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Ganden Samye Trek

- Duration: 16 Days Days
- Max Altitude: 5,250 m
- Destination: Multi Country
- Trip Grade: Moderate
- Best Season: Autumn

Highlights

- The Ganden Samye Trek is a popular trekking route in Tibet that connects the Ganden Monastery and the Samye Monastery. The trek takes about 4-5 days to complete and covers a distance of approximately 80 km. It is a challenging trek that crosses high mountain passes, beautiful alpine lakes, and scenic valleys.
- The trek starts from the Ganden Monastery, which is located about 45 km east of Lhasa. From there, the trail ascends through alpine meadows, past glacial lakes, and over the 5,160-meter Shug La Pass. The views from the pass are spectacular, with panoramic vistas of the surrounding mountains and valleys.
- After crossing the pass, the trail descends into the picturesque Chitu Valley, where trekkers can see traditional Tibetan villages and nomad camps. The trek then passes through several more high passes before finally reaching the Samye Monastery, which is located on the banks of the Yarlung Tsangpo River.
- The Ganden Samye Trek is a physically demanding trek that requires a good level of fitness and acclimatization to the high altitude. Trekkers are advised to take several days to acclimatize in Lhasa before starting the trek and to bring appropriate clothing and equipment for the changing weather conditions.
- Overall, the Ganden Samye Trek is a fantastic adventure for those who are looking for an authentic Tibetan experience and a challenging trek in a remote and beautiful region of the world.

Overview

Ganden Samye Trek

Ganden Samye Trek is among Tibet's most popular and challenging treks. It was first opened to foreign travelers in 1985. Ganden to Samye Trek offers stunning Himalayan views, including Mount Everest (8848m), Mount Kailash (6638m), Cho Oyu (8201m), and Shishapagma (8013m). Besides these astonishing Himalayan views, the trekker can also witness high altitude pristine lakes and unique high-altitude alpine forests and observe great Tibetan history and culture. Along the way, you will encounter two high passes and experience some tremendous and remote regions of Tibet. Crossing two high passes: Shuga la Pass (5250m) and Chitu la Pass (5210m), is the most challenging part of this trek. However, if you are well acclimatized, you can easily cross the passes without difficulty.

Best time for Ganden to Samye Trek

The best time to do the Ganden to Samye trek is from mid-May to mid-October, which is the peak trekking season in Tibet. During this time, the weather is generally stable and the temperatures are mild, making it ideal for trekking.

However, it's important to note that the weather in Tibet can be unpredictable and change quickly, so it's always a good idea to check the weather forecast before embarking on any trekking trip. Additionally, you should be prepared for cold temperatures, especially at night, even during the peak trekking season.

It's also important to keep in mind that the area around Ganden and Samye can get quite crowded during peak season, so if you're looking for a more solitary trekking experience, you may want to consider going during the shoulder season (late April to mid-May or mid-October).

During Your Trek

Drive from Kathmandu to the city of Lhasa via Nyalam, Shegar, Shigatse, and Gyantse. Sightseeing in Lhasa, where you will explore The [Potala Palace](#) and other monasteries. Then a 32km drive from Lhasa to Ganden, where we begin our trek. Ganden to Samye Valley trekking starts from the Ganden Monastery (4180m) and ends at the Samye Monastery, the first Tibetan Buddhist Monastery.

Group or private

Ganden to Samye Trek is one of the most popular and challenging trekking destinations in Tibet. We operate this trek in an organized group. A [Customized itinerary](#) with personalized travel and accommodation is also available upon request.

Alternative option

Would you like to go to the Kailash Trek? Please take a look at the [Tibet Kailash Tour](#).

Arrival in Kathmandu (1,300m/4,264ft) then picked up from the airport to Hotel

O/N at 3 Star Hotel (A, D)

Day 02

Kathmandu: Sightseeing and Trek Preparation

O/N at 3 Star Hotel (A, B)

Day 03

Drive to Nyalam (Nepal - Tibet border town)

O/N at Guest Houe (A.B, L, D)

Day 04

Drive to Shegar

O/N at Guest House (A, B, L, D)

Day 05

Drive to Shigatse

O/N at Guest House (A, B, L, D)

Day 06

Drive to Gyantse

O/N at Guest House (A, B, L, D)

Day 07

Drive to Lhasa

O/N at 3-star Hotel (A, B, L, D)

Day 08-09

Sight Seeing in Lhasa

O/N at 3-star Hotel (A, B, L, D)

Day 10

Drive to Ganden monastery and sightseeing

O/N at Guest House (A, B, L, D)

Day 11-13

Trek to Samye monastery and sightseeing

O/N at Guest House (A, B, L, D)

Day 14

Trek to Nigu river and drive to Gongar Airport

O/N at Hotel (A, B, L, D)

Day 15

Early morning fly to Kathmandu

O/N at 3 Star Hotel (A, B, D)

Day 16

Final Departure

(B)

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car / Jeep
- Two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- An experienced Government license holder guide
- Trekking porter/ Sherpa who will carry your bags during the trekking
- Group medical supplies (first aid kit will be available)
- Essential camping gear like tents, mattresses, and sleeping bags.
- All government taxes and tourist service charges
- Necessary entrance fees
- Tibet visa fee

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Contact Us

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