

Tibet Ganden to Samye Trek

Location: Central Tibet (U-Tsang) **Duration:** 5 Days **Max altitude:** 5,250 m (Shukla La) **Difficulty:** Moderate

Group size: 4–12 people

Overview

Walk between two of Tibet's most spiritually significant monasteries — Ganden, the head of the Gelug school, and Samye, the very first Buddhist monastery built on the plateau. This 4-day trek crosses high passes, visits remote yak-herder camps, and traverses spectacular alpine wilderness. A short but intense trek that combines pilgrimage, mountain scenery, and authentic Tibetan culture.

Highlights

- Visit Ganden Monastery (founded 1409)
- Cross Shukla La (5,250 m) and Chitu La pass
- Walk to Samye — Tibet's first monastery
- Yak herder camps and yak butter tea
- Compact but intense Tibetan trek

Day-by-Day Itinerary

DAY 1 Lhasa to Ganden Monastery, trek to Hepu

4,400 m. Cultural visit + begin trek.

DAY 2 Hepu to Tsotup-chu Valley

4,950 m. Climb above the trees.

DAY 3 Cross Shukla La & Chitu La to Herder's Camp

5,250 m. The trek's biggest day.

DAY 4 Trek to Yamalung Hermitage to Samye

Final descent to Samye Monastery.

DAY 5 Samye to Lhasa

Drive back to capital.

What's Included

- ✓ Tibet entry permits
- ✓ Tibetan guide
- ✓ Yak transport for gear
- ✓ Camping equipment
- ✓ Full board on trek
- ✓ 4WD vehicle support

What's Not Included

- ✗ International flights
- ✗ China visa
- ✗ Travel insurance
- ✗ Personal trekking gear
- ✗ Tips

Travel Nepal • www.travelnepal.com • info@travelnepal.com • +977 1 4123456

This itinerary is indicative; final program is tailored to your dates and group.