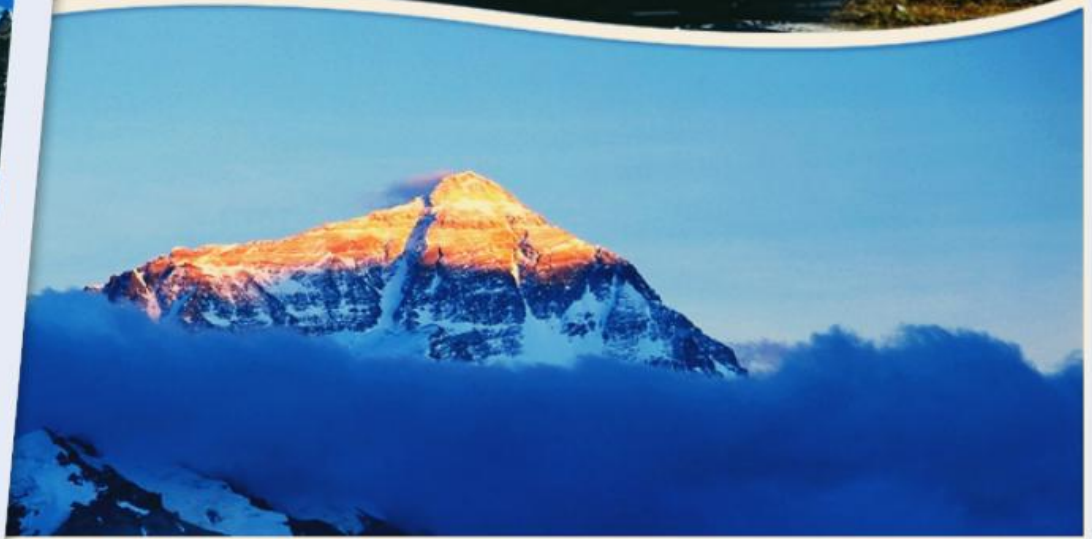
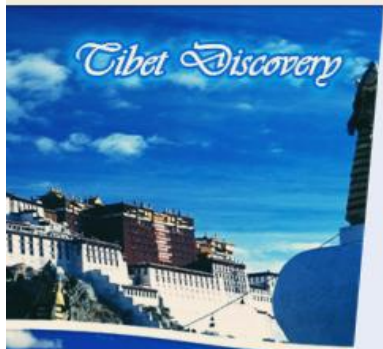


Tibet Discovery



Tibet Discovery





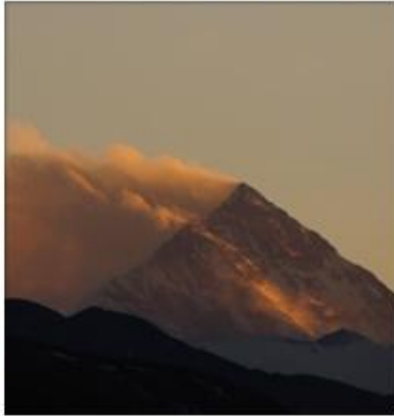
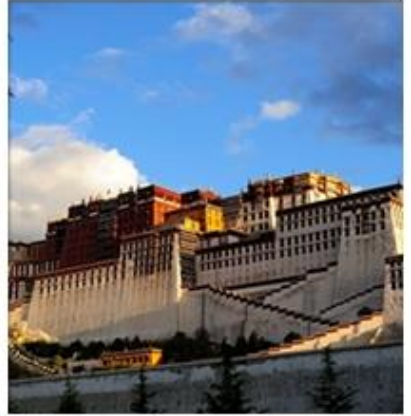
Trip highlights

China is an immense country where you could spend months travelling through its landscapes and still only touch the surface. This trip is there for all to see, from impressive archaeological sites and stunning dramatic scenery to the friendly charm of its people, particularly minority people.

Tibet has always exerted a fascination on visitors from the West – partly by its isolation and partly by there being no divide between the religious and secular in its unique past. In Lhasa, a Tibetan guide will reveal the cultural and religious heritage. You will see mystical temples in Tibet before your journey becomes more adventurous as you travel to Mt. Everest Base Camp.

This journey is perfectly constructed for those who yearn to discover Tibet and which offers guests the exciting opportunity to travel on the new railway line between Qinghai and Tibet. This 2500-mile-long railway is the highest in the world, reaching 16,640ft above sea level at the Tangula Pass, and crosses the breathtaking landscapes of the Tibetan plateau where herds of yaks, gazelles and wild donkeys graze beneath the snow-capped Himalayas in one of the remotest corners on earth.







Quotation Sheet

Tour Name:	Shanghai/Suzhou/Chengdu/Xining/ Tibet/Beijing
CTS Tour Code	N/A
Period:	April /2024
Number of Passengers:	10-20pax
Number of Rooms & Room Type	N/A
Date of Finished	V1 Draft 1/May/2023

Program

Day Date	City	Program	Meals	Hotel
1 April 2024	Shanghai	Arriving Shanghai and enter Chinese border by E Visa , welcome by guide and transfer to city. Check in at hotel, Yu Yuan Garden, Old Town, Enjoy evening cruise trip on Huangpu River	L/D	Paradise Jinjiang Hotel (4 star)
2 April 2024	Shanghai	Sightseeing Pudong district, Shanghai Tower lift to top floor, Walk on the Bund Walk in French Concession Acrobatic show.	B/L/D	Paradise Jinjiang Hotel (4 star)
3 April 2024	Shanghai Suzhou	Day tour to Suzhou Arrive in Suzhou, Dubbed the “Venice of the East” for its canals & romantic water towns. Garden of Humble Administration, Silk Factory Panmen Gate, Enjoy Boat on Grand Canal Drive back to Shanghai	B/L/D	Paradise Jinjiang Hotel (4 star)
4 April 2024	Shanghai Chengdu	Transfer to airport for Morning flight to Chengdu by 3U5002 0850/1225 Arrive in Chengdu Check in hotel after lunch Dufu Cottage Tea House at Renmin Park Sichuan Hotpot Dinner	B/L/D	Tibet Hotel (5 star)
5 April 2024	Chengdu Leshan Emei Mountain	Chengdu Panda Breeding and Research Centre Drive to Leshan and take a cruise to marvel at the magnificent Giant Buddha, hewn from the mountainside in the 8th century, and 233ft high. Continue to drive to E Mei Mountain	B/L/D	Holiday Inn Express Emei Mountain (4 star-)
6 April	Emei Mountain	Day tour on E Mei Mountain (with two-way cable car) including Golden Summit	B/L/D	Tibet Hotel (5 star)



