Our Qinghai and Tibetan Plateau tour showcases China’s remote, seemingly endless and scenically spectacular Tibetan Plateau and targets every single Tibetan speciality and much more!

Commencing in Qinghai Province, we explore some of north-eastern Tibet’s most pristine and remote regions for its many breeding residents and northern migrants. Targets include the superb Blue Eared Pheasant, Chinese Grouse, elegant Black-necked Crane, Tibetan and Pallas’s Sandgrouses, Himalayan Snowcock, Henderson’s Ground Jay, Wall creeper, Przevalski’s (Ala Shan) Redstart, Crested Tit-Warbler, Gansu Leaf Warbler, Ground Tit, an assortment of rosefinches (including Tibetan and Great)
and six species of snowfinches, as well as the unique and beautiful Przewalski’s Finch and Ibisbill (both placed in their own monotypic families).

We then make our way as far south as Nangqian where we search the extensive coniferous forests, gorges and scrub-covered slopes for specialities like White Eared Pheasant, Szechenyi’s Monal-Partridge, Tibetan Snowcock, Tibetan Partridge, Tibetan Bunting and Tibetan Babax amongst many other range-restricted and habitat-specific avian delights before returning to Xining. Fascinating cultures, dramatic and breathtaking landscapes, plus a bounty of exceptional birds all make this tour one of the most rewarding birding experiences that Asia has to offer!

Our exciting post-tour extension takes us to one of the least visited ‘cities’ on our planet – Lhasa! Here we have the very rare opportunity of exploring this ancient capital and its surrounds – all of which was previously off-limits to foreigners – for some very special birds, not to mention the wealth of traditional arts and crafts for which this region is so very famous. Avian targets include such specialities as Tibetan Eared Pheasant, Giant Babax, Ibisbill, Tibetan Snowcock, Tibetan Partridge, Guldenstadt’s Redstart and Tibetan Blackbird.

**THE TOUR AT A GLANCE…**

**THE ITINERARY**

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Arrival in Beijing and fly to Xining</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 2</td>
<td>Xining to Huzhu Bei Shan via Dongxia Forest Park</td>
</tr>
<tr>
<td>Day 3</td>
<td>Huzhu Beishan area</td>
</tr>
<tr>
<td>Day 4</td>
<td>Huzhu Beishan to Koko Nor (Qinghai) Lake</td>
</tr>
<tr>
<td>Day 5</td>
<td>Heimahe area (Rubber mountain/Xianpi Shan) and drive to Cha Ka</td>
</tr>
<tr>
<td>Days 6 &amp; 7</td>
<td>Cha Ka area</td>
</tr>
<tr>
<td>Day 8</td>
<td>Cha Ka to Wenquan via Gonghe and Er La Shan</td>
</tr>
<tr>
<td>Day 9</td>
<td>Er La Shan and drive to Maduo</td>
</tr>
<tr>
<td>Day 10</td>
<td>Maduo to Yushu</td>
</tr>
<tr>
<td>Day 11</td>
<td>Yushu to Nangqian</td>
</tr>
<tr>
<td>Days 12 &amp; 13</td>
<td>Nangqian area (Kande Shan and Baizha Forest)</td>
</tr>
<tr>
<td>Day 14</td>
<td>Nangqian to Maduo</td>
</tr>
<tr>
<td>Day 15</td>
<td>Maduo to Gonghe</td>
</tr>
<tr>
<td>Day 16</td>
<td>Gonghe to Xining and final departures, or continue with Lhasa extension</td>
</tr>
</tbody>
</table>

**THE EXTENSION**

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Xining to Lhasa by overnight train</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 2</td>
<td>Arrival in Lhasa</td>
</tr>
<tr>
<td>Day 3</td>
<td>Xiongse Valley</td>
</tr>
<tr>
<td>Day 4</td>
<td>Cultural sight-seeing and Potala Palace</td>
</tr>
<tr>
<td>Day 5</td>
<td>Lhasa, flight back to Beijing</td>
</tr>
<tr>
<td>-------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>Day 6</td>
<td>Beijing and departure</td>
</tr>
</tbody>
</table>

