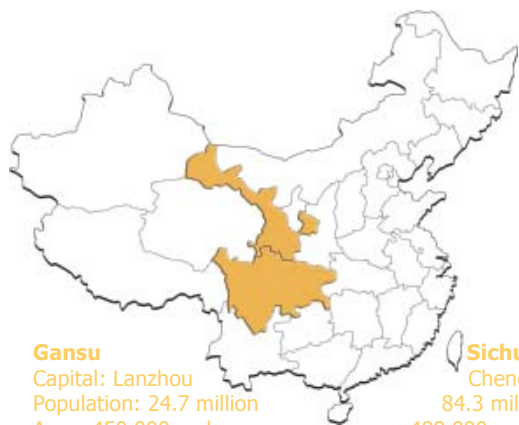




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Gansu

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

Sichuan

Chengdu
84.3 million
488,000 sq km

Gansu to Sichuan: On the Fringe of the Tibetan Plateau

(9 days/ 8 nights)



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).

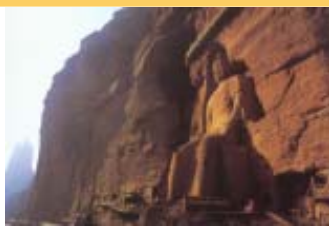
In the afternoon discover the village of Xiahe with local shops, the extended Kora and the river in the valley Opposite the river you can see the wall, where a huge Buddha Thangka is sunned during Chinese New Year.

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 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

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.

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.

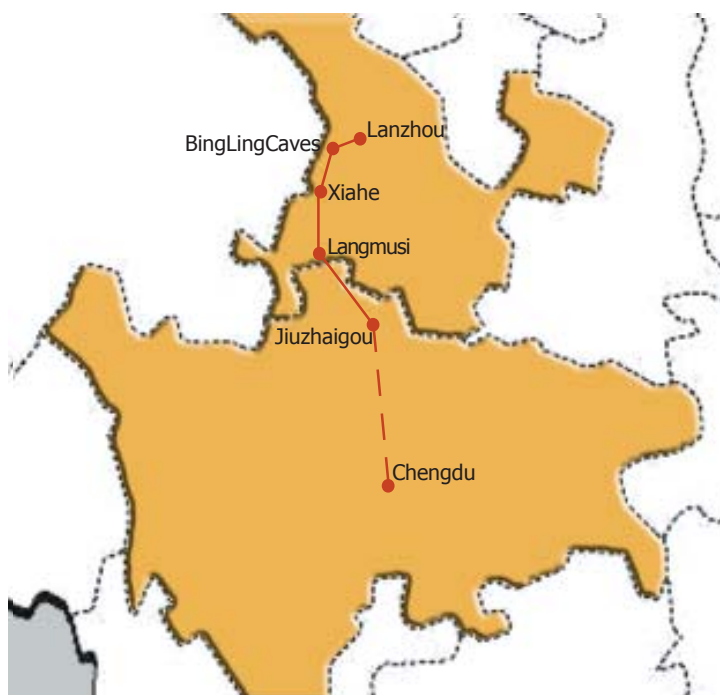
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Day 5: Xiahe to Langmusi

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 loing 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.



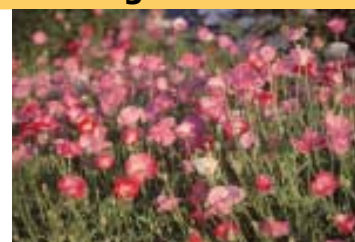
Driver will go back to Lanzhou after you checked into the hotel.

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. Just call us and we will try to solve any glitch on your trip as fast as possible.

Tour includes:

- + Domestic tickets
- + Airport transfers as specified
- + Accommodation as stated (double occupancy)
- + Private guide and car as stated in the programme

Tour excludes:

- Entrance fees, city taxes and other local taxes
- Airport taxes and fuel surcharge
- All meals not mentioned in the itinerary or marked as optional or suggested
- Personal expenses (laundry, telephone calls, drinks, tip...)
- Personal insurances (health, third party, cancellation, luggage...)
- Any services non mentioned in itinerary



Price Indication for trip as specified above: from RMB 12.800 p person plus (airtravel) taxes based on a minimum of 2 pax travelling

For a more exact quote (based on discounted tickets, if applicable and available for your dates of travel), 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 our 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.

Flight prices are quoted based on information from our booking partners. Prices are subject to change without prior notice, if new information becomes available (eg changed booking classes, holiday surcharges, fuel surcharge, security fees, taxes etc).

Flight schedules are subject to change without prior notice. In China, flights are cancelled or changed frequently with very short notice. Such changes are inconvenient, but beyond our control. We will endeavor to inform you of any flight change, but suggest, you re-confirm flight timings locally 24 hrs prior to departure. We cannot accept any liability for any expense caused by schedule changes by the airlines.

Flight connections are chosen by us to provide you with best and most convenient transit times. Delays however occur and we can resume no responsibility for missed flights due to delays. We will be happy to book earlier flights (if available) in order to create a higher safety margin for your transit.

Visas:

In case, Visas are required, The Last Frontiers* would be delighted to help you organizing the visas. Please note however, that The Last Frontiers can not be held responsible for information on visa regulations, or in case visas are not obtained or visas are not accepted by local Authorities.

Payment:

Invoices payable prior to departure or latest 2 weeks after Invoice Date. China Trips payable to our accounts in China or Cash RMB. Credit Cards and Chinese Bank Cards welcome (conditions apply). International trips payable in US\$ or Euro to our accounts in Hongkong, Singapore or (by exception) in Germany. Cheques accepted (Euro/US\$ 30 surcharge applies).

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, a minimum of 10% of the total cost of the trip will be invoiced as Cancellation Fee.** Normally, cancellation fees will not be higher than 50% of the confirmed price. The closer a cancellation is to departure, the more expensive it gets. In extreme cases, such as bookings of special packages or cancellations less than 24hrs prior to departure, we will not be able to refund at all.

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:

The Last Frontiers* Travel- and EventConsulting, issuing ticket(s), coupon(s), receipt(s) etc for your trip acts as CONSULTING AGENT in the making and securing of all arrangements for transportation, sightseeing, hotel accommodations etc. The Last Frontiers does not own, control or operate any services or any supplier of services.

All coupons, receipts, tickets etc are subject to the terms and conditions specified by the suppliers. By accepting your Travel Documents from The Last Frontiers and utilizing its services, you agree that neither The Last Frontiers, nor any of its owners or staff shall be liable for any loss, injury or damage to you or your belongings and you accept our Terms & Conditions.

Terms & Conditions:

The Last Frontiers Terms & Conditions apply to all bookings made through us. Please ask for a copy, should you wish to read and understand our Terms & Conditions in detail. Terms & Conditions are also available on our website www.TheLastFrontiers.com

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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