

**(第一集) 世界最高原一遊
(西寧, 拉薩, 珠峯, 喜馬拉雅)
Part 1. A Journey through the Highest
Terrain in the World
(Xining – Lhasa – Mt. Everest - Himalayas)**



GENERAL

- The trip-of-a-life-time through the world's highest terrain was completed in May 2014.
- Their journey included Qinghai Province (Xining 西寧 and Qinghai Lake 青海湖), a high train ride from Xining to Lhasa 拉薩, Tibet Autonomous Region 西藏自治區(Lhasa 拉薩, Yamdrok Lake 羊湖, Gyantse 江孜, Shigatse 日喀則, Shegar or Tingri 定日, Rongbuk 絨布卡, Mount Everest Base Camp 珠峰大本營, Zhangmu 樟木), Nepal (Kaduri, Kathmandu, Nagarkot, Pokhara and Chitwan National Park).
- This presentation covers only their travel high-points in China, i.e., Xining (7000 ft) to Lhasa (12000 ft) train ride, journey to Mt. Everest base camp(18000 ft), and fly-by the Himalayas (29035 ft).
- Present the before-and-aft pictures of the April-May 2015 Nepal – Tibet border earthquake

High Train Ride from Xining to Lhasa



How to Get There

- Need "Special Tibet Entry Permit" in addition to US Passport and Chinese Visa.
- China gives Tibet permits with limited days, specified places and controlled number of visitors.
- Foreigners cannot travel on their own, should travel with care, and must be accompanied with a Tibetan travel guide.
- Tibet is under China military curfew . Google was blocked.
- Should work with tour agency specializing in booking Xining-Lhasa train tickets and Tibet travels. Book only first class.
- Most Tibet tours are connected with specialized agencies found in Chengdu, China.
- We booked through Chengdu directly, instead of using US travel agents, thus saving about 50% of the costs (details see "John Sun's Practical Guide to China") and enjoying customized services.

Tibet Entry Document 1

西藏自治区旅游局
西藏自治区旅游局
(此件需粘防伪标志)
 旅藏确认函 NO 0087668号

西藏日喀则国旅

兹确认 CITS-XGZ- LJQ0510Z 团一行 零 人

于 贰零壹肆年 伍 月 肆 日 至 贰零壹肆年 伍 月 壹拾肆 日 在藏旅游。

旅行路线及地点：拉萨、拉萨、羊湖、纳木错、
日喀则、萨迦寺、定日、绒布寺、珠峰大本营、樟木、加
都

民航 火车 汽车售票处
 (公章)
 贰零 年 月 日
 注：此件不收费 NO COMMISSION FEE

西藏自治区旅游局
 (公章)
 贰零 壹肆年 肆 月 贰拾肆 日

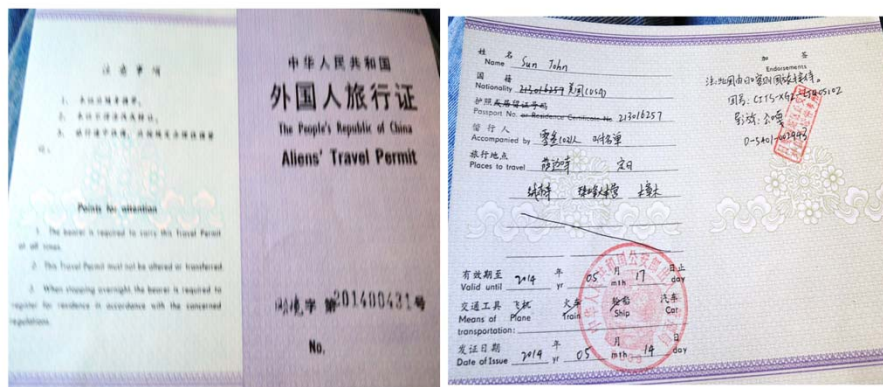
Tibet Entry Document 2

旅行团名单
Travel Group List
 团名: Group Number: CITS-XGZ- LJQ0510Z 4人

号	姓名	出生日期	护照号码	性别	国籍	职业
01	LAI MING SAI	[REDACTED]	[REDACTED]	男	美国	退休
02	SUN JOHN	[REDACTED]	[REDACTED]	男	美国	退休
03	ROSS JAMES CHARLES	[REDACTED]	[REDACTED]	男	加拿大	销售
04	SATO MAKI	[REDACTED]	[REDACTED]	女	日本	医生

