Sacred pilgrimage - Touching the Mystery of Gang Rinpoche

This is an opportunity to experience the mysterious holy places of many enlightened masters.

If you remain happy and open, you may find something extraordinary open to you.

Ali Wilderness - Shenshan Holy Lake, a place to go

With an average altitude of over 4,500 meters, along the way are the unnamed grasslands of the wilderness and the sky, just like walking into a chaotic world, every frame is very exciting. Only by standing here, you will experience unprecedented loneliness and happiness, and you will understand the true beauty of nature!

Ali's Donkey, the hometown of the snow-capped mountains

There are 110 Himalayas with an altitude of over 7,000 meters, and there are also the majestic Mount Ganges; there is the Shishabangma Peak standing beside the Pemotok Lake, and the well-recognized world center, Gang Rinpoche. The mountain is so strong that the mountains and the sea are raging. What kind of visual scene will this be?

Many enlightened masters of Gang Rinpoche have treasured their energy in this mysterious holy place, which has become a tool for ultimate freedom.

Take care of the most beautiful lakes in China

The lakes here are quiet, dotted, and suffocating. Yam Zhuo's green is like a gem, beautiful like a coral sea; when the smashing blue is like washing, it is like a fairyland; Ma is wrong as clear as a mirror, quiet and holy, rumors can wash people's hearts and poison. It can both kill the lens and win the hearts!

Grassland, pastor's paradise

The grasslands in northern Tibet are sometimes a thousand miles away, and sometimes golden acres. The sights are far-sighted, and the wilderness, glaciers, lakes and mountains are blended with the blue sky and white clouds. It is impossible to tell where the land is. Flocks of sheep, herds and all kinds of wild animals are infested, so that the wind of the Qinghai-Tibet Plateau is blowing peacefully!

Everest in the Everest, paradise on earth

The beautiful grassland, the wild cattle, the whistling wind, there will always be a little bit of heart, so the back garden of Mount Everest may be more exciting. Jilonggou, which has the same natural scenery as Nepal, is dotted with more primitive Tibetan villages in the mountains. It is just a stone's throw from the cross-border snow-capped mountains. It is like a real paradise!

However, even the same Tibet west and the same Ali

Walking with different people, seeing different scenery

How do we combine a different depth line?

1 collection of hotel special details

On the day of the gathering, we arranged for a five-star hotel in Lhasa. It was not for luxury, but for the teammates who just entered the plateau, needed better rest and avoided high anti-reflection. The hotel room has a special diffused oxygen supply. device.

2Ari South Line and Northern Line are combined

In order to let the team members enjoy the essence of Ali, the trip basically includes Ali, Xiaonan Line and the Big and Small North Lines. It will take the G318 and G317 national highways and involve some experiences of the Xinzang Highway, including the mud road and mountain road crossing in the no-man's land, as well as the walking of the well-known Qiangtang Nature Reserve and the Hoh Xil Nature Reserve.

3 Jilonggou Nepal scenery one day outdoor trip

Located in the south of Mount Everest, it is known as the back garden of Mount Everest, and the scenery is the same as that of Nepal. In addition to the ultimate natural scenery experience, there is a lower altitude of 3,700 meters, suitable for the players to get a good rest halfway.

The vegetation is dense and the climate is humid and warm. We will lead you to the collectors of the Jeep Grand Canyon to be a guest, drink butter tea, or communicate with the villagers, or sit by the window and watch the snow-capped mountains in the mountains. .

4 deep hidden camphor castles and Xia Yigou

Regular lines will return to the Shiquan River from Zadayuan Road, and we will find a little-known new route – the core area that is inaccessible to the inland areas of Qatar: the Champs Castle and the Xia Yigou with bright colors and bright colors. Wind-eroded landforms, there is also a surprisingly unknown (or fragrant) grassland on the way, with a wide line of sight, while overlooking the magnificent Himalayas and the Gangdese Mountains.

5Mabian 雍 雍 湖 、, Gang Rinpoche turn mountains

We will arrange a 2-3 hour tour of the holy lake for all teammates, and get close to the Maltese and the legendary Ghost Lake - Angola.