2024	Chengdu	Late afternoon, drive back to Chengdu		
7 April 2024	Chengdu Xining	Transfer to airport for flight to Xining by CA4211 0915/1055 Arrive in Xining, meet the guide and transfer to hotel Check in hotel Ta'er Temple	B/L/D	Xining Mansion (4 star)
8 April 2024	Xining	Quinghai Lake Mongolian Hotpot Dinner	B/L/D	Xining Mansion (4 star)
9 April 2024	Xining Lhasa	Walk in the Muslin quarter of Xining with a visit to the Grand Mosque Transfer to railway station to take afternoon train to Lhasa in the afternoon. Enjoy beautiful views on the train by Z917 1401/1120+1 Type of accommodation included on train-soft sleeper (4pax sharing 1 cabin) Meals on clients own	B/L	Stay overnight On train
10 April 2024	Lhasa	1120 Arrive in Lhasa welcomed by your guide and transfer to hotel to check in Break at hotel in the afternoon Welcome Dinner with Tibetan Dancing Performance	B/D	Thangka hotel (4 star)
11 April 2024	Lhasa	Morning visit Potala Palace (the winter palace of the Dalailama, boriginally built in the 7 th century by the King Sotsen Gampo and rebuilt to the present size by the 5 th Dalailama in the 17 th century)., After lunch, continue to visit Jokhang Temple (situated at the heart of the oldest section of the Lhasa city, is one of the oldest temples in Tibet, built in the 7 th century by the 33 rd King – Songtsanganbu) and Barkhor Street (the middle pilgrimage circuit around Jokhang Temple)	B/L/D	Thangka hotel (4 star)
12 April 2024	Lhasa	Morning visit Sera Monastery (the second biggest Gelupa Monastery in the north suburb of Lhasa, built in 1419 by Tsongapa's disciple – Sakya-yeshi), Watch Lamas discuss /debate over Buddhist Scriptures. Then visit Drepung Monastery , known as the most important monastery of Gelugpa in Tibetan Buddhism.It is considered one of the 'Three Great Monasteries' (the other two are the Ganden Monastery and the Sera Monastery. Covering an area of 250,000 square meters (299,007 square yards), it held 7,700 monks in total and possessed 141 fazendas and 540 pastures in its heyday, and is the largest-scale monastery among the ones of the same kind. Afternoon visit to Norbulingka , meaning 'Treasure Park' in Tibetan.It is the biggest man-made garden in Tibet Autonomous Region.	B/L/D	Thangka hotel (4 star)



12 April 2024	Lhasa	<p>Morning visit Ganden Monastery, one of the earliest and largest Buddhist monasteries in Tibet, and stands atop of the six famous temples of Gelugpa - a branch of Tibetan Buddhism. It is now known as being one of the 'Three Great Temples', together with the Sera Monastery and the Drepung Monastery .</p> <p>Ramoche Monastery (Xiao Zhao Si). This temple is one of the key cultural relic protection sites of the Tibet Autonomous Region as well as a hot attraction in Lhasa.</p>	B/L/D	Thangka hotel (4 star)
13 April 2024	Lhasa Shigatse	<p>Bus to Shigatse, enroute visit Tashi Lunop Monastery (Founded in 1447 and is the largest Yellow Hat sect monastery in Tibet. Shigaste is Tibet's 2nd most important city and Tashilunpo was the seat of the Panchen Lamas).</p> <p>Transfer back to Lhasa Arrive in Shigatse, and transfer to hotel</p>	B/L/D	Gesar Hotel (4 star)
14 April 2024	Shigatse Tinggri	<p>Drive 7 hours to New Tinggri, lunch on the way, and dinner in Tinggri</p> <p>Visit Sakya Monastery, the Sakya Monastery is the principal monastery of the Sakyapa Sect of Tibetan Buddhism. Sakya Monastery is famed as the 'Second Dunhuang' due to its colossal collection of numerous Tibetan Buddhist scriptures, murals and Thangkas.</p>	B/L/D	Everest Hotel (3 star) Local best
15 April 2024	Everest Base Camp Gyantse	<p>Visit Rongbuk Monastery which gained its fame as the highest religious building in the world as well as one of the highest-elevation settlements and overall structures ever built, making it a site with perfect landscape especially for the Himalayas.</p> <p>Base camp has been closed and Rongbuk Monastery is the closet point permitted to Base Camp from which you can watch Mt. Everest.</p> <p>Continue to drive and stay overnight at Gyantse</p>	B/L/D	Yeti Hotel (4 star) Local best
16 April 2024	Gyantse Shannan (Yanglong River Area)	<p>Morning visit Yamdruk Lake (One of the three largest lakes of Tibet, lies about a hundred kilometers southwest of Lhasa. The surface of the lake covers some six hundred square kilometers. Interior hills form islands that provide homes to flocks of wild ducks. Fish are plentiful and supply a tasty for diet for the locals.)</p> <p>Baiju Monastery (built by Yaodan Gongsangpa and Tsongkhapa's disciple Khedrub Je in 1418. Its unique feature is that three sects. the Sa-kya-ya, Ka-tam-pa, and Ge-lug-pa, had their headquarters in it -- a rare phenomenon in Tibet. It attracts numerous visitors with its unique architectural style, sculptures, and paintings)</p>	B/L/D	Tsedang Hotel (4 star) Local best
17	Shannan	Morning visit Yongbulakang Palace (a palace with	B/L/D	Tsedang Hotel



