

Tiger Leaping Gorge High Trail

Two days on a balcony path 1,000 m above the Jinsha, the upper Yangtze, in one of the world's deepest gorges near Lijiang, southwest China. Snow peaks on both sides, and a guesthouse every two hours.



2 days

1 if you're fast, 3 if you're not



18.6 km

Qiaotou to Tina's, one way



+920 m

440 m of it in one go: the 28 Bends



2,640 m

Altitude sickness unlikely



6–8 h

Day 1: 5–6 h, day 2: 2 h



¥1,200 ≈ €160

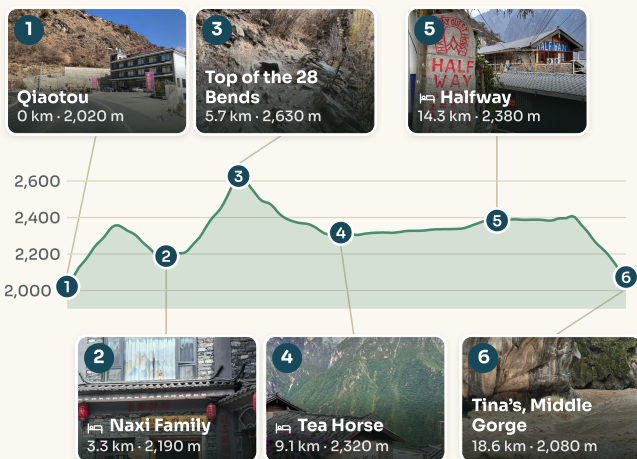
2 days by bus, a view room of your own, meals and drinks



Apr–May, Oct–Nov

Dry and clear. Jun–Sep brings rockfall

HEIGHT ALONG THE TRAIL · 18.6 KM · ▲ 920 M · ▼ 860 M



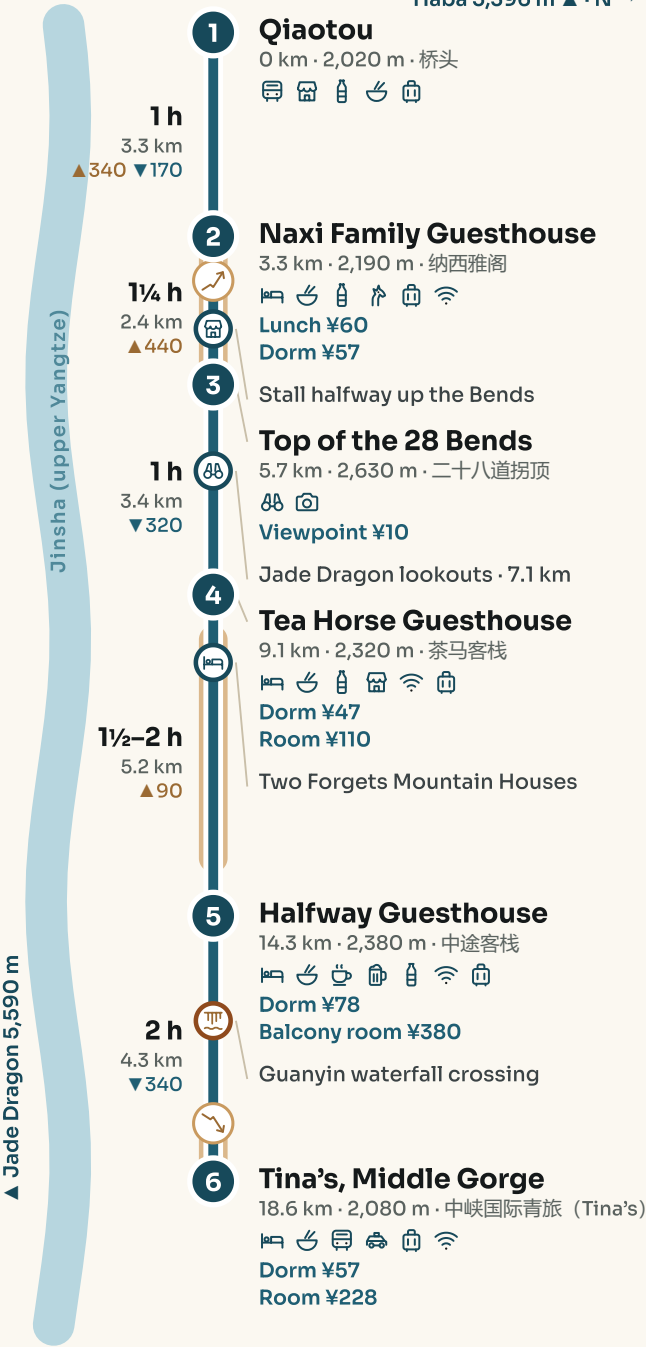
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The trail at a glance

Steep climb · Rockfall after rain · Wet crossing · Steep and loose
Walking time between stops · ▲ m · ▼ m



Haba 5,396 m ▲ · N →



2 days, hour by hour

DAY 1

08:30 

GETTING THERE

Bus from Lijiang · 2 h · **¥40**

Lijiang Bus Station (丽江客运站), 09:00 or 09:30. Passport at the counter. Off at the trailhead (登山口); your bag rides on to the Middle Gorge (中峡).

10:30  Off at Qiaotou. Walk or taxi up.

11:30  Lunch at Naxi Family.

12:30  The 28 Bends. Slow and steady.

15:00  Tea Horse for a drink.

17:00  Halfway. Balcony, sunset, beer.

WHERE WE'D SLEEP

 **Halfway Guesthouse** 中途客栈 14.3 km

 ¥78  ¥208  ¥380-480

+86 153 3432 8827 · Booking.com

DAY 2

07:00  First light on Jade Dragon from bed.

08:30  Off before the day-trippers arrive.

10:30  Tina's. Collect your bag.

12:00 

GETTING AWAY

Bus to Shangri-La · 2 h 20 · **¥55**

Stone building beside Tina's: 12:00, 13:40, 15:30, 16:30. Tickets at Tina's desk.

Bus to Lijiang · 2½ h · **≈¥50**

Same place, from about 13:00; the last around 17:00.