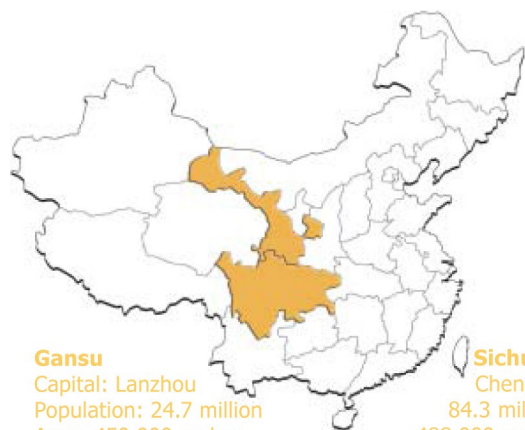




# The Last Frontiers

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Guided by experience.



## Gansu to Sichuan: On the Fringe of the Tibetan Plateau

(9 days/ 8 nights)

### Gansu

Capital: Lanzhou  
Population: 24.7 million  
Area: 450,000 sq km

### Sichuan

Chengdu  
84.3 million  
488,000 sq km



Imagine vast grasslands and wildflowers; visiting old Tibetan monastic towns that are located between passes with an altitude exceeding 3000m; watching monks assembling for their chanting; sharing a bowl of hot yak-milk tea with nomades; passing herds of horses, yaks and sheep; walking with pilgrims who have come thousands of kilometers to turn the wheels at LaBuLeng Monastery.... and just watch the world go by.

The border region between Gansu and Sichuan is not easy accessible. But this remoteness contributed to its unspoilt charm. On this trip we will take you to a place where you can experience traditional Tibetan nomadic culture within a stunning scenery. And suffering from humid & boiling Shanghai summer you will especially enjoy pleasantly warm days and cool summer nights.

### Day 1: Shanghai - Lanzhou

#### Evening Flight Shanghai – Lanzhou

Airport Pick up – Transfer to Hotel

Hotel check in

Night at (\*\*\*\*) Hotel, Lanzhou

Have a local lunch. Once the monks are doing their chanting, walk the Kora, surrounding the whole monastery complex (and count the Prayer Wheels you are turning).

In the afternoon discover the village of Xiahe with local shops, the extended Kora and the river in the valley ... . Opposite the river you can see the wall, where a huge Buddha Thangka is sunned during Chinese New Year.

Night at Hotel, Xiahe

### Day 2: BingLing Caves & Linxia

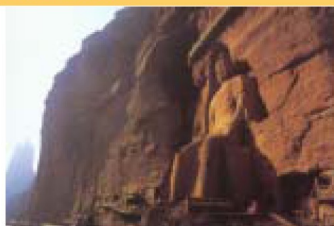
Breakfast

Private car and guide from Lanzhou to BingLing Caves at the Yellow River. Take a boat to reach the site of unique Buddhist Caves, sculptures and paintings.

After the visit, continue via Linxia to XiaHe (altitude 2920m)

Guide will return back to Lanzhou.

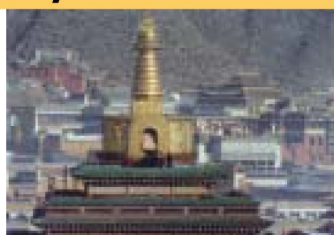
Night at Hotel, Xiahe



### Day 3: LaBuLeng Monastery

Breakfast

Our local guide will bring you to LaBuLeng Monastery complex, one of the biggest Yellow Head Sect Monasteries in China. There you join a tour with a monastery monk. After the tour watch the impressive Gathering of the Monks (at 12:00 every day) in the courtyard of the monastery. An „alphorn“ will call the monks to the monastery, where they will assemble and then disappear into the prayer hall.

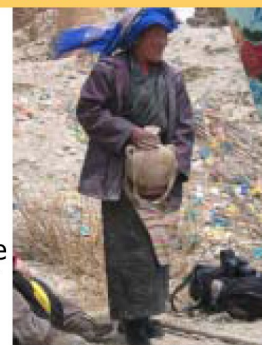


### Day 4: Grasslands around Xiahe

Breakfast

Today you have the opportunity to explore the grasslands around Xiahe with your guide, where nomad families live in tents or – in summer – normal families enjoy their holiday outside their houses in distinctive white/blue tents. When invited in the tents, you cannot refuse a cup of Tibetan yak-milk tea and barley „tsampa“. The grasslands are also a beautiful area for hiking. In summertime the flowers are like a carpet on the meadows.

Night at Hotel, Xiahe



This itinerary has been created through our personal travel experience in this region. It can easily be modified and combined with any other tour we offer in China and the rest of Asia.

**Our objective is to suit your interests best.**

**Talk to us and we will design the right trip for you.**

The Last Frontiers\* / 上海缘蕴旅游咨询有限公司

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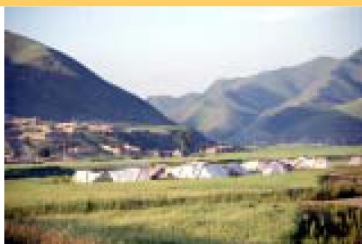


## Day 5: Xiahe to Langmusi

Breakfast

Your private car (no guide) will bring you all the way to Langmusi. See Yaks on the way, herds people and beautiful landscape. Maybe you are lucky and you meet two women, riding home on the back of a Yak – or you try fresh Yak Milk (or Yak Yoghurt) in a nomad's tent? Take time for this long journey and stop for lunch on the way. Admire local people's necklaces – worn by women and men alike. Once you arrive in Langmusi, look for the guesthouse, and check in.