April 2024	(Yanglong River Area)	2100 year's history. Yongbu' means doe, due to the mountain looks like doe; 'Lakang' means holly palace). Trandruk Monastery , famous throughout Tibet since it was the first Buddhist chapel ever built in Tibet. Regarded as one of the earliest Buddhist monasteries in Tibet, It has been founded at the same time as the Jokhang and Ramoche in Lhasa, during the Tang dynasty. Samye Monastery , the first monastery built in Tibet and the first complete with the three Buddhist jewels of Buddha, Dharma and Sangha. With these unique features, this splendid monastery has become an attraction for visitors from near and far.		(4 star) Local best
18 April 2024	Lhasa Beijing	Transfer to airport for flight to Beijing by CA3921 0955/1325 Arrive in Beijing meet the guide and transfer to hotel. Rest of day free at leisure	B	Great Wall Hotel Beijing (5 star)
19 April 2024	Beijing	Tian'anmen Square, Palace Museum-Forbidden City, Walk in Hutong Tour: visit local family & Tea Ceremony, Bell and Drum Tower Peking Opera at Liyuan Theater	B/L/D	Great Wall Hotel Beijing (5 star)
20 April 2024	Beijing	Mutianyu Great Wall with two-way cable car Temple of Heaven	B/L/D	Great Wall Hotel Beijing (5 star)
21 April 2024	Beijing	Summer Palace with Dragon Boat Walk into National Olympic Center: Water Cube and Bird Nest (outside venue) Lama Temple Peking Duck Farewell Dinner (VIP room reserved)	B/L/D	Great Wall Hotel Beijing (5 star)
22 April 2024	Beijing Home	Transfer to airport for the departure flight to home (>2 hours arrive at the airport before departure time) End of Service	B	

B= Breakfast L= Lunch D=Dinner

Distance between Cities/Towns

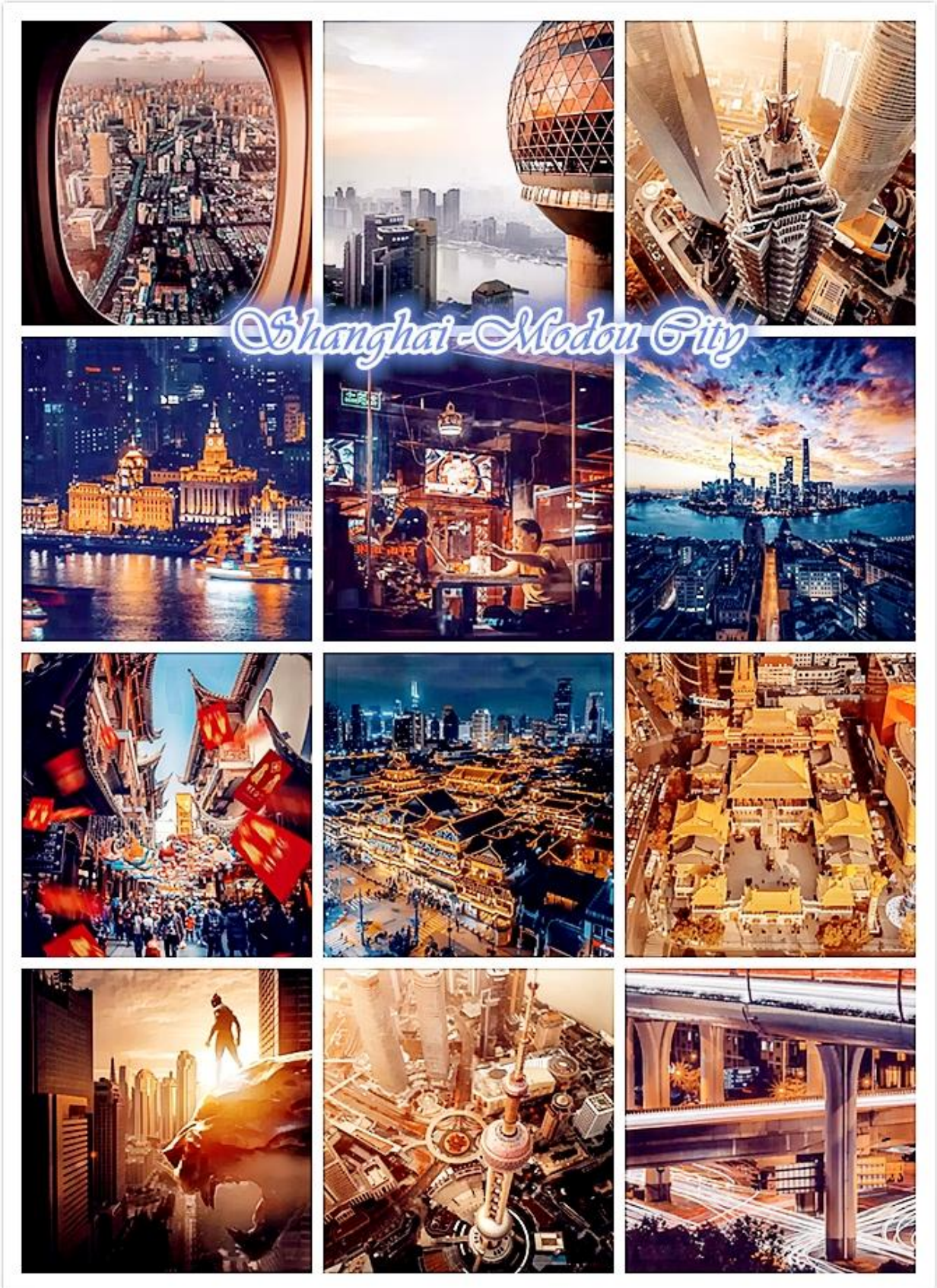
Distance	Cities	Duration	Means of Transportation
1002KM	Shanghai/Chengdu	3 hours 35 minutes	by air
800KM	Chengdu/Xining	1 hours 40 minutes	by air
1972KM	Xining/Lhasa	21 hours 19 minutes	by train
3690KM	Lhasa/Beijing	3 hours 30 minutes	by air



