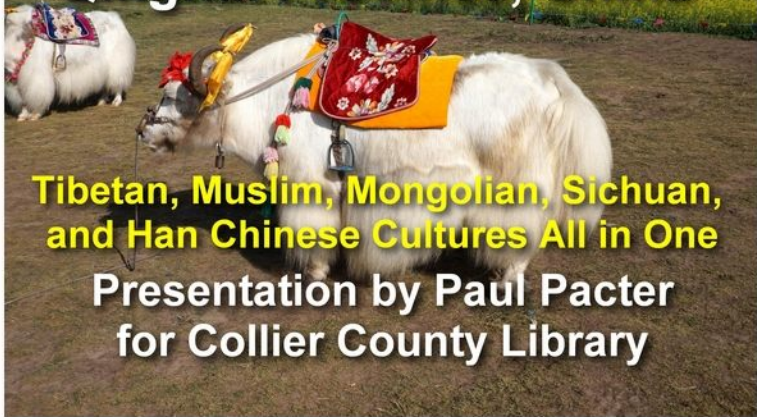


# Qinghai Province, China



**Tibetan, Muslim, Mongolian, Sichuan, and Han Chinese Cultures All in One**

**Presentation by Paul Pacter for Collier County Library**

## China has 34 provincial level subdivisions:

- 23 provinces (if Taiwan is included)
  - 4 very big municipalities with equal status to provinces  
**Beijing, Chongqing, Shanghai, Tianjin**
  - 5 autonomous regions  
**Guangxi, Inner Mongolia, Ningxia, Tibet and Xinjiang.**
  - 2 special administrative regions  
**HK and Macao**
- QINGHAI is one of the provinces.**

## Provinces of China



## Old English name: Kokonor

- Kokonor is often used today to mean Qinghai Province or Qinghai Lake.
- Terms often used to describe Qinghai:**
- Remote
- Sparsely populated
- “China’s Siberia” (because of many prison camps and nuclear dumping grounds)
- Majestic
- Bold
- Barren

## Qinghai – land area:

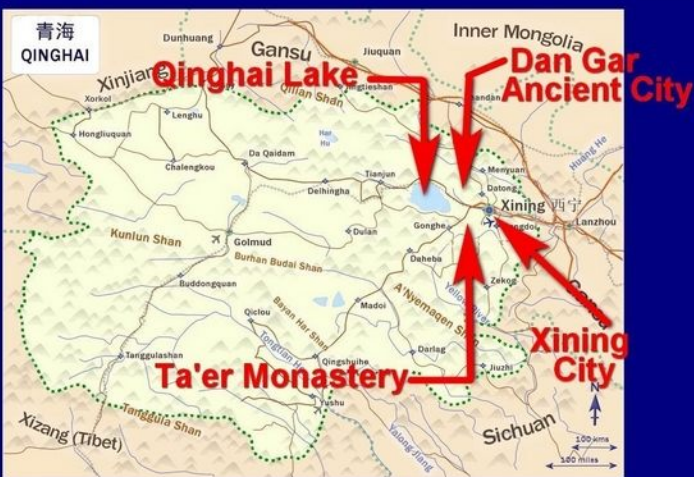
- China’s largest province (though several autonomous regions are larger)
- 280,000 sq miles
- Larger than any country in the EU!

## Comparisons:

- Florida land area: 66,000 sq miles
- Entire USA land area: 3,796,000 sq miles

## Most land is mountainous or high plateaus

- Average elevation 9,900 feet



## Qinghai Population

- Only 5,900,000 people
- One of the smallest provinces.

## Comparisons:

- China population: 1.3 billion
- US: 330 million
- Florida: 21 million

**Sparseness of population second only to Tibet.**

## Qinghai ethnic groups:

**37 recognized ethnic groups among Qinghai's population of 5.6 million:**

- Han Chinese 54%
- Tibetan 21%
- Hui (Muslim) 16%
- Tu (Monguor) 4%
- Mongol 2%
- Salar 2%
- Others 1%

## More Qinghai facts:

Borders on both Tibet and Xinjiang (Uyghur) autonomous regions. Also borders on Sichuan (Szechuan) province.

**Culture is heavily Tibetan and Uyghur.**

- Cuisine is strongly influenced by Sichuan food.
- Lots of spicy food, noodles, lamb and chicken but no pork.

**Capital city: Xining (population 2 million).**

## Influences on Qinghai Culture



## Qinghai topography:

- Located on the Tibetan plateau
- Mountainous
- Mostly above the tree line. Isolated.
- High altitude:
  - Xining 7,500 feet
  - Qinghai Lake area 11,500 feet

## Qinghai Lake:

- Salt water
- China's largest lake: surface 1,700 sq miles, about the size of Delaware

## Qinghai economy (2016)

- Per capita GDP just US\$6,500 per year
- Second lowest in China

## By comparison:

- Beijing and Shanghai are over US\$17,000
- Hong Kong - US\$43,700

## Qinghai total GDP: only US\$36 billion

- China GDP - US\$11,200 billion
- US GDP - US\$18,600 billion
- Florida GDP - US\$750 billion

## Qinghai economy is heavily agriculture:

- Wheat, highland barley, beans, potatoes and rapeseed
- Sheep, yaks, and horses.

## Large deposits of some minerals:

- Potassium chloride and magnesium salts
- Lead, zinc, copper, chromium, cobalt, nickel, iron, mirabilite, gypsum, potassium, boron and coal
- Some oil and natural gas

**Industry: iron, steel, refining.**

## Religion in Qinghai

- Buddhism (both Chinese and Tibetan styles) - 82%
- Islam - 17%
- Christianity - 1%

**We will visit Chinese Buddhist, Tibetan Buddhist, Muslim, and Christian houses of worship today.**

## Weather in Qinghai

- Winter is long, dry, cold, and windy
- Summer is short and warm
- Not much rain
  - 17 inches average annual rainfall
  - Nearly all of that May thru September

## In comparison:

**Florida average annual rainfall is 59 inches (Naples 56 inches)!**

## Tourism in Qinghai

New World Encyclopedia online:

"Many tourist attractions center on Xining, the capital. The city is home to numerous interesting sites, including the Great Mosque of Xining, and the North Mountain Temple."

— We will visit those

"Outside of Xining, there are two major tourist sites: Kumbum (Ta'er) Monastery and Qinghai Lake."

— We will visit both today

Ta'er Monastery (also called Kumbum Monastery)

20 miles from Xining

Second most important Tibetan Buddhist Temple (second only to Lhasa)



Ta'er has:

- 52 temple buildings
- 9,300 rooms
- 9 temples open to visitors
- 4 monastic colleges
- Thousands of tourists



### Tibetan Style Temple

- Rectangular
- Flat roof
- Gold roof, often metal
- Many windows - let in sunlight
- Faces south - let in sunlight



### Chinese Style Temple

- Square
- Gabled roof, never flat
- Sweeping curvature at corners of roof
- Tile roof
- No windows
- Back faces higher land



Stupas at Ta'er Temple  
Contain ashes of famous monks



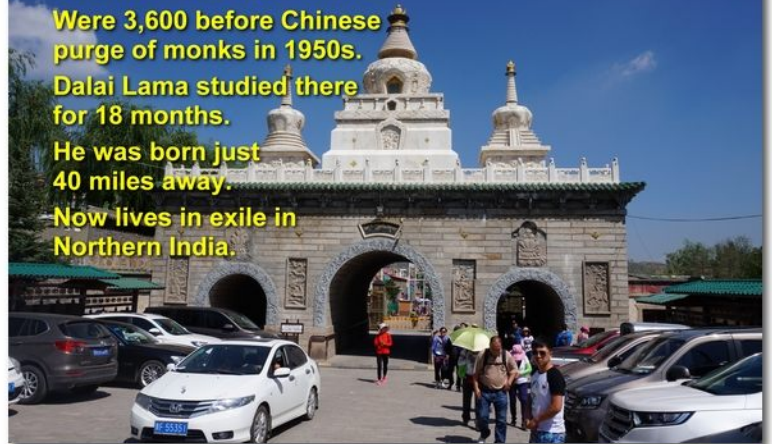
Ta'er now has 400 monks.

Were 3,600 before Chinese purge of monks in 1950s.

Dalai Lama studied there for 18 months.

He was born just 40 miles away.

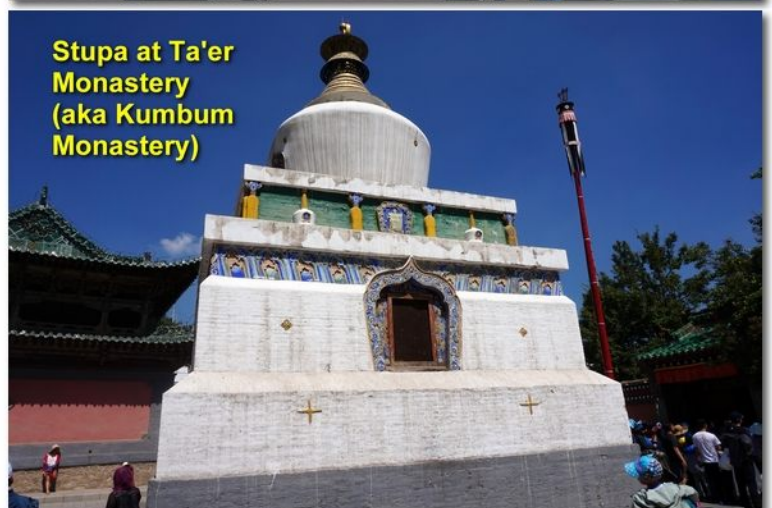
Now lives in exile in Northern India.

