

W W W . T I B E T A N C O N N E C T I O N S . C O M



TRIP DISCRIPTION



This trip features a close experience with the local life, rituals and Buddhist arts. It begins with a light trekking through the Tibetan village landscapes and camping in the mountains, from the eastern borderland where multi ethnicities reside together, and going westward and elevating gradually to the heartland of Tibetan Buddhist arts. At the end of the trekking road, we will arrive to witness an ancient shamanist ritual taking place in late July. We will then attend a workshop on the Thangkha painting,

which is the most effective form of arts utilized in Tibetan Buddhism for worship, teaching and meditation. In the workshop, the monk artisan will talk about the views, theories and instruments, as well as the different traditions and appreciation of this art form. We will get hands-on to paint. For the evenings we will stay with the Tibetan families, enjoying the local foods, visiting the village temples.

TRIP HIGHLIGHT

- Village landscapes and life (trekking, camping, homestay)
- Shamanist festival (ancient Shamanist ritual, blending in Buddhism)
- Thangkha painting workshop (theory and hands-on)

TRIP INFORMATION

Region elevation and travel level

- Elevation: 2200m-3100m / 6,600ft-9,300ft
- Trip level: moderate in physical challenge

Tour leader and transportation

- Well experienced trilingual Tibetan tour leaders with more than 10 years of leading international clients.
- bus or mini bus with A/C and space for luggages.

Accommodations and meals

- 3-5 star hotels with daily breakfast, 24 hr shower, standard toilets.
- Tibetan homestay in beautiful wooden structure and decorations, indoor toilets, clean water and beddings, both traditional and modern beds available.
- local Chinese, Tibetan and Hui Muslim food.

Food arrangements during the trek

- Breakfast: eggs, locally backed bread, Yak yogurt, Jam, coffee, Tea
- Packed lunch: sandwiches, apples, energy bars.
- Dinner: pasta with Tibetan yak Gruyere.

TOUR AND TREKKING PREPARATION This are the state of a s

Things that <u>you need</u> to bring for the trek



Clothes:

- I. Cap / hat (covers neck and face from Sun).
- 2. Outdoor water-proof jacket.
- 3. Fleece (for morning and evening temperature / 10c-15c).
- 4. T-shirts, two (at least one long-sleeves for protection from Sun).
- 5. Quick-dry trousers.
- 6. Raincoat.
- 7. Trekking boots (waterproof is the best option. If it's brand new, pls wear and get used).
- 8. Cotton socks, two pairs.

Equipment:

- 1. Backpack, 20-25L (for your daily items, raincoat, packed lunch, water bottle, backpack rain cover).
- 2. Walking stick (1 for experienced trekker; 2 for beginner).
- 3. Water bottle (pls bring 1 or 2. We will fill water one time before the trekking each morning and carry by ourselves).
- 4. Sun block (SPF50+, PA+++).
- 5. Lipstick for sunscreen and moisture.
- 6. Sunglasses.
- 7. Headlamp (for your personal use. We provide the camping lamp for each tent).
- 8. Camera, and extra batteries for camera (no electricity during the trek).
- 9. Power bank for your cell phone charges.10. Sleeping bag.

TOUR AND TREKKING PREPARATION

Things that we will provide for the trek



Pls let us know if you need items except the listed below. For personal use:

- 1. Toilet papers.
- 2. Wet tissue.
- 3. Hand sanitizer.
- 4. Quick-dry hand tower.

Full camping facility:

- I. Tents.
- 2. Air mattress for each person.
- 3. Air pillow for each person.
- 4. Camping lamp.
- 5. Dinning sets (table and chairs).
- 6. Dinning tent
- 7. Toilet tent.
- 8. All cooking equipment.
- 9. Plates, cups, bowls, spoons, forks, tissues.



WHAT YOU NEED TO KNOW ABOUT THE TREK?

