

WESTERN SICHUAN TOURS



The Mengdun Valley

Four-days trekking beneath hanging cliffs and bizarre rock towers

1. Day: Chengdu – Pingle (580m) – Shangmeng (2200m), (290km)

Sights:	Traditional Chinese Township Pingle; along the fringe of the Sichuan Basin to the World Heritage Site the Irrigation System Dujiangyan; Ethnic Group of Qiang: Liveries, History, Buildings, and Defence Towers		
Stops:	Departure from Chengdu (8:00) – Pingle (10:00) – Qingcheng Mountain – Dujiangyan (14:30) – Wenchuan: City Wall and History of the Qiang People (17:00) – Arrival at the Gyarong (Tibetan) Mountain Village Shangmeng (19:00)		
Duration:	6h		
Accommodation:	Hostel Nimabuluo		
Transport:	Bus		
Altitude Difference:	1700m		
Meals:	B: Chengdu (R)	L: Pingle (R)	D: Shangmeng (R)

2. Day: The Ascent

Sights:	Lamasery, Wild Water Gorge, Yaks, Medical Herbs		
Start&End Points:	Shangmeng (2150m) – River Bifurcation (3660m)		
Stops:	Leaving Shangmeng (7:30) – Sha'er-Gorge – Rhododendron forest (12:00) – River Bifurcation (16:00) (17:00) – (Short Trip to the Long Lake) (1.5h, 4000m)		
Duration:	8-9h		
Accommodation:	Tent		
Transport:	on foot		
Physical requirement:	S ▲▲▲		
Altitude Difference:	↗ 1500m		
Meals:	B: Shangmeng, R	L: Forest, PC	D: River Bifurcation PW

3. Day: Dry Lake Pass (4324m)

Sights: Birds of Prey and Wild Animals (Takin, Musk Deer, etc.), Sight of Longmen Mountain Range and Thick Ice Peak (5355m)
 Start&End Points: River Bifurcation – Forest Edge near Weicheng
 Stops: Leaving Meadow at River Bifurcation (8:00) – Yipigu-Valley – Little Dry Lake (Ganhaizi) – Dry Lake Pass, 4324m (12:00) – Descent to Weicheng (17:00)
 Duration: 7-8h
 Accommodation: Tent
 Transport: on foot
 Physical requirement: M ▲▲▲
 Altitude Difference: ↑ 600m, ↘ 1700m
 Meals: B: camp site, PC L: Upper Forest Edge, PK A: Weicheng, PW

4. Day Defence Towers in Heihu

Sights: Heihu Traditional Qiang Hamlet, Narrow Minjiang Canyons and Barren Slopes stuck with plenty of Defence Towers
 Start&End Points: Weicheng – Chengdu
 Stops: Leaving Weicheng (8:00) – Heihu (12:00) – Departure for Chengdu (14:00) Arrival Chengdu (19:00)
 Duration: 8h (3h walking, 5h driving)

Legend:

Accommodation: Tent: Hostel: Hotel:
Transportation: on Foot: by Bus: by car: by Train:

Physical requirement:

- Walking Skill: Simple(S), Medium difficult(M), Difficult(D), Extremely difficult (EX)
- Physical Persistency depending on Altitude:

walking time absolute altitude	4-6h	6-8h	8-10h	10-12h
2000m – 3500m		▲	▲▲	▲▲▲
3500m – 4300m	▲	▲▲	▲▲▲	▲▲▲▲
4300m – 5000m	▲▲	▲▲▲	▲▲▲▲	▲▲▲▲▲
Above 5000m	▲▲▲	▲▲▲▲	▲▲▲▲▲	▲▲▲▲▲▲

Altitude Difference: Ascent/Climbing ↑ Ascent/Hiking ↗ Descent/Climbing ↓ Descent/Hiking ↘

Meals: Breakfast: B; Lunch: L; Dinner: D; Restaurant: R; Provisions/cold: PC; Provisions/warm: PW