西藏自治区旅游局
 (公章)
 贰零壹肆年肆月贰拾肆日
 外国人证件专用

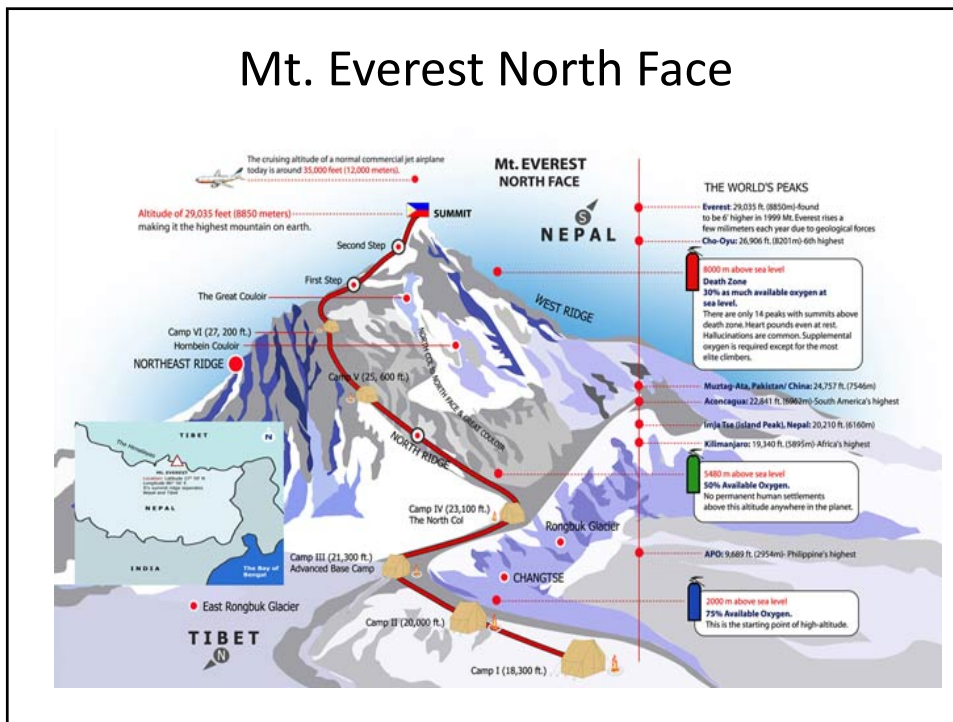
Special Permit prior to Visiting Mt. Everest Base Camp



Train Ride from Xining to Lhasa



Mt. Everest North Face



Xining 西寧 Street Scene



Xining Public Bus



Xining Islamic Hand-stretched Noodles



Islamic Restaurant



Islamic Hot Pot



Western Influence in Xining



Military Control starting from Xining Train Station



Train Ride to Lhasa



Xining - Lhasa Train Ride



Torturous Frozen Land



Snow-Capped Mountains and Zigzagging Rivers



Tibetan Yaks Lives at Altitude 12000-14000 feet



Monitoring Lhasa from Roof Tops(天籟地網)



Barkar Circuit八角街 (Heavy Police Control)



Lhasa Street Scene



Lhasa Street Shopping



Front View of Potala Palace (布達拉宮)



Climb the Steep Steps Under Burning Sun



In the Potala Palace



Back View of Potala Palace



Devoted Pilgrimage in Lhasa (Prostrating a thousand miles)



A Girl and a Boy



A Tibetan Mother and her Daughter. Negotiation in the Jewelry Market



In front of Jokhang Temple (大昭寺)



