

# Yubeng and its trails

A Tibetan village in northwest Yunnan, under the glaciers of the Meili range and Kawagebo (6,740 m), the sacred peak no one has ever climbed. A shuttle in, a canyon out, and seven trails from its doorsteps.



**3** days

2 if you only see the waterfall, 6 for every trail



**30.9** km

Pass in, waterfall, Ninong out



**+700** m

Most of it to the Sacred Waterfall



**3,729** m

Holy Lake is 4,400 m



**3,000+** m

Altitude sickness is possible: go slow



**¥2,300** ≈ €300

3 days, shuttle in, a view room of your own, full meals



**¥55 + 117**

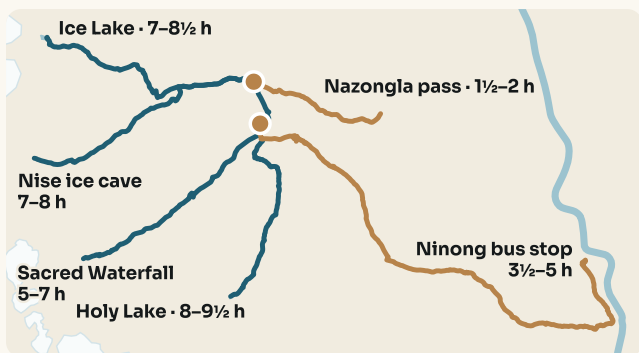
Ticket + shuttle to the pass: Xidang window only



**Apr–May, Oct–Nov**

Clear and dry. Heavy snow can close the trails in winter

## 7 TRAILS FROM THE VILLAGE



Ice Lake, Nise, Holy Lake: officially closed (Deqin County, October 2025; national park, April 2026). People walk them every day; if you go, you go at your own risk and pay for any rescue.

# The trail at a glance

## Upper Yubeng

3,220 m · 上雨崩

🚶 30–40 min · 1.6 km

### 🚌 Down from the Nazongla pass

● ● ● ● ●

1½–2 h · 5.2 km · 3,730 m



### ↪ Ice Lake

● ● ● ● ●

7–8½ h · 14 km there and back · ▲690 m · 3,870 m



Xiaonong pasture 4.9 km · Iced lemon tea ¥18

“Despair slope” 6.6 km · Ice Lake 7 km

### ↪ Nise

● ● ● ● ●

7–8 h · 15 km there and back · ▲590 m · 3,800 m



Nise pasture tea house 5 km · Nise ice cave 7.5 km

## Lower Yubeng

3,055 m · 下雨崩

### ↪ Sacred Waterfall

● ● ● ● ●

5–7 h · 10.8 km there and back · ▲580 m · 3,640 m



Sacred Waterfall 5.4 km

### ↪ Holy Lake

● ● ● ● ●

8–9½ h · 11 km there and back · ▲1,350 m · 4,390 m



Horse stop 3: first food and drink 2.5 km

Camp: second food and drink 4.6 km · Tent ¥100 a night · skewers ¥15

Holy Lake 5.5 km

### ➡ Out by the Ninong canyon

● ● ● ● ●

3½–5 h · 13.3 km · ▲110 m · 3,080 m



Ninong bus stop 13.3 km

# 3 days, hour by hour

## DAY 1

07:30  GETTING THERE

**From Shangri-La: bus to Feilaisi, then the shuttle** · 4 h + 1½ h + 25 min · **¥67 + ¥30 + ¥55 + ¥117**

Shangri-La → Feilaisi (飞来寺) by bus, ¥67, about 4 h; sleep there. Morning van to the Xidang hot spring (西当温泉), ¥30. At the window, passport only: ticket ¥55 + shuttle ¥117 to the pass.

10:00  Walk down from the pass.

12:00  Lunch in Upper Yubeng.

14:00  On to Lower Yubeng. Sunset at the temple.

### WHERE WE'D SLEEP

 **ZHIYU Boutique Guesthouse**

止语心舍 Lower Yubeng

 **¥724**

Trip.com

## DAY 2

08:00  Off to the Sacred Waterfall.

11:00  Under the waterfall, then lunch.

15:00  Back in the village. Rest.

 Sleep at Lower Yubeng

## DAY 3

07:30  Down the Ninong canyon.

10:00  Tea at the canyon guesthouse.

12:00  GETTING AWAY

**Walk out by Ninong, bus to Shangri-La** · 3½–5 h + 4–5 h · **¥84**

Ninong canyon, 13.3 km down. Buses to Shangri-La about hourly from 11:30, the last at about 17:20 (¥84, 4–5 h).