

# Chengdu and Tibetan Highlands Trip Detailed Program

Team leader: Dr Helena Zhang



## **Day 01 (October 22, Wed): Chengdu**

- Arrival at Chengdu Tianfu or SuangLiu International Airport;
- Welcomed by a Chinese tour guide and a driver; transfer to the hotel
- Welcome dinner
- Accommodation: Xinliang Hotel
- Visit ZhaoQue Temple.
- Altitude: 500 meters(1640F)

Chengdu is a city where, once you arrive, you don't want to leave. Chengdu, the capital of Sichuan and the center of western China, is renowned for its rich history, vibrant lifestyle, and distinctive cuisine. The world's first paper currencies, 《Jiaozi》 were, were created in Chengdu during the Song Dynasty. On February 28, 2010, UNESCO named Chengdu a “gastronomic capital”. You can stroll through the Wide and Narrow Alleys of Chengdu (Kuan Zhai Xiangzi), a fine example of heritage preservation. Chengdu was the district where the Manchu army had once lived under the Qing (1644-1911). Numerous cultural and shopping areas are filled with old streets and houses featuring square courtyards, reflecting the principles of traditional architecture.

### **Day 02 (October 23, Thursday): Chengdu**

- Morning: visiting Wenshu Monastery. (founded during the Sui Dynasty (581-617) and rebuilt in 1697. The buildings' scale and the monastery's curved roofs are a fine example of the architectural style of the Qing Dynasty (1644-1911). The monks of the monastery belong to the Chan school of Buddhism ("Zen" in Japan), in which meditation is intended to lead to the state of emptiness; this is why the monastery is also called the 《Forest of Emptiness》 (Konglin). Wenshu Monastery is very renowned for the most scholarly study of the 《Great Vehicle》
- Visit the room of relics
- Lunch (vegetarian meal) at the temple.
- Chan Tea Ceremony (Meditation with Tea)
- Afternoon: Meditation and enjoy a free walk in the temple
- Dinner in a local restaurant
- Accommodation: Hotel Xingliang
- Altitude: 500 meters (1,640F)

### **Day 3 (October 24, Friday): Chengdu**

- Daytime visit to the hospital affiliated with Chengdu University of Traditional Chinese Medicine.
- Lunch and dinner at local restaurants
- Accommodation: Xinliang Hotel
- Altitude: 500 m (1,640 ft).

### **Day 04 (October 25, Saturday): Chengdu-Mount Heming (Song of Cranes)**

- Departure for Mount Heming, the center of Taoism in China (2 hours). (During the Eastern Han period, the founder of religious Taoism, Zhang Daoling, founded the Five Bushes of Rice School at Mount Heming, also called the Heavenly Master School. Under the Yuan, it evolved into two major currents: the School of Total Perfection (Quanzhen) and the School of the One and Orthodox (Zhengyi). This is why Mount Heming is revered as the cradle of Taoism. Visit the ancient Heming Shan Taoist shrine in the morning.)
- Lunch at the temple (vegetarian meal)
- Meditation in the afternoon – LaoZi's Cave (LaoZi used to practice meditation in this cave)
- Gastronomic dinner: Sichuan fondue
- Accommodation: Hotel Saint Sophia Dayi
- Altitude: 600 meters. (1969F)

### **Day 05 (October 26, Sunday): Guanyinqiao**

- Breakfast. Depart for Guanyinqiao - 5 hours of driving
- Lunch and dinner at local restaurants
- Strolling in Guanyinqiao old town
- Accommodation: Tara Linka Guanyinqiao Hotel
- Altitude: 2600meters (8530F)

### **Day 06 (October 27, Monday): Guanyinqiao**

- Visit Guanyin Temple, the famous "Second Potala Palace." Guanyin Temple is a significant pilgrimage site for Tibetan people in the region. For many devotees who cannot travel to Lhasa, Tibet, to pay homage to Bodhisattva Guanyin at Jokhang Temple, the blessing at Guanyin Temple in Jinchuan becomes a lifelong dream
- Lunch Vegetarian in Guanyin Temple
- Accommodation: Tara Linka Guanyinqiao Hotel
- 2600meters (8530F)



