

# *ROUTE BOOK*

*XINING - SHANGRILA - LIJIANG*

**(Year 2011)**

**DAY 0. Sunday**

**XINING. Arrival Reception.**

**DAY 1 XINING**

Breakfast: 8:00  
 Leave: 9:00  
 Lunch 13:00  
 Aprox Arrive: 18:30

**Obtain temporary driving license.** XINING - (36 38'N 101 46' E). Xining is the capital of Qinghai province, it locates the east of this province, near the Huangshui River. It has total 350 km<sup>2</sup> surface and the altitude is 2200m. There has about 1,030,000 population, compare with the whole China, this is not a big amount of the people. But the most impressive thing of this city is the variety of ethnic groups that inhabit it. There has 37 different minorities, like Han, Hui, Tu, Hasta, and Tibet, etc. The Hui Minority, which is Muslim, is the mojority, and this is why there has a lot of mosques dotting the city and the most important one is Dongguan Mosque. Every Friday noon time, the day of prayer, on the main street where locates the mosque there has crowd of people who come to pray because of many faithful. Another point of interest and of great mystical significance for Buddhists is the temple of Kumbum or Ta'er Temple, where is the Tree of Great Merit and inside the largest Buddha in China, a crossing between Lhasa and the lands northern Mongolia, where the great Mongol conqueror Altan Khan requested the third Dalai Lama became the spiritual life this way. Ta'er Temple was the resting place of many Dalais Lamas for closer ties with the Mongolian plains.



Muslem from everywhere.

**Xining Dong Guang Mosque**, has been built between 1368-1398, has more than 600 years history, this is one of the Four Grand Mosques in north west China and is the biggest Muslem Mosque in Qinghai Province. It's occupy 13602m<sup>2</sup>, until now everyday comes around 7000 Muslem for worship, every Friday comes around 20,000 Muslem and important Festival comes more than 100,000



**Ma Bufang Residence.**

Ma Bufang, the most famous warlord in

northwest China in 1940', this residence has been built in 1942, occupy 29950m<sup>2</sup> in total.



**DAY 2**

**XINING - MAQIN (438KM)**

Breakfast: 8:00

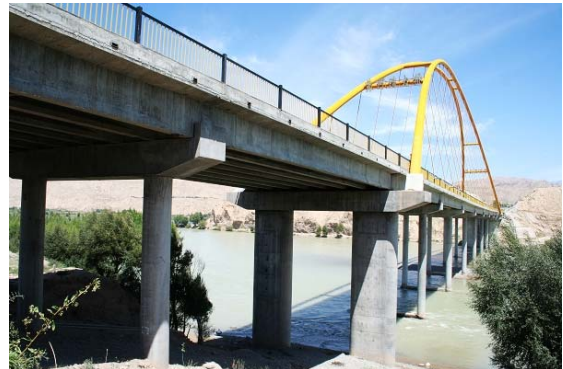
Leave: 9:00

Lunch: 12:30 (Picnic)

Aprox Arrive: 18:30

After few km leave from Xining, we start to climb the first Pass of the day, 4234m. In general, the roads are good and the off-road tracks have no difficulty. The Laji Mountain area are all off-road, the Laji Pass is 3820m.

**The Yellow River Bridge** was built in 1976, total 264.4m length, 7m width.



**La Jia Temple**, 364km of Xining, is one of the most famous temples of Geru Sector nearby the Yellow River of Qinghai Province. This temple was built in 1769 and now there has more than 500 monks living there



**DAY 3**

**MAQIN - BANMA (305km)**

Breakfast: 8:00  
Leave: 9:00  
Lunch: 12:30  
Aprox Arrive: 17:30

Today we have to cross 3 passes, the Qin Zhen Shan Pass (4382m), An La Pass (4223m) and the Mo Ba Pass (4453m).

Our route many times cross the Yellow River.

Banma has about 19,000 population, and 95% of them are Tibetan. Mainly there has two rivers cross, the Mace River and the Duoke River.



**The passes on the journey in Winter Time.**



**DAY 4**  
**BANMA - LUHUO (366km)**

Breakfast: 8:30  
 Leave: 9:30  
 Lunch: 13:00  
 Aprox Arrive: 17:30



Today will be another day with high altitude, and cross 3 passes of the mountains, which is 4382m, 4223m and 4453m. On the road we can see a lot of small monasteries. In Banma town people still use the yarks as the transportation media. Very soon leave Banma, we will see a lot of typical Tibet Style bridges, towers and riverside villiages.



**Friendship Bridge.** It locates 146km distance of Banma, and it is the boarder between Qinghai Province and Sichuan Province.



**Rang Tang,** is 216km distance to Ban Ma, is where we are going to have lunch. Zengke Monastery, occupy 2500 m<sup>2</sup>, there has now 300 monks and 2000 Tibetan people living there. Surrounding this monastery there has 1108 stupas.



**DAY 5**  
**LUHUO - LITANG (344km)**

Breakfast: 8:30  
Leave: 9:30  
Lunch: 13:00  
Aprox Arrive: 17:30



Our route today will be 70% off-road, and we will be in the typical mountainous areas.



On the way people can see some nice Qiang Minority houses. Qiang Minority was belongs to Tibet Minority long time ago, both were nomad. But there has one group of people separate from the nomad, settle down in one place forever then becomes a new minority Qiang.



**Litang**, 4014m altitude. The oxygen content is only 48% of the plain area. Litang in Tibet Language called 'Letong', 'Le' means bronze, 'Tong' means grassland, flat terrain, total means the grassland is so wide and flat like the bronze mirror.

