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## Itinerary (2010)

### 23D Cycling from Tibet to YunNan Shangri-la



**Physical Grading: 5/5 (strenuous – very strenuous)**

#### Synopsis:

We are probably the only one to offer this trip as a commercial expedition. This is a full-board, fully-supported cycling trip.

The cycling route goes through the mountainous region of Northeastern YunNan where 3 great rivers run parallel to one another; they are JinSha (Upper Yangtze) River, LanCang (Upper Mekong) River and Nu (or Salween) River. Experience the thrill of navigating treacherous roads with plunging cliffs by the side and be charmed by the serenity of little Tibetan villages along the way. At Nyingchi, a verdant forest region where Yarlung Tsangpo River flows, you will see many beautiful grasslands and lakes. Here, you may trek, have picnics or camp outdoor.

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 entire journey.

The entire route is about 1700km. Hence, to make the trip more manageable, we have designed the trip to be 70%-cycle & 30%-vehicle-support. In doing so, we hope you will enjoy cycling in Tibet! You will experience camping out in the Tibetan plateau among the snow-capped mountains, enjoy lunches & dinners in the outdoors, while mingling with fellow cyclists.

This is **guaranteed to be A Once in A Lifetime Experience**, come join us today!

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#### SHANGRILA ADVENTURE

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### Cycling Route:

Starting from Lhasa Tibet, we will cycle eastwards on Route-318, the ChuanZang Highway towards MangKang county via BaYi. En-route, we pass beautiful gorges, mountain-passes & high altitude lakes. At MangKang, we will join Route-214, DianZang Highway to cross the border between Tibet & YunNan near YanJing town. We will pass the magnificent MeiLi Snow Mountain to arrive the county of DeQin, before ending our adventure in Shangri-la YunNan.



### Altitude Chart:

Location	Altitude (metres)	Location	Altitude (metres)	Location	Altitude (metres)
Lhasa	3700	LuLang	3400	ZhuKa	2700
MoZhuGongKa	3800	TongMai	2000	LaWu pass	4338
RiDuo	4350	BoMi	2600	MangKang	3900
MiLa pass	5020	RanWu Lake	3900	HongLa pass	4250
SongDuo	4380	BaSu	3200	YanJing	2200
GongBuJiangDa	3420	YeLa pass	4618	FeiLaiSi	3430
Basum Lake	3450	BangDa	3900	BaiMa pass	4350
BaHe town	3160	ZuoGong	3700	BenZiLan	2100
BaYi	2900	DongDaLa pass	5008	NiXi pass	3550
SeJiLa pass	4515	DengBa	4150	Shangri-la	3200

For graphical representation of the altitude map and other details, please see our website at: <http://www.shangrila-adventure.com/cycling>

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**Itinerary:**

- Day 01 Arrive to Lhasa**
- Transfer from airport/railway station to hotel
  - Overnight in Lhasa (hotel, with shower)
- 02 Lhasa - Acclimatize**
- Overnight in Lhasa (hotel, with shower)
- 03 Lhasa - Acclimatize**
- Easy cycling around Lhasa city to visit monasteries
  - Overnight in Lhasa (hotel, with shower)
- 04 Lhasa / MoZhuGongKa / RiDuo (cycle 70km, vehicle 55km)**
- Cycling starts today! We will start it easy. Vehicle support for the uphill climb to RiDuo
  - Overnight in RiDuo (hotel, with shower)
- 05 RiDuo / MiLa pass / SongDuo (cycle 52km)**
- Your 1<sup>st</sup> high-pass at MiLa, an ascent of 700m over 24km upslope.
  - Overnight in SongDuo (tents, camping)
- 06 SongDuo / GongBuJiangDa (cycle 96km)**
- Paved road & generally downhill
  - Overnight in GongBuJiangDa (hotel, with shower)
- 07 GongBuJiangDa / Basum Lake (cycle 98km)**
- Paved road & generally flat. Uphill during the last 50km from BaHe to Basum Lake
  - Overnight in Basum Lake (tents, camping)
- 08 Basum Lake – rest & recover**
- Free & easy to visit the beautiful turquoise Basum Lake
  - Overnight in Basum Lake (tents, camping)
- 09 Basum Lake / BaYi (vehicle 50km, cycle 90km)**
- Vehicle-support out to BaHe town. Paved road & generally downhill to BaYi
  - Overnight in BaYi (hotel, with shower)
- 10 BaYi / LuLang (vehicle 36km, cycle 25km)**
- Vehicle-support up to SeJiLa high-pass, follow by an easy 25km downhill to LuLang
  - Overnight in LuLang (tents, camping)
- 11 LuLang / TongMai / BoMi (cycle 62km, vehicle 90km)**
- Cycle to TongMai. The part of the route near TongMai can be tricky & dangerous.
  - 90km vehicle-support to BoMi
  - Overnight in BoMi (hotel, with shower)