Although it is difficult to turn the mountain, we feel that it will leave even greater regret when we come to the mountain without turning the mountain. We will arrange a 51KM mountain tour for the members in Gang Rinpoche, and feel the high altitude hiking and the most sacred Tibetan area. Turn the mountain experience.

6 class Gonghu cabin experience

Most travel organizations rarely rest in Shiquan River. Even if the rest is in the city, we adjust the rest area to the beautiful scenery of Bangong Lake. For a leisurely time, we can pat the sunset, drink tea, and at night. Will stay in a characteristic cabin less than 5 meters from the lake, sleep on the sound of the waves, this will be a very unique lakeside night experience!

7 stunning Namtso North Shore scenery

From Bangor, we bypassed the traditional route, passing through an alpine meadow, and cutting into the Namtso North Shore Scenic Area from the northwest. It has the most prestigious iconic Tianmen wonders and is also the core scenic spot of Namtso. More spectacular and amazing.

How is the service standard for our line designed?

1 high standard accommodation standard along the way

Considering the high altitude and remoteness of the Ali area, in order to allow the players to get a better rest, the journey is effectively relieved. The whole stay is one of the best hotels in the area, especially the accommodation on the south line is mainly based on four stars.

2 intimate free pick-up and drop-off service

When teammates arrived in Lhasa, we arranged a free pick-up (train) service. And after the Lhasa group, the team members will be sent to the hotel they booked.

3 free special dinners

There are friends coming from afar. On the day of the gathering, we will arrange a banquet for the team members to take the wind and wash the dust. After the friends leave, we will set up a banquet to send the banquet. In the bangong lake, we will arrange a famous fish banquet for everyone. In addition, in Gelonggou, you will find a guest in a Tibetan hometown, drink butter tea and taste local snacks.

4 high-standard on-board service facilities

Guarantee travel convenience and safety

Regular gift: with the car to send environmental garbage bags (environmental travel), inflatable headrest (to solve the car spine and neck pain), luggage tag (to facilitate identification of luggage) and headscarf (to facilitate sweat and sunscreen);

Convenience facilities: Due to the special nature of Tibet and the care of the majority of female compatriots, we will add mobile toilet facilities. Considering the poor accommodation and cold weather in some places, we will also provide free fleece sleeping bags for the players.

Safety measures: On the basis of the medicine box and the disposable oxygen tank, the cylinder will also be equipped with cylinder oxygen, sphygmomanometer and blood oxygen meter to fully guarantee the safety and convenience of everyone's journey.

Vehicle configuration: The whole process is high in chassis strength and strong in bump resistance. It has high comfort through the Toyota Prado model with better performance.

Consultation Phone / WeChat: 17706071730

2017 Shenshan Holy Lake sacred walking (schedule arrangement, cost description, registration instructions)

Gang Rinpoche Walking on the holy mountain lake

Trip schedule

July 28, 2017 - August 13, 2017

I have prepared a piece of music for everyone here.

Hope to accompany you better to read our Ali line

No Fear In My Heart

Pu Shu - No Fear In My Heart

schedule

D0

Lhasa collection

Dear teammates arrive in Lhasa by plane or train, stay at the hotel and provide free pick-up (train) service. On this day, everyone tries to rest in the hotel to adapt to high altitude life. In the evening, we arranged a dinner for the teammates to pick up the dust, and then organized a meeting to further mutual understanding and preliminary communication, and explain the precautions in the journey.

Hotel:【Lhasa Holy Land Paradise Intercontinental Hotel】★★★★★

■ Tips: If circumstances permit, it is recommended to arrive two days in advance, to stay in time to adapt to the plateau life, and be well prepared for the trip.

D1

Lhasa - Shigatse (mile 364KM)

Highlights of the itinerary: Yamdrokso, Canola Glacier, Zongshan Castle, Baiju Temple

The tour officially started today, walking Ali, wishing everyone a wonderful journey!