Pilgrims Praying in front of Jokhang



Typical Tibetan Food



Traveling from Lhasa to Mt. Everest in a Van



Lahsa-Mt.Everest-Zhangmu-Kathmandu



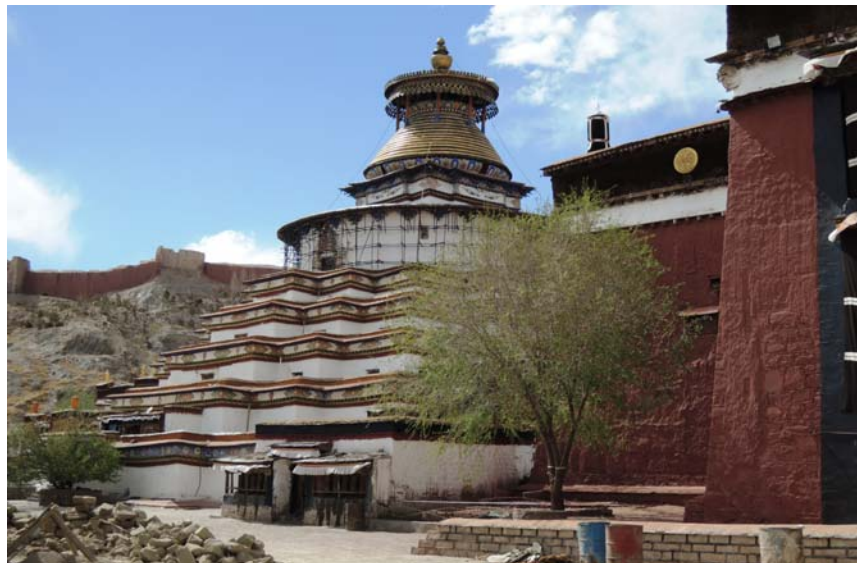
Spectacular Mountain Views after Departing Lhasa



Arrival at Sun Moon Mountain
(Altitude 12000 feet)



Kumpa Stupa of Gyntze 江孜



Gyantze Dzong (Gyantze Fortress) - 江孜 a Walled City



Tibetan Budha Images inside Kumpa Stupa



Drepung Monastery 哲蚌寺
The largest Monastery in the World



Inside Drepung Monastery 哲蚌寺



Religious Event in Drepung (Tibetans Precession in Clockwise Direction)



Holy Yamdrok Lake 羊湖 Alt=13332 ft



The Magnificent Yamdrok Lake



A Tibetan Mastiff, 藏獒



Tibetan Mastiff 藏獒 - King of All Dogs



Debating Monks in Sera Monastery 色拉寺



Shegar Dzong Walled Monastery in Tingri (薩迦寺,新定曰)



Ronbuk Monastery 絨布寺

By the Ronbuk glacier on the north face of Mt. Everest (China Side)



Mt. Everest

The Highest Mountain in the World



Inside the Tent at Mt. Everest Base Camp

Altitude at 18000 Feet



The Peak of Mt. Everest at 29035 Feet



Farewell Mt. Everest 告別珠峯



How to Prepare for the Trip

- Health: What is your general health? How high have you traveled in the past? Consult your doctor first .
- Medication: Take high altitude pills, Diamox. Bring sunscreen lotion and skin lotion.
- High altitude acclimatization: Stay in Xining for 2-3 days at altitude 7200 ft prior to visiting Lhasa at 12000 ft and passing Tanggula pass at almost 17000 ft.
- Clothing: Take layered clothing as weather changes drastically. Heaviest Jacket, gloves .. are needed, if you visit Mt. Everest base camp at nearly 18000 ft.
- Weather: Pick a accommodating weather, such as May.
- Safety: Join a specialized group tour. Oxygen is always available.
- Travel: Fly into Xining from US. Xining can also be reached from all major cities in China via train or airline.