- 12 BoMi / RanWu Lake (cycle 127km)**
- This is probably the toughest day! Be rewarded with the scenic RanWu Lake.
  - Overnight in RanWu Lake (tents, camping)
- 13 RanWu Lake / BaSu (cycle 85km)**
- After yesterday tough ride, today it will be an easy downhill ride of 85km!
  - Overnight in BaSu (hotel, with shower)
- 14 BaSu / YeLa pass / BangDa (vehicle 66km, cycle 33km)**
- Vehicle-support for 66km, & start cycling the last 20km up the pass all the way to BangDa
  - Overnight in BangDa (tents, camping)
- 15 BangDa / ZuoGong (cycle 106km)**
- Generally flat ride
  - Overnight in ZuoGong (hotel, with shower)
- 16 ZuoGong / DongDaLa pass / DengBa (cycle 55km)**
- Tough 34km up the DongDaLa high-pass! Enjoy the last 21km downhill cruise to DengBa
  - Overnight in DengBa (tents, camping)
- 17 DengBa / small-pass / ZhuKa (cycle 58km)**
- Easy ride today to ZhuKa hot-springs
  - Overnight in ZhuKa (dormitory, with shower)
- 18 ZhuKa / MangKang / Tibet border / YanJing (vehicle 118km, cycle 58km)**
- Vehicle-support up HongLa pass. Cycle pass the Tibet-YunNan border post to YanJing
  - Overnight in YanJing (hotel, with shower)
- 19 YanJing / FeiLaiSi (vehicle 42km, cycle 40km)**
- Uphill all the way. You will see MeiLi Snow Mountain & LanCang River (Upper Mekong)
  - Overnight in FeiLaiSi (hotel, with shower)
- 20 FeiLaiSi / BaiMa pass / BenZiLan (vehicle 50km, cycle 66km)**
- Vehicle-support up BaiMa Snow Mountain. Cycle on paved road downhill to BenZiLan.
  - Overnight in BenZiLan (hotel, with shower)
- 21 BenZiLan / NiXi pass / Shangri-la (cycle 84km)**
- Congratulations! This is the last day of cycling. All the way on paved road to Shangri-la!
  - Overnight in Shangri-la (hotel, with shower)
- 22 Shangri-la / LiJiang / ChengDu**
- Land transfer to LiJiang for your flight back to ChengDu
  - Overnight in ChengDu (hotel, with shower)
- 23 Depart ChengDu**
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**Key Facts:**

Total Distance:	1712km (est.)
Cycling Distance:	1205km
Vehicle-Support Distance:	507km (30%)
Longest Cycling Distance:	127km (Day12)
Average Cycling Distance per day:	71km (based on 17 cycling-days)
Highest Altitude Attained:	5020m (MiLa pass on Day05)

**Trip Cost (2010): SGD3900 / CNY18500**

Group size: Min: 08pax, Max: 12pax

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

Includes:

1. 2 domestic airfare ChengDu-Lhasa & LiJiang-ChengDu (EXCLUDES international airfares)
2. All accommodation (hotels, guesthouses & tents)
3. 1 welcome dinner in Lhasa + ALL meals during cycling + 1 celebration dinner in Shangri-la
4. Airport transfers in Lhasa & Shangri-la
5. Logistics-support vehicles (passenger + safety vehicle as necessary to guarantee a seat for everyone)
6. Services of trip leader, chefs, local support staffs & maintenance crew
7. Entrance fees to Potala Palace, Sera Monastery, Basum Lake & hot-springs at RiDuo
8. Tibet Entry Permit & other necessary Travel Permits for foreigners
9. Vehicle insurance & repair
10. 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
11. Camping Gear: dining/toilet tents; sleeping bags & ground mats; all cooking utensils, gas-stoves, cutlery
12. Medical Supplies: oxygen bottles; basic 1st-aid kit
13. Supplies of bottled drinking water, fruits, dried-food, snacks & energy bars
14. 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