Suppliers' Cost	2024 Tour Package (with twin-shared accommodation)	10-14Pax
		15-19pax
		20pax or more
	Single Supplement	
Cost includes	<ol style="list-style-type: none"> 1. Room upgrade for tour leader whenever and wherever possible FOC 2. Red wine and fruits for tour leader FOC 3. Official visa invitation letter from CTG 4. English map of Beijing and China 5. Birthday Cake and birthday gift for client who has birthday when travelling in China 6. Hotel accommodation in each city with BBF daily(except the arrival date) 7. Service of professional English-speaking guide in each city 8. Luxurious tourist bus with air-conditioning with the service of professional driver 9. Meals as specified on itinerary 10. Escorted sightseeing; Attractions and Cultural Shows Admissions as specified on itinerary 11. Ground transportation as specified on itinerary 12. Domestic flight ticket: Shanghai/Chengdu, Chengdu/Xining, and /Lhasa/Beijing in economy 13. Soft sleeper train ticket: Xining-Lhasa (4 pax sharing one cabin) 14. Travel agent liability insurance of CTG and government tax 15. Tibet permit 	
Cost excludes	<ol style="list-style-type: none"> 1. International airfare to/from China, and travels insurance. 2. Personal expenses such as alcoholic beverages, excess luggage fees, telephone charges, room service and laundry charges 3. Gratitude to the guides, drivers and porters in China 4. Cost of national guide 5. Electronic Visa from CTG is available for single enter China from Shanghai and Handling Fee(Visa Guide) 	
Note	<ol style="list-style-type: none"> 1. Hotels and flights listed in our programs are subject to change due to un-foreseen reasons and we reserve the right to use similar hotels and flights. 2. Health requirements-Clients should take into account all international travel risks and familiarize themselves with health requirements applicable to the areas they intend to visit. The client is solely responsible for checking the safety and security conditions, vaccination, and other health requirements of governments in countries visited or transited. <u>Travelers to Tibet are required to provide a doctor's certificate stating that the he/she is fit to travel and his/her blood pressure and heart condition are normal. This is a necessary requirement because of the possible effect that the very high altitude may have on certain people.</u> 3. Luggage allowance-In accordance with regulations of the General Administration of Civil Aviation of China, the free baggage allowance within China is 20kg for the economy class, 30kg for the business class, and 40kg for the first class, plus limited carry-on luggage. Excess baggage charges are the sole responsibility of the client. Regulations within China specify that all suitcases must have a locking device attached. Failure to follow this regulation may result in refusal by airport staff to load suitcases onto the aircraft. 	

Selected Hotel Information

City	Hotel Name	Standard	Contact Information
Shanghai	Paradise Jinjiang Hotel https://www.agoda.com/paradise-hotel/hotel/shanghai-cn.html?cid=-142	4 Star	Address: 2558 Chang Yang Road, Yang Pu District, Shanghai, China People's Republic of China Tel:(0086-21)35129898
Chengdu	Tibet Hotel Chengdu http://www.tibet-hotel.com/en/index.html	5 star	Address.: No.10, Section 1, North Renmin Road, Jinniu District, Chengdu, Sichuan, China Te: +86-28- 83183388
E Mei	Holiday Inn Express Emei Mountain https://www.ihg.com.cn/holidayinnexpress/hotels/gb/en/emeishan/ctuem/hoteldetail	4 star	Address: Danran Street, 3rd Jingqu Road, Ehong Road Huangwan Village , Emeishan, Sichuan Tel: +86-0833-5058555
Xining	Xining Mansion http://www.qhxnds.net/	4 star	Address: No.61,Jianguo Road, Chengdong District, Xining Tel: +86-971-8164999
Lhasa	Thangka Hotel http://14197.hotel.cthy.com/	4 star	Address: No.38,Yutuo Road, Chengguan District, Lhasa Tel: +86-891-6308866
Shigatse	Gesar Hotel https://hotels.ctrip.com/hotels/91951713.html	4 star Local Best	Address: Longjiang Road, Shigatse, Tibet Tel:86-891-8800088
Tingri	Everest Hotel http://www.xzzfbg.com/index.php	3 star Local Best	Address: No. 1 East Pearl Peak Road, Baiba Township, Dingri Tel: +86-892-8262775
Gyantse	Yeti Hotel https://hotels.ctrip.com/hotel/2240404.html?isFull=F	4 star Local Best	Address: No. 11 Weiguo Road, Gyantse Tel : +86-892-8175555
Shannan	Tsedang Hotel https://hotels.ctrip.com/hotel/3055077.html?allianceid=4897&sid=1314700&relatedate=2&oid=alad3055077	4 star Local Best	Address: No. 19 Naidong Road, Zedang Town, Naidong District Tel: +86-893-7821899
Beijing	Great Wall Hotel http://greatwallsheraton.com/	5 Star	Address: No 1 Jianguomenwai Avenue, Beijing 100004 China T: (86 10) 6505 2277



Shanghai

(Chinese: 上海; Mandarin pinyin: Shànghǎi) is the most populous city in China. The city is located in eastern China, at the middle portion of the Chinese coast, and sits at the mouth of the Yangtze River. Due to its rapid growth over the last two decades it has again become a global city, exerting influence over finance, commerce, fashion, technology and culture.

Once a fishing and textiles town, Shanghai grew in importance in the 19th century due to its favorable port location and was one of the cities opened to foreign trade by the 1842 Treaty of Nanking. The city then flourished as a centre of commerce between east and west, and became a multinational hub of finance and business in the 1930s. However, with the Communist Party takeover of the mainland in 1949, the city's international influence declined. In 1990, the economic reforms introduced by Deng Xiaoping resulted in an intense re-development of the city, aiding the return of finance and foreign investment to the city. Shanghai is now aiming to be a global finance hub and international shipping centre in the future, and is one of the world's major financial centres.



Shanghai is also a popular tourist destination renowned for its historical landmarks such as The Bund, City God Temple and Yuyuan Garden, as well as the extensive and growing Pudong skyline. It is described as the "showpiece" of the booming economy of mainland China.





Giant Panda

Common name

Giant Panda (En); Panda Géant (Fr); Panda gigante (Sp);

scientific name

Ailuropoda melanoleuca

habitat

Temperate Broadleaf and Mixed Forests of Southwest China

status

Endangered (IUCN 3.1)

population

1,600 in the wild (2004)

did you know?