Night in Hotel, Langmusi



## Day 6: Discover Langmusi & Surroundings

Breakfast

Free day to discover Langmusi and its surroundings on your own. Pack a drink and a snack and hike the Kora up to the monastery, dominating the village (which by the way sits on the border between Gansu and Sichuan). Take it easy and enjoy the views from the hills down to the village or across the village to the rugged mountains. You will most probably meet old village folks, doing their daily Kora – and you will feel, how time stands still here – far away from the concrete jungle of China's vast and sprawling cities.

Night in Hotel, Langmusi



## Day 7: Langmusi to Jiuzhaigou

Breakfast

Start early and drive from Langmusi via Zoige and the proper High Altitude Grassland down to Jiuzhaigou, the National Park. Expect a long drive of about 8 hours.

Driver will go back to Lanzhou after you checked into the hotel.

Night at (\*\*\*\*) Hotel, Jiuzhaigou



## Day 8: National Park Jiuzhaigou

Breakfast in your hotel

Pack some lunch and drinks and make your way from the Hotel to the Park (taxi or a shuttle).

Since there are no cars allowed in the Park any more, you have to take a shuttle-bus into and in the Park. Spend the rest of the day in the Park, trying to escape tourists, whose only aim seem to be to take a photo with a donkey in front of a lake or a mountain.

Evening: free. You can however visit a Musical Soiree, performed by Zang & Qiang Minorities.

Night at (\*\*\*\*), Jiuzhaigou



## Day 9: Minority Villages & Huang Long

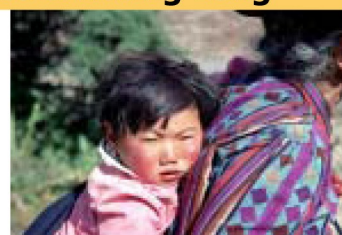
Breakfast

Private car and guide to visit some Minority Villages (Tibetan) in this Region. – Continue to Huang Long, another beautiful Region, about 100 km from JiuZhaiGou. Some even

consider this area more beautiful than that of JiuZhaiGou. Transfer to the airport (40 minutes)

**Flight JiuZhaiGou – Chengdu**

**Flight Chengdu – Shanghai**



**If you decide to travel with The Last Frontiers\* we will be happy to provide an extensive personalised package, including:**

- ✓ **Personal briefing**
- ✓ **Tips and hints on travelling in China**
- ✓ **Map of the region**
- ✓ **Addresslist in both English and Chinese**
- ✓ **Restaurant recommendations**

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**We have been working with our local partners for many years and know them as being reliable and professional. The hotels we chose for you are personally tested and approved by The Last Frontiers. Should problems occur during your trip, we are here for you in our office in Shanghai.**

## Tour includes:

- + Domestic tickets
- + Airport transfers as specified
- + Accommodation as stated including breakfast
- + Private car and guide throughout the tour (guide to Great Wall is not included)

## Tour excludes:

- Entrance fees
- All meals not mentioned in the itinerary or marked as optional or suggested
- Personal expenses (laundry, telephone calls, drinks, tip...)
- Personnel insurances (health, third party, cancellation, luggage...)
- Any services not mentioned in the itinerary



## Price on request

For an exact quote we need to know **travel dates, names of all travelers** as per passport and **birth date of children below the age of 12.**

## Important Remarks

This proposal has been prepared based on or experience and knowledge of the current situation locally. **No** bookings have been made yet. In case of your confirmation to go ahead and to book hotels, flights and other services, we will request those from our partners as per itinerary. Should hotels and flights not be available, we will endeavor to book services of similar quality. However, slight changes to our proposal above may be unavoidable.

## Passports & Visas

When traveling, you must be in possession of valid papers. To avoid any risk, passports shall be **valid for min another 6 months** on the day of your return to your home. In case, Visas are required, The Last Frontiers\* would be delighted to support you organizing the visas. Please note however, that The Last Frontiers\* can not be held responsible for information on visa or immigration regulations, or in case visas are not obtained or visas are not accepted by local Authorities. In case, you plan to come back to China, please check, that you are in possession of documentation to be able to reenter China (visa & entry permit).

## Payment

Invoices payable prior to departure or latest one week after Invoice Date. China Trips payable to our accounts in China or Cash RMB. **Credit Cards welcome (conditions apply).** International services payable in US\$ or Euro to our accounts in Hongkong or Germany. Cheques accepted (surcharges apply).

## Cancellation

**Cancellation fees apply, if you change or cancel the trip (or parts of the trip) after your verbal or written confirmation.** We will attempt to reduce cancellation fees to a minimum and will calculate cancellation fees according to our actually incurred costs and time spent on your case. **In any case, cancellation fees as per Confirmation Sheet apply.**

## Force Majeure

Compensation payments do not apply, where performance is prevented by risk of war or threat of war, riot, civil strife, industrial dispute, terrorist activity, natural or nuclear disaster, fire, adverse weather conditions, technical problems with transport, closure or congestion of airports or ports, cancellations or changes of schedules by scheduled airlines and similar events beyond The Last Frontiers' control.

## Disclaimer

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**Thank you for choosing The Last Frontiers\* as your preferred Travelpartner.**  
**Sigrid Seel & the entire The Last Frontiers Team**

**\*Guided by Experience**

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