NEPAL and Tibet-Border EARTHQUAKES, April – May 2015

- We visited the same area, May 2014
- 9000 killed and 23000 injured. Magnitude 8
- Mt. Everest Avalanche killed at least 19 climbers
- Pictures show before-and-aft of the earth quakes

ZHANGMU 樟木 BORDER CROSSING



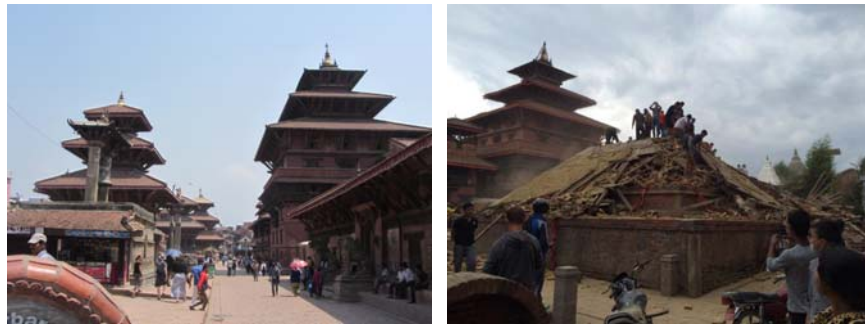
BRIDGE between KADORI (NEPAL) and ZHANGMU (CHINA)



EARTHQUAKE VIDEO TAKEN AT ZHANGMU 樟木



PATAN DURBAR SQUARE



PATAN DURBAR SQUARE

THE TALL WHITE TOWER COLLAPSED
THE TWO PAGODA SURVIVED



BIG EYE STUPA

THE MAIN STRUCTURE SURVIVED THE QUAKE
THE ADJACENT BUILDINGS DESTROYED



CHASE YOUR DREAM NOW

Next, let us learn about China High Speed Train System and How to Book them from US