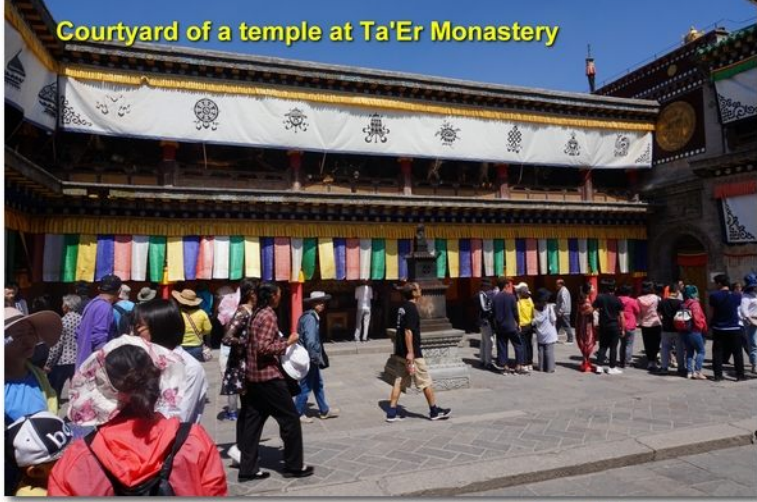


One of the temples at Ta'er Monastery

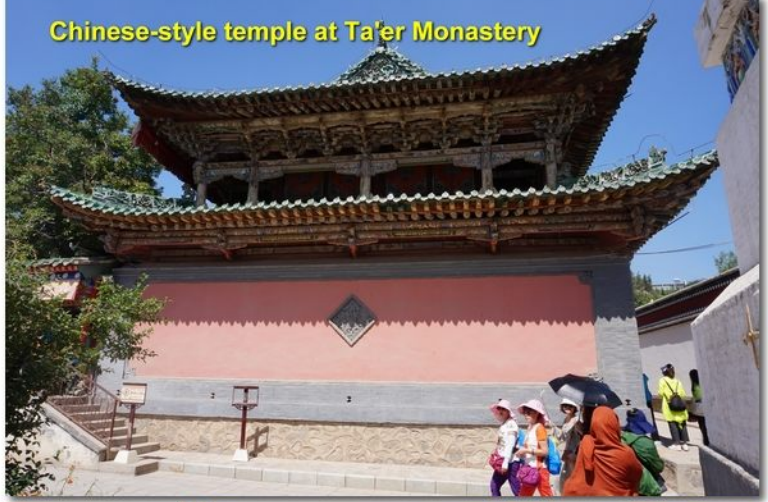


Stupa at Ta'er Monastery (aka Kumbum Monastery)

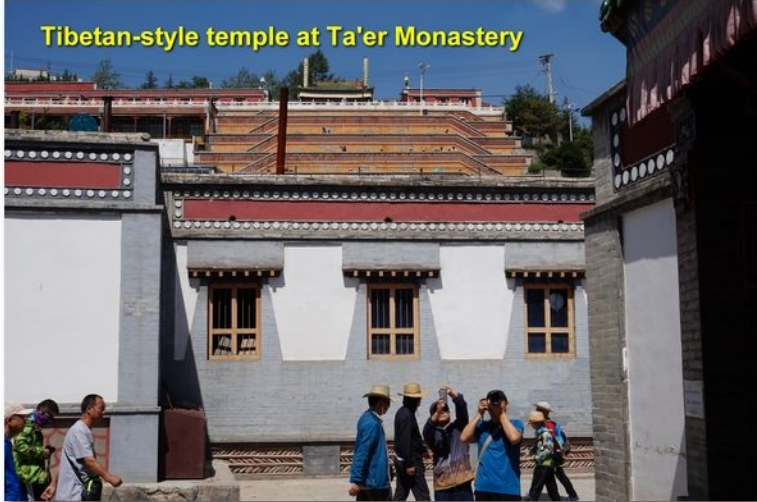




Courtyard of a temple at Ta'Er Monastery



Chinese-style temple at Ta'Er Monastery



Tibetan-style temple at Ta'Er Monastery



The Great Hall of Meditation at Ta'er



Ta'er (Kumbum) Monastery is a major pilgrimage site



Prayer mats inside the Great Hall of Meditation



Inside the Great Hall of Meditation at Ta'er (Kumbum) Many sacred scriptures, carvings, sculptures, thangkass, etc



Statue of Je Tsongkhapa (1357-1419) Famous teacher of Tibetan Buddhism

A Chinese-style temple at Ta'er



**Kowtow (as used in Buddhism):**  
Kneel and touch the ground with the forehead in worship.

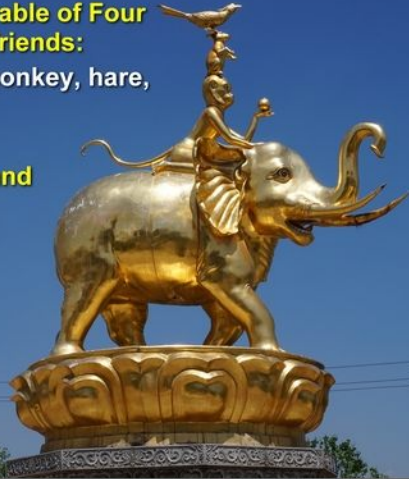
Tibetan-style Buddhists will kowtow (crawl and bow) for miles to make a pilgrimage to a temple (eg Ta'er). Can take weeks, months, even years.



**Buddha's Parable of Four Harmonious friends:**

- Elephant, monkey, hare, and bird.

Illustrates cooperation and respect for seniority.



Watermelons are very cheap in China - maybe US\$1. Huge sunflowers sold everywhere in Qinghai. ← Ta'er



### Xining

- Capital of Qinghai Province
- Population: 2.2 million
- Altitude: 7,464 feet
- On Silk Road
- Commercial and religious hub for 2000 years
- Cold semi-arid climate
- 2,676 hours bright sunshine a year (if divide by 8 hours then 335 days)

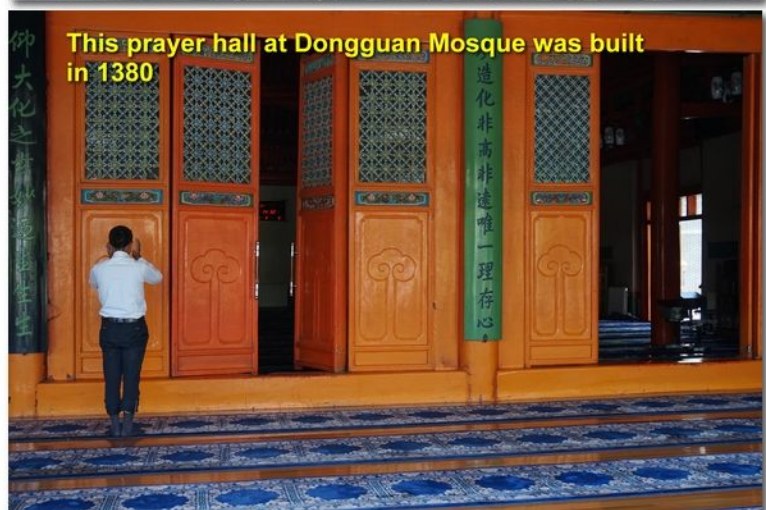
**Dongguan Mosque, Xining.**  
Institution for prayer and education.



**Dongguan Mosque**  
Main prayer hall holds 3,000.  
But Friday lunchtime often 50,000 praying in courtyard and nearby streets.



This prayer hall at Dongguan Mosque was built in 1380



Part of Dongguan Mosque, Xining.