That the panda cub is 1/900th the size of its mother

height

Upto 150cm for adults

weight

100 to 150 kg

Map (Giant Panda Range)



The giant panda has an insatiable appetite for bamboo. A typical animal eats half the day—a full 12 out of every 24 hours—and relieves itself dozens of times a day. It takes 28 pounds (12.5 kilograms) of bamboo to satisfy a giant panda's daily dietary needs, and it hungrily plucks the stalks with elongated wrist bones that function rather like thumbs. Pandas will sometimes eat birds or rodents as well.

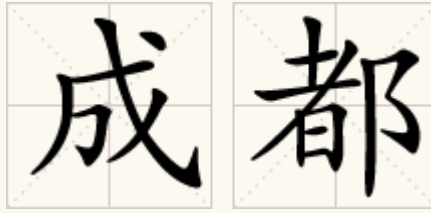
Wild pandas live only in remote, mountainous regions in central China. These high bamboo forests are cool and wet—just as pandas like it. They may climb as high as 13,000 feet (3,962 meters) to feed on higher slopes in the summer season.

Pandas are often seen eating in a relaxed sitting posture, with their hind legs stretched out before them. They may appear sedentary, but they are skilled tree-climbers and efficient swimmers.

Giant pandas are solitary. They have a highly developed sense of smell that males use to avoid each other and to find females for mating in the spring. After a five-month pregnancy, females give birth to a cub or two, though they cannot care for both twins. The blind infants weigh only 5 ounces (142 grams) at birth and cannot crawl until they reach three months of age. They are born white, and develop their much loved coloring later.

There are only about 1,000 giant pandas left in the wild. Perhaps 100 pandas live in zoos, where they are always among the most popular attractions. Much of what we know about pandas comes from study of these zoo animals, because their wild cousins are so rare and elusive.





Chengdu, formerly transliterated *Chengt'u*, is the capital of Sichuan province in Southwest China. It holds sub-provincial administrative status. The urban area houses 14,047,625 inhabitants: 7,123,697 within the municipality's nine districts and 6,730,749 in the surrounding region.



Chengdu is one of the most important economic, transportation, and communication centers in Western China. According to the 2007 Public Appraisal for Best Chinese Cities for Investment, Chengdu was chosen as one of the top ten cities to invest in out of a total of 280 urban centers in China. In 2006, it was named China's 4th-most livable city by *China Daily*.

The fertile Chengdu Plain, on which Chengdu is located, is also known as the "Country of Heaven", a phrase also often translated as "The Land of Abundance". The discovery of the Jinsha site suggests the area of Chengdu had become the center of the bronze age Sanxingdui culture around the time of the establishment of the state of Shu, prior to its annexation by Qin in 316 BC.

Pandas, in Chengdu

As China's National Treasure, the giant panda is one of the rarest animals in the world. The total number is estimated to be 1,500, including those living in the wild, 80% of which are in Sichuan Province. A breeding center for giant pandas was founded in the north suburbs of Chengdu. It is the only one of its kind in the world that's located in a metropolitan area.

In order to better protect wild giant pandas, Chengdu has established nature reserves in Dujiangyan City, Chongzhou City, and Dayi County. Sichuan Wolong Giant Panda Nature Reserve, the biggest of its kind in the world, is only 130 km outside Chengdu.



Giant Buddha of Leshan (aka Dafo) is the tallest stone Buddha statue in the world, carved out of a cliff face by an 8th-century monk in southern Szechuan province.

History Construction on the Giant Buddha began in 713 AD. It was the idea of a Chinese monk named Haitong, who hoped that the Buddha would calm the turbulent waters that plagued the shipping vessels travelling down the river. His plans were not just supernatural - the enormous amount of rubble carved away from the cliff would



be deposited in the river, altering the currents and calming the waters. When government funding for the project was threatened, the monk is said to have gouged out his own eyes to show his piety and sincerity. The construction project was continued by his disciples and finally completed by the local governor in 803. Today, there are still some strong currents where the three rivers meet - but none that threaten the tourist ferries. The "Mount Emei Scenic Area with Leshan Giant Buddha" was listed as a UNESCO World Heritage Site in 1996.

What to See Known as Dafo, the statue depicts a seated Maitreya Buddha with his hands resting on his knees, gazing across the river with heavy-lidded eyes. Maitreya is the future Buddha, who will appear to preach the dharma when the teachings of Gautama Buddha have faded away. He was especially popular during the 4th to 7th centuries and his images can be found throughout the Buddhist world, conveying his characteristic air of expectancy and promise. Standing 71 meters (233 feet) tall, Dafo is the tallest Buddha statue in the world. His shoulders are 28 meters (92 feet) wide and his smallest toenail can accommodate a seated person. Each eyebrow is 18 feet long. According to a local saying, "The mountain is a Buddha and the Buddha is a mountain." Several drainage passages hidden in the Buddha's hair, collar, chest, and holes in the back of his ears preventing the Buddha from serious erosion and weathering. He has been lovingly maintained on a regular basis throughout his 1,200-year history, but is still a bit mossy. Visitors stare in awe at the Buddha from the tourist ferries and from a terrace next to his ear. On one side of the terrace is a modern statue of the monk Haitong, and behind is the Lingyun Temple Museum with exhibits on the construction and renovations of Dafo. South of the Giant Buddha is Wuyou Si, which visitors pass on the way from the ferry to the Buddha. A pink-walled monastery founded in 742 AD, it has impressive decorations including splendid gate guardians, painted scenes from the Journey to the West (on the second hall) and amusing sculptures of arhats (inside the Louhan Hall). On the other side of the gully on Lingyun Shan, there are signs for Han-dynasty tomb chambers, which suggest this site was sacred before the Buddha was carved



MUNICIPALITY OF BEIJING BEIJING SHI

Beijing is a metropolis in northern China and the capital of the People's Republic of China.

It is one of the four municipalities of the PRC, which are equivalent to provinces in China's administrative structure.

The municipality of Beijing borders Hebei Province to the north, west, south, and for a small section in the east, and Tianjin Municipality to the southeast.

Beijing is one of the Four Great Ancient Capitals of China.

Beijing is China's second largest city, after Shanghai.

*Beijing is a major transportation hub, with dozens of railways, roads and motorways passing through the city.
It is also the focal point of many international flights to China.*

Beijing is recognised as the political, educational, and cultural center of the People's Republic of China, while Shanghai and Hong Kong predominate in economic fields.