(第二集) 乘中国高速火车

Part 2. High-Speed Train Travel in China



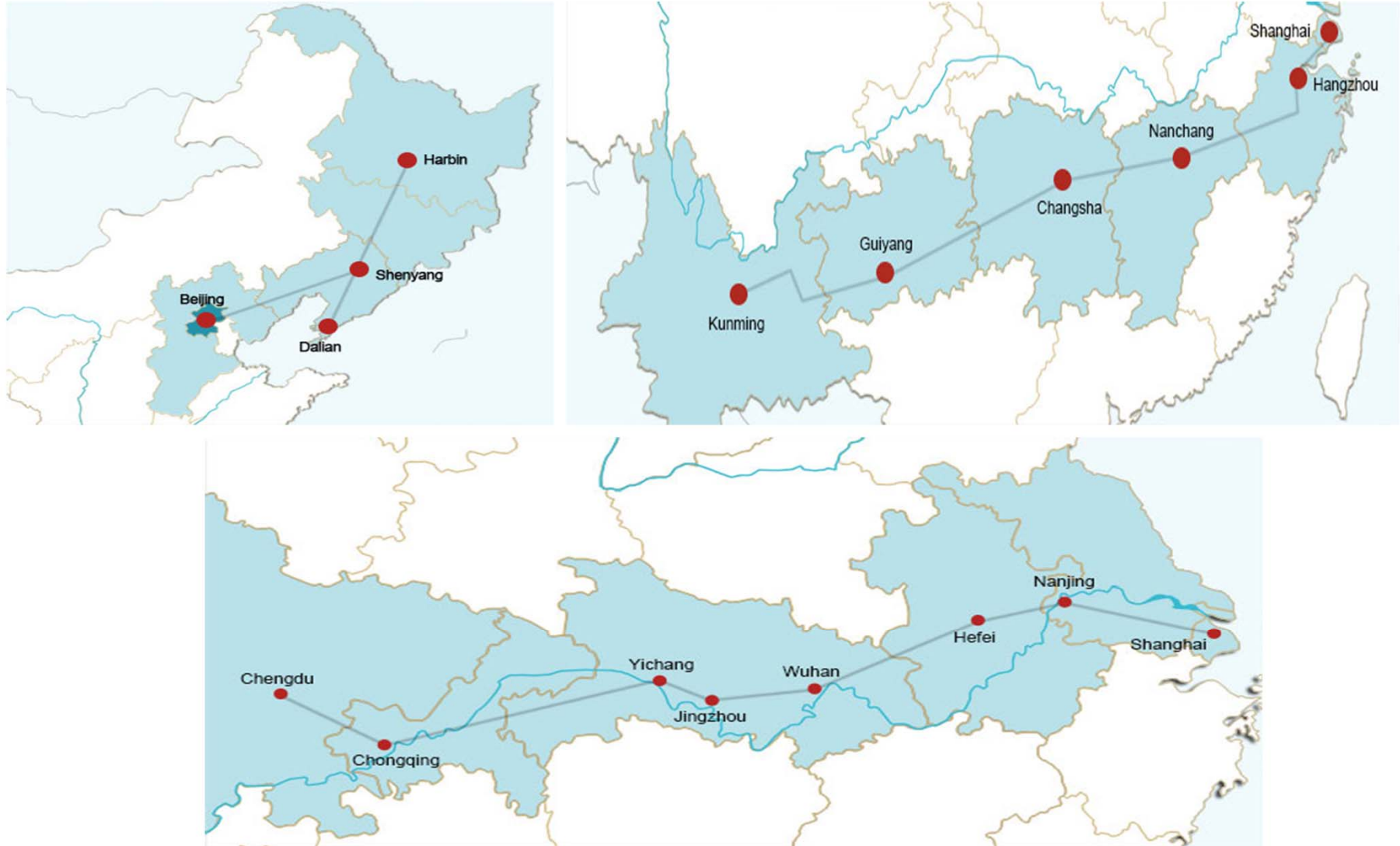
China Railway Map



Major Routes of High Speed Rail (1)



Major Routes of High Speed Rail (2)



Categories of Chinese Trains

CRH (China Rail High-Speed train) and HSR (High Speed Railway)

EMU (Electric Multiple Unit, or modern high-speed train) – Best Category

- G-Series (Gaosu 高鐵) – Fastest train. Top speed =220m/hr. 180 – 155 –125 m/hr.
 - D-Series (Dongche 動車) – Harmony 和諧号 bullet train, Top speed = 160m/hr.
 - C-Series (Chengji 城際列車) – Short-haul high-speed intercity express at 75 m/hr.
- Categories: Business 商务. 1st class 頭等. 2ndclass 二等.



Fees are competing with airplane tickets.



Maglev High Speed Rail

Magnetically levitated train (磁悬浮列车) operating between Shanghai Pudong International Airport and Longyang Road Metro Station. Speed =267 m/hr. Travel time = 8 minutes.

REGULAR NON-CRH TRAINS

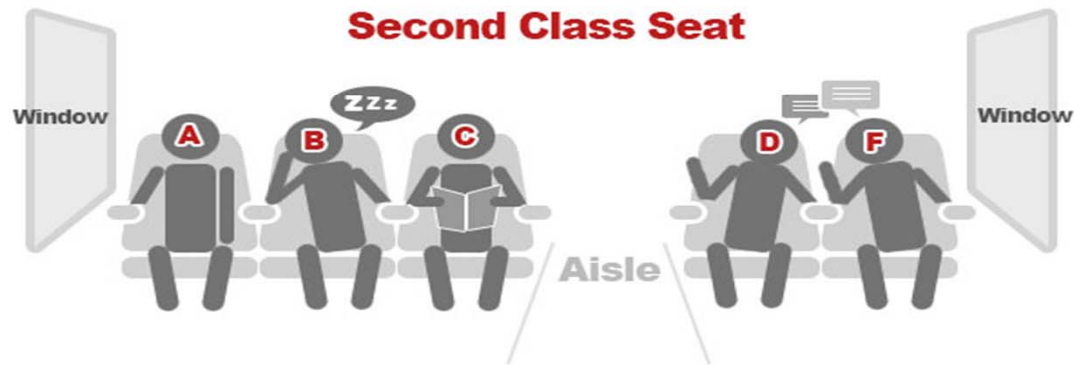
- Z-Series (Zhida, 直達) – Direct Express. Non-stop or few stop. Second best. 96 m/hr.
- T-Series (Tekuai, 特快) – Express train connecting major cities. 84 m/hr.
- K-Series (Kuaisu, 快速) – Fast train stops at more stations. 72 m/hr.
- L-Series (Lin Ke, 臨客) – Temporarily operated during peak seasons. Slow.
- Pu Kuai, 普快 or Pu Ke 普客 – Makes many stops. Some has no A/C. Slowest.