Fried dough snacks at shop in Muslim neighbourhood near Dongguan Mosque



Honey shop in Muslim neighbourhood around Dongguan Mosque



Moon Cakes

Shop in Muslim neighbourhood near Dongguan Mosque

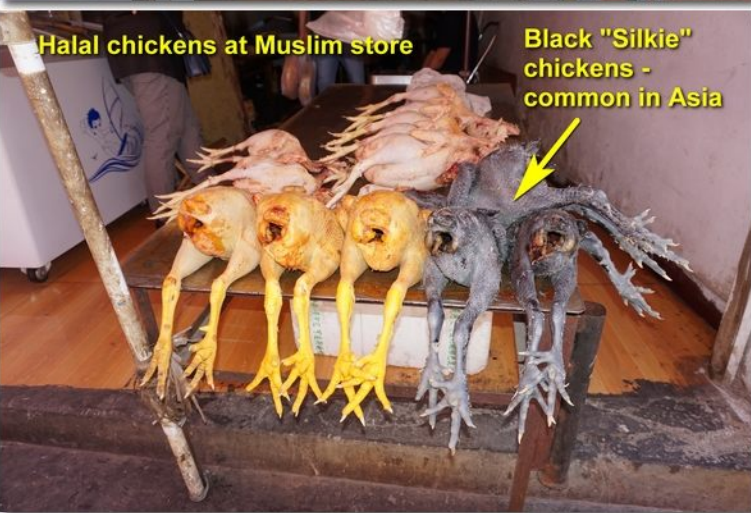


Tea

Chinese Wolfberries, also called Goji

Halal chickens at Muslim store

Black "Silkie" chickens - common in Asia



Bread bakery in Muslim neighbourhood in Xining

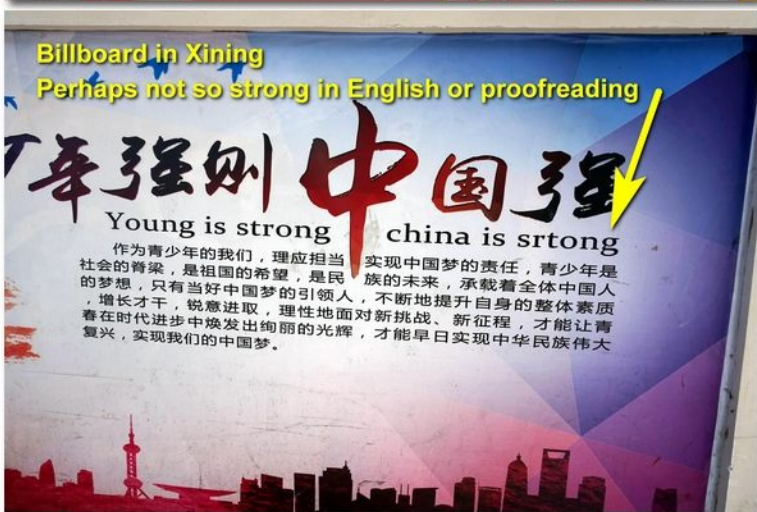


Muslim naan bread  
White flour, salt, yeast, yoghurt, sesame



Naan bread is baked on the walls of a wood oven





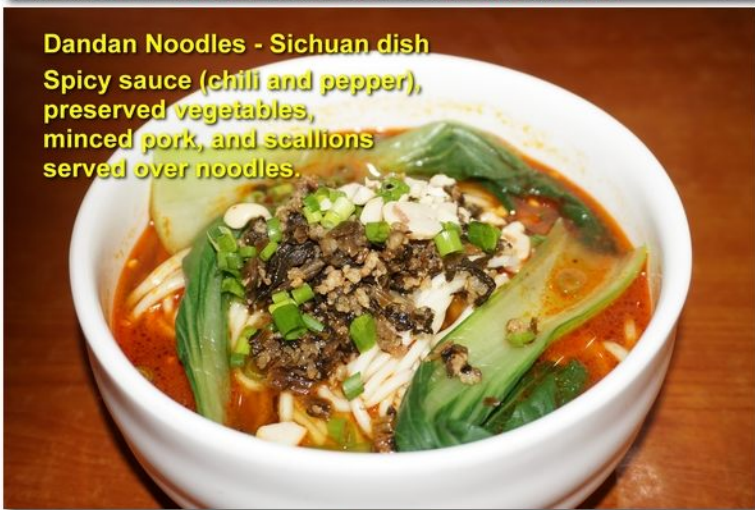
**Xining is 7,500 feet altitude  
These mountains are almost downtown**



**May surprise you: scrambled eggs and tomatoes is a  
typical dinner dish in China and Hong Kong**



**Dandan Noodles - Sichuan dish  
Spicy sauce (chili and pepper),  
preserved vegetables,  
minced pork, and scallions  
served over noodles.**



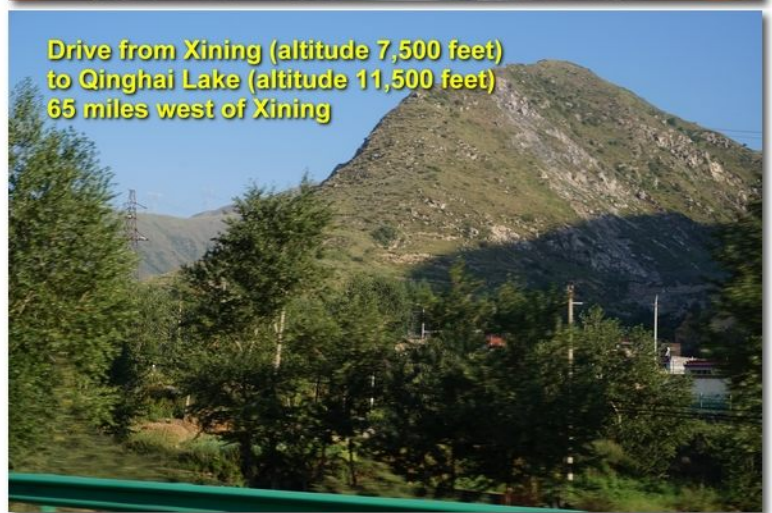
**Sichuan chicken with chillies and mushrooms**



**Ribs with soya beans and chillies  
in casserole**



**Drive from Xining (altitude 7,500 feet)  
to Qinghai Lake (altitude 11,500 feet)  
65 miles west of Xining**



**Xining is just about at the tree line.  
Near Qinghai Lake snow starts in October.**



**Typical town on the road from Xining  
to Qinghai Lake**





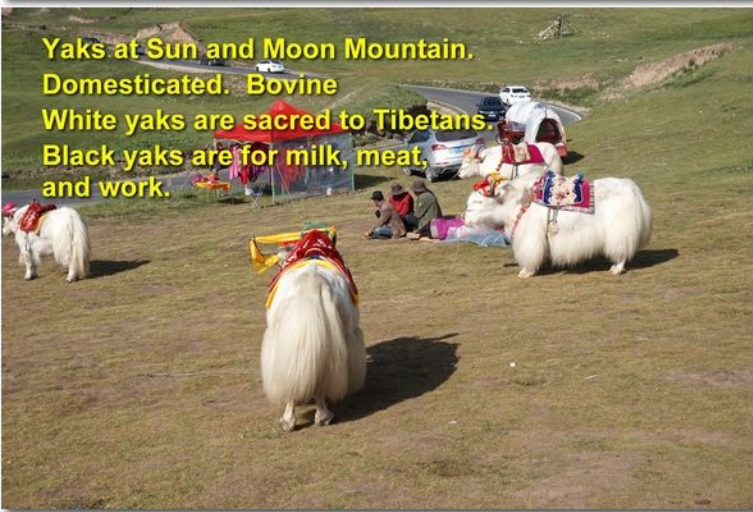
Sun and Moon Mountain - elevation about 11,500 feet  
To the west is steppe grazing land for herds.  
To the east is agricultural land.  
Divides farming and nomadism.



Rapeseed -- also called brassica or canola.  
Cultivated for oil and animal food.  
Third largest source of vegetable oil in the world  
(after palm and soybean).



Yaks at Sun and Moon Mountain.  
Domesticated. Bovine  
White yaks are sacred to Tibetans.  
Black yaks are for milk, meat,  
and work.



White yak proudly displayed by its owner.



Tibetan Buddhist flags and prayer wheels  
on Sun and Moon Mountain



Hard to see in the photo, but each flag has  
Buddhist scripture written on it.

Tibetan Buddhist flags with scriptures



Museum of Tibetan Culture at Sun and Moon Mountain



Museum of Tibetan Culture at Sun and Moon Mountain



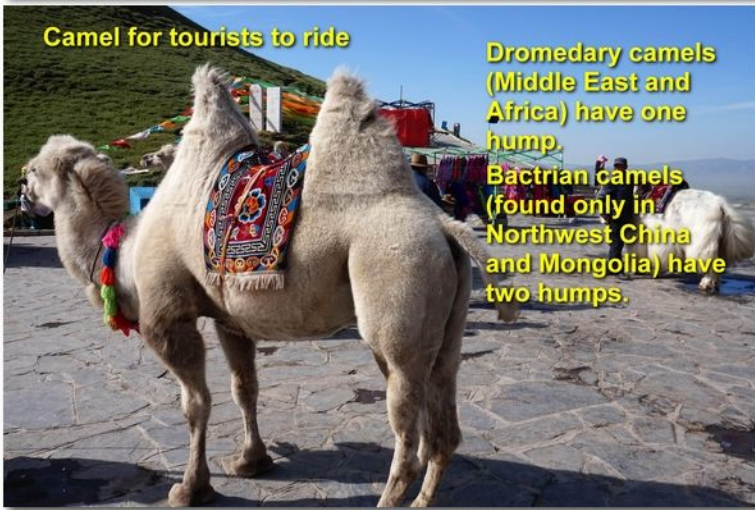
Yurt (nomadic tent) at Sun and Moon Mountain



Prayer Wheels

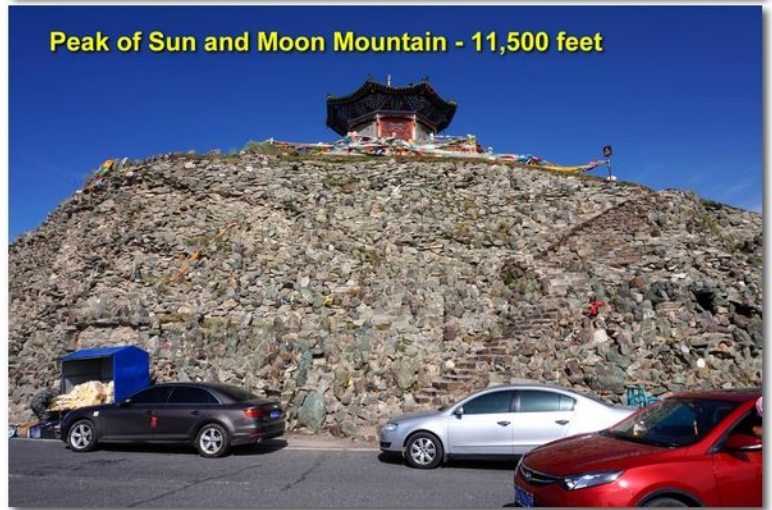


Camel for tourists to ride



Dromedary camels (Middle East and Africa) have one hump. Bactrian camels (found only in Northwest China and Mongolia) have two humps.