Starting from Lhasa, passing through the hinterland of the Yarlung Zangbo, it has passed through one of the three great holy lakes in Tibet, Yangzhuocuo and the Lake Air Master, Canola Glacier and Manla Reservoir. In the afternoon, I arrived in Gyangze to visit the 600-year-old Zongshan Castle (the filming of the Red River Valley, the fierce anti-British war) and the Baiju Temple (the Tibetan Buddhism Sakya, Xia Lupai) The monastery where the Gelug Sect coexisted).

Hotel: [Jom Muang Zong Hotel] ★★★★

■ Tips: Jiangyan has an altitude of more than 4,000 meters. When you are outdoors, please allocate your physical strength.

D2

Shigatse - Everest Base Camp Rongbu Temple (mileage 360KM)

Highlights of the trip: Tashilhunpo Monastery, Mount Everest, Rongbu Temple

In the morning, visit the Tashilhunpo Monastery, the resident temple of the Panchen Lama in the post-Tibet area, and then rush to the Everest Base Camp. The typical landforms of the west of Tibet, the exposed rocks and mountains, and the endless saline-alkali land and the Gobi are visible along the way. It has entered the Everest Nature Reserve through Lahu County and Gatula Mountain Pass (▲5248). After entering the entrance of the Everest Scenic Spot on the new day, it will turn over a winding mountain road to reach the Gaula Mountain Pass (▲5200, the best of the Everest Zhufeng). When the weather is good, it will be far-sighted. The four famous peaks of 8000 meters above, including Mount Everest, have a panoramic view.

Hotel: [Fubu Temple Guest House]

Tips: Keep your mouth shut and pay attention to keeping your belongings. Accommodation at night is limited, please be mentally prepared!

D3

Everest Base Camp - Geelong Town (mileage 330KM)

Highlights of the trip: Everest Base Camp, Xixia Bangmafeng, Pecumo

Get up early today and get a good weather in Mount Everest. Take a scenic tour bus (the peak season) to the Camp No. 1 of Mount Everest (▲5200) and get close to the world's highest peak, Mount Everest. Everyone can be in front of the monument. Take a photo to commemorate, go back after the play, experience a gravel mud road to the old day, along the way are the grassland and Gobi cross-correspondence, if the weather is good, the left side of the car can see the huge mountain of Cho Oyu, through the old The day continues along the G318, the left side of which can be seen in Xixiabangmafeng (▲8012), the right side of which can be seen in the eyes of the murderer. Then cross the Himalayas and follow the Geelong Prabha River to Geelong Town (▲3800 or so).

Hotel: [Jilong Feitian Hotel] ★★★

■ Tips: If you encounter a bad weather or other special factors, the Everest Base Camp will go around the old days.

D4

Day trip to Geelonggou

Highlights of the trip: hiking in Jeep Village, collectors

Jilonggou belongs to the southern slope of the Himalayas and has a humid climate. It is a typical Indian monsoon climate zone. It is known as the "Pearl Garden of the Everest". It is bordered by Nepal. The climate and natural scenery of the two places are basically the same. Today is arranged as a day trip. Under the advice and leadership of the team leader, you can go to the Qingjun site (the Qing army and the Tibetan soldiers to resist the invasion of the tombs of the foreigners) to visit, and then enter the Jeep Grand Canyon (the locals say 280 meters deep) to play, need to cross the cable bridge On foot, Jeep Village, go deep into the house for home visits, drink butter tea here, the vegetation is dense, the valley is deep and the valley is long, and it is a natural pastoral valley.

Hotel: [Jilong Feitian Hotel] ★★★

■ Tips: Jeep Village is surrounded by virgin forests, often with wild animals such as bears and mountain monkeys. It is recommended to follow the brigade.

D5

Geelong - Payang or Zhongba (mile 488km)

Highlights of the trip: Payang Small Desert

Today, we will begin to sail to the real area of ​​Ali Snow. The legendary beauty of the wild beauty will be truly presented, wild, vast, and there are many snow-capped mountains, one after another, Tibetan sheep, yellow sheep, and Tibetan wild ass. Wild animals will begin to flock in the next, and the route of Zhongba is the meaning of "the hometown of wild yak" in Tibetan.