The city hosted the 2008 Olympic Games.



Beijing (Peking) is one of the great cities of the world and famous for its long history and splendid culture.



It has been the capital for the last 700 years and is the second largest city in China. Its long history has endowed the city with countless historic and scenic spots. Beijing is filled with great monuments, palaces, temples and reminders of the past glory of imperial China. Situated in the northeast of China, it is the center of national politics and culture and the hub for international communication. It has an overall population of 10,855,000 and covers an area of 16,808 square kilometers at an elevation of 43.5 m above sea level. The climate in Beijing is seasonal with cold, dry winters and hot summers.

Beijing is a tourist city famed for its picturesque scenery. Autumn is the peak season, when the weather is dry and cooler. You can visit the largest and best-preserved ancient palace, the Imperial Palace, the most well preserved royal garden, the Summer Palace, and the world-famous Great Wall. The Imperial Palace represents the crystallization of ancient Chinese architecture. The Summer Palace has a concentration of the best of ancient buildings, as well as styles of gardening, and is a virtual museum of traditional Chinese gardening. The Great Wall, a huge project that began more than 2,000 years ago, winds its way along the mountains and valleys bordering northern China and approaches quite close to Beijing.



Today, with its magnificent Tiananmen Square, its network of cloverleaf road junctions and its skyline of high-rises,



Beijing has taken on a new look, blending classical grace with hi-tech modernity. The grand, magnificent Tiananmen Square stands harmoniously in the vicinity of crisscrossing cloverleaf junctions and serried skyscrapers. Simple, classical tradition synchronizes perfectly with contemporary civilization: Beijing, this ancient city, has taken on a brand-new look.

Beijing is the host city to the 2008 Olympic Games. Under the theme of "Green Olympics, Hi-Tech Olympics and People's Olympics, great changes are taking place in Beijing. We are seeing not only high-speed economic development but also enhanced friendship between the Chinese people and people

around the world.

Beijing's climate is defined as "continental monsoon." The four seasons are distinctly recognizable. Spring and autumn is the best time to be in Beijing, particularly in the months of April, May, September and October. Autumn is considered to be the best time to visit Beijing as the skies are clear and the weather is very comfortable. The four seasons are very clear in Beijing with a temperate spring, rainy summer, clear autumn, and a cold, snowy winter. The average temperature throughout the year is 11.8POP. The coldest month is January with an average temperature of -4.6POP and the hottest month is July at an average temperature of 26.1POP. Unfortunately, spring and autumn are shorter than summer and winter. Although winter is technically longer, that should not keep you from traveling to Beijing as indoor heating is widely available. Nevertheless, as the indoor/outdoor temperature difference is rather large, travelers should be prepared with warm clothing and a thick coat is recommended for the colder months of the year. In winter, off-season discounts are to be had as well.

Bilingual weather information can be obtained by dialing 12121 when in Beijing.

The average precipitation in a year is 644 mm. The frost-free period is 180-days.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temperature (Celsius)	-4.6	-2.2	4.5	13.1	19.8	24.0	25.8	24.4	19.4	12.4	4.1	-2.7
Rainfall (cm)	3.0	7.4	8.6	19.4	33.1	77.8	192.5	212.3	57.0	24.0	6.6	2.6
Days of rainfall	2.0	3.1	4.1	4.6	5.9	9.7	14.1	13.2	6.8	5.0	3.7	1.6





Tibet

lies on the Qinghai-Tibet Plateau of the southwest border of China.

The average height of the whole region is more than 4,000 meters above sea level, for which Tibet is known as "Roof of the World". The highest peak of Tibet, also the highest in Himalayas and in the whole world, is Everest Peak, which is as high as 8,846.27 meters above sea level.



Although a part of China, Tibet has a unique culture of all there own. It is mainly inhabited by Tibetans, a minority nationality of old and mysterious people. Tourist attractions include the Potala Palace in Lhasa, Jokhang Temple, and a number of Buddhist sacred places.

Tibet (Xi Zang in Chinese) is to the south of Xin Jiang Uygur Autonomous Region and Qing Hai Province, to the west of Sichuan, to the northwest of Yunnan and to the north of India and Nepal.

Its population of 2.3 million people come from a variety of ethnic groups including Tibetan, Han, Monba and Lhota. Its capital city is Lhasa.



Northwest Tibet, mainly Qing Hai plateau, is home to a variety of unusual and unique animals. Across the northern expanse of Tibet, you can see vast grasslands where horses, yak and sheep roam freely. The world's lowest valley, the Grand Yarlung-tzangpo River Valley lies in east Tibet.



Nearly all Tibetans follow Tibetan Buddhism, known as Lamaism, with the exception of approximately 2,000 followers of Islam and 600 of Catholicism. Tibetan Buddhism was greatly influenced by Indian Buddhism in its early time, but after years of evolution, Tibetan Buddhism has developed its own distinctive qualities and practices. A well-known example is the belief that there is a Living Buddha, who is the reincarnation of the first, a belief alien to Chinese Buddhism.



It is freezing cold in most time of the year. Most tourists come to visit Tibet only in the warmest seasons, June, July, August and early September.

Temperatures and Latitudes of Lhasa and other cities in Tibet

Place	Latitude (North)	Sea level (meter)	A. T. in a year ('C)	A. T. in Jan ('C)	A. T. in Jul ('C)
Amdo	32.21	4800	-3.0	-15.0	7.9
Nagqu	31.29	4507	-1.9	13.9	8.9
Chamdo	31.11	3240.7	7.6	-2.5	16.3
Damxung	30.29	4200	1.3	-9.9	10.8
Pome	29.52	2750	8.5	-0.2	16.5
Lhasa	29.42	3658	7.5	-2.2	15.1
Nyingchi	39.33	3000	8.6	-0.2	15.6
Tsetang	29.15	3500	8.3	-0.7	15.5
Xigaze	29.13	3836	6.3	-3.8	14.2
Gyangtse	28.55	4040	4.7	-5.1	12.8
Tingri	28.38	4300	0.7	-11.3	10.9
Zayui	28.39	2327.6	18.6	11.8	-4.0
Pali	27.44	4300	-0.1	-8.8	7.8

'C is in Celsius.



