EQUUS JOURNEYS
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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The Kham Riders (Shamalong Festival)

CHINA

A **wonderful horseback expedition in Tibet**, where you will discover a historical region full of stunning scenery and ancient tradition. You will start with the **Shamalong Horse Festival** where local riders dress in all their finery, then trek on horseback into the remote grasslands, visiting various villages and Tibetan nomad camps. You'll pass through stunning highlands above the upper reaches of the Yangtze, with varied languages and culture. As you move across the land, you will camp under the stars in remote locations, with your belongings carried by yaks.

Pack Trip	**14 days / 10 riding -**	**From £0**	





ITINERARY

Highlights

- Discover the historic region of Kham in Tibet, known for its snow-capped peaks, forested valleys, Khampa culture and excellent horsemen.
- Enjoy a unique chance to be involved in the Shamalong festival – a local equestrian festival in the highlands celebrated by local Tibetan communities.
- Experience a home-stay with a family of nomadic herders in their camp (optional).
- Escape on a real equestrian adventure, sleeping in tents under the stars, and spend one night at a Buddhist monastery.

Day 1 — 1: ARRIVE IN CHENGDU - KANGDING - No riding

International flight to Chengdu. Please book a flight arriving by 1:30pm so you can join the group transfer at 3pm. If you would like to book an additional night in Chengdu before the ride begins, we can book this for you for an additional fee (please see dates and prices).

After being collected from the airport, you will be whisked away into the Tibetan highlands of Kham, transferred by car to the mountain city of Kangding at 2600m. The journey takes about 4 hours, depending on the conditions of the road.

Kangding is a small city and its inhabitants are mainly Han Chinese although there is a notable Tibetan presence and flair, particularly noticeable in its shops, restaurants and temples. For centuries it has been the meeting place for Chinese and Tibetan culture, and has served as a trading centre for tea and yak hide. It is also seen as a final outpost before the wild Tibetan mountains and passes of the Chengdu-Lhasa highway and the Tibetan region of Kham.

Overnight at Yala Gou Hotsprings guesthouse (3300m).

NB. If the weather has been bad and the road damaged by landslides, then you will fly up to Kangding instead.

Day 2 — 2: YALA GOU - SHAMALONG (BIG RACE DAY)

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Camp

After breakfast, you will be driven to the Shamalong Horse Race Festival (approx. 1.5 hour-drive). There will be no riding today but will attend the morning horse blessings, and then watch the spectacular races of the local clan, with long races, short sprints, and stunt races. Afterwards, you will head to the first night's campsite nearby.

Overnight camping (4100m).

Day 3 — 3: SHAMALONG - PUKSUM HILLTOPS - 6 hours riding

Camp

Today is your first day of riding. You will head out after breakfast and ride for approximately 6 hours across a farming valley and then into the highlands, enjoying lunch on the way. You'll eventually reach your first camping spot on the Puksum Hilltops.

Dinner and overnight camping (4100m).

Day 4 — 4: PUKSUM HILLTOPS - BADI GOMPA - 5 hours riding

Camp

After breakfast, you'll pack up camp and get ready for another long day in the saddle. Crossing another valley, you'll end at Badi Gompa, a small mountain monastery that houses the holy jeep of a revered monk. You'll camp nearby.

Dinner and overnight camping (4200m).

Day 5 — 5: BADI GOMPA - HERMITAGE - 6 hours riding

Camp

You'll continue riding in remote areas, past high lakes and to a meditation cave. After a full day in the saddle, you'll camp near a crystal clear stream, with rhubarb picking nearby.

Dinner and overnight camping (4300m).

Day 6 — 6: HERMITAGE - HIGH NOMAD PERCH - 5 hours riding

Camp

Ride up on the plateau today, and traverse around valleys, to end at a grassy perch with views in all directions.

Dinner and overnight camping (4400m).

Day 7 — 7: HIGH NOMAD PERCH - DRAPA LAKE - 6 hours riding, 2 hours hiking

Camp

Today is a high ridge ride and walk with stunning views in all directions, reaching 4700 meters. You'll eventually end at Drapa Lake, a beautiful lake in a deep forested valley, with a small farmer/nomad village nearby.

Dinner and overnight camping (4300m).

Day 8 — 8: DRAPA LAKE - GARGYIKA VILLAGE - 6 hours riding, 2 hours hiking

Camp

You'll retrace your steps back out of the valley, and then down a steep trail on the other side. You'll see extremely remote lakes and waterfalls from this barely-there trail. When heading downhill, it is necessary to dismount and walk your horse. You'll end at a small village with a lovely gold-roofed temple.

