

Itinerary (2010)

Highest Peak of SiChuan, China Trekking in Minya Konka



Physical Grading: 3-4/5 (moderate-strenuous)

Synopsis:

Minya Konka, or Mount GongGa 7556m, is the highest peak in SiChuan province. It is located near the county of KangDing, about 330km southwest of the capital ChengDu.

This area has developed close to 160 glaciers, famous ones such as HaiLuoGou & YanZiGou.

Our **Minya Konka Trek** brings you up close to this beautiful mountain. And with a trek up to her base camp at 4800m, the experience will definitely be exhilarating. The entire trekking distance is about 60km, over a span of 5 days. We have carefully designed the itinerary so that the trekking pace is comfortable for most people & it allows you to have sufficient time for relaxation, photography, be soaked into the beautiful scenery & breathe the mountain air.

Throughout the entire trek, you would be able to see the north, northwest & southern ridge of Minya Konka.

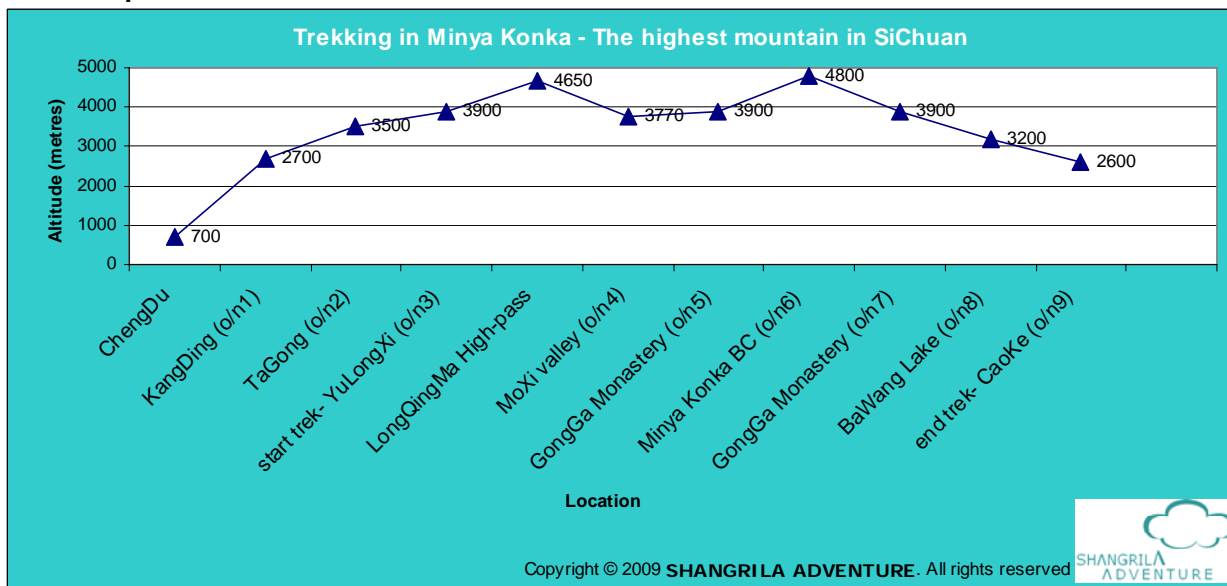
Other attractions include: snow-capped mountains, glaciers, alpine lakes, meadows & Tibetan culture.

SHANGRILA ADVENTURE

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Altitude Map:



Itinerary (EX-ChengDu):

- Day 01 Arrive ChengDu**
- Overnight in serviced-apartment hotel
- Day 02 ChengDu / KangDing (7hr drive)**
- Drive 6-7hr to KangDing in your chartered vehicle. Journey is about 350km drive
 - Visit to JinGang monastery, a 700-year old monastery that belongs to the NingMa sect of Tibetan Buddhism, also commonly known as "Red sect"
 - Overnight in guesthouse/hostel
- Day 03 KangDing / TaGong Grassland (4hr drive)**
- After leaving KangDing, about 1hr, you will cross a highpass at 4300m.
 - View of YaLa sacred mountain. Additional day to acclimatize to 3500m.
 - Overnight in guesthouse/hostel
- Day 04 TaGong Grassland / YuLongXi (2-3hr drive)**
- 3hr mini-van ride to arrive at a Tibetan home-stay in YuLongXi
 - There are several great spots for a picturesque view of Minya Konka
 - After lunch, we can go for a short hike to a colourful Calcium lake
 - Overnight in Tibetan home-stay
- Day 05 YuLongXi / MoXi valley (4-5hrs trek) (B, D)**
- Trekking starts today! It is uphill climb right from the beginning.
 - Go slow and tackle the climb one step at a time.
 - You should reach the high-pass at 4500m (approx. 3.5hr) to see Minya Konka
 - From the high-pass, descending to MoXi valley in about 1hr.
 - Overnight in tents



