



Outward Bound[®] Hong Kong



GUEST EXPEDITION – SILK ROAD
5th October 2004 – 12 October 2004 (LCGE 001)

THEME

Into the Road less Traveled



Xinjiang literally means “the new territories”, which suits the *Outward Bound*[®] philosophy. ‘*Outward Bound*[®]’ means **leaving the safe harbor** for the open sea, to search the unknown, which implies leaving comfortable homes, and heading for the unknown to search for adventure in new territories.

There is a long section of **The Silk Road** running across Xinjiang, which makes up a treasure house of relics known to the whole world with frontier passes, ancient cities and castles, strongholds and fortifications. Through experiencing adventure and desert expedition in Xinjiang, we aim to explore the magnificent nature of Xinjiang and to understand the history of the ancient Silk Road - **Into the Road less Traveled.**



Background of “The Silk Road”



This ancient trade route starts in the old capital of X'ian and reaches the Yellow River at Lanzhou. It follows along the “Gansu Corridor” and stretches along the edge of deserts and mountains. Before the discovery of the sea route to India, The Silk Road was the most important connection between The Orient and The West. It experienced its great era during the time of the Mongols when the entire route from China to the Mediterranean was part of one empire. At that time, Nicolo and Marco Polo traveled from Kashgar to The Far East along the southern route. The overland link quickly lost its importance as trade across the seas developed. Today it has been replaced in China with the railway line Lanzhou – Hami - Urumqi. The last part, Alma – Ata in Kazatchstan was completed in 1992. The trade route was never known as The Silk Road historically. It was given the name by a German geographer, Ferdinand Freiherr von Richthofen.

Urumqi, the capital of the Autonomous Region lies 900 meters above sea level and is a huge town. About 75 percent of its population is Han Chinese and only 10 percent each are Uighur and Hui people. The development of industry had resulted in considerable environmental pollution in the recent years. The Museum of the Autonomous Region is worth a visit. Apart from significant archaeological finds it also exhibits life-size models of the houses and tools of the most important nationalities in the region.





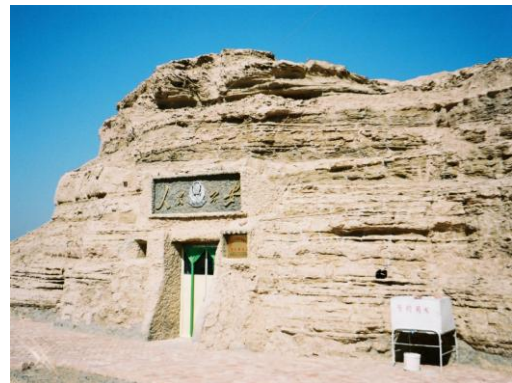
It is worth taking an excursion to the **Lake of Heaven**, which is **100km** away from Urumqi. It lays **1,900 meters high** in the TianShan Mountains at the foot of the **5,445 meters high** Bogda shan where the journey passes some scenic landscape.

Dunhuang (meaning “Blazing Beacon”) was an **important trading center** during the first century BC, the **westernmost outpost of China**. It is located in the **northwest desert corridor of Gansu Province**, near the Xinjiang border to the east and the Qilian Mountain range to the west. Dunhuang, the oasis town lies in an irrigated cotton-producing oasis. Between cotton fields and threshing areas at the edge of the town, the White Pagoda Dagoda is reminiscent in its shape of the White Dagoda in Beijing. Today, it attracts visitors mainly because it is the site of the most priceless troves of Buddhist art the world has ever known – the Mogao Caves. Other tourist attractions in Dunhuang are the Lunar Lake and the Singing Sang Mountain.



The Mogao Caves, the world’s richest treasure house of ancient Buddhist manuscripts, wall paintings and statuary. The Mogao Caves are about **25 km southeast of the town**, has **492 grottoes**. The first caves are said to have been built by the monk Lezun in 366 and the last ones were carved out at the time of the Mongolian conquest in 1277. The United Nations Education Science and Cultural Organization (UNESCO) in December 1987 and are treasured by academics and specialist put the Mogao Caves into the “World Heritage”.

Itinerary for “Into the Road less Traveled – The Silk Road”



*Silk Road Dunhuang Hotel, Donyuet Road,
Dunhuang City 736 200 Gansu, China*
Tel: 86-937-888-2088 Fax: 86-937-888-2086

Day 1 (05 Oct, Tue)

- Camel ride to the **Mingsha Sand Dunes** for breakfast and watch sunrise over the **Crescent Moon Lake**
- Continue the camel ride (4 hours for 15 km) to the **West Thousand Buddha Caves** for camping.



Overnight at the tents

Day 2 (06 Oct, Wed)



- Start **trekking** or **4 wheels drive** (25 km) to visit the local village.
- **Talk** on the Mogao Caves after dinner.
- Explore the **night market**.

