

Itinerary (2010)

20D Cycling From QingHai to Tibet



Physical Grading: 5/5 (very strenuous)

Synopsis:

QingHai-Tibet (QingZang) route, Highway 109, is one of the 5 main roads into Tibet. QingZang route stretches some 1160km, with an average altitude of 4500m, making it the longest and highest paved road on the world, alongside the remarkable QingHai-Tibet Railway.

You will cycle through major mountain passes of the KunLun mountain, Tanglha mountain (which divides the Qinghai-Tibet border), Nyenchen Tanglha mountain, the salt-rich Qaidam Basin (one of the largest inland basin in China), the vast steppes of KeKeXiLi nature reserve, and the prairie of Wutang grassland. In addition, other highlights include the source of the Yangtze river, sunset at ChuMaEr river and Namtso lake.

The Qinghai-Tibet route is relatively safe and technically easier, compared to the other routes. As such, it is ideal for novice cyclists. To make the trip more manageable, we have designed the trip to be part-cycle & part-vehicle. In doing so, we hope you will enjoy cycling in Tibet!

Accommodation will be a combination of hotels, guesthouses & outdoor camping. Tents will be provided for outdoor camping. A safety-cum-logistics vehicle follows you throughout the journey.

SHANGRILA ADVENTURE PTE LTD

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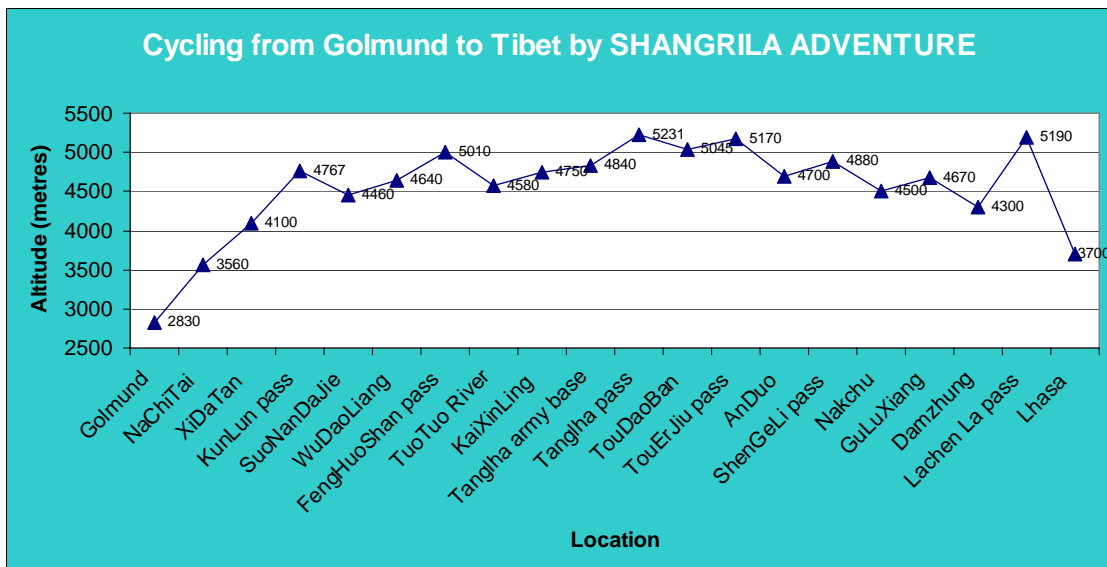
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Cycling Route:



Altitude Map:



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Itinerary:

- Day 01 Arrive ChengDu**
- Pickup from airport for your connection to the overnight train to Golmund
- 02 Rail to Golmund**
- En-route to Golmund
- 03 Arrive Golmund**
- Arrive Golmund at about 2am in the morning. Equipment preparations.
- 04 Golmund to NaChiTai (93km)**
- Start your cycling today!
 - NaChiTai means "a patio in the wetlands" in Tibetan.
 - Overnight in NaChiTai (tents)
- 05 NaChiTai (Acclimatisation)**
- Rest & acclimatize before continuing onward up the Tibetan plateau.
 - Overnight in NaChiTai (tents)
- 06 NaChiTai to XiDaTan (40km)**
- XiDaTan means western beach
 - Rest and acclimatize at XiDaTan
 - Watch for the spectacular sunrise over the 6178m YuZhuFeng (YuZhu peak)
 - Overnight in XiDaTan (guesthouse, no shower)
- 07 XiDaTan to SuoNanDaJie reserve station (84km)**
- BuDongQuan means unfrozen spring
 - Today you will cycle across the KunLun mountain high-pass at 4767m
 - KeKeXiLi nature reserve lies to the west.
 - Overnight in SuoNanDaJie (reserve station, no shower)
- 08 SuoNanDaJie reserve station to WuDaoLiang (55km)**
- KeKeXiLi nature reserve lies to the west
 - Monument of SuoNanDaJie, the defendant of the KeKeXiLi Tibetan antelopes
 - Overnight in WuDaoLiang (camping)
- 09 WuDaoLiang to TuoTuo River (147km)**
- Today is the longest cycling day
 - Visit the source of the Yangtze river is located with KeKeXiLi nature reserve lies to the west
 - Overnight in TuoTuo river (guesthouse, no shower)
- 10 TuoTuo River to Tanglha army base (142km)**
- This army base is the highest in the entire QingZang route
 - Surrounded by snow-capped mountains, the view is spectacular
 - Have a good rest here in preparation for the Tanglha high-pass tomorrow
 - Overnight in Tanglha army base (guesthouse, no shower)