- Day 06 MoXi valley / GongGa Monastery (3-4hrs trek) (B, D)**
- It is a very easy day, so you have all the time in the morning to enjoy the campsite
 - Continue your trek up to GongGa Monastery. Undulating terrain all the way.
 - GongGa Monastery is built near the end of the GongGa Glacier
 - Overnight in monastery/tents
- Day 07 GongGa Monastery / Base Camp of Minya Konka (6hrs trek) (B, D)**
- Today will be tough uphill climb to the base camp to see Minya Konka up-close
 - You will ascend about 900m, and trails will be mostly loose gravels, highest sleeping point
 - The horses/mules will be taking a different route, make sure we are self-equipped
 - Overnight in tents
- Day 08 Base Camp / GongGa Monastery (4-5hrs trek) (B, D)**
- Free & easy to enjoy the mountain scenery
 - Descend back down to GongGa monastery
 - Overnight in monastery/tents





- Day 09 GongGa Monastery / BaWang Lake (3-4hrs trek) (B, D)**
- Generally downhill as you trek down the southern slopes of Minya Konka along MoXi River
 - Descend 700m down to the valley. Trek along the river to reach a small "island" beside the lake
 - Overnight in tents
- Day 10 BaWang Lake / CaoKe Tibetan village (3hrs trek) (B, D)**
- Down-slope trekking all the way to the Tibetan township of CaoKe.
 - Trek for about 2-3hrs, and you will arrive at the road, where your vehicle will bring you to CaoKe
 - After all the hard work, enjoy a sumptuous dinner and a nice hot-springs bath!
 - Overnight in guesthouse
- Day 11 CaoKe / ChengDu**
- Take your chartered transport back to ChengDu
 - Overnight in hotel
- Day 12 ChengDu**
- Free & easy
 - Overnight in hotel
- Day 13 Depart ChengDu**

Total trekking distance = est. 60km
Average trek per day = 12km
Highest altitude = 4800m

Trip Land Cost (2010): SGD1430/pax (4-10pax)
SGD1270/pax (>10pax)

Group size: min: 4pax, max 16pax)

**cost is subjected to final changes without prior notice*

Includes:

1. All accommodation (serviced apartment hotel in ChengDu, guesthouses in villages & tents during trek)
2. All land transfers; Chartered mini-van/MPV; including airport transfers
3. 12 meals (B, D will be hot fresh ration) while during trek
4. Services of experienced local guide, trip leader & support staff (cook)
5. Horses to carry personal packs/tents/food during trek
6. Entrance fees to nature reserve & hot-springs at CaoKe village
7. Group equipment (tents, cooking stove, walkie-talkie, GPS, satellite phone, 1st-aid kit)
8. Initial meeting & Pre-Departure briefing

Excludes:

1. International airfares
2. Other meals outside of trek
3. Personal expenditures (such as alcohol, tips, gifts etc)
4. Visa/permit into China (if required)
5. All other expenses

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Payment

A deposit **50%** of trip cost is required 5 business days after booking for confirmation of trip. Please make the remaining balance payment within the next 7 business days. A confirmation email with receipt will be sent to you upon receiving your deposit.

Mode of Payment: Cheque/Bank Transfer/Telegraphic Transfer to:

Bank Name: OVERSEA-CHINESE BANKING CORPORATION LIMITED (OCBC, Singapore)

BIC/SWIFT Code: OCBGSGSGXXX

Address: OCBC CENTRE FLOOR 9, 65 CHULIA STREET, SINGAPORE 049513

Account Name : **SHANGRILA ADVENTURE**

Account No. : **569-010812-001**

Cancellation Policy & Fees

- Notice of cancellation or any other changes in itinerary must be made in writing to **SHANGRILA ADVENTURE**
- 45 to 31 days from departure date: cancellation fee of 50% of total price
- 30 to 15 days from departure date: cancellation fee of 75% of total price
- Less than 14 days from departure date: cancellation fee of 100% of total price
- other non-recoverable costs incurred (eg. airline charges) shall be borne by the participants

Terms and Conditions

- **SHANGRILA ADVENTURE** reserves the right to amend any part of the itineraries due to unforeseen situations and/or safety of the participant(s). In such situations, there will be NO refunds of any part of the trip cost.
- Participants are required to have a valid travel insurance during the entire duration of the official trip as stated (excludes personal extension thereafter)
- Participants are required to have signed the indemnity form, and are responsible for their own health conditions.