- 1. The level of this trek is from light to moderate, which means very enjoyable. Each day the landscape changes with amazing views, from dirt roads to grassland to forestry to farms. You will come cross with the farmers' villages, nomads' villages, monasteries, and a nunnery.
- 2. For the things you need to bring, you will find all of them in Decathlon store.
- 3. If you bought new shoes, please at least wear for 2 days, get used to it, and see if it works well with your cotton socks and ankles.
- 4. All things essential for the trekking, such as your personal hygiene tools (toothbrush / paste /cream and so on), your medicines and vitamins, books etc. you can keep them in your suitcases, and leave with the vehicles. Each evening, the vehicles will join us, so you can get your suitcases back.
- 5. During the trek, it's highly suggested to not take shower or wash hair. Because the plateau temperature changes quickly, it's easier to catch cold. You may wipe with the hand tower and wet tissues. You can wash your underwear and small items in the river near our camp sites. But be mindful not to pollute the river by the washing liquid.
- 6. Slippers are good to bring, to relax your feet in the evenings from the day's trekking.
- 7. It's a zero waste trekking We will have separate trash bags in the bus and on camp sites. The trash collected will be bring back to the nearest town for recycle and dump. Please help us to keep the treks clean.

DAY BY DAY (PAGE 1)

Dт

Home - Xining

Arrival in Xining. Meet with your local team at Xining Caijiapo airport. Drive to your hotel in Xining. City tour including Dongguan mosque that has more than 400 years of history. Following walk through a local Muslim food market. Meet at dinner at the Blue Barley Tibetan restaurant.

Driving hours: 1

lodging standard: 3 star hotel

Average altitude: 2,250m/6,750ft

D_2

Xining -Xunhua County. Camping

The breakfast starts from 7.30am at the first floor. Your guide will meet you all at the hotel lobby with all your luggages at 8.30am .We start our adventure from Xining and drive southeastern to Xunhua County. it is about 2 hours of scenic driving, partly on a highway. Right outside of the city, we will start to see the mountains, farms and villages. After one hour driving, we will see the Yellow river and drive along the the river to Xunhua county town, home of Salar and Tibetans. We will stop to visit the Camel Spring where the Salar's Turkic ancestors built their home in the Tibetan land when they emigrated over 700 years ago. After this site, we will drive to Karang village where we will set up our first camp in the mountain. It is a great place to view the entire valley and Karang village. You are welcome to help us to set the tents and organise the dinner, or you also free to take a short walk near the camp site. Dinner will be ready at 19.30. After dinner, we will use one hour to learn Amdo Tibetan, that will help you to communicate with Tibetan during your journey.

Driving hours: 3

Lodging standard: camping

Average altitude: 2,600m/7,800ft

DAY BY DAY (PAGE 2)

D 3

Treking & camping

Walk up all at 7.30, our team will arrange your breakfast. breakfast will be ready at 8.15. we will use 45 minute to finish your meal. Your guide will give you a short tips of treking and trekking and stoping duration. Our team will arrange your PACKED LUNCH. We will start to walk from the camp site toward the Tawa monastery. It is about 8km trek/5-6. We will stop for lunch at 12.00. we will spend 30-45 x to enjoy our lunch on a great spot. We will still continue trek through Karang village and will arrive at our second night camp site around 15.00. It is also a great camp site and we will set our camp near Tawa Monastery, If you still want to do more physical excisess, there is a great walking trail near the monastery. Our team will start to cook your second dinner. You will help the team to cook including washing, chopping vegetables as well as setting the dining tables, chairs and plates. Dinner will be ready at 19.30. Just like the first camping night, you are free to take a short walk after dinner.

Trekking hours: 5-6

lodging standard: camping

Average altitude: 2,600m/7,800ft

D 4

Xunhua - a half-day trek - Rebkong

Wake-up call is at 7.30am and we will spend 20 minutes of meditation before having our breakfast, Afterward, we will start to trek for one hour to Tawa nunnery, located in a hidden valley where there are about 15 nuns live. We will visit the temple and then descend to the next village where our driver waits. Repack your bags and we will drive toward Rebkong, through a deep gorge and via Gangtsa grassland. We will stop at Gangtsa for the highland pastures, yaks and sheep. Then continue drive another hour to arrive in Rebkong. Check in your hotel, free time until we call meet the hotel lobby at 19.30pm. Dinner will be at the Dreamland Tibetan restaurant, a culture salon and successful business started by a group of young Tibetans. Drive back to your hotel and rest.

