

ABSTRACT

This application provides a random access method and a related apparatus, so that a terminal device selects an appropriate path loss to send a random access request, to enable obtaining of a timing advance TA value in a multi-transmission and reception point TRP transmission mode. The method provided in this application includes: A terminal device receives a physical downlink control channel PDCCH from a network device, where the PDCCH is for triggering a random access procedure between the terminal device and the network device. The terminal device determines, based on first information on the PDCCH, a path loss corresponding to a first path loss resource or a path loss corresponding to a second path loss resource, where the first path loss resource is a quasi-colocation QCL resource in a transmission configuration indicator TCI state used for the PDCCH, and the second path loss resource is a synchronization signal block SSB resource indicated on the PDCCH. The terminal device sends the random access request to the network device based on the path loss corresponding to the first path loss resource or the path loss corresponding to the second path loss resource.