Dinner and overnight camping (2900m).

Day 9 — 9: GARGYIKA VILLAGE- YIBEI LAKE - 4 hours riding

Camp

After breakfast, you'll start riding up again to the wide grasslands, to Yibei Lake, a high sinkhole lake. Today is a shorter, 4-hour ride across the high plateau, where you'll see many nomad camps dotted across the area. Yibei is a great lake for swimming, but cold!

Dinner and overnight camping (4450m).

Day 10 — 10: YIBEI LAKE - RAGNI LAKE - 5 hours riding

Camp

Today you'll head to a lookout in the west, across wolf and gazelle country and the Lhagang plateau's highest area. You'll have lunch at the lookout, at 4600 metres, with views of isolated hermitages nestled in mountains, after mountain, after mountain. Then you'll drop down to see sacred Ragni Lake, home of lammergyer birds in cliffs, and the site of many legends. Camp nearby.

Dinner and overnight camping (4200m).

Day 11 — 11: RAGNI LAKE - DASHIKA NOMAD CAMP - 7 hours riding

Nomad camp

You'll enjoy another lovely day on horseback across the high plateau with high peak views and you'll end at the home yak camp of your guides. You'll watch as the herders bring in the animals, catch and tie the calves, and do the evening milking.

Today there is also an opportunity for a nomad homestay. Everyone will eat together, but those opting for the homestay will stay with the nomads in their traditional tents – giving you a chance to better understand the local culture. There is no extra cost. Those not opting for the homestay may enjoy dinner and then head back to their tents.

Overnight with nomads or camping (4300m).

Day 12 — 12: DASHIKA NOMAD CAMP - KHAMPA NOMAD ECOLODGE - 5 hours riding

Ecolodge

You'll spend the morning at Dashika Nomad Camp, enjoying the traditional life. You can try yak milking, butter processing and yak fiber spinning for string and rope. Then, on your ride, you'll visit the cave of a (now deceased) female hermit, blind in one eye, who lived 40 years alone in a rock cave, in an isolated valley. She lived on donations, and the surrounding rocks were, to her, statues of Buddhas and Boddhisatvas.

Dinner and overnight at Khampa Nomad Ecolodge (3800m).

Day 13 — 13: KHAMPA NOMAD ECOLODGE - CHENGDU - No riding, 6-8 hour drive

Buddhazen hotel

Today you will be driven back to Chengdu. If the group agrees, you can stop by Bifengxia Panda Reserve, adding an hour to the drive, if you like.

Then you'll enjoy a farewell dinner and stay overnight at the hotel in Chengdu.

Day 14 — 14: DEPARTURE - No riding

After breakfast, you'll be transferred to the airport for your flight home.

DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

Price details

No departure for this destination. Please contact our travel advisers for more information.
- International flights are not included but can be booked upon request.

- Rates are per person, based on two or more riders sharing a twin room/tent during the ride.

- Groups are composed of a minimum of 4 riders and a maximum of 8 international riders, plus guides.

- It is possible to confirm a departure for 2 or 3 riders on payment of a small group supplement. If the group has reaches 4 people, we will remove this supplement from your invoice and refund you if you have already paid it.

For 3 riders, the supplement is $790 / €685 / £590 per person.
For 2 riders, the supplement is $1450 / €1260 / £1085 per person.

Once the group has reached 4 people, we will remove this supplement from your invoice and refund you if you have already paid it.

- Single rooms and tents are subject to availability and will incur an additional supplement of US$620. Please note, the supplement includes private rooms in Chengdu, at the Yala Gou (hot springs) guesthouse and a single tent on the camping nights. However, depending on the group size, you may need to share a room at the ecolodge. There is no single supplement if you are willing to share a room/tent with another guest of the same sex.

- Airport transfers are included.

- Accompanied minors are welcome from 10 yo, provided they match the riding requirements

- If a visa is required to enter China, please note this is your responsibility.
Please Note
The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.
The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

Tibetan and English-speaking local teams

LOGISTICS

1 horse equipped with saddle and bridle
1 cook

INLAND TRANSPORT

Airport transfers

ACCOMMODATION

Camping nights during the trail
1 night at a hotel in Chengdu (double/twin room)
1 night at the guesthouse and 1 night at the ecolodge (shared rooms)

MEALS

Full board from lunch on Day 1 to breakast on Day 14 (excludes dinner on Day 13)

EXTRA EQUIPMENT

First aid kit
Oxygen

Price doesn't include

MEALS

Beverages and personal extras, dinner on Day 13

TRANSPORT

Visa fees (must be obtained in advance if required)

EXTRAS

Tips to the local team

EXTRAS

Small group supplement

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Optional

ACCOMMODATION

Single room and tent supplement
Sleeping bag rental

EQUESTRIAN INFO

Horses

You will ride the local Khampa Tibetan horses. They are small, strong, resilient and ideal for the altitude and difficult terrain.