THE TOUR ROUTE MAP...
Day 1: Arrival in Beijing and fly to Xining. Today, after everyone has arrived in the thriving city of Beijing, we will connect with a domestic flight to Xining, the provincial capital of North-eastern Tibet in China’s Qinghai Province. Here we will begin the gradual process of acclimatising ourselves to the higher altitude of this region, since the Xining Hills here are around 2,400m (8,000ft) above sea level. Time permitting, we might commence our explorations of the nearby hills late this afternoon. Noteworthy bird species to look out for include Common Pheasant, Chukar Partridge, Eurasian Sparrowhawk, the cute Little Owl, Hill Pigeon, lovely Eurasian Magpie, flocks of Red-billed Chough wheeling about, Rook, the aptly named Large-billed Crow, Godlewski’s and Meadow Buntings, Hodgson’s and Daurian Redstarts, Pied Wheatear, Common Rock Thrush, Grey-capped Greenfinch, the scarce Pale Rosefinch and shy Daurian Partridge.

Day 2: Xining to Huzhu Bei Shan via Dongxia Forest Park. This morning we depart the city of Xining and head out west to Xi Shan and on to the productive Dongxia Forest Park where we will spend most of the morning seeking out the area’s specials, along with numerous, more...
widespread yet no less desirable species. Our main targets here are the lovely Crested and White-browed (Severtzov’s) Tit-warblers, noisy flocks of Elliot’s and Plain Laughingthrushes, the often-elusive Chinese and Przevalski’s Nuthatches, beautiful Siberian Rubythroat and the endemic Gansu Leaf Warbler, which only breeds in Gansu and Qinghai provinces in northern China, and is thought to over-winter in Yunnan province in southern China. We will make a concerted effort to locate this rather poorly-known species along with all the other specialities during our time in the area.

Other exciting and noteworthy species we will be on the lookout for include Grey-headed Woodpecker, Rufous-breasted Accentor, Blue-fronted, White-capped, secretive White-bellied and stunning White-throated Redstarts, Red-throated, Kessler’s and smart Chestnut Thrushes, Common and Chinese White-browed Rosefinches (the latter requiring a bit of luck), Red Crossbill, attractive Grey-headed Bullfinch, Grey-capped Greenfinch, Rufous-vented and Japanese Tits, Hume’s and Chinese Leaf Warblers, Greenish and Yellow-streaked Warblers, the tiny Goldcrest and unobtrusive Black-faced Bunting. Daurian Jackdaw and Azure-winged Magpie are often seen alongside the road as are the attractive Grey-backed Shrike, Common Cuckoo, Olive-backed Pipit and Siberian Stonechat. If we are lucky, we might encounter the scarce and elusive Chinese Bush Warbler and Smoky Warbler in areas of dense thickets. There is also a chance of seeing several species of soaring raptor with possibilities including Golden and Steppe Eagles, Crested Honey Buzzard, Northern Goshawk and Eurasian Hobby.

After what should be a very productive and exciting morning’s birding, we will then enjoy a hearty and delicious lunch at a nearby restaurant, following which we will transfer to Huzhu Bei Shan, situated further north-east. Upon arrival, we will check into our fairly basic but comfortable hotel, our base for the next two nights.

**Day 3: Huzhu Bei Shan area.** Departing early this morning, we will drive to a well-forested mountain nearby in order to search for two of our primary tour targets: the splendid Blue Eared Pheasant and difficult Chinese (Severtzov’s) Grouse. With these two species hopefully in the bag, the rest of the day will then be spent birding around an adjacent pass and valley for various additional quality species. These could include Chinese and Large-billed Leaf Warblers, Spotted Bush Warbler, further chances for Gansu Leaf Warbler and Grey-headed Bullfinch, the striking Black Woodpecker and Himalayan Bluetail.
Another rare and very special bird we could possibly see today is Verreaux’s Monal-Partridge, though we will need a fair amount of luck to see this tricky species.

We will enjoy lunch and dinner today at a local eatery, after which we will return to our hotel for a good night’s rest.

