Minya Konka Trip - Emily Rhodes

Trip Code: MKTA

Version:

WALK & TREK	FAMILY	4 MODERATE



HIGHLIGHTS

- TEST Trek beneath Minya Konka (7556m), the third highest peak beyond the Himalaya/Karakorum range
- TEST Meet the distinctive Khampa and Minyak communities of the Kham region
- TEST Discover the Great Mani Pile of the Tagong Plateau and overnight at Konka Monastery
- TEST See Pandas and Red Pandas at the Breeding and Research Centre at Chengdu

AT A GLANCE

- 34 day trekking
- Max altitude - 56000 metres
- Join at Xian

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This superb adventure in remote China combines the experience of real Tibetan culture with a spectacular trek through the beautiful valleys of Riwoche and Moxi to the Monastery below the ice-fluted shark's fin of Minya Konka (7556m), the world's third highest peak outside the Himalaya. Situated on the eastern edge of the Tibetan Plateau, Minya Konka is also one of the most sacred mountains to Tibetan Buddhists, equal in status to Mount Kailas in Western Tibet. Impressive mountain panoramas and austere glaciers, babbling brooks and river torrents, azure blue lakes, enchanting mixed woodland, grazing yaks and their nomadic herders, chortens, mani walls, prayer flags and elaborately decorated Gompas can all be found here.

Our week long trek begins just south of Kangding. the 'Gateway to Tibet'. We make a steady ascent of the Riwoche valley with its soaring cliffs and fast river torrents. At the head of this valley we enter a high grazing area where we will encounter the temporary settlements of the nomadic yak herders. Climbing to cross the 4900 metre Bhuchu La, we then descend the beautiful Moxi valley eventually entering forests of rhododendron, juniper, birch and oak which in October become a riot of Autumnal colours. We stay overnight in the Konka monastery and the climax of our trek is the climb to the ridge above for unrivalled views of Minya Konka and the Daxue range of 6000-metre snowy peaks. Although Minya Konka is the undoubted centre-piece of this great trekking holiday to a little visited mountain region of Sichuan, there is much more to the holiday than this, admittedly, superbly photogenic mountain.

If you want to see real Tibetan culture, this is where you should come. This holiday will give you an insight into the rural life of the Kham region and also of the Minyak people who are an ethnic group distinct again from their Khampa neighbours. Combined with a fascinating journey through Sichuan province, with its many spectacular monasteries, gigantic 'hill paintings' and the great Mani Pile of Tagong, and sightseeing in the city of Chengdu, including the Pandas at the world famous breeding centre. This is a world class trekking holiday and also a real adventure and travel experience in an area visited by very few Westerners.

Is this holiday for you?

This holiday combines a week long trek with a cultural experience staying and touring in Western Sichuan - an area steeping in Tibeten culture. The trek to Minya Konka is not long or sustained but it travels through rugged country, generally at a high altitude and across a high pass of 4900 metres. The average walking day is around 5 - 6 hours with one longer day across the Bhuchu La of 8 or possibly 9 hours. In general the underfoot conditions are good and we follow a well established trails used by the semi nomadic Yak herders who travel through these valleys.

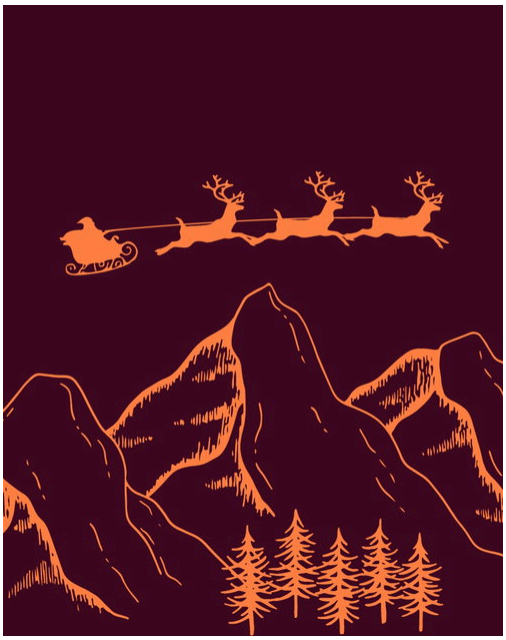
Though altitude will of course be a factor, this short trek is suitable for experienced hill walkers with a good level of fitness. Please note that this is a real adventure in an area rarely visited by other groups. Organised trekking is still in its infancy in this part of the world and therefore services will be more basic than you may have experienced trekking in the Himalaya. This holiday is perfect for those who are seeking to trek in remote areas and who are happy to accept the pioneering nature of the trip.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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Holiday Information

What's Included

- TEST An experienced KE leader
- A professional English-speaking local guide
- Group airport transfers
- Visit to the Chengdu Panda Centre
- All accommodation as described
- All meals
- All land transport required by the itinerary
- All permits and entrance fees required by the itinerary
- All camping equipment (except personal equipment)
- While on trek a support crew including cook baggage ponies and their handlers

What's not Included

- DBVisas
- Travel insurance
- Airport transfers other than group transfers
- Tips for local staff
- Miscellaneous personal expenditure - drinks etc.