Peak of Sun and Moon Mountain - 11,500 feet



Descending Sun and Moon Mountain



Rapeseed field



Sign says "Memories of Qinghai Lake"

青海湖留念

**Qinghai Lake - largest lake in China**  
**Salt water**  
**Surface 1,700 sq miles – about the size of Delaware**  
**Sacred to Tibetan Buddhists**



**Qinghai Lake**  
**Surrounded by rolling grasslands**  
**Area is populated by ethnic Tibetans**  
**Tibetan name translates to "Blue Sea Lake"**



**Tourist boat on Qinghai Lake**



**Qinghai Lake is over 11,000 feet in altitude** 如有损坏一律照价陪



**Driving in China!**  
**Busy rural road**  
**One lane in each direction**  
**Maybe 50mph**



**But that does not stop Chinese drivers, including buses, from making their side into three lanes – and forcing our side to drive on the shoulders!**

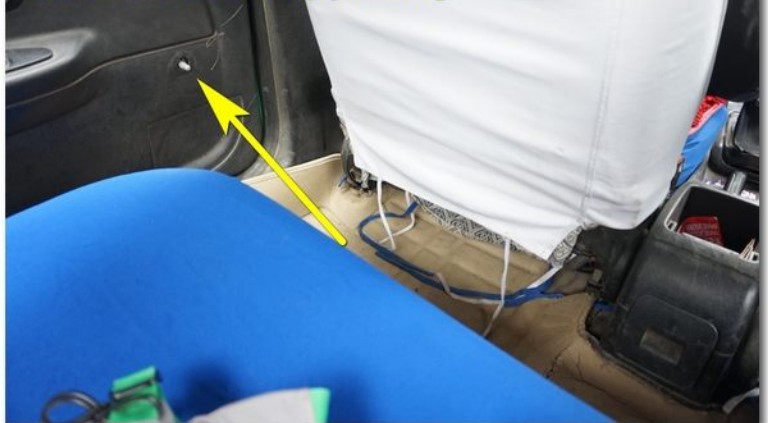
**Driving in China! Drivers create 3 lanes out of 1.**



**Most taxis have slip-covers on the seats.**  
**Completely blocking the rear seat belts!**



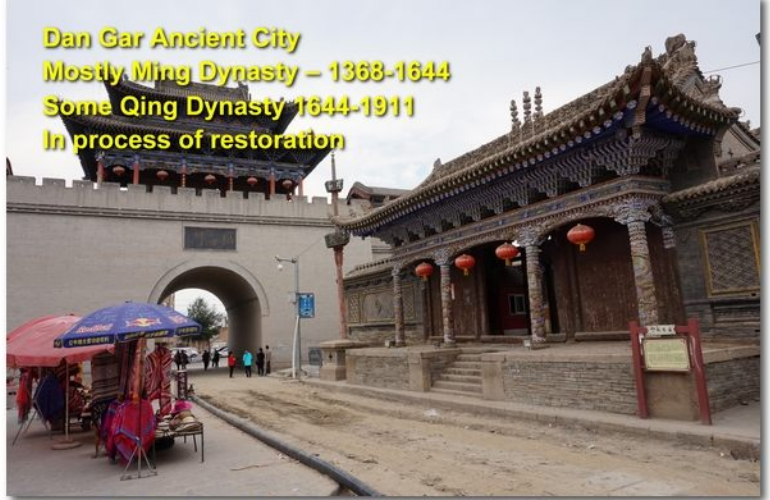
**In many taxis window crank handles are simply missing**



**Yak herd near the road**

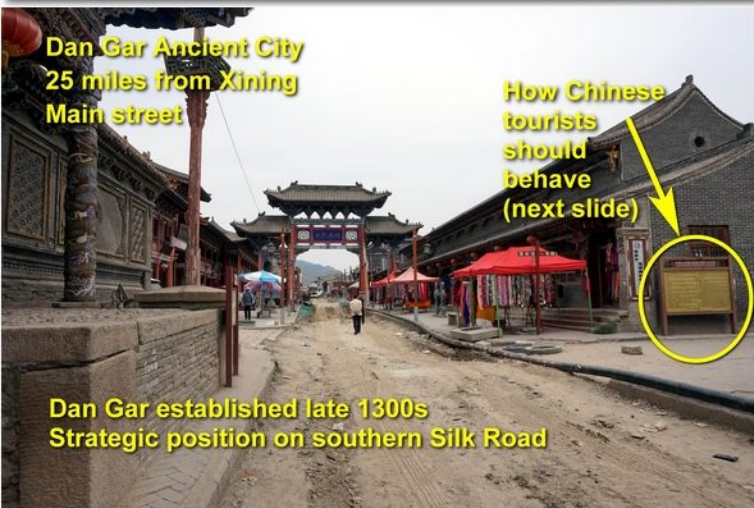


**Dan Gar Ancient City**  
Mostly Ming Dynasty – 1368-1644  
Some Qing Dynasty 1644-1911  
In process of restoration



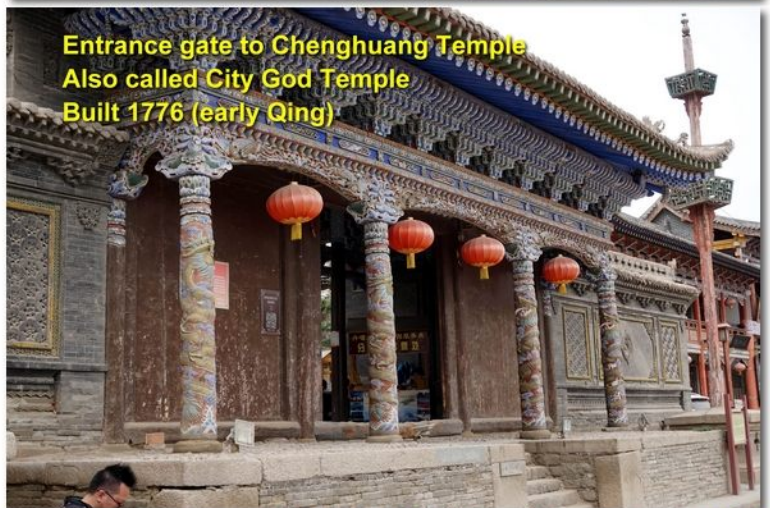
**Dan Gar Ancient City**  
25 miles from Xining  
Main street

How Chinese tourists should behave (next slide)

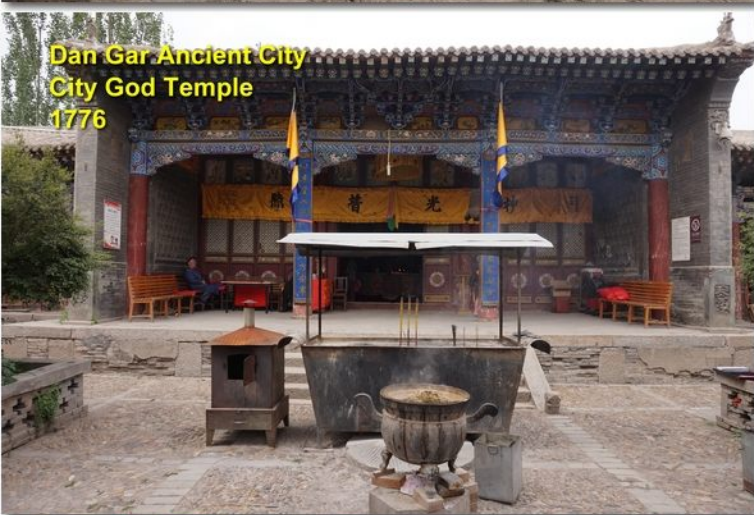


Dan Gar established late 1300s  
Strategic position on southern Silk Road

**Entrance gate to Chenghuang Temple**  
Also called City God Temple  
Built 1776 (early Qing)



**Dan Gar Ancient City**  
City God Temple  
1776



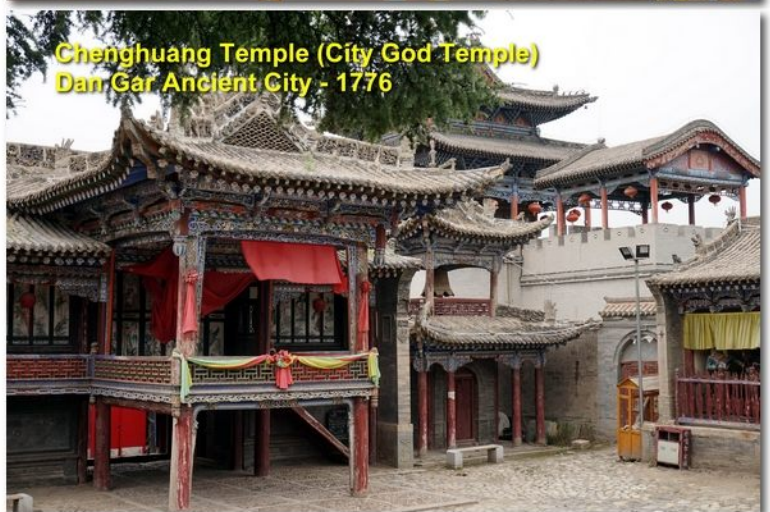
**City God Temple Altar - Dan Gar**



**Murals at Chenghuang Temple (City God Temple)**  
Dan Gar Ancient City



**Chenghuang Temple (City God Temple)**  
Dan Gar Ancient City - 1776



**中国公民国内旅游文明行为公约**  
Tourism Etiquette Rules for Chinese Citizens Traveling at Home

- Don't spit
- Don't litter
- Smoke in designated area
- Don't yell or shout
- No cutting in line
- Don't pick flowers or fruits
- No carving or graffiti
- Don't climb on ancient relics
- Don't steal public property
- Don't sneeze in face of others
- Show courtesy to others

The cultivation of a congenial and harmonious travel environment benefits every tourist. It is our bounden to be a tourist with refined manners. So please observe the following tourism etiquette rules.