Categories: Soft Seats (Ruanzou 軟座) and Hard Seats (Yingzou 硬座). Soft Sleepers (Ruanpu 軟鋪 or Ruanwo 軟臥) and Hard Sleepers (Yingpu 軟鋪 or Yingwo 硬臥). Standing Ticket (J

Fees are cheaper than airplane tickets.

Business, 1st and 2nd Class Seat for High Speed Rail



Comparisons between 1st and Business Class Seats

First-class Seat

- Provide a comfortable ride for passengers
- Partially reclining seats
- Seats are equipped with small pillow, and footrest
- 4 seats per row (2+2)
- Small foldable table in the arm of each seat
- Power outlet available



Business-class Seats

- Most luxurious seats on high-speed trains
- Fully-reclining seat that can recline to a completely flat position
- VIP lounge available in some stations
- 3 seats in a row (2+1)
- Flat screen TVs and power outlet



Chinese High-Speed Rail Facilities



Business Seats



First Class Seats



Second Class Seats

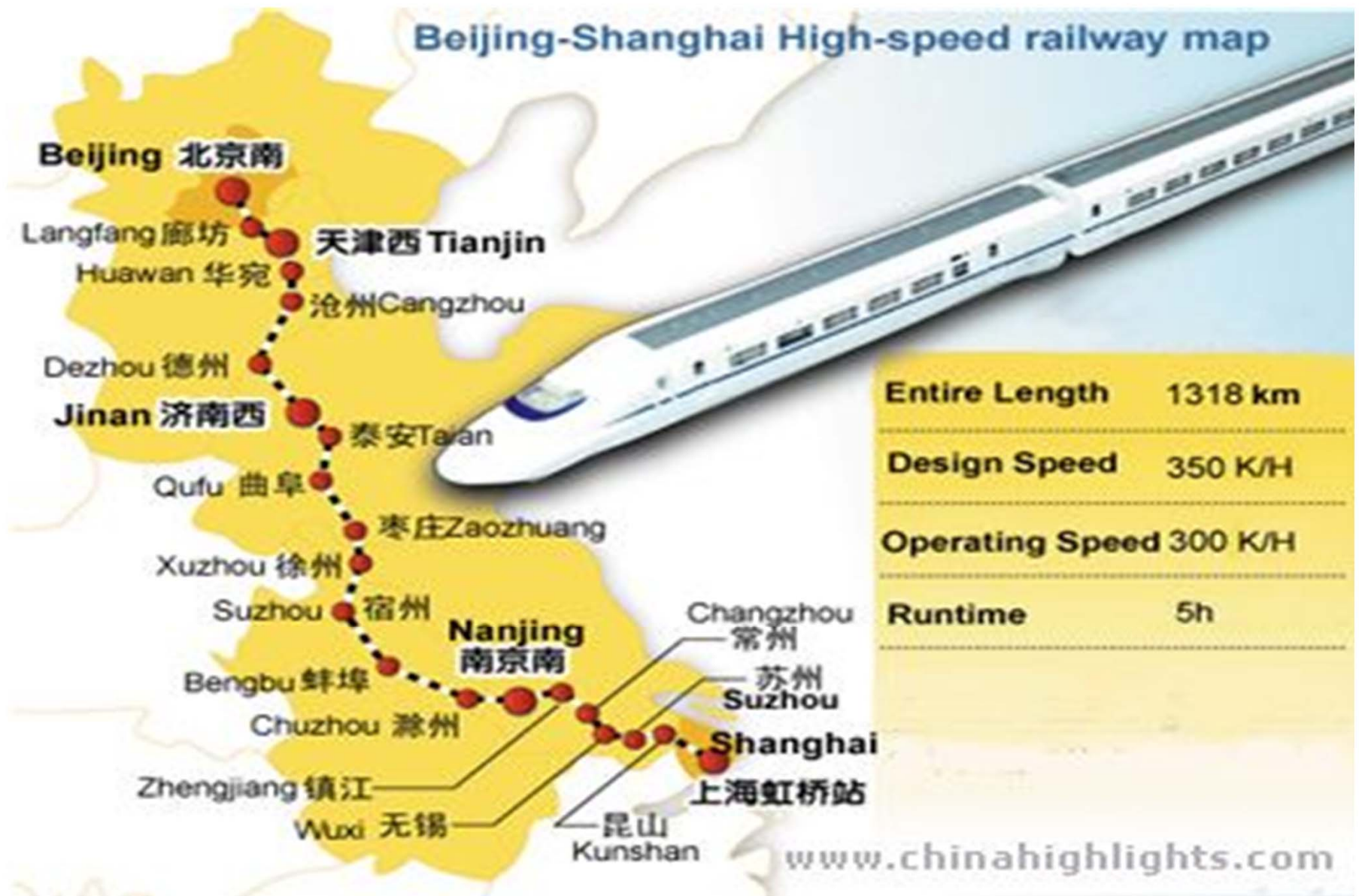


Dining car inside the train

High-Speed Train Tickets (Beijing West to Taiyuan South)



Traveling from Beijing South to Shanghai Hongqiao



FASTEST G-SERIES TRAINS

TRAVEL DISTANCE AND TIME

Beijing-Shanghai: 817 miles, 4-5 hours

Wuhan-Guangzhou: 662 miles, 3 hours

Shanghai-Nanjing: 187 miles, 70-80 minutes

Zhengzhou-Xian: 284 miles, 2 hours

PRICE COMPARISONS AMONG CLASSES PER TICKET

10 Oct Beijing South/Shanghai Hongqiao G133 12:52/18:36

Business Class Seat RMB1748/US\$277

1st Class Seat RMB933/US\$148

2nd Class Seat RMB553/US\$88

PRICE COMPARISONS BETWEEN TRAIN AND AIRPLANE

1ST Class Seat RMB933 per ticket + Service fee RMB 40 per ticket

Total train cost for 1 person: **RMB 973/ US \$155**

Total one-trip economy airplane cost for 1 persons: **US\$104 – US\$194***

***Data obtained from www.kayak.com**

Remote Booking of China Train Tickets

Tracking No. T150612369(5)

Please do not remove the tracking No. in order to guarantee our better service for you.

Dear Mr. Sun John,

Thank you for the email.