Joining Arrangements & Transfers

DBThe group will meet at the hotel in Chengdu.

A single timed transfer from Chengdu International Airport to the group hotel is provided on Day 1.

At the end of the holiday a group transfer from the hotel to the airport is provided.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

DB All meals are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Sichuan cuisine has a great reputation within China and also in Chinese restaurants throughout the world. It is usually spicier than other Chinese cuisines although there is always sufficient non-spicy dishes to choose from on most menus. The food served during the trek is cooked from locally purchased ingredients by our trained trek cooks who never fail to impress. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. All meals while on trek and while staying in hotels are included in the trip price.

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Accommodation

DBWe will have 3 nights at a four star hotel in Chengdu and a total of 3 nights in comfortable tourist class hotels in Kangding, Tagong and Luding. All rooms are en suite.

We will also have a total of 3 nights in basic homestay/monastery/lodge accommodation in Luoyling, in the Minya Konka Gompa and in Tsemi Village respectively. Though twin rooms should be available, it is possible that you will have to share with more than one other person on these nights. Bathroom facilities will be shared.

While on trek there will be a total of 5 nights camping. Whilst camping we will have the use of a dining tent with tables and chairs and a toilet tent. Accommodation on trek is in 2 person mountain tents.

All accommodation is twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

DB The group will be led by a highly experienced KE tour leader travelling from the UK, who will be supported by a local English speaking guide. The tour leader will have the further assistance of a trek crew of cook plus baggage animals and their handlers.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £200 - 250 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including around £50 - £60 (in equivalent local currency) for tips to local staff. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Chengdu or you can withdraw money from ATMs in Chengdu and Kangding. Note that most US credit cards will not work in Chinese ATMs but the majority of Eurpean cards are fine. If you are bringing your travel money with you we recommend that you carry this in the form of cash, since travellers cheques can be time consumming to exchange.

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ for good service. Tips do not form part of the wages of your trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best coordinated by the group rather than as individual tips. As a rough guide, we recommend that each group member contributes the equivalent of £50 -60 (in local currency equivalent) to a pool for these tips.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and one day pack. Your bag on trek will be carried by porters or pack animals and should not weigh more than 15kg. It is possible to leave travel clothes and other items not required on trek at the group hotel in Chengdu and you may wish to bring a small bag for this purpose. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

All British passport holders are required to obtain a visa for entry into Pakistan. Download our Pakistan Visa Information document for full details of how to apply.

Visa India

Most nationalities, including travellers from the UK, the USA and many European countries can apply for their Indian Visa online through the **E-Visa Application** process. You must make your application at least four days prior to departure. Please download the detailed information document for details of how to apply for your visa: Visa India PDF

NB. The application process can be temperamental and we suggest you try a different browser (Firefox is known to work) if your application does not at first go through.

e-Arrival Card - Important

Separately and additionally, foreign nationals must now complete an e-arrival card to present at immigration on arrival in India along with their e-Visa. The digital e-Arrival form is found here https://indianvisaonline.gov.in/earrival/ It should be completed **within the 72 hours prior to your arrival in India.**

Ebola Self-Declaration Form (SDF) - Important

All passengers travelling to India must now also complete the Ebola Self-Declaration Form (SDF) to present at immigration on arrival in India. The form is found here https://airsuvidha.civilaviation.gov.in It should be completed **within the 72 hours prior to your arrival in India.**

Sikkim

If you are joining one of our Sikkim Beneath Kangchenjunga (SIK) groups, we will ask you to complete a Sikkim Permit form approximately 20 days before you travel. You will need your Indian Visa details for this form. A 30-day E-Tourist Visa can be applied for within 30 days of travel and will usually be processed within a couple of days. As an alternative you can apply for a 1-Year E-Tourist Visa within 180 days of travel. DO NOT MENTION SIKKIM in 'Places to be visited' when you make your application.

