

## Discovering The "Swiss-Alps" of Tibet 4N/5D



*"In Tibetan culture legend has it that in another time and space there is a kingdom called Shambala. It is a quiet and peaceful kingdom because everybody there knows the source of happiness."*

**Mr Pema Dorjee**

Founder & Chairman of Songstam

From the centre of the Three Parallel Rivers to the very highest mountain peaks, the Songtsam Yunnan to Tibet route is designed for intrepid travellers to discover the region's living heritage through comfort, authenticity, and an enlightened spirit of adventure. Extended across dramatic altitudes within the Tibetan plateau, the area is home to a number of UNESCO World Heritage Sites and the demographic contains Tibetans and most of the twenty-five ethnic minorities found in Yunnan province, many of who still follow ancient traditions and customs.

For centuries people have been fascinated with the idea of Shambhala, a mythical kingdom and Buddhist pure land. It is rumoured to have inspired British author James Hilton who published the 1933 novel *Lost Horizon* in which Shambhala is called Shangri-La, a paradise on Earth hidden in a Tibetan valley.

Where can you find Shambhala? In the places where Songtsam is located...

## Songtsam Linka Bome (2,700m)

Bome lies in the neighbouring area between the Himalaya and Nyenchen Tanglha mountain range of east Tibet. Also known as the “Swiss Alps of Tibet”, Bome is a paradise with its weather being warm in the winter and cool in summer. The area features primeval forests, snow-capped mountain ranges, stunning rivers and holy lakes and splendid glaciers.



## **Trip Schedule**

*Program starts from and ends in Nyingchi. All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur.*

Day	Overnight Location	Activities
Day 1	Songtsam Linka Bome (2,700m) Deluxe Room L, D	<ul style="list-style-type: none"> <li>- Pick up from Nyingchi Airport.</li> <li>- Drive over the Sejila Snow Mountain Pass and see the Namcha Barwa Holy Mountain, if the weather permits (2-hour drive).</li> <li>- Have lunch at a local restaurant.</li> <li>- Drive along the Palong Tsangpo River and through dense forest to Songtsam Linka Bome (2.5-hour drive).</li> <li>- Welcome dinner at the hotel.</li> </ul>
Day 2	Songtsam Linka Bome (2,700m) Deluxe Room B, L, D	<ul style="list-style-type: none"> <li>- After breakfast, visit Gang Village and hike into the original spruce forest.</li> <li>- Return to the hotel for lunch.</li> <li>- In the afternoon, explore Zhuxi Glacier and visit the 400-year-old ancient Pulong Temple.</li> <li>- Dinner at the hotel.</li> </ul>
Day 3	Songtsam Linka Bome (2,700m) Deluxe Room B, L, D	<ul style="list-style-type: none"> <li>- After breakfast, visit the pristine Gawalong Glacier and the hidden Galong and Duodong Temples (1-hour drive).</li> <li>- Return to the hotel for lunch.</li> <li>- In the afternoon, relax and enjoy a tranquil afternoon tea at the hotel admiring the surrounding holy snows mountains and Guxiang Lake.</li> <li>- Dinner at the hotel.</li> </ul>
Day 4	Hilton Linzhi Resort (2,700m) B, L, D	<ul style="list-style-type: none"> <li>- After breakfast, drive to Lulang via the Tongmai bridge (2.5-hour drive).</li> <li>- Stop off at the Artel Poly Hotel for lunch.</li> <li>- In the afternoon, visit Tashigang Village and explore the area with a leisurely walk into the nearby pasture and forest.</li> <li>- Continue onto Nyingchi and arrive at the hotel.</li> <li>- Farewell dinner at the hotel.</li> </ul>





**Trip difficulty:** This journey is considered moderate when touring and moderate when hiking. Each person can respond to high altitude differently. After plenty of rest, symptoms usually subside. For more information we advise consulting with your doctor.

**Road conditions and transportation:** Depending on the size of the group, we travel in well-maintained cars driven by experienced Songtsam drivers. Some sections of the road may be bumpy and follow winding mountain paths. We will make stops at beautiful villages and scenic spots on the way and will prepare water and snacks for the road trips.

**Weather:** Temperature varies greatly from morning to evening in this area. Wearing layers of clothes is advisable to allow for changes in temperature.

**Meals:** During your journey you will get to try Tibetan cuisine, which includes a good amount of barley flour-based items such as dumplings and noodles, as well as red meat such as yak and mutton.

**Emergency evacuation and procedures:** We suggest all travellers purchase an International SOS (an AEA company) Service Plan, which provides emergency evacuation to the nearest medical facility of international standards.

**Trip escorts:** Our well-trained local guides are specialists on Tibet and the local region and will travel with you throughout the trip. All originating from different villages and areas, all Songtsam guides have stories to share about their hometowns, which provides deeper travel experiences for all guests to understand the local culture and geography.

## **The Songtsam Story**



Some memories never fade. It seems like only yesterday that Songtsam founder and Chairman Mr Baima Duoji was on his way back to Shangri-La with ambitious plans to shoot a documentary of his childhood home. While it had been many years since he had last set foot in his native land, fond memories came pouring back. He remembered the excitement of climbing local mountains as a young boy, the intimate solitude of his town's temples, and the people who helped define him as a person.

Finally, he was home. The rush of emotions made him wonder: How could he give back? What more could he do? Soon it all became clear. He thought about the region's rich culture and how he could create a way for travellers to come and experience a new way of life. A place that was more than the usual hotel and gift shops, a place where guests could immerse themselves in living history. So Baima turned his family's small guesthouse into the first Songtsam lodge.

Inspired by the rich Tibetan culture, he worked with local artisans and members of the community to help produce and run Songtsam Lodge Shangri-La. Eleven properties and nineteen years later, Baima's vision continues to grow, and so does the Songtsam experience.