We have issued all the tickets for following trips. For trip Beijing/Shanghai, it should be from Beijing South to Shanghai Hongqiao. Hope for your kind notice.

The tickets will arrive at the hotel 1 or 2 days earlier your checkin date. Please fetch the express when you check in. Please rest assured.

Train Schedule:isused

Date	Journey	Train Time
01-Oct-2015,Thu	Beijing West/Taiyuan South	G613 11:33/14:27

- Ticket Class: First Class Seat
- Ticket price: CNY288.00net per ticket
- Service charge: CNY40.00 per ticket
- Passenger(s): X 2
- Total: CNY656/USD108.00

Date	Journey	Train Time
10-Oct-2015,Sat	Taiyuan South/Beijing West	G604 07:06/09:57

- Ticket Class: First Class Seat
- Ticket price: CNY288.00net per ticket
- Service charge: CNY40.00 per ticket
- Passenger(s): X 2
- Total: CNY656/USD108.00

Date	Journey	Train Time
10-Oct-2015,Sat	Beijing South/Shanghai Hongqiao	G133 12:52/18:36

- Ticket Class: First Class Seat
- Ticket price: CNY933.00net per ticket
- Service charge: CNY40.00 per ticket
- Passenger(s): X 2
- Total: CNY1946/USD319.00

•Delivery charge: USD5.00 per booking

Grand Total: USD534.00 + USD5.00(delivery charge) = USD539

We are looking forward to hearing from you. Please feel free to contact us should you need any further information or help.

Best Regards,

Candy Wang
TravelChinaGuide Tours, Trains & Flights Booking

Booking Consultant

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1-800-665-977 (AU)

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CHASE YOUR DREAM NOW and KEEP TRAVELING

- What you want to do and see may not be around tomorrow
 - Visit China now. US dollars are strong
 - Take the Xining – Lhasa train and visit the world's highest land if your health permits
- Take the popular China high speed trains and visit your dream places. Their systems are world class and very efficient
 - Keep traveling. The world will become a better place to live if everyone travels and gets to know their neighbors