

5 Days Qinghai – Discovering another “Tibetan Land”

Specially prepared for SEA

Group Departure (11 – 15 July 2018)



Tour Price:

Twin Sharing: fr. **RMB 8,980/-** per person
Single Supplement: **RMB 1,500/-** per person

Travel Date:

11 – 15 July 2018

Registration Closing Date:

10 June 2018 or when tour is fully subscribed

Deposit Amount:

RMB 4,000/- per person

Early Bird Promotion:

Discount of **RMB 500/-** per adult if book with deposit by **11 Apr, 18**

Highlights:

- Classic off the beaten track territory
- Unique Landscape of National Geological Park (Danxia Canyon)
- Fewer tourists in this region
- Longest Thangka in the World – 618m (house in Qinghai Tibetan Medicine Museum)
- Visit a Ming Dynasty Monastery in Ledu for its building structure
- Small group size of maximum 16 people

Itinerary Summary & Map



Qinghai, the least densely populated province of 5.2 million people with the area of slightly larger than France. Sits on the Tibetan Plateau and the birthplace of the current 14th Dalai Lama.

This trip takes you to Tong Ren, Southeast of Qinghai Province. The Old Town is the one of the oldest and best-preserved ancient towns in Qinghai Province. Over six ethnic groups, including Han, Hui, Tibet, Sala, Dongxiang and Bao live in the old town. Buildings in the old town are simple in style and they were constructed according to the rise and fall of the terrain, which forms a tiered building complex. Tong Ren is also the birth place of Regong Art, which eventually makes this place famous for its thangkas and painted statues.

Then we continue to Gui De to see its stunning multicolored clay scenery of Danxia Canyon. Set against the contrasting blue skies and teal waters of the Yellow River, this is a lovely spot to spend half a day wandering and taking photos of this unique geology part of the Tibetan Plateau.

Finally, we make our way back to the capital of Qinghai Province, Xining. Other than visiting the Qinghai Tibetan Medical Museum to see the World Longest Thangka of 618m, we will also visit Gautama (wooden) Monastery built during the Ming Dynasty. Due to its similarity in the construction method with the Imperial Palace, it was also known as "Little Imperial Palace" to the World.

While Qinghai itself certainly fascinates every visitor, this itinerary takes care of the fine details to allow you to appreciate its unique heritage, religion, life-style and arts.



Detailed Itinerary

DAY 01

11 JUL (Wed)



SHANGHAI / XINING

Depart from Shanghai Pudong airport for your flight to Xining via Zhengzhou.

Fly Shanghai-Pudong / Xining HO 1069 0645/1215 (5h30m)

Upon arrival in Xining, be met by your guide & transfer directly to Tong Ren (180km, 2½ hours). Packed sandwich and fruits in the coach.

Arrive Tong Ren about 4pm, checked into your hotel. A simple yet clean hotel (best available locally).

For those whom feels like a stretch, join the guide for a little hike up a hill to have a panoramic view of Wu Tun Monastery site. Be amazed that the various monastery and Buddha statues were built from donations by the local devotees.

If time permits, we see some monks painting Tangkas in this Monastery compound. Dinner in the hotel.

Overnight: Tong Ren, Hong Fung De Hotel

Meals: Packed lunch & dinner in hotel

DAY 02

12 JUL (Thu)



TONG REN

Tong Ren or "Re Gong" as known in Tibetan language, which means "a place where ones' dream come true".

This morning, we follow the steps of the local devotees to turn the prayer wheels to feel this sacred belief and climb up Kalachakra Stupa to have a panoramic view of Guomar Monastery and village (also called as a castle). We get to the top pavilion to visit the statue of Kalachakra and the collections of surrounding sutras.

Enjoy a local handmade noodle for lunch.

In the afternoon, we drive 26km or 40mins to visit Shuang Peng Xi Village which is also the birth place of Gendun Chopel (<https://tricycle.org/trikedaily/treasury-lives-gendun-chopel/>)

Gendun Chopel (1903-1951), a philosopher, painter, scholar and activist is widely regarded as one of the most important Tibetan figures of the twentieth century, famous for his skills as a poet and infamous for his controversial views. In November 2003 a remarkable event was held at Trace Foundation's Latse Library in New York to celebrate the one hundredth anniversary of his birth. It brought together from all over the world Tibetans who had known Gendun Chopel, as students, friends, and family members, as well as American, European, Chinese, and Tibetan scholars of Gendun Chopel's life and works.

This village also sits the Red Hat Sect Monastery where the monks wear normal cloths (instead of the red robes) with long braid hair twine around their forehead. Look out for the big prayer wheel turned by ladies using the yak skin rope.

Another unique sight in this village is the oat airing site on big wooden frame in the middle of the village. If timing is right, you will also get to see “clever” donkeys carrying things from the village to the fields (vice versa) without their owners. Somehow, they just knew which their owner's house and field is. All these gives you great photography moments.

