

Grading and duration

The trek is graded from moderate to strenuous (strenuous after or with rain or snow).

Most people are potentially capable of doing a trek at moderate level. You need to be in good health and reasonable fitness, and you will probably take regular exercise.

The duration of the trekking is 6 days from Lijiang until Lijiang.

The trek have no direction marks and there are many side paths, a local guide is necessary.

Maximum altitude: 3.650 meter. Daily walking time can be anything between 5 and 7 hours, including rests.

Basecamp Travel reserves the right to make the trekking in reversed direction.



This trek can be extended with the Tiger Leaping Gorge (4 days) or going on to Zhongdian (5 days). On Internet, you can find a diagram of the trekking and several maps of the trek.

The trekkings takes place from two persons, with a maximum of 16 persons on the same departure date.

Departure date

Basecamp Travel has chosen not to stipulate fixed departure dates in advance, but to continue the trekking if the minimum number of participants has been reached around the same desired departure date.

We discuss mutually over the effective departure date, where we expect, however, some flexibility. Basecamp Travel eventually decides what the departure date is going to be and this date will communicated to the participants. If participants agree with the date then, after payment of the trekking, we can take off.

Program 2010

Seriously interested?

Look for more Trekkings or more information on Internet www.basecamptravel.com or send an e-mail to basecamp.travel@gmail.com

(we will approach you within 12 hours)

or

call Basecamp Travel, phone +86 138 872 317 54

We promise you an experience you never forget

Be smart, choose ...

BASECAMP TRAVEL

Walk on foot, see with eyes, experience with heart

www.basecamptravel.com
basecamp.travel@gmail.com

Trekkings in China, Yunnan

100 km, an adventurous trekking along 3500m high mountains to Stone Town (Baoshan).



Trekking Lijiang to Stone Town

Situated at the border between Yunnan and Sichuan Province, Lugu Lake covers 50 square kilometer and height in 2,690 meters above sea level. Being tucked away in this remote area has preserved the natural environment surrounding the lake, and saved it waters from pollution. On a still day, Lugu Lake becomes a mirror of immense proportions.



Naxi Mosuo Pumi Yi

The lake's shores are home to the ethnic Mosuo people, who are still living under matriarchy. A typical Mosuo family is composed of a dozen of individuals, all descendants of one ancestral mother. Each family is led by the grandmother of the oldest generation, and daily life is run by a capable female member, who also controls the family purse. The men are in charge of production and also take care of the children born by the females out of their "visiting marriage".

The trekking

The ride from Lijiang to Lugu Lake goes through the mountainous area that has called “the small cool mountains”. On the first day of the trekking, we arrive at the sky blue Lugu Lake. Lugu Lake is located at the border of the Yunnan and Sichuan provinces on a level of 2690 meters high and with that, the highest lake of Yunnan. The average depth of the lake is 45 meters while the maximum depth is 93 meters.



You have the opportunity to be rowed in a big rowing boat to the Buddhist temple on the island.

The biggest part of this trek leads you through the remote but impressive mountainous area northeast of Yunnan province. We hike in 5 days from Lugu Lake to Stone Town. We hike on small trails in the mountains and below us; we are seeing the Yangtze River. The villages where we stay are unspoiled and the local ethnic minorities like the Naxi, Musuo, Pumi and Yi are very hospitable.

In this thin populated area, mainly Yi and Mosuo minorities live here. Besides the roads, you can see many Yi women walking in traditional clothes. The women wear imposing black headgear and colourful striped dresses. With a little luck, you can meet them in one of the markets on the way.



On trekking, we have beautiful views on the high mountains, deep valleys, rice-, cornfields, and rivers. We twice crawl through hewed tunnels in the rocks, named Prince Pass.

After days, the village Baoshan or Stone Town looms ahead. Here the trek is almost at the end.



Stone Town is built on an enormous rock in a deep valley. Traditionally the stones were used for making beds, benches and stoves in the houses. Nowadays the stones

carved out of the rocks are used as stairs and passages from one house to another. The village is small but it looks big after walking for days in the mountains: we are “back in civilisation”.

Next morning we put our baggage on the horses for the last time. We are going to the mountain road 200 meters higher on which a truck takes us back to Lijiang, where we will arrive late afternoon.

Accommodation

In Lijiang, we reserve rooms in good guesthouses. The guesthouse is always in a central location of the ancient town.

During the trekking, we sleep in simple accommodation (guest- or farmers house) in rooms for two persons and sometimes with three persons.

During the dry season, sleeping in tents is possible. In that case, sleeping bags are provided.



Inclusive

- transportation (we prefer to use public bus) Lijiang - Lugu Lake - Yong Ning, Stone Town - Lijiang.
- during the trekking: accommodation, meals (3 per day, including several picnic lunches).
- during the trekking: local guides, cook, porters and/or horses.

- we also take tents and kitchen material with us, just in case...
- an English speaking tour-guide (who also has a First Aid-kit).
- entrance fee for Lugu Lake environment.



Exclusive

- other food, drinks and other accommodation as mentioned before.
- entry fee for curiosities.
- personal expenses.
- journey to (before the trekking) and from (after the trekking) Lijiang.
- tips to guides, drivers, etc.
- travel assurance (obliged).

Your equipment at least

While on trek, we must restrict you to 10 kg of personal gear. Gear not needed on trek can normally be left in the guesthouse. Villages have shops selling drinks and snacks.



- day pack
- good mountaineering boots
- apart from cold and wet weather protection, comfortable casual clothes are all that is needed
- supply against mosquito's (e.g. DEET)
- supply against (too much) sun (e.g. sunglasses, sun cream with high factor, cap)
- personal first-aid and medicine (e.g. against blisters)
- inner sheet, towel,
- plastic bags for clothes,
- small torch, water bottles,
- etc.