Guide & local team

A local tour guide will welcome you in Chengdu. Once you reach Shamalong you will meet your riding team. Your expedition leader Djarga is a Tibetan who married an American so their understanding of Tibetan and Western cultures is excellent.

Minimum riding ability

MINIMUM RIDING ABILITY

This trail is open to all riding abilities, from low intermediate riders to experienced riders. Most of the riding is in single file and the mountainous terrain means that the pace is slow.

The horses are not difficult to ride although some will be more spirited than others. You should be sensible with your bags and rainwear, for example, please don't put your coat on when mounted as the horses may be startled.

Rider weight limit: 85 kg / 187 lbs / 13 st 5 lbs.

PACE

The ride is walking only - not just because of the altitude but because your belongings are carried by pack animals (yaks) who accompany you each day.

TACKING ABILITY AND PARTICIPATION

The horses are groomed and saddled for you by your Tibetan team.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

This ride takes place in a mountainous environment between 3,800m and 4,800m. The highest sleeping altitude is 4450m. The altitude is increased gradually to help you acclimatise but you must respect the advice of your guide.

You will need to be physically fit and, in addition to the altitude, be prepared for unpredictable and changeable weather, camping, spending many hours outdoors and riding in a remote location. Previous experience of adventurous travel is strongly recommended.

You need to be prepared for some walking over uneven terrain (up to 2 hours downhill) and for long days in the saddle. You will need to lead your

horse downhill for up to 1 hour at a time on some steep mountain paths. You should prepare for the holiday by increasing your endurance training - fast walking, jogging, cycling, swimming.

You should speak to your doctor before joining the trip particularly if you have any medical conditions relating to your heart, blood pressure or respiratory system. Please check with us before booking if you have any medical conditions as you will be far from medical help. Please note that helicopter evacuation is not possible in the mountains - in certain cases evacuation may be by motorcycle and horseback until you can reach an ambulance.

All your belongings are carried by a team of yaks.

Visiting a new country offers the opportunity to meet other cultures with different mentalities, therefore it is important to accept these differences and respect the local way of life.

EQUESTRIAN EQUIPMENT

You will ride using local leather saddles which have additional covers to provide extra comfort.
We recommend taking your own stirrup leathers with you - this is because Tibetans ride very short and there may not be enough length to be comfortable.
We also recommend taking some leather laces so you can tie your coat behind your saddle.
Saddlebags are available to borrow but there is limited availability, please ask us in advance, or you can bring your own.
Equus Journeys recommends that all guests wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

TRAVEL INFO

COMFORT

You will spend the first night in a hot-springs guesthouse and then 10 nights camping in tents (with an option to enjoy a home-stay on one of the nights). The penultimate night will be spent at an ecolodge and then the final night at a hotel in Chengdu.

For camping nights, basic foam mattresses are provided but if you'd like a blow-up mattress please bring your own. Sleeping bags are available to rent for $40 but should be booked in advance. (Please note that the team has very warm, -30 C sleeping bags. A comfort rating of at least -10 C is needed for this ride).
During the ride and when camping, you may wash with running water or in rivers. Please note that you will be exploring some very remote parts of the country, and except for the nights at the hot springs guest house, the ecolodge and the hotel in Chengdu, there are no toilets or washing facilities.
There will be a Tibetan style dining tent where meals are taken as a group.

You may wish to book an additional night in Chengdu before the ride begins.

MEALS

The meals are predominantly Chinese and Tibetan. The base is rice, accompanied by vegetable and meat dishes - with some spices and hot peppers. Meals are essentially savoury and there is no dessert, so we recommend that sweet lovers bring their own supply of biscuits!

During the trail:
Breakfast: coffee, tea, box milk, bread, jam, eggs, and ham.
Lunch: Light picnic (sandwiches, cheese, bread, sausage, yoghurt)
Dinner: Rice, vegetables, meat - fragrant Chinese and Tibetan cuisine

In towns and villages you will eat in local restaurants.

