

# Namche Barwa Trekking

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13 days

From \$700

Mount Namche Barwa is the highest snow peak in the Linzhe area. The Namchag Barwa Trek circles the Yarlong Tsangpo River valley (also known as the Namchag Barwa valley), and is the largest valley in the world. The average depth of the valley is 5000m,

with the lowest point 5382m. In 1994, the Great Canyon of the Namchag Barwa valley was confirmed as the largest in the world by both the American Geographic Committee and the Guinness Book of World Records. Here you will find rich plant life as well as stunning geography, and you will also have the chance to see the Menba and Luoba minority people who populate the valley.

Destination: Tibet

Activity: Trekking

## Itinerary:

**DAY 1** :Kathmandu/Chengdu-Lhasa (flight),arrive Lhasa for night,and have a rest in the afternoon

**DAY 2** :Lhasa sightseeing

**DAY 3**:Lhasa sightseeing

**DAY 4** :Drive to Bayi town for night

**DAY 5**:Drive to Pailong for night,camp, preparing for trekking

**DAY 6**:Trek from Pailong town, cross cable bridge,then to Yumei for night in camp or local people house

**DAY 7** :Trek to Zhaqu for night

**DAY 8** :Full day trekking around Zhaqu, Yalung Zangbo River and Namche Barwa, the deepest canyon of the world, camp for night

**DAY 9** :Trek to Yumei from Zhaqu for night

**DAY 10** :Trek to Pailong and then drive to Bayi for night

**DAY 11**:Drive to Basum (Basu) for night

**DAY 12** :Drive to Lhasa

**DAY 13**:Flight to Chengdu/Kathmandu