**DAY 6**

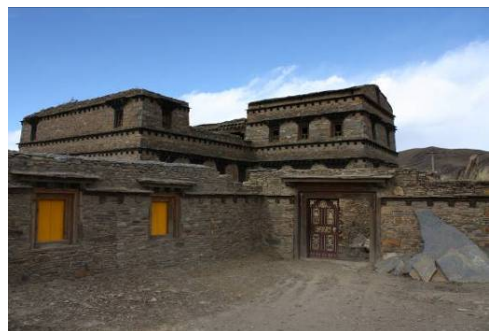
**LITANG -XIANGCHENG (203km)**

Breakfast: 8:30  
 Leave: 9:30  
 Lunch: 13:00 (Picnic)  
 Aprox Arrive.: 18:30



**Zha Ga Holly Mountain**, we will see a lot of Typical Tibet flags.

There has a big area with plenty of small and middle size stones as soon as leave Li Tang town and there has a lot of big or small lakes in the middle of the stones, this area called 'Hai Zi Shan'. 'Hai Zi' is Tibet language, translate into Chinese means 'Lake', and 'Shan' means 'Mountain', so from the name you can see how many lakes this area has. Of course you can see from very far some high mountains with snow covered or on top. After the 'Hai Zi Shan', the most popular local



resident houses come to your eyes time to time.



**Xiangcheng**, 5007.78km<sup>2</sup>, there has 3 rivers cross through from north to south. Because of the cross of Shuoqu River and Dingqu River, it looks like the string of pearls. In Tibetan, 'Xiangcheng' means 'The place of pearls (or Buddha Bead), that's how the name comes from.



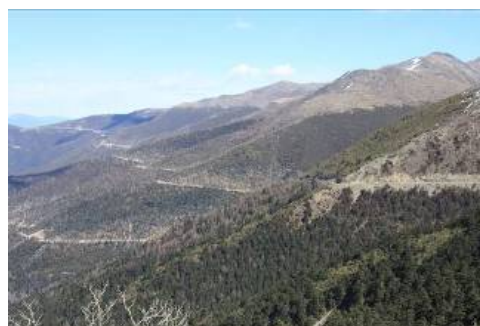
**DAY 7**

**XIANGCHENG - SHANGRI-LA (214km)**

Breakfast: 8:30  
Leave: 9:30  
Lunch: 13:00  
Aprox Arrive.: 18:30



Today can be a very relax day, the roads either are good, or not so complicate off-road, people can enjoy the different beautiful mountain view.  
There has a 4300m pass at the boarder between Suchuan Province and Yunnan Province



**DAY 8**  
**SHANGRI-LA**

Today is a relax day, we hope people can enjoy the relax time during our time in Shangri-la



**Hotel in Shangri-la!**



**Shangri-la**, this name becomes famous because of a famous novel 'Lost Horizon', written by a British novelist James Hilton in 1933. In Tibetan, 'Shangri-la'

means 'Sun & Moon in the Heart', it represents the ideal realm of Tibetan, for long time 'Shangri-la' is the word means the most mysterious place. Because of this reason, only until the end of 2001, Chinese government changed the name of Zhongdian to Shangri-la.

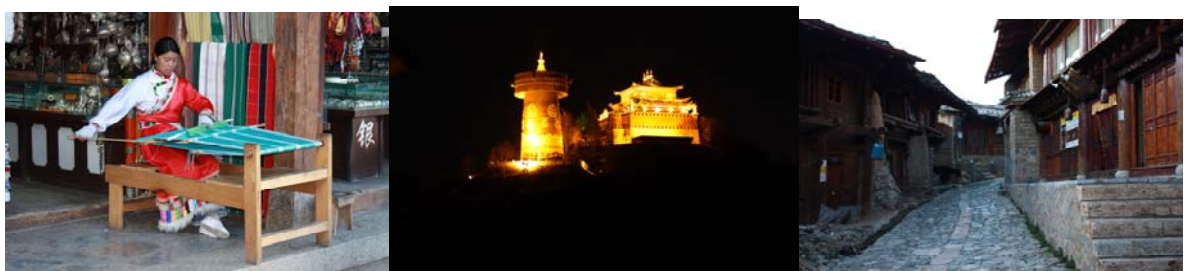


**Songzanlin Lamasery**, this is the biggest Tibet Temple in Yunnan Province. This temple started to build in 1679, finished the construction in 1681. There has more than 700 monks in this temple at present. It locates 5km north of Shangri-la, with 3270m altitude. Because of the construction style, Songzanlin Lamasery also called 'Small Potala'.



**Dukezong Antique Town**, locates in the center of the town, it has more than 1300 years history. People can enjoy not only the old

Tibet culture, but also can find good restaurant with western food and bars!



## DAY 9

### SHANGRI-LA - LIJIANG (170km)

Breakfast: 8:30  
Leave: 9:30  
Lunch: 13:00  
Aprox Arrive.: 18:00



Today will be a relax day because of the short distance and the good road condition. and there has some places we must will stop for a visit.

**Yulong Snow Mountain.** 'Yulong' in Chinese means 'Jade Dragon', the main peak is 5596m high, it is the lowest latitude in the northern hemisphere but the highest mountain above sea level in the world. It's north-south direction, the width from east to west is 13km, and the length from north or south is 35km, there has total 13 peaks, and all the 13 peaks with snow all days during the year, so it's like a jade dragon lying on the top of the mountain, ready to jump to the Jinsha River.



**Tiger-Jumping Gorge,** east is Yulong Snow Mountain, west is Haba Snow Mountain, this gorge locates between the two high snow mountains, the vertical elevation difference of the canyon is 3790m, it is one of the deepest gorges all over the world.

**The Old Town of Lijiang.** As one of the most well protected Four Antique Town in Chinese history, this famous town is the only one has no wall surrounding. It also called Dayan Town. The altitude there is around 2400m, there has more than 25,000 population, and most of them are Naxi Minority.