Hotel:【Panyang Station Center Hotel】★★★★

Tips: In the afternoon, you will pass through a wind and sand area. There are many sand dunes in the high and low roadsides. Pay attention to safety when you play.

D6

Payang or Zhongba-Talqin (mile 384km)

Highlights of the itinerary: Shenshan Gangrenboqi, Shenghu Mabianocuo, Ghost Lake Angola

In the morning, a section of more than 100 kilometers in the morning may encounter wind and sand. In the afternoon, we will arrive at Mamian Gyatso, one of the three holy lakes in Tibet. We can see the top of Mount Rinpoche and the huge mountain on the left side of the road. The Namurani Peak is a mountain with a magnificent body. We will drive around the lake for a week and then transfer to the rumored ghost lake - Angola. These are the holy mountains of the holy mountains shared by Tibetans, India, Nepal and other ethnic groups. Among them, Gang Rinpoche belongs to the birthplace of many rivers, and is recognized as the center of the world by the Suizhong, the Hindu, the Tibetan Buddhism, and the ancient Jain.

Hotel: [Gang Rinpoche Grand Hotel]★★★★

Tips: You need to bring your own lunch tomorrow and at noon the day after tomorrow, you need to purchase in time. Or purchase in advance in Shigatse.

D7

The first day of the transfer of Gang Rinpoche to the mountain (20KM on foot)

In the morning, walking from Tarchin to the stop temple, about 20KM, takes 7-8 hours to use, the terrain is not ups and downs, occasionally hillocks, you can touch the steep mountain wall at close range. In the evening, check in the heat-heating temple (about 5,000 or so). The conditions are relatively simple and cold, please be prepared in advance (recommended to bring our sleeping bag together).

Gang Rinpoche turned to the mountain and was said to be full of miraculous revelations along the way, attracting countless believers. In Tibet, where the natural environment is bad, the pilgrimage here is more persistent and effective. Those who do not turn to the mountain can follow most of the departures, go to the Great Classics to travel (take 3 hours on foot) to get close to the mountain and watch the mountain, then return to Tarchin with the original road.

Hotel: [Jizhe Temple]

■ Tips: High-altitude hiking is very labor-intensive, the whole process is above 4,700 meters above sea level. Teammates need to make correct judgments about their physical fitness, and do their best. Dry food with two recommendations list: ham, eggs, biscuits, hot water, glucose (important) and other small and high-calorie foods.

D8

Gangrenboqi turns to the second day of the mountain (30KM on foot)

Get up at 5 o'clock in the morning and start from the stop-heating temple. Continue to make a trip to the mountain. Start at 5,000 meters and climb to the first highest point in the life. It is also the highest point in the trip and the highest point in the mountain. - Dolma Mountain Pass (▲ about 5690), this takes about 5-6 hours. It will take about 2-3 hours to continue on foot for about 5 kilometers to reach Xiajichadu. Then continue to walk for about 18 kilometers (basically a flat road, after climbing through the Zuchu Temple will climb a few small hills) to return to Tarchin. Today, Chinese food needs to prepare its own dry food. The altitude is high, and it is easy to have altitude sickness. Please let your teammates do their best to adjust the physical strength. The Chinese meal time can be eaten according to your actual situation. It is recommended to carry out after the summit.

The prayer flags of the top of the mountain pass in Buddhism are also the place of forgiveness, and prayer can wash away sin and symbolize the reincarnation. There will also be a red rock platform along the way for the celestial burial. The shoes and clothes that I saw along the way were all thrown by believers in India and Nepal, aiming to pray.

