

CICF2007 Tours at Conference Rate

Line 1:

3 days tour for Jiuzhaigou

**Quotation for group (over 10 persons): yuan/per person, overnight in 5 stars hotel
RMB5200/per person Single supplement: RMB850/per person**

If the persons of the group are not over 10 persons, the quotations are following:

Quotation: yuan/per person, single supplement: RMB1180/per person (5 stars hotel)

RMB7670/per person	2 PAX
RMB6820/per person	3 PAX
RMB6320/per person	4 PAX
RMB6020/per person	5 PAX
RMB6000/per person	6 PAX
RMB5835/per person	7 PAX
RMB6400/per person	8-9 PAX

Included: 5 stars hotel (Chinese breakfast), meals marked, transportation, local guide service (speaks both English and Chinese), entry fee of sightseeing, round way a'ticket of

Schedule:

July 13:

Drive to Chengdu airport, and fly to Jiuzhaigou, 40 Minutes, the tourguide in Jiuzhaigou will wait for you in Jiuzhaigou airport with your name, after lunch drive Huanglong, trekking visit Huanglong valley, the whole sightseeing in huanglong takes about 3-4 hours,the average altitude of Huanglong is 3200M,so do not push youself in order to avoid the altitude sickness.Then go on to Jiuzhaigou(3 hours). overnight in Jiuzhaigou.

If the ice cover the road, we will skip Huanglong park and visit Muni gorge Park.

July 14:

Full Day Jiuzhaigou Sightseeing (B/D)

by green bus visit Jiuzhaigou:Waterfalls in Pearl Sands, Nuorilangand and Shuzheng , Shuzheng lake, Panda lake, Chang lake, five colors lake, Tiger lake, Rhinoceros Lake and the Tibetan mills. The countryman"s local Tibetan culture show is available in evening, the price is about RMB180/person (exluded), overnight in Jiuzhaigou.

July 15:

Jiuzhaigou--Chengdu by flight. End of your tour (B)

Line 2:

6 days tour for Tibet-Lhasa-Yangpachen-Shigatse

Quotation for group (over 10 persons): yuan/per person, overnight in 4 stars hotel

RMB7030/per person Single supplement: RMB2200/per person

If the persons of the group are not over 10 persons, the quotations are following:

Quotation: yuan/per person, single supplement: RMB2200/per person (4 stars hotel)

RMB9330/per person	2 PAX
RMB9000/per person	3 PAX
RMB8700/per person	4 PAX
RMB8500/per person	5 PAX
RMB8500/per person	6 PAX
RMB8300/per person	7 PAX
RMB8100/per person	8-9 PAX

Included:

Meals marked, 4 stars hotel if available, transportation, guide service, entry fee of sightseeing, permit to Tibet, round way a'ticket of Chengdu-Lhasa with a'port construction fee.

Excluded:

any service not marked above, spring fee in Yangpachen. Tips for tourguide and driver. All above subjected to our confirmation.

Schedule:

July 13:

Drive to Chengdu Airport in the morning. Fly to Lhasa. Arriving at Lhasa Gonggar Airport, meet local guide and transferred to Lhasa city, you will visit the Stone Gaint Buddha en route. Check in the hotel, taking rest in the afternoon for high alititude.,overnight in Lhasa. (L/D)

July 14:

Getting up at about 8:00am , after using breakfast, drive to visit the wonder of the world---Potala Palace. Finish sightseeing at about 12:30, after using lunch outside Drive back to the hotel to take a rest. About 15:00, drive to visit Jokhang Temple-the most famous and oldest building in Lhasa. Then visit Barkhore Street, the business center of Lhasa. The whole day visiting will finish at about 18:00, taking dinner and having rest afterwhile., overnight in Lhasa. (B/L/D)

July 15:

Day tour to Yangpachen (close to Namtso Lake), the earliest heat base to be developed. It has many hot springs and mysterious hot water lake with a heat explosion unseen elsewhere. In the afternoon back to Lhasa. overnight in Lhasa . (B/L/D)

July 16:

Through vastness of the Tibetan Plateau, pass the turquoise Lake Yamdrok -one of the three holy lakes in Tibet. Yamdrok Lake is situated in the Lhoka area, covers 621 square KM with the elevation of 4441M. That is the largest lake on the northern slope of the Himalayas. enjoying the beautiful sightseeing of the lakes and taking some pictures. Go on to Shigatse by new road. (B/L/D)

July 17:

Visit the Tashi Lumpu Monastery., in the afternoon: drive back to Lhasa. (B,L,D)

July 18:

Transfer to the airport and fly back to Chengdu. End of the trip.(B)

Tibet Permit:

To travel to Tibet, you would need a valid Chinese visa & a special travel permit. Only those who join package tours are qualified to obtain the permit. To book the tour, you are requested to e-mail or fax us the photo page of your passport and your Chinese visa including the following messages: full names as shown in your passport, date of birth, occupation, gender and your passport number. Our Fax number is 86-28-86664511.