What is the best season for tour in Tibet?

Generally speaking, from April to October is the best season for Tibet tour. However, having a winter tour can be pleasant if you don't mind the cold weather. You can avoid the tourist crowds, and economical accommodations and transportation are more available.

When is the best time to go?

A: Tibet is vast! Generally, it is recommended to pay your visit from May to July, and September to October. Lhasa, Tsetang and Shigatse are suitable for tourism year round. The harsh coldness makes it unadvisable to visit the Everest Base Camp area from October to next April. During the winter, roads might be blocked by heavy snow in east Tibet and Ngari while in August huge rainfall makes travel in those areas very difficult.

http://weather.yahoo.com/climo/CHXX0080_f.html

Against Acute Mountain Sickness (AMS)

The high altitude and people's reaction to it is one of the difficulties to travel to Tibet. But it is not as serious as you imagine, especially when you know it and get prepared for it.

- *What is High Altitude*

- High Altitude: 1500 - 3500 m (5000 - 11500 ft)
- Very High Altitude: 3500 - 5500 m (11500 - 18000 ft)
- Extreme Altitude: above 5500 m

When acclimatization lags significantly behind ascent, various symptoms occur. **Acute Mountain Sickness (AMS)** represents the body's intolerance of the hypoxic (low oxygen) environment at one's current elevation

- *What kinds of physiologic reactions will happen*

- Hyperventilation (breathing fast)
- Shortness of breath during exertion
- Increased urination
- Changed breathing pattern at night
- Awakening frequently at night
- Weird dreams

- *Altitudes of different places in Tibet*

Place	Altitude	Place	Altitude
Lhasa	3658 m 12001 ft	Nyingchi	3000 m 9843 ft
Nagqu	4507 m 14787 ft	Tsetang	3500 m 11483 ft
Qamdo	3205 m 10515 ft	Shigatse	3836 m 12585 ft
Damshung	4200 m 13780 ft	Gyangtse	4040 m 13255 ft
Pome	2750 m 9022 ft	Tingri	4300 m 14108 ft
Amdo	4800 m 15748 ft	Zayui	2325 m 7628 ft

Qingzang railway 青藏铁路

The **Qingzang railway**, is a high-altitude railway that connects Xining, Qinghai Province, to Lhasa, Tibet Autonomous Region, in China.



The total length of Qingzang railway is 1956 km. Construction of the 815 km section between Xining and Golmud was completed by 1984. The 1142 km section between Golmud and Lhasa was inaugurated on 1 July 2006 by president Hu Jintao: the first two passenger trains were "Qing 1" (Q1) from Golmud to Lhasa, and "Zang 2" (J2) from Lhasa. This railway is the first to connect China proper with Tibet Autonomous Region, which due to its altitude and terrain is the last province-level entity in mainland China to have a conventional railway. Testing of the line and equipment started on 1 May 2006. Passenger trains run from Beijing, Chengdu, Chongqing, Guangzhou, Shanghai, Xining and Lanzhou.

The line includes the Tanggula Pass, at 5,072 m above sea level the world's highest rail track. The 1,338 m Fenghuoshan tunnel is the highest rail tunnel in the world, at 4,905 m above sea level. The 4,010-m Guanjiao tunnel is the longest tunnel from Xining to Golmod and the 3,345-m Yangbajing tunnel is the longest tunnel from Golmod to Lhasa. More than 960 km, or over 80% of the Golmud-Lhasa section, is at an altitude of more than 4,000 m. There are 675 bridges, totalling 159.88 km, and about 550 km of the railway is laid on permafrost.

Construction

Tanggula railway station, located at 5,068 m, is the highest elevated in the world

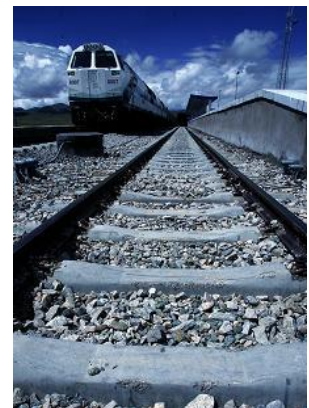
Since the formation of the Tibetan Autonomous Region in early 1950s, the Chinese government has dreamed of building a railway connecting Tibet to China proper. Engineers were sent to investigate the possibility, but shortage of technology and money prevented the project from starting.



The 815 km section from Xining, Qinghai to Golmud, Qinghai opened to traffic in 1984. Construction of the remaining 1,142 km section from Golmud to Lhasa could not be started until the recent economic growth of China. This section was formally started on 29 June 2001. This section was finished on 12 October 2005, and signalling work and track testing took another eight months. It was completed in five years at a cost of \$3.68 billion.

Track-laying in Tibet was launched from both directions, towards Tanggula Mountain and Lhasa, from Anduo Railway Station on 22 June 2004. On 24 August 2005, track was laid at the railway's highest point, the Tanggula Pass, 5,072 m (16,640 feet) above sea level.

Forty-four railway stations are to be built, among them Tanggula Mountain railway station, at 5,068 m the world's highest (Cóndor station, at 4,786 m, on the Rio Mulatos-Potosí line, Bolivia, and La Galera station at 4,777 m, in Peru, being the next highest). The Qingzang Railway project involved more than 20,000 workers and over 6,000 pieces of industrial equipment, and is considered one of China's major accomplishments of the 21st century.



Railways & Train

Bombardier Transportation provided 361 high-altitude passenger carriages with special enriched-oxygen and UV-protection systems, delivered between December 2005 and May 2006. Fifty-three are luxury sleeper carriages for tourist services.



The construction of the railway was part of the China Western Development strategy, an attempt to develop the western provinces of China, which are much less developed than eastern China. The railway will be extended to Zhangmu via Shigatse to the west, and Dali via Nyingchi to the east. A further extension is planned to link Shigatse with Yadong near the China-India border. The railway is considered one of the greatest feats achieved in modern Chinese history by the government, and as a result is often mentioned on regular TV programs. Chinese-Tibetan folk singer Han Hong has a song called *Tianlu* (Road to Heaven) praising and glorifying the Qingzang Railway.