Nagaland

If you are joining the Kaziranga, Nagaland and the Hornbill Festival (HBF) group we need to apply for a PAP (Protected Area Permit) for Nagaland once the tour is confirmed. Approximately 20 days before you travel, we will need from you a copy of your passport and of your Indian E-Tourist Visa, along with a colour passport photo and a copy of your international flight e-tickets.

Visa South Korea

A visa is not required by citizens of more than 100 countries including the UK, US, Canada, Australia and New Zealand for a stay of less than 90 days.

A full list of countries not requiring a visa can be found on the Korea Visa Portal https://www.visa.go.kr/

Visa China

All nationalities require a visa. The visa fee is approximately GBP £171.50 (including handling fee) and you need to apply for it prior to departure. Please download the detailed information document: Visa PDF China.

Currency

The unit of currency in China is Yuan Renminbi.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 7-8 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina. There is little you can do to prepare for the altitude but if you have an excellent level of fitness this can help.

Climate

The Konka Shan range is located at the boundary of the south west and the south east monsoonal air masses and is influenced by both of these. As in the Himalaya, the majority of precipitation occurs between June and the end of August. At other times rainfall is very low. Winters are very cold which limits the trekking season to April-May and September - October. Daytime temperatures at these times will range from 17 to 22 degrees Celsius in Chengdu to 10 to 15 degrees in the mountains. At our highest camps the nightime temperatures may drop below freezing and possibly as low as minus 10 degrees Celsius.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Great pre-trip reading: China Blog

Maps

Mount Gongga Glaciers

A detailed map of the environs on Minya Konka at a scale of 1:25,000 published by the Chinese Institute of Glaciology based on surveys from the early 1980s and aerial photography from December 1996. Contours are at 20m intervals, enhanced by shading, plus graphics and/or colouring for exposed rock, scree, moraine, crevasses, vegetation, etc. Place names are given in both Chinese and Latin alphabet. The map highlights expedition routes and locations of camps.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

FSW Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items

- Warm and waterproof snow boots
- Trainers or similar (for casual wear)
- Warm/Ski socks (2 or 3 pairs)
- Underwear
- Thermal baselayers - tops and leggings
- Waterproof padded ski salopettes OR waterproof overtrousers with warm/thermal leggings
- Casual clothes for evening wear and travel
- Fleece jacket and/or jumper
- Warm ski jacket or down jacket
- Warm hat
- Scarf
- Ski goggles and good quality sunglasses
- Warm fleece gloves
- Warm and windproof overgloves or mittens
- Daypack 20 to 30 litres (depending on how much of the kids' stuff you need to carry)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 2x 1 Litre (quart) (we encourage re-filling water bottles rather than single use plastic)

- Selection of dry bags (to keep daypack contents dry)
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, antihistamine cream and tablets, and re-hydration salts (Dioralite).

The following items are optional:

- Karrimat or similar foam mat (for lunch stops)
- 1 litre Thermos Flask
- Swimwear (for spa)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Equipment provided locally:

- Additional warm clothing as required
- Snowshoes
- Ski touring equipment including boots

Notes:

Additional clothing and all equipment will be provided at Camp Ripan for all the activities. You should take the sort of warm clothing that you would use for a skiing trip. Warm outdoor clothing is available to hire at Camp Ripan for 195 SEK per person, per day (This can be pre-booked with the sales team or hired on the day subject to availability).

Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for

further details.

You SHOULD bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Headtorch with batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets

- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep kit bag contents dry)
- Daypack (approx. 30 litres)
- Sleeping bag (comfort rating -15°C)
- Thermarest or similar sleeping mat
- Warm jacket (down)
- Basic First Aid Kit including: A broad spectrum antibiotic, antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles (recommended)
- Training shoes or similar for camp use
- Shorts
- Baselayer - thermal leggings
- Gaiters
- Sleeping bag liner
- Scarf or buff
- Travel clothes

- Camera

- Repair kit - (eg. needle, thread, duct tape)

- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for joining in Chengdu. Single timed transfers from Chengdu Airport to/from the group accommodation will be provided at the start/end of the holiday.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Chengdu. Outbound flights will usually depart from the UK in the afternoon, arriving the following day. Return flights will depart Chengdu in the early morning the last day of the itinerary, arriving in the UK in the evening on the same day.

Why Choose KE

Why KE

Travel with KE, as the only UK based operator offering this off-the-beaten-track trek in the wildest regions of China. The chance to exeperience real Tibetan culture visiting the remote communities of Khampa and Minyak in the shadow of the majestic Minya Konka - the third highest peak outside the Himalaya.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change