### **Day 07 (October 28, Tuesday): LuHuo & Ganzi**

- Breakfast. Departure for Ganzi – 5 hours of driving
- Visit The Dragon Temple with a living Buddha
- Meditation with the monks
- Dinner at a local restaurant
- Accommodation: Futianhai Ganzi Hotel
- Altitude: 3350 meters (10,991F)

### **Day 08 (October 29, Wednesday): Ganzi**

- Breakfast. Drive to Dreyonkar Nunnery (40 minutes)
- Visit Dreyonkar Nunnery. It is located in a natural and peaceful setting. With its unique characteristics of female practice, this nunnery is an ideal place to understand the nun culture of Tibetan Buddhism
- Meditation with the nuns
- Lunch at the nunnery
- Visit Ganzi Culture Center
- Dinner at a local restaurant
- Strolling in Ganzi Old Town
- Accommodation: Futianhai Ganzi Hotel
- Altitude: 3350 meters (10,990F)

### **Day 09 (October 30, Thursday): Ganzi ~ DaoFu**

- Breakfast
- Visit the LangZa nunnery monastery with a living Buddha, lecture
- Driving to DaoFu Monastery – 3 and a half hours
- Accommodation: ZhuMa Hotel
- Altitude: 3000 meters (9,843F)

### **Day 10 (October 31, Friday): DaoFu – Ba Mei – KangDin**

- Driving to Ba Mei – 2 hours of driving
- Visit the Huiyuan Monastery, a monastery where the seventh and 11<sup>th</sup> Dalai Lamas lived for seven years between 1728 and 1735, and where the eleventh Dalai Lama was born. It is a significant monastery of the Juanes school in this traditional Tibetan region, Kampagpa.
- Departure for Muya Monastery (30 minutes). Known as "Zhaxi Monastery," Muya Monastery means "praying for world peace" in Tibetan. Located at the foot of Yala Mountain and nestled deep within the Tagong Grassland, Muya Monastery boasts over 300 years of history. It comprises a nunnery, a lamasery, a Buddhist college, and a Tibetan hospital.
- Meditation with the nuns.
- Visit the Tibetan Medicine hospital
- Dinner at a local restaurant
- Driving to KangDing – 2 hours of driving
- Accommodation: Ba Mei Lun Hotel, Kang Ding
- Altitude: 2600 meters (8,530F)



### **Day 11, (November 1, Saturday): Kangding to ChengDu**

- Strolling in Kangding Old Tibetan Town
- Driving back to Chengdu – 4 and a half hours of driving
- Strolling in ChunXi Street & Tai Gu Li
- Accommodation: Xinliang Hotel

### **Day 12 (November 2, Sunday): ChengDu**

- Driving to XinDu – 1 hour of driving
- Visit BaoGuan Temple with 108 statues of Buddha (Discover your own mirror in a similar statue of Buddha)
- Meditation by the Pogoda
- Tea time
- Dinner at a local restaurant
- Accommodation: Xinliang Hotel

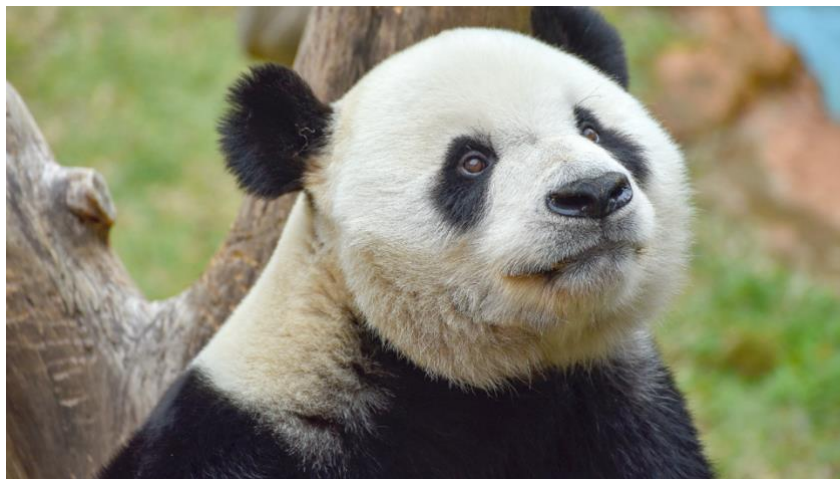
### **Day 13 (November 3, Monday): ChengDu**