Trekking hours: 1-2

Driving hours: 1-2

lodging standard: 3 star hotel

Average altitude: 2,900m/8,700ft

DAY BY DAY (PAGE 3)

D 5

Rebkong - Thangka workshop - Luru (Shaman) festival - Homestay

Hotel breakfast buffet starts from 7:30am Meet with your guide and driver at 8.00am. Drive to Chuma village to meet with your Thangka painting teacher. Our morning sessions include the Buddhist views, the theory in arts, the basic techniques, the materials and instruments, demonstrations of the painting, Q-A time. You will each have a syllabus. At 12.00pm, we will leave for town to get our lunch. At 2:30pm, the Thangka painting work shop starts, and you can keep your painting as a souvenir. In the evening, we will drive to Gyawo Gang village which is less than one hour of driving from the town. Meet with our host family and we will arrange your lodging according the room availability. We will prepare our dinner with the family. You have a great opportunity to participant the family to make Tibetan momos, if you have never made any cooking before, no worries, there will be people from the village teaching how to make momos (dumplings) After dinner, we will take a short walk around the village, you will get a great panoramic view of the Rebgon town. Overnight in Gyawo gang Village.

Driving hours: 1-2

lodging standard: home stay in Gyawu Gang village

Average altitude: 3,000m/ 9,000ft

D 6

Rebkong - Luru (Shaman) festival - Home stay

Today is going to be extraordinary. We will have breakfast at 8:00am. At 9,00am. we will drive to Sagkyi village to attend the Luru festival. It is an annual Shamanist festival only celebrated in several villages in Rebkong. The ritual begins with the burning of incense for purification and inviting the deities to the temple yard. The shamans will do their ritual inside the temple first which t is not opened for public. Then the transformation begins. The local mountain deities will arrive through the Shamans. The mountain deities are the protectors and also mediators for the villages. So it's the time to solve any conflicts, obstacles and receiving blessings. The gods, goddesses, the deities's assistant will dance to demonstrate their faith to the main deity. Ancient rituals, such as piecing chins, cut foreheads have been banded in recent years.

Lunch will be arrange in the town. We will come back to the temple yard for the festival un ill it finishes around 17.00. We will drive back to our village, a 45-minute short discussion time on the local Shamanism system in Rebkong and other parts of Tibet. Dinner at our home.

Driving hours: 1

lodging standard: home stay

Average altitude: 2,900m/8,700ft

DAY BY DAY (PAGE 4)

D 7

End of the trip and farewell.

We will have our breakfast in the village, say good-bye to the host family and leave for Xining airport at 9.00am. It is about 2 hour driving. Bid farewell to your guide and driver at the airport and fly out back to Beijing.

Price details

Price is based on per person
Single supplement: 1200RMB for whom who prefers to have his/her own room.

8,500RMB: Price for group size from 2-4 PAX

7,880RMB: Price for group size from 5-8 PAX

Price includes

- Ground transportation
- Accommodations (Hotel & Home stay / one standard room for 2 people)
- All meals from D_I D₇ (three meals P/D)
- Local tour guide
- All expenses for trekking and camping
- Thangka workshop expenses
- Our service fee

Price does not include

- Air tickets
- Travel insurance
- Festival visiting fees and entry fees for site visits