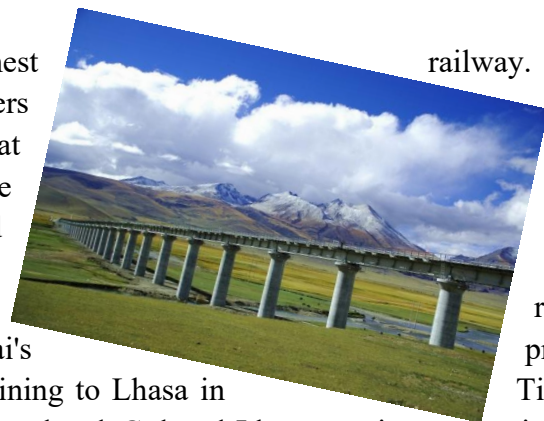
Facts about Qinghai-Tibet Railway

* Qinghai-Tibet Railway is the world's highest kilometers of its tracks are located 4,000 meters sea level and the highest point is 5,072 meters, at meters higher than the Peruvian railway in the which was formerly the world's most elevated

* The railway is the world's longest plateau extending 1,956 kilometers from Qinghai's



capital Xining to Lhasa in newly completed Golmud-Lhasa section kilometers across the Kunlun and Tanggula mountain ranges.



railway. Some 960 above least 200 Andes, track.

railroad, provincial Tibet. The zigzags 1,142

* About 550 kilometers of the tracks run on frozen earth, the longest any of the world's plateau railways.

* Fenghuoshan Tunnel, 4,905 meters above sea level, is world's most elevated tunnel on frozen earth.



in the

* Kunlun Mountain Tunnel, running 1,686 meters, is the world's longest plateau tunnel built on frozen earth.



* Upon its completion, the maximum train speed is designed to reach 100 kilometers per hour in the frozen earth areas and 120 kilometers per hour on non-frozen earth.

* Construction of the Golmud-Lhasa section of the landmark railway commenced on June runs are set for July 2006.



* 1,686 meters: Kunlun Mountain Tunnel, running 1,686 meters, is the world's longest plateau tunnel built on frozen earth.

* 4,905 meters: Fenghuoshan Tunnel, 4,905 meters above sea level, is the world's most elevated tunnel on frozen earth.

* 45 stations: Altogether there are 45 stations along the rail line. Tanggula Railway Station, 5,068 meters above sea level, is the highest railway station in the world.

Engineering challenges

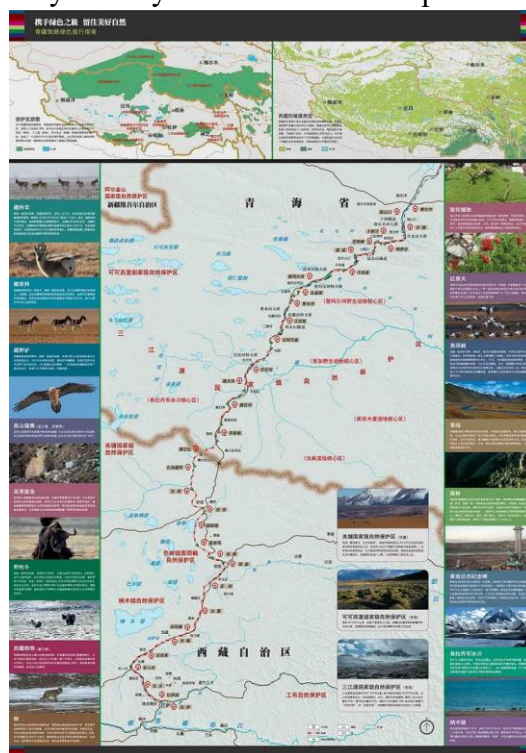
There were and are many technical difficulties for such a railway. About half of the second section was built on *barely permanent permafrost*. In the summer, the uppermost layer thaws, and the ground becomes muddy. Chinese engineers dealt with this problem by building elevated tracks with foundations sunk deep into the ground, building hollow concrete pipes beneath the tracks to keep the rail bed frozen, and using metal sun shades. Similar to the Trans-Alaska Pipeline System portions of the track are also passively cooled with ammonia based heat exchangers.

Kunlun Pass

The air in Tibet is much thinner, having 35% to 40% less oxygen than at sea level. Special passenger carriages are used, and several oxygen factories were built along the railway. At this altitude in these latitudes, water in toilets must be heated to prevent freezing. The Chinese government claimed that no construction worker died during the construction due to altitude sickness related diseases. The railway passes the Kunlun Mountains, an earthquake zone. A magnitude 8.1 earthquake struck in 2001. Dozens of earthquake monitors have been installed along the railway.

Economic & environment impact

With limited industrial capacity in Tibet, the Tibetan economy heavily relies on industrial products from more developed parts of China. Transport of goods in and out of Tibet was mostly through the Qingzang Highway connecting Tibet to the adjacent Qinghai province, which was built in the early 1950s. The length and terrain have limited the capacity of the highway, with less than 1 million tons of goods transported each year. With the construction of the Qingzang railway, the cost of transportation of both passengers and goods should be greatly reduced, allowing for an increase in volume—the cost per tonne-kilometer will be reduced from 0.38 RMB to 0.12 RMB. It is projected that by 2010 2.8 million tons will be carried to and from Tibet, with over 75% carried by the railway. This is expected to boost and transform the Tibetan economy.



The environmental impact of the new railway is an ongoing concern. The increase in passenger traffic will result in greater tourism and economic activity on the Tibetan Plateau. Dejectas and junks are collected into two sealed containers in every car and not chucked on the tracks. They are taken out after arriving at the terminus. Wood is the main fuel source for rural inhabitants in certain regions of Tibet. The damage to the ecosystem caused by cutting trees for fuel takes years to recover due to slow growth caused by Tibet's harsh environmental conditions. The railway would make coal, which is not produced in Tibet, an affordable replacement. However, the increase in fuel combustion due to increased human activity in an already-thin atmosphere may affect the long term health of the local population. The effects of this railway on wild animals such as Tibetan antelope and plants are currently unknown. Thirty-three overpasses were constructed specifically to allow continued animal migration.