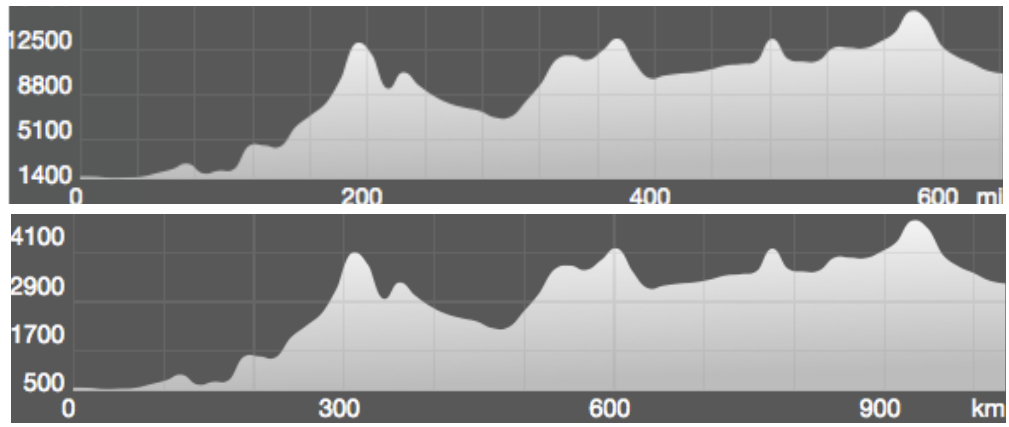


Western Sichuan - Chengdu to Dege and the Tibet Border 13-Day Cycling Tour

Route



Altitude



Day	Daily Starting location	Description	Daily Destination	Distance Cycling (mile/km)	Approximate Daily Climbing (feet/meters)
0	Chengdu	Pickup from the airport and transfer to Hotel in Chengdu.	Chengdu	0 0	0 0
1	Chengdu	Meet in the morning to get fitted for bicycles and have trip orientation. In the afternoon we'll take transport to Baoxing (~3hrs) where we can enjoy this small mountain city along the river.	Baoxing	13 20	1329 405
2	Baoxing	Begin ascent of Jiajin Mountain by bicycle to a small village called Wu Dao Guai where we'll stay at a rustic B&B and have nice home cooked meals.	WudaoGuai	50 80	3888 1185
3	Wudaoguai	Cycle over Jiajin Mountain pass at 4100m (13500ft) and enjoy a beautiful descent before another nice climb to Rilong at the base of Four Sister Mountains.	Rilong	38 60	4593 1400
4	Rilong	Explore Wori Feudal Lord Tower, Twin Bridge Gorge, Catholic Church, Islamic Temple, Buddhist Temple, a 500-year old Lamasery, and Tibetan Temple	Danba	75 120	656 200
5	Danba	Climb a 3,850m (12,630) pass. Relax in hot springs.	Bamei	59 95	4101 1250
6	Bamei	Small Tibetan town	Daofu	47 75	1772 540
7	Daofu	Small Tibetan town	Luhuo	53 85	755 230
8	Luhuo	Visit Tibetan monastery	Ganzi	59 95	2379 725

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9	Ganzi	Rest day to explore the Ganzi area	Ganzi	19	30	0	0
10	Ganzi	Small Tibetan town	Manigange	59	95	2657	810
11	Manigange	Last town before Tibet. Visit the Dege Sutra Printing House where Tibetan Buddhist scripts are printed.	Dege	72	115	3396	1035
12	Dege	Cycle to the Jinsha River at the Tibet border. Return to Dege where the group will get transport to Luhuo	Luhuo	19	30	0	0
13	Luhuo	Return to Chengdu via vehicle/air and dropoff at Hotel	Chengdu	0	0	0	0
14	Chengdu	Transport to airport for return flight		0	0	0	0
				563	900	25525	7780

1. Bilingual bicycle tour guide/mechanic.
2. All hotel accommodations (**double occupancy**) for 12 nights. (single room supplement for 12 nights = \$320/person)
3. Meals eaten as group (private meals, snacks and alcoholic beverages are not included).
4. All group transportation costs (vans, buses, and support vehicles) including to/from the airport.
5. Rental bicycle and helmet.
6. All group entrance fees to attractions.
7. Vehicle support throughout for transport of luggage, gear and cyclists when necessary.

Note: This will be a vehicle-supported ride. This means that support-vehicle will accompany the group throughout the trip and carry supplies, luggage (and cyclists when desired). Each cyclist will carry only their day pack luggage while cycling.

Number of Tour Participants	Cost per person (USD)
5 people	\$4640.00
6 people	\$4290.00
7 people	\$4060.00
8 people	\$3840.00
9 people	\$3690.00
10 people	\$3560.00