- 11 Tanglha army base to TouDaoBan (57km)**
 - You cross the border of Qinghai and Tibet today at the highest point of the entire journey, the Tanglha high-pass (5231m)
 - After descending down to 4900m, there is another high-pass at 5105m to tackle before you reach AnDuo. AnDuo means 'end point' in Tibetan
 - Look out for the huge glacier of Tanglha mountain as well as 2 alpine lakes.
 - Overnight in TouDaoBan (service station, no shower)
- 12 TouDaoBan to AnDuo (77km)**
 - Overnight in AnDuo (hotel)
- 13 AnDuo to Nakchu (135km)**
 - There is about 6km of steep uphill before arriving at a flat grassland.
 - This is where the source of the Yangtze river is located
 - KeKeXiLi nature reserve lies to the west
 - Overnight in Nakchu (hotel)
- 14 Nakchu to GuLuXiang (92km)**
 - En-route, you will pass the town of Nakchu.
 - Overnight in GuLuXiang (camping)
- 15 GuLuXiang to Damzhung (73km)**
 - You need to cross a high-pass at 4444m, after which you will see Nyenchen Tanglha mountain and the sacred Namtso lake
 - The road to Namtso lake is located just off the main street
 - Overnight in Damzhung (hotel)
- 16 Damzhung to Namtso Lake (61km)**
 - You can either cycle in to Namtso Lake or take the jeep if you just want to make a day trip
 - Overnight in Namtso lake (tents)
- 17 Namtso Lake to Damzhung to Yangpachen (75km)**
 - You will drive out to Damzhung to continue your cycling to Yangpachen
 - Relax and have a good bath at the hot-spring of YangPaChen
 - Overnight in Yangpachen (camping)
- 18 Yangpachen to Lhasa (100km)**
 - This is the final leg of your cycling trip, enjoy the beauty as you approach the capital of Tibet
 - Overnight in Lhasa (hotel)
- 19 Lhasa**
 - Visit Potala Palace; Free & easy
 - Overnight in Lhasa (hotel)
- 20 Lhasa / ChengDu /Depart ChengDu**



Trip Cost (2010): SGD3300 / CNY15600

Group size: Min: 06pax, Max: 12pax

**prices are subjected to final changes without prior notice*

Includes:

1. Train ticket ChengDu-Golmund + domestic airfare Lhasa-ChengDu (EXCLUDES international airfare)
2. All accommodation (hotels, guesthouses & tents)
3. All meals during cycling + 1 celebration dinner in Lhasa
4. Airport transfers in Lhasa
5. Logistics-support vehicles (passenger + safety vehicle as necessary to guarantee a seat for everyone)
6. Services of lead cyclist, chefs, local support staffs & maintenance crew
7. Tibet Entry Permit & other necessary Travel Permits for foreigners
8. Vehicle insurance & repair
9. Bike-gear: mountain bike; helmets; gloves; odometer; pouch for the bike; rain-cover; walkie-talkie for front and rear cyclists; spare-tyre; foot-pump; bike locks; lubricating oil; necessary tools & other repair kit
10. Camping Gear: dining/toilet tents; sleeping bags; ground mats; utensils; gas-stoves, cutlery
11. Medical Supplies: oxygen bottles; basic 1st-aid kit
12. Unlimited supplies of bottled drinking water, fruits, dried-food, snacks & energy bars
13. Coordination meetings & Pre-departure briefing (preparation, gears, safety, admin etc.)

Excludes:

1. International flights to ChengDu (various options available)
2. Personal expenditures (such as alcohol, tips, gifts etc)
3. Visa/permit into China (if required)
4. Items not mentioned

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Payment

A deposit **50%** of trip cost is required 5 business days after booking for confirmation of trip. Please make the remaining balance payment within the next 7 business days. A confirmation email with receipt will be sent to you upon receiving your deposit.

Mode of Payment: Cheque/Bank Transfer/Telegraphic Transfer to:

Bank Name: OVERSEA-CHINESE BANKING CORPORATION LIMITED (OCBC, Singapore)

BIC/SWIFT Code: OCBCSGSGXXX

Address: OCBC CENTRE FLOOR 9, 65 CHULIA STREET, SINGAPORE 049513

Account Name : **SHANGRILA ADVENTURE**

Account No. : **569-010812-001**

Cancellation Policy & Fees

- Notice of cancellation or any other changes in itinerary must be made in writing to **SHANGRILA ADVENTURE**
- 45 to 31 days from departure date: cancellation fee of 50% of total price
- 30 to 15 days from departure date: cancellation fee of 75% of total price
- Less than 14 days from departure date: cancellation fee of 100% of total price
- other non-recoverable costs incurred (eg. airline charges) shall be borne by the participants

Terms and Conditions

- **SHANGRILA ADVENTURE** reserves the right to amend any part of the itineraries due to unforeseen situations and/or safety of the participant(s). In such situations, there will be NO refunds of any part of the trip cost.
- Participants are required to have a valid travel insurance during the entire duration of the official trip as stated (excludes personal extension thereafter)
- Participants are required to have signed the indemnity form, and are responsible for their own health conditions