Hotel: [Gang Rinpoche Grand Hotel]★★★★

■ Tips: Today is the hardest one in the itinerary

D9

Tarchin-Zada (mile 293KM)

Highlights of the trip: Zada ​​Tulin, Guge Dynasty, Tolin Temple

Today's destination is Zada ​​Tulin, along the way to visit the Gangdese Valley scenery, the sunset of the Guge Dynasty ruins, Tolin Temple. This place is a geological change of the ancient Great Lakes basin and the Dahe Riverbed. The forests with a radius of several hundred square kilometers are full of high and low "forests" with different forms and early human cave sites. The rest of the time goes to the nearby Guge Kingdom ruins. In the 10th century to the beginning of the 17th century, the Kingdom of Guge lived in the western part of Tibet, promoted the Dharma and resisted the invasion. It played an important role in the historical stage after the Tubo Kingdom in Tibet. It was wiped out by a war in 1630. The sound disappeared.

Hotel: [Zada Tulin Castle Hotel] ★★★★

D10

Zanda - Shiquan River (mile 252KM)

Highlights of the trip: Xiangxi Castle, Xia Yigou, Xiaozi Daxie, Laozi Daxie

The regular route will return to the Shiquan River from Zadayuan Road. Today we will enter a line of freshman knowing, deep into the inaccessible core area of ​​Zha Dalin, the Champs Castle and the bright and colorful Xia Yigou. The wind-eroded landforms will pass through a no-man's land and a vast expanse of grassland with a wide view (on which you can look at the Gangdese Mountains and the Himalayas respectively), and arrive at the Xiangxi Township to visit another Xiangxiong ruins of the Xiangxiong Dynasty. Xiayigou, a forest landform that still maintains the original ecology, is developed nearby. In the afternoon, I continued through a wide highland and passed through Xiaozi Daxie and Laozi Daxu (over 5,300 above sea level) to the Shiquan River in the capital of Ali.

Hotel: [Ali Grand Hotel] ★★★★

■ Tips: Daxie is mainly called the name of Xinjiang, which means the mouth. So it is very close to Xinjiang.

D11

Shiquan River - Bangong Lake (mileage 138KM)

Highlights of the itinerary: New Tibet Line, Whole Fish Banquet, Bangong Lake Sound, Bangong Lake Chalet, Bangong Lake Sunset

Most travel organizations rarely rest in Shiquan River. Even if the rest is in the city, we have adjusted the rest area to the beautiful scenery of Bangong Lake. For a leisurely time, everyone can take photos at the lake. Take a sunset, or go to the lake to find a good place to drink tea, chat, enough to spend a leisurely ignorance of the outside noisy days, at night will stay in the characteristic cabin less than 5 meters from the lake, sleep on the sound of the waves This will be a very unique lakeside night experience!

Hotel: [Banggong Lake Characteristic Cabin]

D12

Ban Gong Lake - change (mile 635KM)

Highlights of the itinerary: the first stop on the northern line of Ali, the prairie in northern Tibet, various lake measures

Starting today, deep into the vast grasslands and Gobi districts in northern Tibet, it also means that we officially entered the northern line of the traditional sense of the Ali Grand Circle, with an altitude of over 4,500 (including accommodation). The scenery along the way is dominated by open grasslands and various lakes. At the same time, it is accompanied by various wild animals, and often encounters wild yak, Tibetan sheep, yellow sheep and Tibetan wild ass. On the way, you will pass the Sabra Pass (▲ about 4900), Niercuo, Bie Ruozuo, Dahuao and other lakes.

Hotel: [Training Center Hotel] ★★★

■ Tips: Change the county food and accommodation is relatively simple, please teammates to be mentally prepared.

D13

Change - Dongcuo - Coqin (mileage 280KM)

Today, we continue to deepen the grasslands of northern Tibet. Apart from the distant mountains, lakes and various wild animals, there are only a few untouchable mountains and rivers. The vision is quite wide. Perhaps this is what we imagined in Ali, and it is endless. Desolation, I have disappeared into this silence. Among them, Dongchong Lake is a relatively large lake in this area, with few people and beautiful scenery.