- Strolling in JinLi Old Town, the oldest in Chengdu's history
- Visit a Tibetan Town
- Visit the Chengdu Research Base of Giant Panda Breeding
- Farewell lunch
- Transfer to the Chengdu airport according to the participants' departure time
- Free time in the afternoon
- Accommodation: Hotel Xinliang

### **Day 14 (November 4, Tuesday): ChengDu**

- Departure to the airport
- Drop off at the airport according to your departure time

**Note:** All parts of this program are subject to change depending on the availability of the monasteries and driving conditions.



## **List of Hotels**

### **1. Chengdu**

Xinliang Hôtel (4-star hotel)

No. 246 section Shang Dongda, Rue Dongda, Arrondissement Jinjiang, Chengdu

Tel: 0086-28-86739999

成都: 新良大酒店

地址: 成都锦江区东大街上东大街段 246 号

电话: 0086-28-86739999

### **2. Dayi**

Samsara Hotel Dayi (5-star hotel)

No. 890, Neimenggu Avenue, Jinyuan Town, Dayi County, Chengdu, Sichuan, China

Phone: +86-28-66269666

大邑 圣索亚 酒店

地址: 四川省成都市大邑县晋原镇内蒙古大道 890 号

电话: +86-28-66269666

### **3. Guanyinqiao**

Tara lincka Hôtel (3-star hotel)

Place Weisang, Guanyinqiao, comté Jinchuan

numéro de téléphone de l'hôtel :

观音桥: 度母林卡酒店

地址: 金川观音桥镇煨桑广场

电话: 0086-837-8832222

### **4. Ganzi**

Futianhai Hôtel (4-star boutique hotel)

Adresse de l'hôtel : No. 40, Route Sichuan-Tibet, comté Ganzi

numéro de téléphone de l'hôtel : 0086-836-6866888

甘孜: 福天海假日轻奢酒店

地址: 甘孜川藏路 40 号

电话: 0086-836-6866888

## **5. Kangding**

Kang Ba Mei Lun Hotel (4-star hotel)

No. 9 Yulin Road, Xincheng (New City), Kangding, Garzê, Sichuan, China, 626000

酒店名称 (中文): 康定康巴美仑国际酒店

地址 (中文): 四川省甘孜藏族自治州康定市新城榆林路 9 号

电话: (0836) 2818888

## **China Travel Tips**

It is suitable to wear compression stockings on board the plane (12 hours on the plane). This prevents problems with venous stasis and leg swelling.

We will combine sightseeing, studying Tibetan culture, and meditation. There will be a study session every two or three days to see how the monks and lamas chant the sutras and listen to the Living Buddha's sermons.

Altitude sickness: It is difficult to predict who may be susceptible in advance. It is essential to stay well-hydrated at altitude and avoid consuming alcohol. Take a painkiller for headaches (the first sign of altitude sickness), such as aspirin, from your pharmacy.

No vaccinations are required to travel to China.

Clothing:

1. In Chengdu, the temperature in October ranges from 15°C to 21°C.
2. At 3,500 meters (11,483 ft) in Tibet, it ranges from 0°C to 19°C.
3. Bring down jackets, hats, gloves, a scarf, and comfortable walking shoes (we won't be doing long walks, though).

The change: Our translator is responsible for transactions between the Dollar and the Yuan. Today's exchange rate is (1\$ = 7.11 Yuan).