Contact:

He Zhongwen

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FAX:0086-28-86087200(day, Chinese Time 09:00- 18:00) 86652087(night, Chinese Time 18:00-09:00).

Email: hezhongwen@hotmail.com cits_sc@126.com

Medicines for Tibet Tour:

Try to bring the following medicines that will be very useful during your travel: cold and flu tablets, throat lozenges, nasal decongestant, Aspirin, Multivitamins. Or you can ask your local doctor for suggestions.

Clothing for the plateau weather:

Tibet's high altitude and the atmosphere allow the sun's solar radiation to strike the earth with unusual intensity. It's very easy to get sun-burnt there. Sunscreen of high sun protection factor, quality sunglasses and a wide-brimmed hat are good means of protection. Calamine lotion is good for mild sun-burnt. Those with fair complexions should bring reflective sunscreen with them. Apply the sunscreen to your nose and lips as well.

USD in Tibet:

USD is acceptable only in a very limited range, e.g. tips. However, for convenience, Chinese currency is the best choice. If you want to change USD to Chinese currency in Tibet, you can change in Lhasa Hotel or the Bank of China in Lhasa. You can draw cash from the Bank of China in Lhasa has this function. However, the ATM there doesn't always work properly. So we suggest you to bring some cash with you.

Notice:

If the tourists have cardiopathy, high blood pressure, angina, chronic obstructive airway disease, anaemia, and epileptics, we suggest them not to Tibet!

Jiuzhaigou and Huanglong is high area too! Most tourists have no problem! You have enough time to acclimatize yourself to high area in Jiuzhaigou and Huanglong.

Tibet, the first day in Lhasa you have no program in order to acclimatize yourself to high area!

In Jiuzhaigou, Huanglong and Lhasa you can buy oxygen sack!

It is very important for you, in Lhasa no rheum, no fury movement!

Your all program in Jiuzhaigou and Tibet is not fast!!

If you have big worry for your Tibet tour, we can give up Tibet tour, instead of

Leshan, Emeishan, Dujiangyan, Qingchengshan, Chengdu, Sanxingdui etc. many things in our province to visit!

High Altitude Syndrome

Travellers who will be visiting mountainous areas should be prepared to recognize and respond to the symptoms of high altitude syndrome. The human body can adjust to changes in altitude (known as acclimatization) but needs time. The time needed by each individual varies and also varies with each trip. If the ascent is too rapid and your body cannot adjust adequately, high altitude syndrome will occur. The syndrome covers a broad spectrum of symptoms, ranging from mild headache to Acute Mountain Sickness (AMS) and to the more severe High Altitude Cerebral Oedema (HACE) and High Altitude Pulmonary Oedema (HAPE). If the treatment is not received when symptoms appear, death could result.

What is high altitude syndrome?

High altitude syndrome typically appears on rapid ascent to altitude above 2,500 meters (8,000+feet), e.g. flying directly to Lhasa or La Paz from sea level. It is caused by the lowering of atmospheric oxygen pressure when ascending to high altitudes. The human body will compensate to the lowered oxygen pressure by increasing the pulse rate, breathing rate, blood pressure, while increased urination and mild isolated headache can occur. If the body cannot cope, symptoms of AMS will then occur gradually after few hours of ascent. AMS is suspected when the following occur on acute altitude gain:

Headache (usually throbbing, on both sides, worse during the night and on awakening, made worse by bending over)

Plus one of the following: nausea; fatigue; dizziness; sleep difficulty.

The headache condition in AMS is often described as similar to a bad hangover. The sleep difficulty may cause sudden awakening and a feeling of suffocation. Other symptoms include irritability, loss of appetite and swelling of the face, hands and feet.

Without proper acclimatization and continue to ascend, the illness may progress to the serious conditions of High Altitude Cerebral Oedema (HACE) and High Altitude Pulmonary Oedema (HAPE). HACE means fluids accumulate in the brain. The condition can appear within as short as 12 hours to 3 days of onset of mild AMS and usually accompanied by HAPE. Once present, it can progress rapidly and can be fatal in a matter of a few hours. Such tragic death is preventable and recognition of symptoms is thus most important. Early symptoms are:-

Changes in behavior (disinterested, cannot count accurately)

Disabling weakness (e.g. cannot rise up and go to toilet)

Loss of coordination (stumble gait, cannot walk a straight line toe-to-toe).

In HAPE, fluids accumulate in the lungs and further aggravate the lack of oxygen. It is the most common cause of death in high altitude. Most victims are young and fit. Its onset may be abrupt and is characterized by:

Decreased exercise performance (earliest symptom)

Breathlessness even at rest

Fatigue, weakness

Lips or fingernails turned blue

Cough with pinkish sputum (usually in late stage)

Long term stay at high altitude can induce chronic mountain sickness and deterioration of body functioning. This is rare as travelers seldom stay high for that long.

Who is more prone to high altitude syndrome?

