **Potala palace, Barkhor circuit, Jokhang temple**
- Visit the great Buddhists religious institutes of **Drepung and Sera**
- **Great off-track trekking experience**
- **Stunning views on famous 8000 meters peaks:** Mount Everest, Cho-Oyu, Shishapangma and many other giants of Himalaya
- **Sightseeing tour in Nepal** UNESCO heritage sites: Bhaktapur, Swambunath, Boudhanath
- Focus on **high-quality services, experienced WILD YAK Team** for a **small group of 4 to 6 participants** only

Overview

The **Ganden Samye Trek**, also known as “Real Tibetan wilderness Trek”. It offers a variety of beautiful panoramas on alpine landscapes, lakes, high passes, sacred sites and herder’s camps. Tibet is also a place that’s like to change the way you see the world.

GANDEN SAMYE TREK: INTO THE TRUE TIBET

WILD YAK EXPEDITIONS Ganden Samye Trek takes you to the historic capital of Tibet Lhasa, century's old forts, magnificent monasteries, prayer halls of chanting monks, religious institute, and remote cliff-side retreats. Besides that, Buddhist art and cultures are remarkable to see. Furthermore, it offers the stunning view of world's highest mountain likewise Mount Everest, Mount Cho-Oyu and Mount Shishapangma. Gorgeous mountain scenery with glaciers and glittering turquoise lake. Countryside offers huge plains dotted with grazing yaks and nomad's tent and over high passes with colorful prayer flags.

Our overland trip from the world's highest highway to Nepal via the outstanding and vast Tibetan plateau is for itself worth. A short stay at the end of your Trip in the colourful Nepal may enhance your spirit. It will remain with you for years to come. And that's surely the definition of the very best kind of travel.

WHY GOING FOR AN ADVENTURE?

Wild Yak Expeditions believes adventure in the outdoors provides various health benefits ranging from physical to mental to spiritual. Himalaya is also the best place where we have enough time to discover our life by positive well being. It is essential to make some space from the worldly news, social media and busy life to be productive. Beside personal benefits, it contributes to helping the local economy by visiting the areas. We believe Adventure as well as Trekking is what makes life worth living for.

WHY WITH WILD YAK EXPEDITIONS?

WILD YAK EXPEDITIONS' Team welcomes you in the Himalaya. We commit to organize **small groups of 4 to 6 participants only** with high-quality services and security. We believe this is essential for flexibility, contentment and precious exchanges of cultures and traditions with our local Team. Finally, hospitality to our Guests and economy to locals is a great part of our aspirations.

We welcome you to discover the magic of the Himalayas in the WILD YAK EXPEDITIONS' style with the comfort and quality you deserve!

DAY TO DAY ITINERARY

Show Detail Itinerary

■

Day 01

Arrival in Kathmandu (1350m) / Transfer to Tibet International Hotel

■

Day 02

Guided sightseeing of Kathmandu / Tibet International hotel

■

Day 03

Flight to Gonggor and 2 hrs drive to Lhasa (3650 m) / Transfer to the hotel

▪

Day 04

Guided sightseeing of Lhasa (3650m) / Hotel

▪

Day 05

Sightseeing around Lhasa / hotel

▪

Day 06

Lhasa to Ganden (starting point of the Trek) (4170m), 30 minutes drive / Hotel

▪

Day 07

Ganden to Yama Do (4490m), 6 hrs / Campsite

▪

Day 08

Yama Do to Tsodup-Chu (4980m), 6 hrs / Campsite

▪

Day 09

Tsodup-Chu to Herders Camp (4460m), 6 hrs / Campsite

▪

Day 10

Herders Camp to Wango (3710m), 9 hrs / Campsite

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Day 11

Wango to Tsedang (3610m), 3 hrs / Campsite

▪

Day 12

Drive back to Lhasa / Hotel

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Day 13

Drive to Gonggar, fly back to Kathmandu, 7 hrs / Transfer to Yak & Yeti hotel

▪

Day 14

Departure international flight

WILD YAK Services

WILD YAK EXPEDITIONS' philosophy is: as much as possible is included in the quoted price so that customers know the total costs of their Journey in advance!

- The organisation of your Journey
- China Tibet visa fee
- All airport/hotel transfers in Lhasa and Kathmandu
- Accommodation in a superior hotels in Kathmandu and good Chinese Hotels in Tibet, on a sharing basis including breakfasts and dinners. *Please be aware that additional charges occur for single room (upon request)*
- All major meals in Tibet and Nepal
- Guided sightseeing tour in Tibet and Nepal
- Local Guide and City Guide
- All entry fees to the sites, monuments, monasteries and UNESCO heritage sites in both country, Tibet and Nepal
- All group transportation to Nepal
- Travel and rescue arrangements in Tibet and Nepal
- First aid kit with emergency oxygen and mask regulator
- All necessary taxes and travel permit in Tibet and Nepal

LOGISTICS

WILD YAK EXPEDITIONS' TREKKING PHILOSOPHY

WILD YAK EXPEDITIONS is focusing on group sizes of **4 to 6 participants only** for its Ganden Samye Trek because our experience has found this to be the best way to have a successful trip while providing

excellent services. Furthermore, it creates a pleasant ambiance within the Group, including an exchange of cultures and traditions with our local Team.