1. Keep the environment clean and tidy. Don't spit about or spit out chewing gum. Don't drop litter. Don't smoke except in designated areas.
2. Observe public order. Don't yell or shout out loud. Always join a public queue for good order. Don't walk abreast on a sidewalk. Don't talk loudly in public.
3. Preserve the ecological environment. Stay off public lawns, and refrain from picking flowers or fruits. Don't chase, catch, or throw stones at animals or feed them irresponsibly.
4. Protect historical sites and cultural relics. Don't inscribe anything or scrawl graffiti on them. Don't touch or climb on top of ancient relics, and heed the restrictions when taking photos with them.
5. Be careful with the use of public facilities. Don't sneeze or break objects in hotel rooms. Don't vandalize or damage public facilities. Don't attempt to make off with public belongings. Conserve water and electricity by using them efficiently. And don't waste food.
6. Be respectful to the people around you. Don't try to snapshoot pictures with foreign friends without their permission. Don't sneeze into the face of others. Don't occupy public facilities for too long. Esteem the work of service staff. And respect the local religious customs.
7. Show courtesy to others. Be dressed appropriately. Don't go bareheaded in public places. Be considerate towards the aged, the infirm, the sick and the disabled and give priority to them. Be chivalrous to the female by following the rule "lady first". Never use vulgar language.
8. Take part in healthy entertainments. Say no to feudal superstitious activities. Stay away from pornography, gambling and drugs.

中央文明办 国家旅游局  
THE CENTRAL CONTENTS NATIONAL ADMINISTRATION

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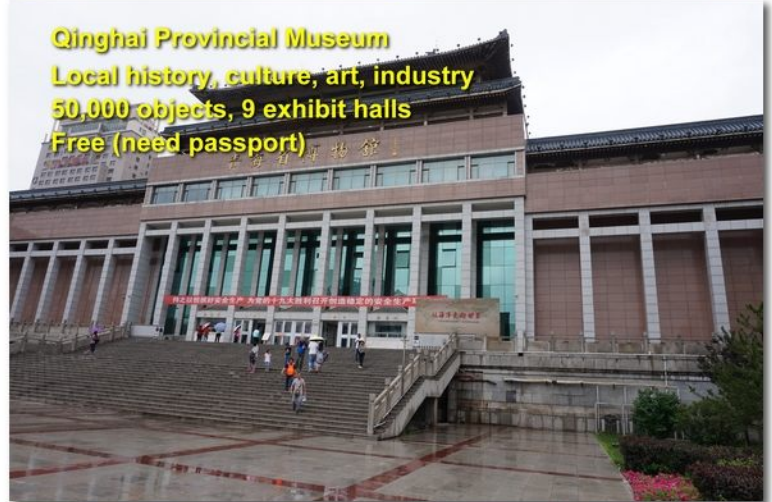
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**Sometimes you have a choice**



**Qinghai Provincial Museum**  
Local history, culture, art, industry  
50,000 objects, 9 exhibit halls  
Free (need passport)



**Like many Chinese museums, begins with some political indoctrination**



**Disciples**



**Wonderful collection of Tibetan Buddhist Thangkas**  
Paintings on cloth (cotton or silk)  
Religious teachings



**Qinghai Provincial Museum - Thangka**

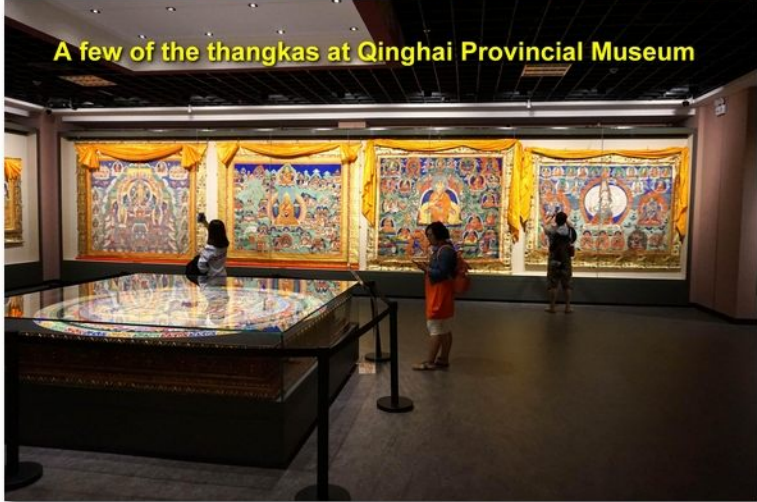




Qinghai Provincial Museum - Xining



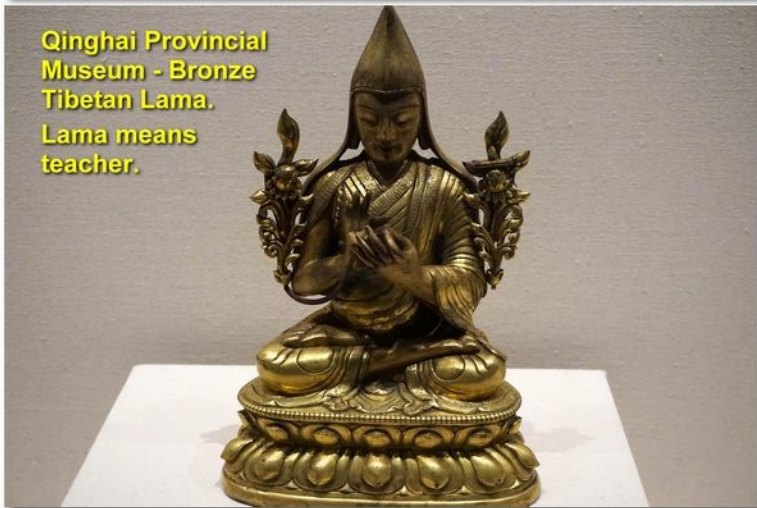
Pigments and brushes used to paint thangkas



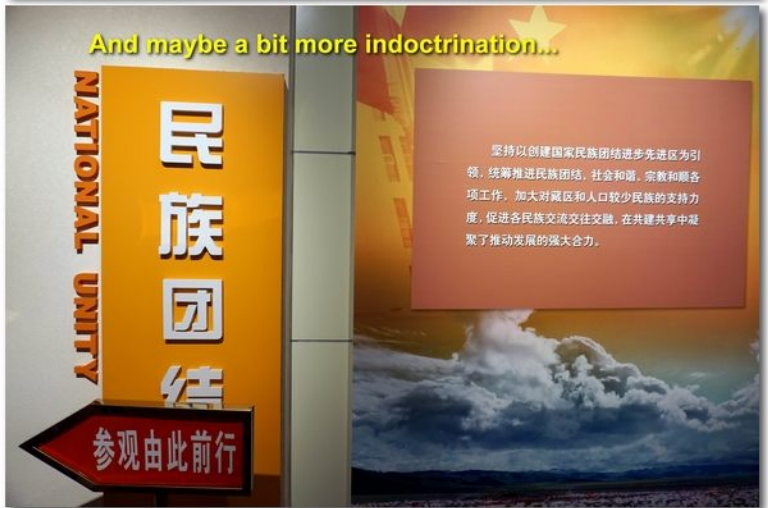
A few of the thangkas at Qinghai Provincial Museum



Large collection of bronzes, porcelains, paintings, etc. Many signs have English descriptions.



Qinghai Provincial Museum - Bronze Tibetan Lama. Lama means teacher.



And maybe a bit more indoctrination...

NATIONAL UNITY  
民族团结

参观由此前行

坚持以创建国家民族团结进步先进区为引领，统筹推进民族团结、社会和谐、宗教和各项工作，加大对藏区和人口较少民族的支持力度，促进各民族交流交往交融，在共建共享中凝聚了推动发展的强大合力。



扎扎实实推进经济持续健康发展  
扎扎实实推进生态环境保护  
扎扎实实保障和改善民生、加强社会治理  
扎扎实实加强和规范党内政治生活



A large exhibition devoted to the Silk Road

从海洋走向世界

——东莞市博物馆藏清代广东外销艺术品展

Qinghai  
Provincial  
Museum



A lot of pottery 3,000 to 5,000 years old.  
This one is estimated to be 5,000 years old.



### 网纹彩陶壶

Painted Pottery Pot with Grid Lines

马家窑类型

Majiayao Type

距今5000年

5000E.P

同德县宗日遗址出土

Unearthed at Zongri Site of  
Tongde County

### Qinghai Art Museum

Next door to the Qinghai Provincial Museum  
But a big disappointment, not much of a collection



KFC had 5,872 stores in China in 2020, including  
this one in Xining.  
McDonald's 3,787.



Xining shopfront  
Translation of Chinese characters:  
"Hundred Benefit"



Shuijing Lane Market - various duck parts



Noodles with duck - Shuijing Lane Market



Tibetan Medicine Museum - Xining  
Also called Museum of Tibetan Culture



Designed like a Tibetan temple

Entrance to Museum of Tibetan Medicine



Ancient textbooks on Tibetan Medicine



Pages from textbooks on Tibetan Medicine  
Over 1,000 years old



Tibetan medical instruments



Tibetan Medical Museum - Surgeon's case





Tibetan Medical Museum - old medical drawings



Photos of hospitals of Tibetan medicine in China



Tibetan Medical Museum has hundreds of thangkas with instructions on Tibetan medical theory and practice



Tibetan Medical Museum Thangka explaining circulatory system



Tibetan Medical Museum thangka



Ancient Tibetan medical drawing



Tibetan Medical Museum - thangka



Tibetan Medical Museum - thangka



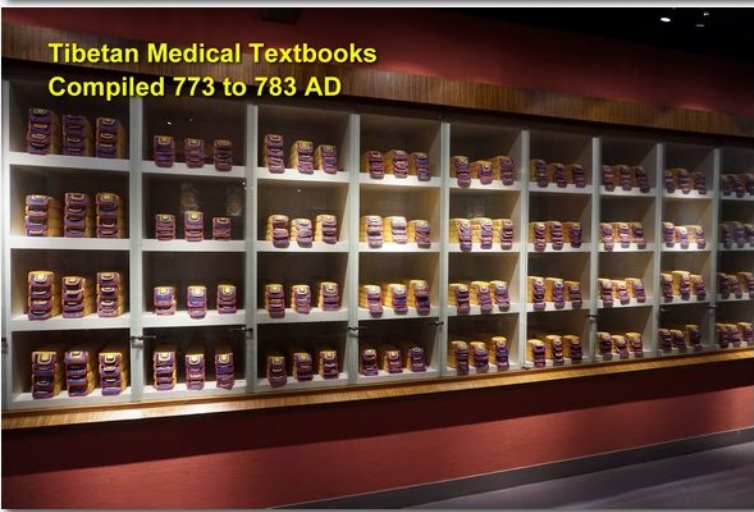
**Tibet Medical Museum  
Thangka about Urinalysis**



