

## Rebgong Sixth Moon Sacred Dance Festival (6 Days 5 Nights)

Every year during the sixth month of the lunar calendar, which coincides with the slack farming season in the Rongwo River basin—a time when crops in farming areas are about to mature and pastures in pastoral areas are at their lushest—the vast Tibetan and Tu villages hold a grand folk ritual activity locally known as "Zhouba Lerou." "Zhouba Lerou" is a Tibetan term meaning "June song and dance" ("Zhouba" means June, and "Lerou" means song and dance).

The sacrificial process encompasses many unique customs and rituals that have already vanished in other Tibetan areas and have been preserved intact solely among the Tibetan and Tu folk of the Regong region. During the trip, you can witness three main dances: the military dance, dragon dance and divine dance. Rituals included dancers with

Shangkouqian (face piercing), Shangbeiqian (back piercing), and shamans performing the "Opening the Mountain" (Kai Shan).

Pick-up point: Airport or city centre

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### Day 01 | 02.08.2026: Xining – Kanbula National Forest Park – Shachung Monastery – Tongren

**National Forest Park**, known for its unique "Danxia" red rock landforms and the clear turquoise waters of the Yellow River.

**Shachung Monastery** located on a mountain ridge overlooking the Yellow River, is one of the oldest and most influential monasteries in the region. Founded in 1349, the monastery offers a serene atmosphere and spectacular panoramic views of the river winding through the valley below, symbolizing the deep connection between Tibetan spirituality and the natural world.

- **Driving Distance:** 269 km (~5 hours 15 minutes)
  - **Accommodation:** Shengyu Tianlun Hotel (or similar)
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**Day 02 | 03.08.2026: Tongren****Shaman Festival: Divine Dance, Shangkouqian, and Shangbeiqian**

The **Shaman Festival** tour begins at **Jiangshijia Village**, featuring the divine dance, *Shangkouqian* (face piercing), and *Shangbeiqian* (back piercing).

Each village hosting the festival has one or two shamans who act as intermediaries between the human and divine worlds. It is believed they can summon deities to possess their bodies and speak on their behalf.

- **Exploration:** During your 5-day stay in Tongren, you will visit **Longwu Monastery** and a Rebong artist's studio to observe the intricate process of painting Thangkas.
  - **Meals:** Breakfast
  - **Driving Distance:** Within Town
  - **Accommodation:** Shengyu Tianlun Hotel (or similar)
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**Day 03 | 04.08.2026: Tongren****Shaman Festival: Dragon Dance, Kaishan, and Shangkouqian**

Witness the **Dragon Dance**, where villagers—ranging from children to a long, rhythmic line. As they dance around a central fire, their movements mimic a circling dragon, spiraling with ancient energy.

The most thrilling ritual is "**Opening the Mountain**" (**Kai Shan**). In this ancient rite of heaven-worship, the shaman uses a blade to cut his forehead, scattering blood in all directions. During the ceremony, villagers dance around the sacred shrine.

**Village Visit:** Experience the Dragon Dance, *Kaishan*, and *Shangkouqian* rituals conducted by the shaman at **Langjia Village**.

- **Driving Distance:** Within Town
  - **Meals:** Breakfast
  - **Accommodation:** Shengyu Tianlun Hotel (or similar)
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**Day 04 | 05.08.2026: Tongren****Shaman Festival: Military Dance**

Experience the *Kouqian* (Mouth Piercing) and *Beiqian* (Back Piercing). In a display of profound faith, the shaman pierces the cheeks of young volunteers with steel needles to ward off illness. Others have 10 to 20 steel needles inserted into their backs. Bare-chested and carrying traditional drums, these dancers perform a rhythmic military dance mimicking ancient warriors.

**Village Visit:** Spend the day at **Guomari Village** to see the **military dance**. Meet **Wan De Ka**, the inheritor of the *Lawa* (shaman) tradition for both Guomari and Gashari villages, who meticulously organizes these performances.

- Visit the ancient **Guomari Monastery**
  - **Driving Distance: Within Town.**
  - **Meals:** Breakfast
  - **Accommodation:** Shengyu Tianlun Hotel (or similar)
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**Day 05 | 06.08.2026: Tongren – Xiahe****Shaman Festival & Labrang Monastery**

Drive to **Nianduhu Village** to watch the Dragon Dance, *Shangkouqian*, and *Shangbeiqian*.

**Afternoon:** Drive to Xiahe to visit **Labrang Monastery**, the most important religious center on the northeast border of the Tibetan region. Founded in 1710, it is one of the six grand monasteries of the Gelug school and has served for centuries as a bridge between Tibetan and Mongolian Buddhism.

- **Driving Distance:** 104 km (~2 hours)
- **Meals:** Breakfast
- **Accommodation:** Tianzhu International Hotel (or similar)



**Day 06 | 07.08.2026: Xiahe – Xining****The Divine Art: Thangka Art Academy visit**

Discover "**Gemstones on Canvas.**" Thangka art is the soul of Tibetan heritage, painted with ground lapis lazuli and cinnabar to ensure colors never fade. Experience this sacred craft at a local academy.

- **Driving Distance:** 175 km (~2 hours 15 minutes)
  - **Meals:** Breakfast
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**Payment Details****Inclusions:**

- Hotel accommodation (Standard double room or twin room; single rooms can be arranged upon request).
- Meals as specified in the itinerary (Breakfast).
- All airport transfers and ground transportation during the tour.
- Entrance fees for all attractions listed in the itinerary.
- Trilingual Tour. Local guides fluent in Mandarin with dedicated English and Cantonese translators available.

**Exclusions:**

- Lunches and dinners.
- Tips and personal expenses.
- Any services not explicitly mentioned in the itinerary.

**Remarks:**

- Hotels, activities, and specific itineraries are subject to adjustments in the event of force majeure.

**Tour Fee:**

USD2,945