Hotel: [Plateau Impression Hotel] ★★★

D14

Coqin - Za Ri Nan Mu Cuo - when the 雍 雍 - - - - - - - - - - - - - - - - - -

Highlights of the itinerary: Zhabei Nan Mushicuo, Dangdang Chongcuo, Qutang Nature Reserve

Today's itinerary is very rich, we will also usher in the most amazing day on the Ali North Line. We will soon be able to reach the third largest lake in Tibet, Zha Ni Nan Mucuo, and arrive at the observation deck of the best location. The lake has a panoramic view. Like the sea, the blue is deep and deep, like a magnificent sapphire inlaid on the land of this pond. Immediately afterwards, we continued to arrive at the squad, and she was the holy lake of Tibet, and there were many myths. The lake was deep and blue, rich in layers, and full of heart, like a spotless fairyland. The southern shore of the lake is Dalguo Mountain, a column of 7 peaks, the mountain is dark, resembling a pyramid, and when the 雍 雍 雍 一起 雍 雍 苯 苯 苯 苯 苯 苯 苯 苯 苯 苯 。 。 。 。 。 。 。 。 。 。 Later, I will go through the night and arrive at Nima (Tibetan Sun) County.

Hotel: [Nima Hotel] ★★★

Tips: Today, you need to bring your own dry food. Lunch is carried out by the lake. In addition, the two lakes are inaccessible. If you are not developing, you should pay attention to protecting the environment.

D15

Nima-Bango (mileage 344KM)

Highlights of the trip: Selincho, Bangor

Today, we continue to the east, and all the way is dotted with various measures. The scenery is consistent with the previous few days. It continues to gallop on the Qiangtang Plateau in northern Tibet. It is also part of the southern edge of Hoh Xil. When it hits the bad weather, it is a sandstone. It is another taste. Among them, Selincuo is currently the largest saltwater lake in Tibet. It is said that the lake heart suppresses a big devil named "Color Forest", so this lake is also known as "Color Forest Devil Lake". It is also known as the Black-necked Crane Breeding Nature Reserve.

Hotel:【Namso Hotel】★★★

D16

Bangor - Namtso (246KM)

Highlights of the trip: Iconostasis, Namtso Sunset

Departed early this morning, after passing through an alpine meadow, entering the northern bank of the Namtso Scenic Area, one of the three great holy lakes, from the northwest, starting around the lake. It is the core scenic spot of Namtso, and the scenery is magnificent. Tianmen is the most spectacular, with the front view of the Nyainqentanglha Mountain, which can be seen near the blue waters of Namtso, where meadows and small lakes are dotted, then transferred to the east bank of Namtso and bypassed to Namtso Stay in the famous Tashi Peninsula. If you have enough time, you can also take a photo of Namtso Sunset.

Hotel: [Shenyang Hotel]

D17

Namtso - Lhasa (262KM)

Highlights of the trip: Tashi Peninsula, Namtso Sunrise

Today, you can get up early to take the Namtso Sunrise, or climb the mountain to take a panoramic view. In the morning, pass the Dangxiong and turn over to Lhasa. At this point, our 17-day Ali Grand Circle officially ends. It is recommended that the teammates arrange a suitable return according to the situation. time. (Thank you for your trust and support to us, we will arrange a donation banquet for all teammates in Lhasa, cheer for this friendship, and then!)

contact us

Expense description:

Registration fee: 24,800 yuan / person

The number of members: the minimum of 20 people, the maximum of 28 people.

Registration must be paid: 5000 yuan / person

(The last payment is paid at the pre-departure meeting)

Each driver is equipped with one driver and four teammates, seat rotation

Cost includes

Transportation: Toyota Prado vehicle usage fee, fuel fee, toll fee (4 teammates per car);

Organization: The leader and the driver's labor and services, the organization fee;

Meal: Uniform arrangement of meals, Lhasa to take a banquet, full fish banquet in Ritu County, Lhasa farewell banquet, Jilonggou fellows to drink tea snacks;

Accommodation: Lhasa, Shigatse, Geelong Town (two nights), Payang Town, Tarchin (two nights), Zada, Shiquan River, Reform, Coqin, Nima, Bangor are basically standard rooms, Rongbu Temple As a bed or standard room, Zhizhan Temple is a bed room or tent, and Bangong is a cabin;