**Tibetan Medical Museum - thangka**



**Tibetan Medical Textbooks  
Compiled 773 to 783 AD**



**Tibetan Medical Museum  
Exhibit about the  
Tibetan calendar**



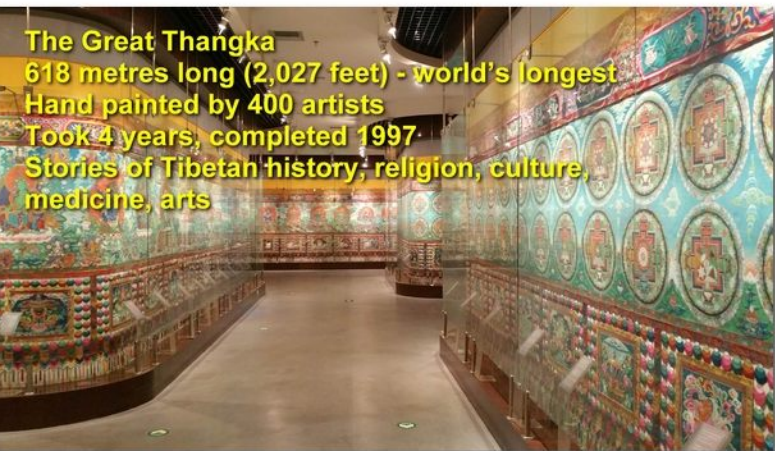
**Tibetan Medical Museum  
Tibetan ceremonial costumes**



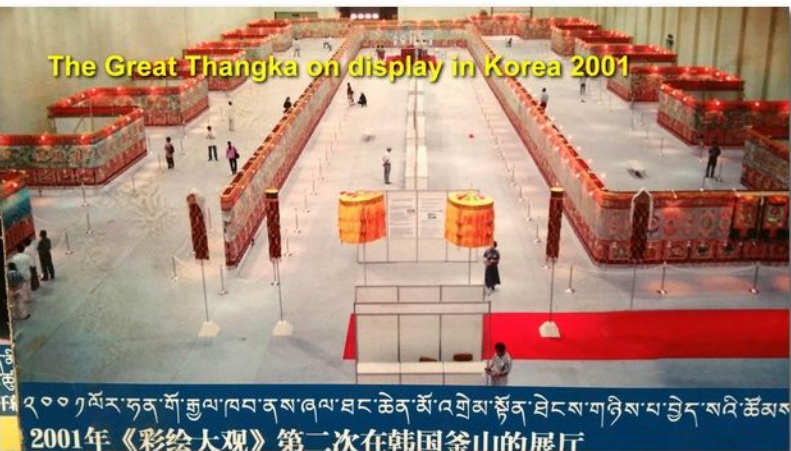
**Tibetan Medical Museum - thangka**



**The Great Thangka  
618 metres long (2,027 feet) - world's longest  
Hand painted by 400 artists  
Took 4 years, completed 1997  
Stories of Tibetah history, religion, culture,  
medicine, arts**



**The Great Thangka on display in Korea 2001**



འདྲིལ་ལྷན་ཁག་གི་རྒྱལ་ཁབ་ནས་ཞལ་ཐང་ཆེན་མོ་འགྲེམ་སྟོན་གྱི་ཐོག་ཐོག་གི་སྤྱི་ཚོམས་  
2001年《彩绘大观》第二次在韩国釜山的展厅

Tibetan Medical Museum - The Great Thangka  
618 metres (2,027 feet) x 2 metres (6 feet) high



Detail from The Great Thangka  
Tibetan Medical Museum



Detail from The Great Thangka



The Great Thangka - famous Tibetan temples

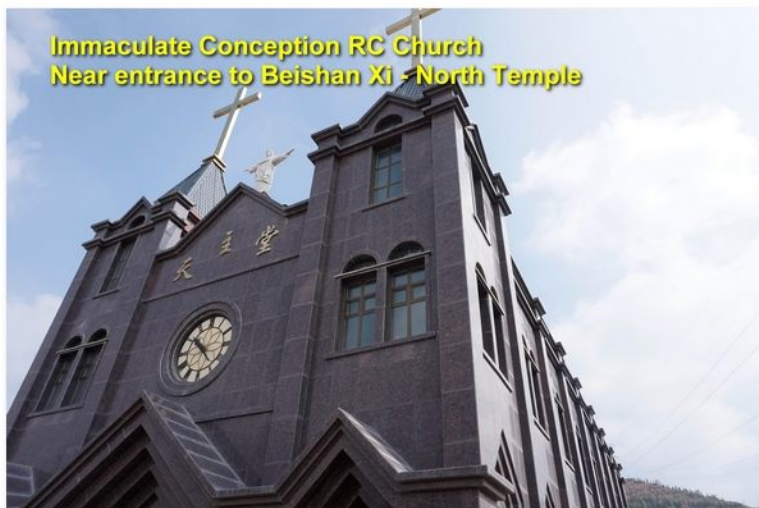


Potala - Lhasa

Tibetan Medical Museum - The Great Thangka



Immaculate Conception RC Church  
Near entrance to Beishan Xi - North Temple



Immaculate Conception RC Church - Xining



North Mountain Temple  
Also called Bei [north] Shan [mountain] temple  
Also called Tulou Temple

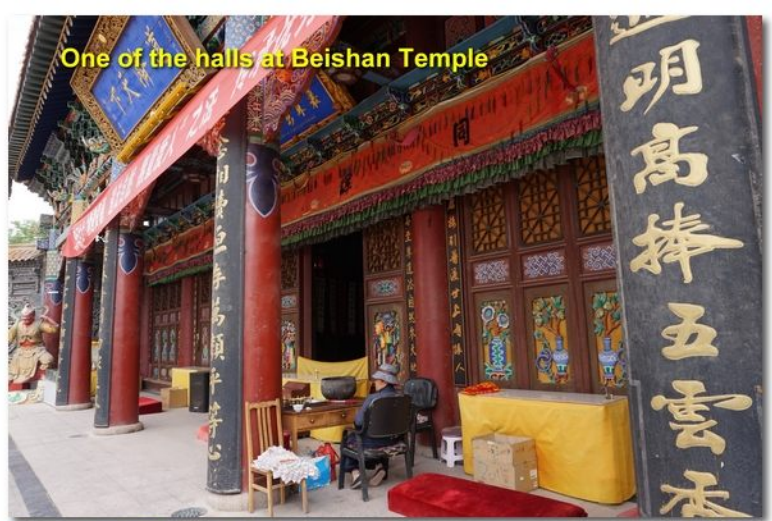


Beishan Temple is 5 miles from Xining city center  
It is Taoist



Temple Gate Guardian holding a thunderbolt

One of the halls at Beishan Temple



Candles



Taoist priest - dozing



Taoist deity at Beishan Temple

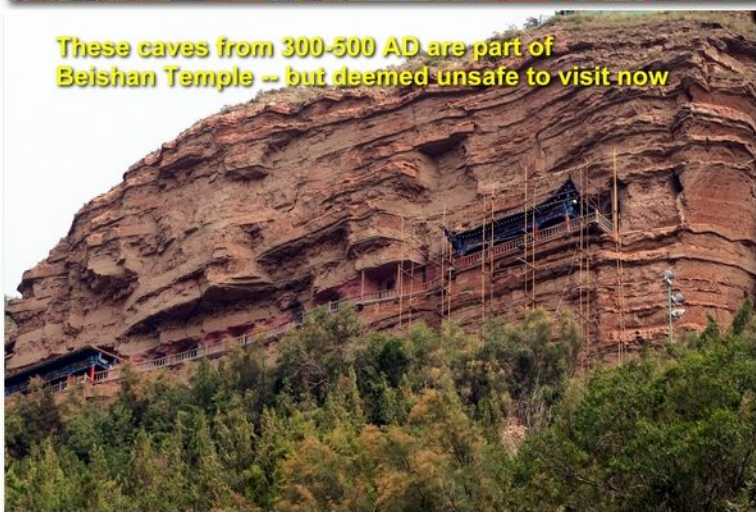


God of Fortune  
Notice he is holding a Gold Nugget

Another temple building at Beishan Temple



These caves from 300-500 AD are part of Beishan Temple -- but deemed unsafe to visit now



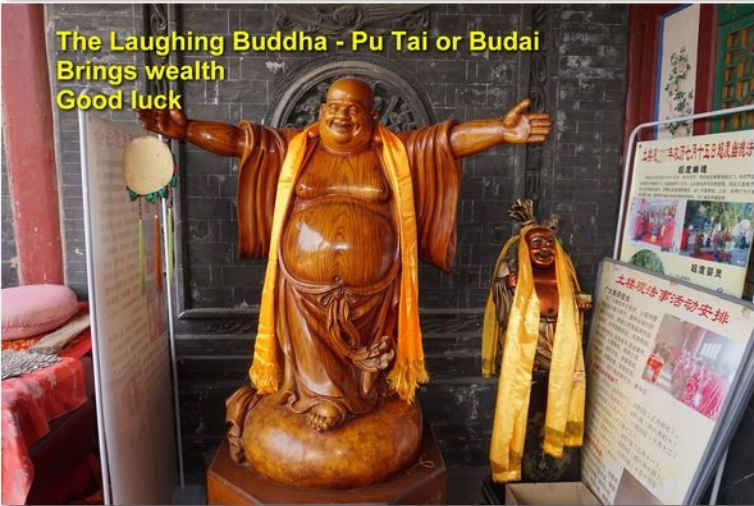
Do not climb these steps.  
The caves are not safe.  
There are 99 caves with frescoes.