Courtyard Villa of Silk Road Dunhuang Hotel

Day 3 (07 Oct, Thu)

- **Rooftop Breakfast.**
- **Visit to the Mogao Caves, County Museum and White Horse Pagoda.**
- Evening transfer to the **Liuyuan Train Station** for overnight ride to Urumqi



Accommodation on the train (soft sleeper 4 in 1 berth)



Day 4 (08 Oct, Fri)

- Arrival to **Urumqi** and transfer to the Heavenly Lake.
- Horse ride to the **North Shore of the Heavenly Lake**.

Overnight at the Yurts

Day 5 (09 Oct, Sat)

- Horse ride or trekking to the 2,700 metres of **Bogda, Tian Shan**

Overnight at the tents

Day 6 (10 Oct, Sun)

- Horse ride or trekking back to base
- Horse ride back to **South Shore of the Heavenly Lake**
- Coach ride back to **Urumqi**



Accommodation at Holiday Inn, Urumqi

Day 7 (11Oct, Mon)

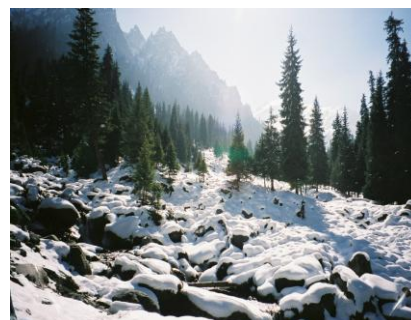
- **City Challenge** in Urumqi
- **Farewell dinner** at Chinese Restaurant

Accommodation at Holiday Inn Hotel



Day 8 (12Oct, Tues)

- **Departure** from Urumqi



Course Fees: USD4,300 (fee including USD1,500 contribution to OB International)

Fees Include: -



- **Outward Bound® staff**
- **One experienced Doctor** with necessary medication
- **Experienced English speaking local guides, drivers, chefs**
- **Group Economy Class Air Tickets** (Beijing to Dunhuang / Urumqi to Beijing)
- **Sharing Twin** at Silk Road Dunhuang Hotel (4th October 04 & 6th October 04)
- **Sharing Twin** at Holiday Inn Hotel, Urumqi (10th & 11th October 04)
- **All food & accommodation** throughout the trip (5th to 12th October 04)



- **Camel ride** in the desert (5 & 6 October 04)
- **Arrange 33 seats air-conditioned bus + one luggage car, round trip** between Urumqi / Heavenly lake and Liauyuan station / Dunhuang city and **transfer** from Hotel to the airport or station **throughout the trip** (5th to 12th October 04)
- **Soft sleeper** (4 in 1 berth) from Dunhuang to Urumqi (7th October 04)
- **All entrance fees and expenses** (boat / horse fees in Tianchi)
- **All camping equipment**, e.g., single/double sleeping tent, hard and soft mattresses, dining tent, toilet tent, staff tent and kitchen tent
- **Generator, walkie-talkie, GPS, Satellite phone**
- **All kitchen and eating utensils plus tables and chairs.**

Fees Exclude: -

- **Travel insurance** (See Appendix I & fill in the form)
- **China visa**
- **All other air tickets** from Country of Origin to **Beijing and Return**
- **Domestic Airport Tax of RMB50 per person** and **exit China Tax of RMB90 per person** each time
- **Excess baggage allowance over 20 kgs/44lbs** person for Economy class
- **Single supplement** at hotels
- **Extra equipment**
- **Deviations** of itinerary upon request
- **Gratuities to local guides and drivers** (Practice in China, usually approximately **RMB 80 per day per person**)

Passport

You will be **responsible** for ascertaining the **validity** of your **passport and visa** to China. Please apply for your visa at **China Consulate** in your country with: -

- 1 recent photo
- Passport (valid for at least 6 months)
- HK\$250/US\$35 for single entry (Approximately)
- At least 3 working days (Approximately)

* Please apply for a **China Visa** at least **30 days** before the programme starts.



Flight Information

Kuala Lumpur – Beijing

MH 370 (0030 – 0635) every Monday, Tuesday & Wednesday

MH 372 (0900 – 1505) every Thursday, Friday, Saturday & Sunday

Beijing – Dunhuang

MU 2156 (1520 – 1955) Daily (1 stop in Yinchuan)

CA 1287 (0835 – 1150) every Tuesday, Wednesday, Saturday & Sunday

Urumqi – Beijing

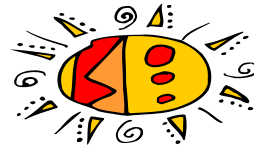
CZ 9101 (1005 – 1330) Daily

CZ 9103 (1445 – 1810) Daily

CZ 9107 (1705 – 2025) Daily

* *Minimum connecting time is 3 hours (no baggage check through or inter-line service, need to change from domestic to international airport within the same block)*

Flights are subject to changes without prior notice



Weather Condition

Highest Temperature 40 degree Celsius
Lowest Temperature 0 degree Celsius

Average Day Time Temperature 35 Degree Celsius
Average Night Time Temperature 5-6 Degree Celsius

Equipment & Clothing

Please refer to the separate Suggested Equipment & Clothing List. You may be traveling in snowy terrain. You must, therefore, bring adequate clothing and footwear for the cold weather. (See Appendix III)

Start of Programme

The programme begins at 0500hrs on Tuesday, 5th October 2004 in the Lobby of Silk Road Dunhuang Hotel in Dunhuang.