Last but not least, WILD YAK EXPEDITIONS' focus on **small groups** permits **more flexibility and support** to the participants individually.

ACCOMMODATION & MEALS

Lhasa: we stay in comfortable 3-star Hotels in the sharing basis, including breakfast, lunches and dinners. Depending on availability, single rooms can be booked upon request at an additional cost. All dinners are served in excellent Chinese Tibetan restaurants in town where you can enjoy traditional Chinese and Tibetan cuisine.

Kathmandu: we stay in Tibet International and Yak & Yeti hotels on a sharing basis, including breakfasts and dinners. Depending on availability, single rooms can be booked upon request at an additional cost. All dinners are served in excellent restaurants in town where you can enjoy various types of cuisine, from the typical Nepali, Thai, and even steaks and Italian meals. Each restaurant has been screen by WILD YAK EXPEDITIONS representatives to ensure that it is of suitable quality for our guests.

During our Trekking: According to our itinerary, at some specifically defined places, we settle a campsite and enjoy the meals prepared by our Kitchen Team. The tents are provided by WILD YAK EXPEDITIONS on a sharing basis. Each member has to bring his/her own sleeping bag; we provide you an individual mattress and a thin isolation mattress for an entire sleeping tent. Considering the roughness of the landscape and the hygienic conditions, WILD YAK EXPEDITIONS provides the Group with its own kitchen tent, sleeping tents, dining tent and toilet tent with the necessary staff to serve us delicious dishes and drinks. You can enjoy espresso coffee, a selection of teas, as well as Italian, Tibetan and local cuisines. Packages lunch are given on some days.

For our clients' convenience, considering the remoteness of the region, WILD YAK EXPEDITIONS provides the lightening for the dining and kitchen tents and solar batteries charging facilities at disposal of the participants.

In some places, we stay in the lodges (small traditional mountain guesthouses) that are recommended by WILD YAK EXPEDITIONS as per defined itinerary destination. Please be aware that single rooms are not available.

All restaurants in Tibet serve mainly typical varieties of Chinese and Tibetan cuisines. Please note that the individual beverages are on each participant's own charge.

Transportation: by private cars

OUR WILD YAK TEAM

The success of Ganden Samye Trek depends on both the personal condition of each participant and the experience of our Team. WILD YAK EXPEDITIONS' Team has been carefully selected according to their experience in the specific environment and personal aptitudes. Our Team is thus highly experienced, skilled, trained, courteous and helpful.

WILD YAK EXPEDITIONS' is proud to support our local staff by providing them with a fair salary, encouraging them to take mountaineering workshops, wilderness first aid training, environmental preservation courses, garbage management, team leadership, and language refreshers on a regular

basis.

Our Trekking Guide and his role: WILD YAK EXPEDITIONS' Trekking Guide is a professional government-trained guide with experience in guiding and trekking around the Himalaya, including first aid training and deep knowledge of the local flora, fauna and general environment preservation. Our Trekking Guide leads you all the way through the trekking while giving you interesting information about the mountains, culture, traditions and landscapes. He will help as an interpreter with the local populations. He is ensuring your safety and is checking your needs throughout the trail. Our Trekking Guide plays a vital role in taking care of our member's needs, supervising the team and porters, and assuring the safety requirements. He also makes sure that the rubbish is properly managed and the trail is kept clean throughout the whole trekking Trip. WILD YAK EXPEDITIONS will be frequently informed about the group during the entire trekking experience.

Our Assistant Guide: has also a government license but must work as an assistant guide during some time in order to become a company approved trekking guide. He assists our Trekking Guide with all major duties, ensuring the safety and checking that the performance of the Group runs smoothly.

Our Kitchen Team: is composed of a cook and kitchen boys (depending the number of participants). Its role is to provide excellent food to the members, by respecting the fundamental principles of hygiene and ensure that the campsite is comfortable. The kitchen boy(s) is/are assisting the cook by cleaning the dishes, getting the water and ensuring that the campground is kept clean. The Cook manages the campsite while the participants are on the mountain.

SAFETY FEATURES

Your safety is of supreme concern while traveling with WILD YAK EXPEDITIONS. In the case of emergency, the Group has a first aid kit with four (4)-litre oxygen bottle with a mask and regulator.

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