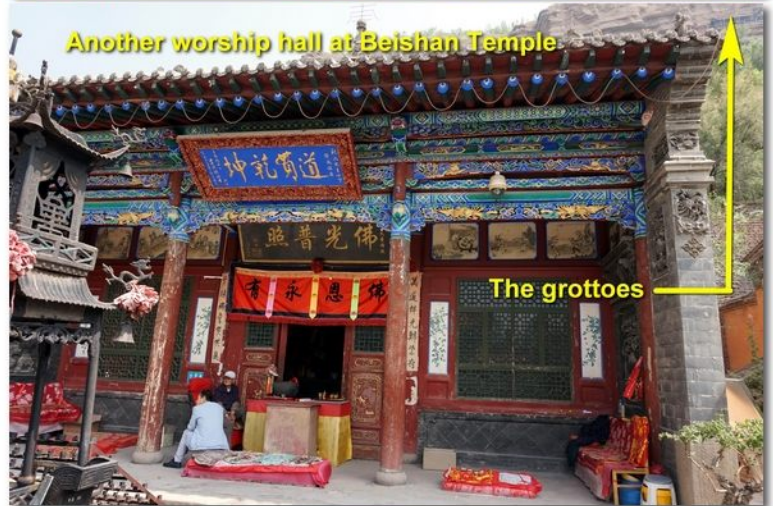
One of the halls at Beishan Temple



The Laughing Buddha - Pu Tai or Budai  
Brings wealth  
Good luck



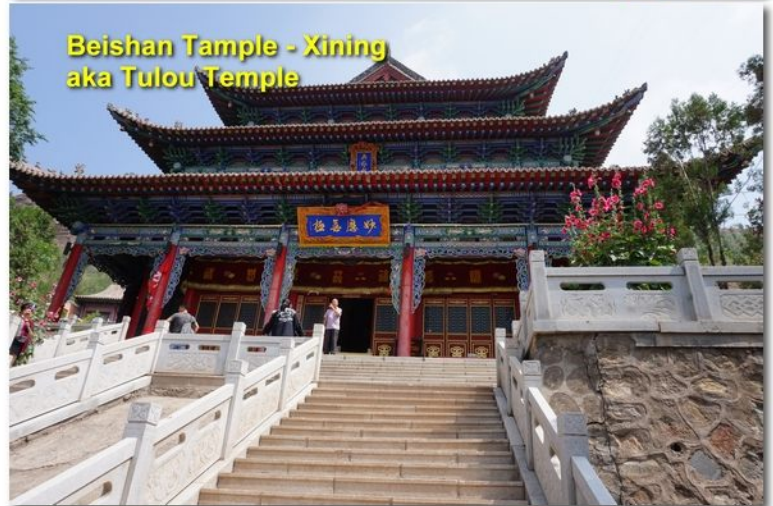
Another worship hall at Beishan Temple



The grottoes



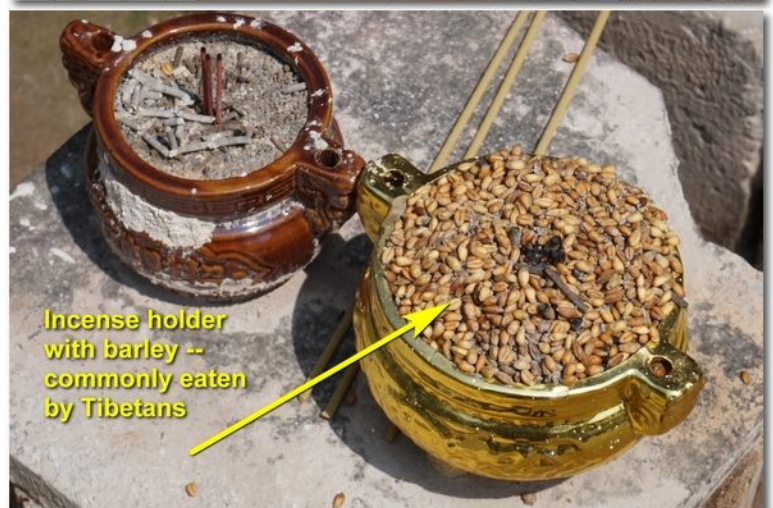
Beishan Temple - Xining  
aka Tulou Temple



Beishan Temple  
North Mountain Temple  
Xining



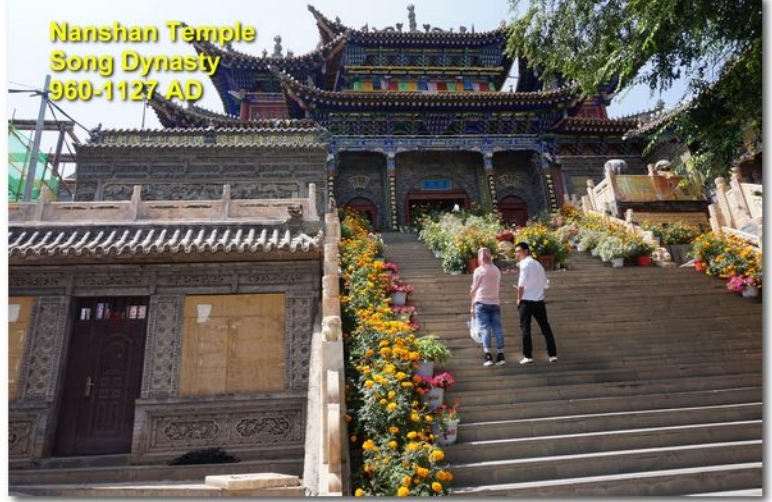
Incense holder  
with barley --  
commonly eaten  
by Tibetans



South Temple  
Nan [south]  
Shan [mountain]  
Temple  
Xining



Nanshan Temple  
Song Dynasty  
960-1127 AD



Nanshan Temple - Xining



Statue of Guanyin  
Goddess of Mercy

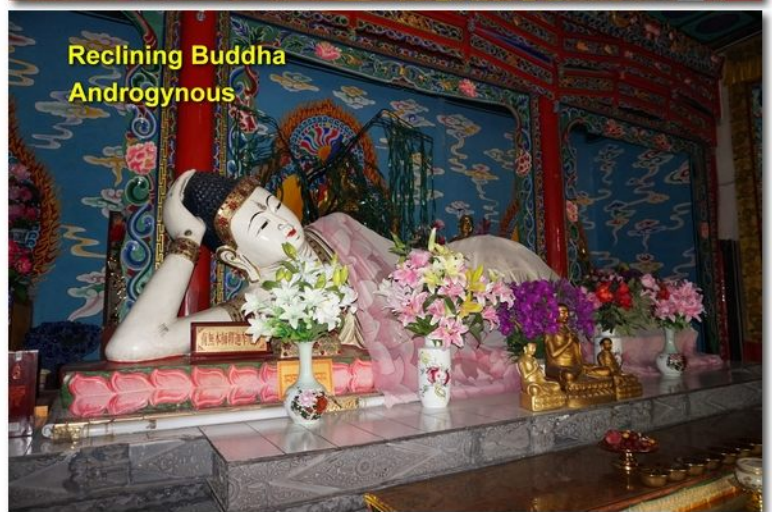
Guanyin - Goddess of Mercy  
Notice multiple arms to help people



God of the Earth  
Di Jiong Huang



Reclining Buddha  
Androgynous



Nanshan Temple - Xining  
Song Dynasty  
960-1127 AD



Great views of Xining city from Nanshan Temple



Nanshan Temple  
Song Dynasty  
Main worship hall



Arhats (worthy or enlightened persons) at Nanshan



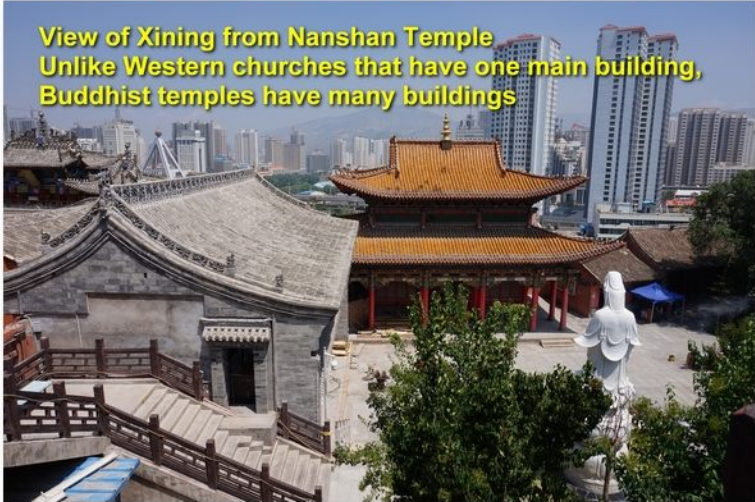
Guanyin - Goddess of Mercy



Shakyamuni Buddha - the Great Buddha  
Lived approximately  
500 BC to 400 BC.  
Buddhism was  
founded on  
his teachings.  
Also called  
Gautama Buddha.