The occurrence of AMS is related to rate of ascent, sleeping altitude attained, length of stay at altitude, level of exertion and genetic susceptibility. The young and fit are not less vulnerable, while elderly seems to be so. Women appear to be slightly more vulnerable, though less susceptible to HAPE. The risk will be increased if the traveler has too much determination, exhausted, nervous, dehydrated, exposed to cold, or suffering from respiratory tract infection.

How can I prevent high altitude syndrome?

In general, cardiopulmonary diseases will be affected adversely by the decrease of oxygen pressure. Thus travelers with high blood pressure, angina, chronic obstructive airway disease, anaemia, and epileptics should seek medical assessment first for fitness to travel to high altitudes.

Those with illness which affects oxygen exchange, e.g. influenza should defer travel until full recovery.

Avoid flying or driving directly to higher altitudes (e.g. Lhasa, La Paz). If this is impossible, take more rest, minimize exertion and showers, drink more water, and avoid alcohol, large meals and sleeping pills during the first few days after landing for proper acclimatization.

The simplest way to avoid or reduce the symptoms of AMS is to ascend slowly to allow enough time for acclimatization. Methods include:

When ascending, acclimatize for 2 to 3 nights at 2,500 to 3,000 meters.

After reaching 3,000 meters, keep your sleeping altitude gain between 300 to 600 meters per day.

For every 1,000 metres gained, stay at same altitude for 1 extra night.

Climb higher during the day, sleep lower during the night.

Keep warm to prevent cold exposure. Adopt a relaxed attitude helps to get acclimatized.

Be aware of symptoms of AMS, HACE and HAPE in yourself and among companions, and take appropriate remedial actions. Never ignore the early warning symptoms and signs.

Don't force yourself to keep up with the pace of the trekking group or to attain the target altitude. If necessary, leave the group and descend immediately, even at night. This is because HAPE can be fatal within a few hours.

What should I do if I begin to have symptoms?

For mild symptoms, limit your activity level and remain at the same altitude for a day or two until full recovery before resuming the ascent.

Descent is the definitive treatment for all forms of high altitude syndrome. You must descend if symptoms do not subside after 24 hours or become worse. A drop in altitude of 500 to 1,000 metres is usually effective.

If you suffer from symptoms of HACE and HAPE, you should descend immediately and seek treatment.

The drug acetazolamide can lessen AMS symptoms and help with acclimatization. It is taken one day before ascent and continued for several days at altitude. Please consult your doctor.

Herbal medication Ginkgo biloba and Rhodiola rosea have been used for prevention and need to be taken at least 5 days before ascent. However, their effects have not been proven clearly by large scale randomized control trial. Please consult your doctor for further information.

How to treat high altitude syndrome?

For mild isolated headache, use of panadol or aspirin can often provide relief. If symptoms of AMS persist for more than 24 hours, one must descend immediately, which is the best effective treatment. For AMS, the drug acetazolamide can also be used for treatment. It is given at onset of symptoms and continued for one day after symptoms have cleared. For HACE and HAPE, there are specific drugs available, but their effectiveness cannot match that of immediate descent. Please consult your doctor for further information.

Breathing oxygen at altitude lessens symptoms but is not advisable if one stays at altitude for long.

Our USD account:

Once you have transferred, please inform us of your payment made, and also please fax to +86-28-86664511 (day, Chinese time 09:00- 18:00) 86652087 (night, Chinese time 18:00- 09:00). or

e-mail us the copy(scan in JPG) of receipt from your bank so that we can check it in our bank.

Account Number: 02270508092014

Beneficiary's (our Corp. name) name: Sichuan Overseas Tourist Corp.

Bank: Bank of China, Chengdu Renmin Nanlu Sub-Branch

Add of our corp: No.65 Section2 Renminnan Road, Chengdu, Sichuan, P.R.China

Swift Code: BKCHCNBJ570

Phone Number of our Bank: +86-28-86137910

Phone of our corp: +86-28-86086100

Our RMB account:

帐号: 00086 20809 1001

单位: 四川省中国国际旅行社

开户行: 中行成都市人南支行

Reservation and Payment:

- 1, Tell us your date and flight with time of both departure and Arrival in China, make sure above quotation;
- 2, e-mail us your profiles (marked in your passport) such as full name, sex, date of birth, nationality (citizenship) and passport number for reservation;
- 3, once the tour and flight available, we will inform you to **bank wire** full payment to the account of our corp. (account be e-mailed to you in our e-mail sooner);
- 4, after your payment has reached into our account fully, we will make re-confirmation to you on this reservation, and e-mail you some details about your tour;
- 5, all tours subject to be change and adjusted if necessary.

Cancellation Policy

If the valid tour reservation is cancelled by your side for any reason: then 100USD/p.p. is not refundable if your cancellation made from 45days prior to the date of your arrival China; 30% of full payment (tour cost) is not refundable if your cancellation made from 30days prior to the date of your arrival China; 50% of full payment (tour cost) is not refundable if your cancellation made from 20days prior to the date of your arrival China; 100% of full payment (tour cost) is not refundable if your cancellation made from 10days prior to the date of your arrival China, as well as cancellation made while touring.