Overnight: Tong Ren, Hong Fung De Hotel

Meals: Breakfast, lunch and dinner

DAY 03

13 JUL (Fri)

TONG REN / GUI DE

This morning, we drive to Gui De. The total distance is about 250km but the journey is very scenic and we will make several stops along the way.

The first 13km long windy valley, you see painted symbols of Regong Arts and giant Buddha rock craving. Then we stop at the National Geological Park. Those whom had visited this Park commented that the landscape was amazing beautiful.

We then drive along the riverside road where you have a good view of Yellow River flowing beside you.

If there is any setback on this journey, it will be the toilet stop. Be prepared to have the nature as your toilet.



Overnight: Gui De, Jing Yue Ge

Meals: Breakfast, lunch and dinner

DAY 04

14 JUL (Sat)

GUI DE / XINING

Today, we make our way back to Xining, capital of Qinghai Prefecture. The total distance is about 120km or 2 hours.

Upon arrival, check into hotel and followed by a visit to Qinghai Tibetan Medicine Museum.

This Museum houses the World's longest Tangkha. It is recorded in Guinness World Book. 618m in length and 2.5m in width. It took 4 years and 400 painters to finish it. The Tangkha depicts geographical, cultural, religious, historical and aesthetic aspects of Tibetan Civilization in the finest painting form.



Overnight: Sofitel, Xining

Meals: Breakfast, lunch and Farewell Dinner

DAY 05
15 JUL (Sun)

XINING/ SHANGHAI



Depart early at 8am for Gautama Monastery. The driving distance is about 63km or 1½ hours.

Gautama Monastery, located in Ledu city of Qinghai province or 80km from Xining was built in the Ming Dynasty era. This Monastery is the Temple of Tibetan Buddhism architecture. From design to construction practises, it is a typical Ming Dynasty style thus it was also known as the "little Imperial Palace".

Have a local pig trotters lunch with noodles before heading for the airport.

Fly Xining/ Shanghai Pudong MU2310 1530/1830 (3h)

Meals: Breakfast and lunch

QUOTATION

PRICES PER PERSON:

- These prices are based on min. 6 adults traveling together on twin or double sharing basis.

Hotel Selected	Per Adult	Single supplement
For group of 6-9 people:	RMB 9,680/-	RMB 1,500/-
For group of 10-16 people	RMB 8,980/-	
Airfare	Economy class	
Shanghai to Xining on Juneyao Airlines	RMB 5,060/-	
Xining to Shanghai on China Eastern Airlines		
Remark		
1. Flight schedule is subject to change when make actual booking		
2. Early Bird reward: RMB 500/- per adult discount if book with deposit by 11 April 2018		
3. Reservation closing date: 10 Jun 2018 or when tour is fully subscribed		
4. Deposit: RMB 4,000/- per person		

COST INCLUDES

- Airfare: Shanghai / Xining / Shanghai on economy class (quoted separately);
- 4 nights' accommodation on twin or double sharing basis;
- All tours and transfers by private vehicle with an English-speaking tour guide;
- Meals as stated & daily bottled water;
- Beverages in the restaurants where meals are included;
- Entrance fees as stated in the itinerary;
- Travel insurance

COST EXCLUDES

- Gratuities to guide & driver;
- Personal and other expenses not stated in the itinerary.

HOTEL DESCRIPTIONS

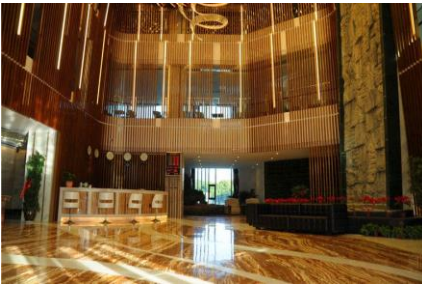


Hongfengde Hotel

Opened in 2016, the Hongfengde Hotel is a great accommodation choice in Tongren. For those who require internet access, the property features Free Wi-Fi in designated areas.

At the end of a busy day, travelers can unwind and relax in the hotel or go out and enjoy the city. Guests of this Tongren hotel can make use of the free parking facilities.

<http://suo.im/1tfryA>



Jing Yue Ge Hotel

The Jing Yue Ge Hotel is a great choice for guests looking for accommodation in Gui De, having been recently opened in 2015. For those who require internet access, the property features Free Wi-Fi in designated areas.

This hotel makes a great place to kick back and relax after a long day of sightseeing.

<http://suo.im/3GeOUl>



Sofitel Xining

Like a shining pearl in the Qinghai-Tibet Plateau, Sofitel Xining sets a new benchmark for luxury hospitality in Northwest China. The first international brand hotel in Xining, the capital of Qinghai Province, it offers French sophistication and elegance in a modern Chinese setting.

<https://www.accorhotels.com/gb/hotel-9567-sofitel-xining/index.shtml>

To sign up for the trip, please contact us at:
Country Holidays Travel

Tel: (86-21) 3222 0616 Fax: (86-21) 6247 4166

Email: enquiries@countryholidays.com.cn

Add: Unit 1905, LL Land Plaza, #580 West Nanjing Road, Shanghai