Address: Silk Road Dunhuang Hotel,
Dunyueta Road, Dunhuang City 736 200
Gansu, China

Tel: 86-937-888-2088 Fax: 86-937-888-2086

End of Course

The programme ends after the Farewell Dinner on Day 7, Monday, 11th October 2004.



Environmental Stewardship

To show our respect for the environment and the people of Xinjiang, we encourage you to live by this Golden Rule: “Take nothing but photos; leave nothing but footsteps.”



Outward Bound[®] Hong Kong

Into the Road Less Travelled

Equipment and Clothing List

Clothing

- ___ 1 sun hat with wide brim and retaining strap
- ___ 1 wool or fleece cap or balaclava
- ___ 3 sets of quick-drying underwear
- ___ Lightweight and expedition weight polypropylene tops and long johns or Lycra tights
- ___ T-shirts (both long and short sleeved)
- ___ 1-2 long-sleeved cotton or cotton/polyester shirt(s)
- ___ 1-2 long-sleeved wool/fleece or turtleneck shirt(s)
- ___ 1-heavy wool sweater or fleece jacket
- ___ Loose-fitting hiking pants (1 pair lightweight & 1 pair wool/fleece pants)
- ___ 1 insulated (down or synthetic) jacket or down vest (if used with Gore-Tex jacket)
- ___ 1 rain jacket (Gore-Tex is ideal; coated nylon also works fairly well)
- ___ 1 pair of rain pants
- ___ 1 pair wool or insulated synthetic gloves or mittens

Footwear

- ___ 2-3 pairs thin socks/liners
- ___ 2-3 pairs thick wool socks
- ___ 1 pair of sturdy & waterproof hiking boots (Gore-Tex lined)
- ___ 1 pair of running shoes for camp and casual wears
- ___ 1 pair of sandals (for wearing in hotel & bathroom)

Toiletries

- ___ Sunscreen (SPF 25 or above)
- ___ Lip balm with sun block
- ___ Toothbrush, tooth paste, dental floss
- ___ Soap (biodegradable) & shampoo
- ___ Comb
- ___ Skin cream
- ___ Talcum powder
- ___ Razor (for men)
- ___ Toilet paper (enough for 10 days)
- ___ Ladies: please bring extra sanitary supplies and plastic bags to pack out used material.

Personal Gear

- ___ 1 warm sleeping bag (down or synthetic) rated to 05 F/-20.5C
- ___ 1 pair of sunglasses with good UV protection
- ___ 1 pair of spare eye-glasses (contact lenses may be frozen during the night!)
- ___ Towels (1 bath towel and 2 small ones for personal hygiene & equipment cleaning)
- ___ 1 wool scarf (a necessity--to keep your neck and face warm)
- ___ 1 one-litre water bottle (Drinking plenty of water minimizes altitude sickness.)
- ___ 1 0.75/1-litre thermos/vacuum bottle for hot drinks (stainless steel or tough plastic shell)
- ___ 1 flashlight or headlamp (with spare light bulbs)
- ___ Spare batteries for flashlight (1 set usually lasts a few hours only) and camera
- ___ Small pocket knife
- ___ Collapsible umbrella
- ___ Strong padlock(s) for your baggage
- ___ Some Reiminbi (currency--in small notes) for personal shopping

Personal Medical Kit: Aspirin, Band-Aids, antiseptics, vitamins & garlic pills, pills for diarrhea and dysentery, throat lozenges, cold medicine, cough syrup, nail-clipper, safety pins, moleskin and any personal prescriptions. (Also foam earplugs to protect you against noisy snoring!)

Optional Items

- ___ Walking stick (a **MUST**--adjustable Leki ski poles are very useful!)
- ___ Camera & photo equipment (beware of weighing yourself down too much!)
- ___ Film (bring plenty!)
- ___ Binoculars
- ___ Trail food in Ziplock bags (it would be advisable to bring your own supply of fiber supplements, such as, cereal & candy bars, dried fruit, and **a good supply of prunes!**)
- ___ Packs of chrysanthemum tea and/or American ginseng tea
- ___ Large garbage bags as waterproofing liners in the duffle bag
- ___ Document pouch (for passport, plane ticket, traveler's cheques, etc.)
- ___ Money belt

Temperature

Maximum day-time high: 40 °C

Minimum night-time low: 0 °C

Average day-time temperature: 35 °C

Average night-time temperature: 5-6°C