COMPANY INTRODUCTION

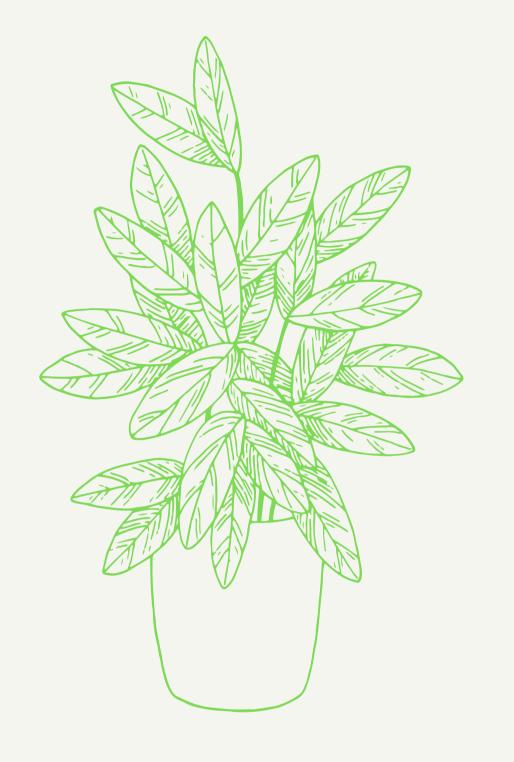


Tibetan Connections is a locally operated tour company run entirely by Tibetan travel expertise. We are committed to offer you the best experience of Tibet possible. We pride ourselves in our high standard of customer services, and work hard to ensure you enjoy your journey in this breathtaking land. Our staff are experienced travel operators and guides who have not only worked in the Tibet travel industry for many years, but also received the trainings in tourism, safety, and customer satisfaction in China and internationally. In accord with client preferences, our staff has led numerous luxury, budget, and adventure tours on the plateau for the past 20 years. Whether or not you decide to travel with us, we are happy to offer free and accurate information regarding all aspects of travel on the Tibetan Plateau and western China. We welcome all inquiries by phone, e-mail, or in person at our office.

For the

A GENTLE NOTE ON CONFIDENTIALITY

For the past twenty some years, we have enjoyed providing free information and consultation on anything our potential clients want to know about traveling in the Tibetan Plateau and the neighboring areas. Our tailor-made itineraries according to the clients interests and budgets, are based on one to one communications and informations we share. We therefore would like to ask you please not to share our itineraries to the third parties and help us keeping the itineraries confidential. This is your kind support to the small business like us. In the current situation with quite devastating effects on the tourism, we sincerely appreciate your understanding and supporting us to continue doing a good job in service.



Terms and Conditions

(Note: The term "client" is used below to indicate individual travelers, travel groups, and/or travel agencies liaising with Tibetan Connections (TC) on behalf of travelers and tour groups.).

- The client is requested to finalize and confirm his/her trip at least one month prior to travel.
- After finalizing his/her itinerary with TC, the client is requested to send the following information ordocuments in order to confirm his/her trip:
- 1. Passport number
- 2. Date of birth
- 3. Occupation
- 4. Photocopy of passport picture page
- 5. Photocopy of Chinese visa
- 6. Emergency phone number in the client's resident country.(In the rare event of an emergency, this phone number will allow us to contact your relatives or friends. We will not share your personal information with any external individuals, companies, or organizations.)
- 7. Deposit (The client is required to send 30% of the total trip cost as deposit at the time of confirmation.)
- After paying a deposit of 30% at the time of confirmation, the client is requested to pay the remaining 70% upon arrival on arrival day (Day 1 of the trip). We are able to accept payment in the form of cash, bank transfer, or Western Union.
- If for any reason the client prefers not to carry a lot of cash on his/her person, we can accept the entire trip fee in a single installment at the time of confirmation.
- If the client wishes to postpone his/her trip and informs TC at least one week before arrival day (Day 1 of the trip), the deposit will not be returned but may be used as a deposit for the same or altered trip at a later date. Please note that in the case of postponement, TC cannot ensure trip costs will remain the same, as prices change depending on the time of year.

- If for personal, scheduling, or other reasons the client cancels his/her trip prior to arrival day (Day 1 of the trip), the deposit will not be returned. However, if the entire trip fees were paid in one installment at the time of confirmation, cancellation prior to arrival day (Day 1 of the trip) will result in a 70% reimbursement of trip fees.
- If the trip must end early or be canceled on or after arrival day (Day 1 of the trip) due to health problems, altitude sickness, natural disasters, or any other similar reason, neither the deposit nor any other portion of the trip fees will be returned to the client. However, if the trip must end early or be canceled due to political unrest or unforeseen governmental restrictions that cannot be compensated for by alternate arrangements, all trip fees minus both the deposit and fees for the days already traveled will be returned to the client.
- As a result of the politically sensitive nature of recent events on the Tibetan plateau, government regulations preventing non-Chinese nationals and individuals who are not local residents from entering certain areas are occasionally and temporarily instituted. Such regulations are not generally publicized prior to implementation. TC will make every effort to learn of any such regulations prior to travel and while fixing the itinerary with the client. However, in the case of unforeseen inability to enter a location listed on the client's itinerary, TC will alter the travel route by choosing alternative travel locations. We will to the best of our ability ensure the client remains satisfied with his/her trip.