Water:
Take care not to drink water from unknown sources. We provide Swiss-quality water filtration on the trail. Hot water and tea is also available at every meal. In restaurants it might be possible to get beer or fizzy drinks.

CLIMATE

Rides are run during the summer season when daytime temperatures are warm but the evenings and mornings can be cold. July and August are the hottest months with minimum and maximum temperatures of 10 and 25c on the ride. Temperatures at altitude can be even cooler and the mountains are the perfect place to escape the summer heat.

TIPS

If you are happy with the service that you receive from the local team then you may wish to leave a tip. To remain consistent with the standard of living in China we recommend a tip of c. £50-80 per rider which can be distributed amongst all of the staff.

PACKING LIST

Please pack carefully and sensibly: the following guide is here to give you an idea of what to bring. There is no support vehicle on this ride - all luggage and camping equipment is carried by yaks. Please bring a soft-sided waterproof duffel or dry bag, and note that your luggage for the trail should weigh no more than 15-17kg (excluding a sleeping bag which will be tied to your saddle). You can also take rain gear and a few items in your saddle bags, such as a fleece, warm gloves, water and some snacks (please just check with us about saddle bag availability, as you may need to bring your own). If you have additional luggage, you may leave it at the ecolodge or at the hotel in Chengdu.
When packing, please also bear in mind local religious and traditional cultures, there is no need to cover shoulders but we recommend wearing trousers (instead of shorts) at camps.

Head
- Riding helmet - Equus Journeys highly recommends that our riders wear a helmet – you should bring your own to ensure a proper fit
- Sunhat
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana
- Warm hat for cold nights

Upper body
- Thermals (long or short sleeved)
- Long sleeved shirts provide protection from the sun and are an extra layer
- T-shirts
- Lightweight fleece or jumper
- Warm fleece or jumper (and a spare in case one gets wet)
- Warm and waterproof jacket - it can rain at any time of year and the evenings can be particularly cold. No ponchos or anything that can flap around!

Legs
- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Thermals
- Casual trousers for the evenings, such as jeans or tracksuit bottoms
- Waterproof over trousers

Hands and Feet
- Comfortable riding/hiking boots. We recommend short boots with half chaps. We would also suggest something with a good grippy sole as there is some hiking downhill on this ride
- Trainers or waterproof shoes for moving around in the mornings or evenings
- Several pairs of warm, thick socks
- Gloves - your hands are particularly exposed to the sun, cold or rain whilst riding. Waterproof gloves can be particularly useful

Nightwear
- Sleeping bag. You need at least a comfort factor down to minus 10 C. It is possible to request a sleeping bag from the local team (limited availability).
- Sleeping bag liner - silk, cotton or fleece - adds an extra layer
- Pyjamas or tracksuits or thermals for sleeping in.
Please remember it can get very cold at night, especially if you are travelling in June/September: pack accordingly.

Other useful items
- Swimsuit - for swimming/bathing in lakes
- Towel - camping one will both dry and pack more easily
- Headtorch or small torch for moving around camp at night - bring spare batteries and bulbs
- Water bottle (2 litres or 2 x 1 litre)
- Small plastic bags for rubbish
- Ear plugs and eyemask (for light sleepers)
- Solar charger/powerbank
- A book

Medical kit
- Water-purification tablets
- Sunscreen and lip balm - should be high factor
- Insect repellent, preferably containing deet
- Any medication you regularly take

- Wet Wipes or equivalent (for when washing facilities aren't available)
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc.
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

Please respect local traditions and customs:
- In the nomad tents, please avoid stepping on/over items. The fire, in general, is considered sacred, so guests should not dry their socks and shoes near and above the fire or throw rubbish into it.
- You may wish to take some photographs or postcards of your home with you to show your hosts. You may also wish to take some crayons, colouring books etc. for the children. Be careful not to take card games as these are frowned upon by the adults, who use them for gambling.

Other recommendations:
- We recommend travelling in your riding boots and carrying your hat and some riding clothes / any essentials and valuables in your hand luggage - then if your luggage goes astray you are still able to ride!
- Please print copies of your passport and insurance documents and take them with you.
- Please use a soft sided case / bag which can easily be transported.
- Backpacks should not be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lipbalm etc).
- Please take your rubbish home with you. There are no recycling facilities in Tibet, so take your used batteries, aerosols etc. back home and dispose of them appropriately. Try to leave excess packaging material at home before travelling.

SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please see this page .