Tickets: Zongshan Castle, Baiju Temple, Tashilhunpo Temple, Mount Everest Tickets for the entrance fee (including landscape car), Gangrenboqi Shenshan, Mabian Gyatso, Guge Dynasty, Namtso North and South Scenic Area Local ticket

Insurance: 800,000 plateau travel accident insurance;

Equipment: shared equipment costs, emergency medicine boxes, oxygen bottles, etc.;

Service: Free pick-up and train; the team provides sphygmomanometer, blood oxygen meter, steel oxygen, mobile toilet.

Cost does not include

1. The transportation cost to and from Lhasa;

2, single room difference (if you need a single room, please specify in advance when signing up, and make up the difference of 6000 yuan);

3. Due to special circumstances such as high reversal, the cost of returning to Lhasa on the way and the cost of living and lodging;

4. Non-uniform arrangement of meals is self-care (the average meal cost is about 2,500 yuan per person);

5. In case of policy price adjustment and irresistible human factors such as (weather, roads, transportation, etc.), the additional costs will be borne by the guests themselves;

6. If the guest fails to complete all the tours due to their own reasons, or returns to the place of departure in advance, they will be deemed to have waived the activity automatically, and the fees paid by the guests will not be refunded;

7. All other personal consumption items (employed husbands, border guards, etc.).

Unsubscribe instructions

1. Exit 15 days before departure and return the deposit in full;

2, 10-14 days before departure, the deposit can not be refunded, but can be used as the next time to participate in the activity or transfer friends;

3. Exit within 10 days before departure, the deposit will not be refunded, will not return, and will not be transferred.

Registration notice

"Registration Requirements"

Participants who register for our various activities are 18-60 years old. They have full civil capacity and are responsible for themselves. All diseases are suitable for outdoor activities (such as heart disease, high blood pressure, asthma, infectious diseases, etc. If so, decline) participate). 55-60 years old, please fully consider your health status to complete this activity, be cautious, and must be accompanied by relatives and friends, please contact the guardian if you are under 18 years old, do not accept separate registration.

"Collection dissolution"

Check in at the hotel in Lhasa the day before departure. The pre-departure instructions will be held in the same evening before the departure. Please arrive before this time. Dissolved in D17, it is recommended to arrive in Lhasa before booking the return transportation. (The collection address will be sent after the registration is successful).

"About vehicles"

It is mainly based on the Toyota Prado off-road vehicle with high chassis strength, good anti-bump performance, strong impact resistance and good passing ability.

"About the team"

Each team has a maximum of seven cars and 28 players. People have too many opinions, and few people are not busy enough. For teammates who are involved, a team spirit is required, and those with strong self-awareness are cautiously enrolled.

"Travel Drugs"

We will prepare some external medicines and oxygen in the course of the trip. Please ask for your physical condition and allergies history (please bring your own medicines). We do not have a diagnostic obligation.

"About communication"

The strength of the signals along the way is the strongest in telecommunications, the general movement, and the weakest in China Unicom.

"Travel Itinerary"

Travel plans may be adjusted due to factors such as activity weather, number of participants, physical condition, scenic closure, hotel expropriation, etc. Please respect the organizer's arrangements. During the trip, the team leader may adjust the itinerary according to the real-time situation to ensure the smooth progress of the trip.

"free travel"

We encourage deeper exploration of the place of travel and are free to arrange our own itinerary before and after participating in our itinerary. We are only responsible for you during the travel time period announced by WeChat platform. Please be responsible for your own safety.

"Safety first"

In the course of the activity, you should follow the team leader's arrangements, follow the instructions of the relevant personnel, and prohibit personal adventure or heroism.

"Environmental first"

We advocate the concept of environmentally-friendly travel, and the team members carry garbage bags to properly handle their travel waste.

"Respect the local"

Respecting the customs and customs of travel destinations will minimize the impact on the local area. Please remove the hat and sunglasses when entering the temple.