



Theme Tour: Tibetan Buddhism Culture Destination Information

Chengdu

Chengdu is the capital of Sichuan Province in southwest China. It is an ancient city with a history of over 3,000 years. The population is about one billion. The city is richly endowed with fantastic natural resources and historical heritages. It is home to China's living treasures – Giant Pandas. The famous Sichuan Wolong Giant Panda Nature Reserve, the biggest of its kind in the world, is only 130 km from Chengdu.

Lanzhou

Lanzhou is the capital city of Gansu Province in northwest China. It is situated on the upper course of the Yellow River, where the river emerges from the mountains. It was once called "Gold City" in the ancient times.

Lanzhou has been a center since early times, being at the southern end of the route leading via the Hexi Corridor across Central Asia, playing a vital role in economy and cultural exchange between the East and the West. With a history of more than 2,000 years, Lanzhou is a city hub of the northwest China nowadays

Lhasa

The Tibet Autonomous Region is known by many as the "Roof of the World" due to its elevation of over 13 thousand feet above sea level. Tibet is a charming place to visit, with its beautiful landscapes, brilliant culture, and mysterious folklore. Lhasa, the capital of the Tibet Autonomous Region, is located along the banks of the Lhasa River, a tributary of the Yarlung Zangbo River.

It has a history of more than 1,300 years. Lhasa ("the sacred place") has an abundance of sunshine; hence its reputation as the Solar City. It is a center of politics, economy, transport, and religious activities. There are many places of interest in Lhasa, such as the Potala Palace, Sera Monastery, and the Jokhang Monastery. Lhasa's original appearance and traditional lifestyle are largely intact at Barkhor Street in the old part of Lhasa, where all sorts of arts and crafts are on sale. Flights leave on a regular basis from Lhasa to Beijing, Chengdu, Chongqing, Xi'an and Kathmandu. The Qinghai-Tibet and Sichuan-Tibet highways are the main routes to the region.

Qinghai Province

Qinghai is in the northeastern part of Qinghai-Tibet Plateau and its name comes from Qinghai Lake, the largest inland lake in China. The Yangtze, the Yellow and Lancang Rivers all have their origins there, so Qinghai is also known as the birthplace of rivers. Qinghai is over 9,842 feet above sea level. It is rich in tourist resources and possesses an ideal ecological environment. The people of the region have a unique religious culture and traditional folk customs, which also makes Qinghai a fascinating destination.



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In the remote past, there was a branch line of the ancient Silk Road which stretched west from Lanzhou in Gansu to Qinghai, through Xining, Golmud, and then north to Dunhuang, finally converging with the main road. Along the Silk Road in Qinghai main scenic spots include Qinghai Lake and Birds Island, the Salt Lake and the famous Ta'er Lamasery.

Xining

Located on the northeastern part of Qinghai-Tibet Plateau, Xining is the provincial capital of Qinghai. It is the hub of politics, culture, economy and transportation, Qinghai-Tibet Railways in particular. Xining sits astride the main route to the hinterland of Qinghai and Tibet. Xining is 7,463 feet above sea level and is a typical example of a plateau city.

Xining has unique and beautiful scenery and many places of interests. The Ta'er Lamasery which holds plenty of precious relics and good editions of Tibetan scriptures. Major attractions include the world-famous Qinghai Lake, Bird Island, Sun & Moon Hill, Jin Yin Tan plain and mysterious Atom City.