View of Xining from Nanshan Temple  
Unlike Western churches that have one main building,  
Buddhist temples have many buildings



Downtown Xining - old part of the city  
Mojia Street - these shops sell Buddhist supplies





Tibetan Buddhist worship items



Small Tibetan temple just off Mojia Street



Mojia Street area has many traditional restaurants and shops and underground markets



Shop selling dried seafood and fruits

and dried yak meat



These are walnuts in their green kernel.  
The green kernel is removed to reveal the walnut in its shell.

How walnuts grow



Fresh made noodles  
Soft, not dried



No refrigeration -- despite 80° F temperatures (same in Hong Kong markets)

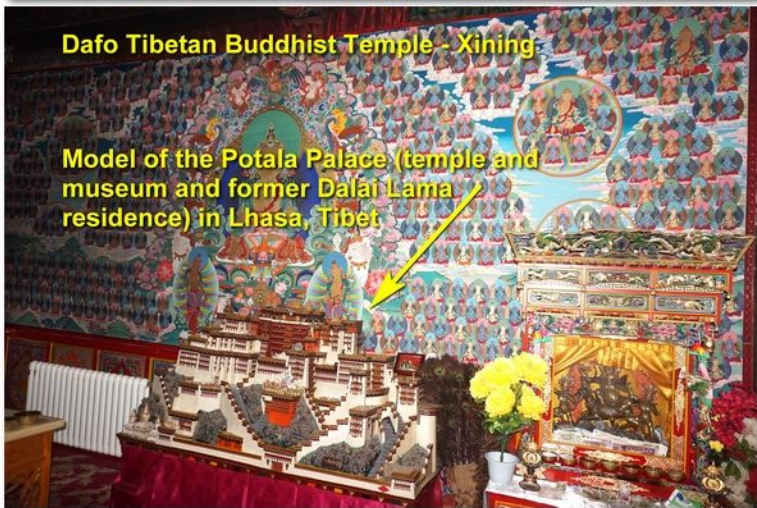
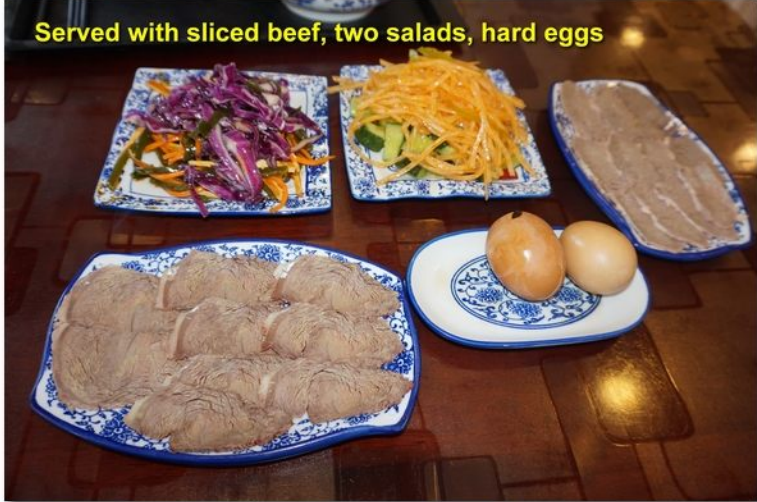
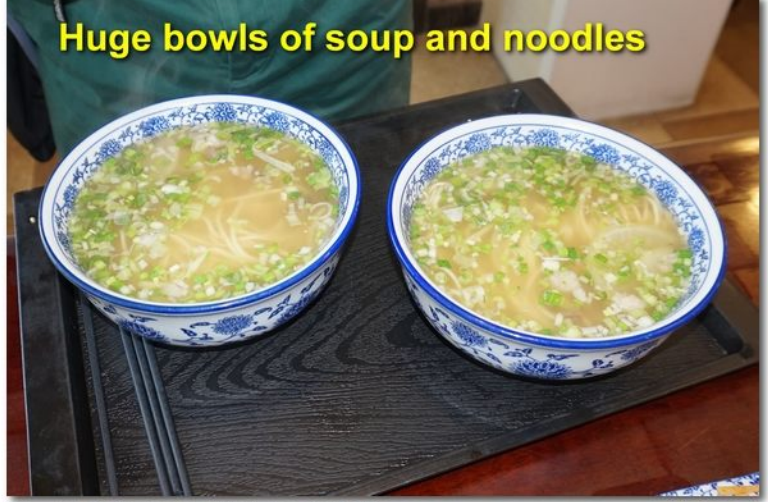


Fresh-made Tibetan yoghurt

and dried yak meat













Mojia Agricultural Products Market

Silver Scabbardfish (I think)



Mojia Agricultural Products Market

Bitter melon aka Bitter Melon

Okra

Chinese Cabbage

Loofah



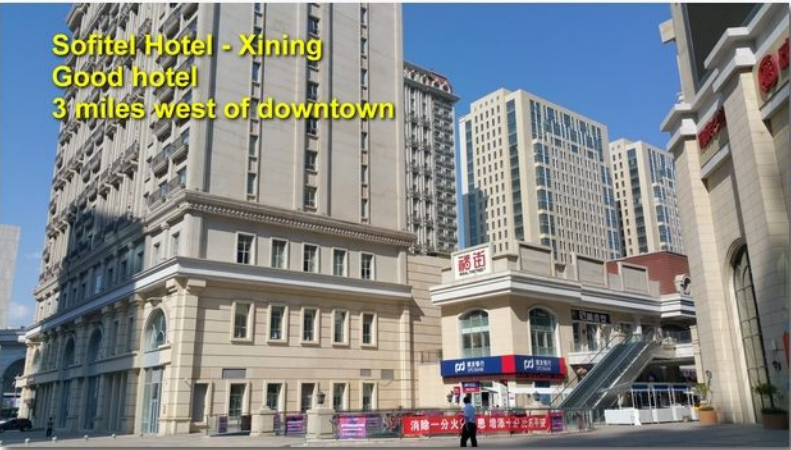
Mojia Agricultural Products Market - Green Chilies



Durians

Chinese Pears

Mojia Agricultural Products Market



Sofitel Hotel - Xining  
Good hotel  
3 miles west of downtown



Large upscale shopping mall next to Sofitel



Foot massage about US\$25 for 80 minutes  
Actually includes back, neck, arms, legs  
as well as feet.  
Tips refused!



Soaking

Hot ginger on my knees  
(no idea what it does)



Foot cupping  
Hot glass cups



Banging legs with rubber hammers  
Circulation



Tofu with a few chilies



Rice in bamboo



Muslim Restaurant

Yak broth

Yak meat



Sliced noodle and fungus soup



Muslim Restaurant - Chicken with dough dumplings



Muslim Restaurant - Lamb skewers (kebabs)  
Seasoned with cumin and pepper



Robot waitress in a restaurant



Track

Robot waitress in a restaurant

Notice Tibetan custom  
of sitting on couches  
rather than chairs.



Track

Front view of robot waitress



Hualian-Supermarket - Xining  
Like WalMart - food, clothing, household things



Hualian Supermarket - Xining



Hualian Supermarket, Xining - Dried Yak Meat

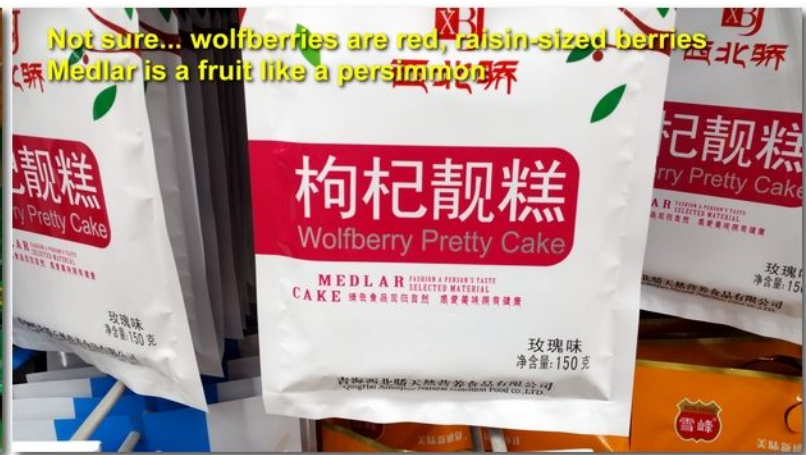


Hualian Supermarket, Xining - Dried Yak Meat





Hualian Supermarket, Xining - Dried Yak Meat  
300g for ¥62.50, which is US\$14 per pound



Not sure... wolfberries are red, raisin-sized berries  
Medlar is a fruit like a persimmon



Hualian Supermarket - Yak Bones



Hualian Supermarket - Xining

Barley Flour  
10kg = 22 pounds



Hualian Supermarket - Xining

Whole Rabbit



Hualian Supermarket - Tibetans are big dairy eaters  
Unlike Han Chinese people  
This whole side is yoghurt



Hualian Supermarket - Tibetan  
yoghurt is thick and sour  
¥2 (30 US cents)  
for 180g (6oz)

Concentrated yoghurt  
Wolfberry yoghurt  
Peach yoghurt  
Plain yoghurt



Hualin Supermarket  
Barley Flavour Yoghurt  
65 US cents for 210g  
(7.5 ounces)



Fermented Rice (in Chinese: Jiu Niang)  
Boiled rice fermented with yeast starter  
2 to 5 days. Chilled dessert.

In China, food products show date of  
MANUFACTURE, not date of expiry!

Hualian Supermarket, Xining "Muslim Food"



Lots of snack foods including Lay's  
Potato Chips and Pringles

Hualian Supermarket - Xining  
Around 25 checkout aisles  
Small plastic bag charge (like HK)



My purchases from Hualian Supermarket

Departure from Xining Airport



Departure from Xining Airport

中國東方航空  
CHINA EASTERN

Qinghai Mountains



**Qinghai Mountains**



**Qinghai and Xining**  
**The End**  
**Thanks for coming!**



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