**Day 4: Huzhu Bei Shan to Koko Nor (Qinghai) Lake.** This morning we will do some final birding in the Bei Shan area for any species we may still require or desire better views of, following which we will return to Xining and then press on to Lake Koko Nor. This is one of Asia's largest lakes and its brackish water and immediate vicinity holds many special (as well as more widespread) species, and we will take some time to explore the lake’s productive eastern area. Here we will enjoy the sight of vast numbers of waterfowl and water-associated species, which flock and breed here to make the most of the lake’s seemingly endless supply of nutrients. Birds we can expect to see include both Bar-headed and Greylag Geese, Northern Pintail, Northern Shoveler, Mallard, Red-crested and Common Pochards, Eurasian Wigeon, Ferruginous and Tufted Ducks, Eurasian Coot, Great Crested and Black-necked Grebes, Pallas’s and Brown-headed Gulls, Common Tern, Kentish Plover and Pale Martin. Eastern (Chinese) Spot-billed Duck and Common Goldeneye are also often around in very small numbers, while the lake’s shoreline may also harbour Northern Lapwing, Black-winged Stilt, Eurasian Curlew, Green and Wood Sandpipers, Black-tailed Godwit, Eastern Yellow Wagtail and breeding-plumage Lesser Sand Plovers. Further away from the lake in the short, stubble grassland and barren plains, we will search for Pere David’s Snowfinch while observing good numbers of Rock Sparrow and Black Redstart.

The highly endangered Black-necked Crane is usually present in the area, along with various lark species including Oriental Skylark, Hume’s and Greater Short-toed, Mongolian and Horned Larks. Raptors should also be in evidence and we will keep our eyes peeled for Pallas’s Saker and fast-flying Peregrine Falcons, Upland Buzzard and even Merlin.

While most of the mammals here are domesticated yaks and sheep, we will see large numbers of Pika, consisting mostly of Daurian and Black-lipped Pikas and may also very well encounter Red Fox. Thereafter we will drive westward to Heimahe, a little town where we will spend the night in simple but comfortable accommodations.
Day 5: Heimahe area (Rubber Mountain/Xianpi Shan) and drive to Cha Ka.
This morning we shall depart our hotel fairly early and head out further south and west to the nearby Xianpi Shan (Rubber Mountain) to search for one of our major tour targets, the lovely Przevalski’s Finch (Pink-tailed Bunting), now placed in its own unique family.

After hopefully securing good views of this special bird, we will then scour the surrounding valleys and slopes for other Tibetan specialities such as the rather bizarre Ground Tit (Hume’s Groundpecker), Alpine Leaf Warbler, Robin and Brown Accentors, the incomparable Wallcreeper, beautiful White-browed Tit-warbler, the rare Smoky Warbler, various Larks including the Hume’s Short-toed, Crested, Horned and the huge Tibetan Larks, the scarce Mongolian Finch, Guldenstadt’s Redstart, the minuscule Twite, and Rufous-necked, White-rumped, Tibetan, Henri’s and Pere David’s Snowfinches. The impressive Golden Eagle and Bearded Vulture (Lammergeier) are often seen soaring overhead, while pairs of stately Black-necked Crane sometimes occupy the wetter valleys. On the mammal front, Tibetan Roe Deer and Himalayan Marmot are usually present in small numbers and we also have a good chance of finding both Tibetan and Red Foxes amongst the hordes of Pikas.

After thoroughly exploring the Xianpi Shan region, we will then continue westwards to Cha Ka, our base for the next three nights. The occasional birding stop may produce the attractive but rather scarce Blanford’s Snowfinch.

Days 6 & 7: Cha Ka area. Our time in the Cha Ka area will be spent birding the flat, scrubby plains around Lake Cha Ka and the surrounding arid mountain slopes for some very special species indeed.

The Cha Ka Lake environs harbour such stellar species as Pallas’s Sandgrouse and Henderson’s Ground Jay and we are also likely to find Grey-backed and Isabelline Shrikes and Blanford’s Snowfinch while searching for the two main targets.

In the neighbouring rocky and grass-covered hills we will search for the rare and highly range-restricted Przevalski’s (Ala Shan) Redstart, as well as Przevalski’s (Rustyn-blanklaced) and Daurian Partridges, Smoky Warbler, Chinese Grey Shrike, White-winged Grosbeak, Mongolian and Desert Finches, Wallcreeper and Pine Bunting. We also have another excellent chance of finding Przevalski’s Finch singing away in the scrub-covered slopes of these mountains, should we have missed it earlier at Xianpi Shan.
Raptor possibilities include Himalayan and Cinereous Vultures, Booted Eagle, Hen Harrier, Lesser Kestrel and Eurasian Hobby. If we are very fortunate we may even encounter Tibetan or Himalayan Snowcocks, both of which occur here but are rare and difficult to find in this part of the Tibetan Plateau.

Day 8: Cha Ka to Wenquan via Gonghe and Er La Shan. Departing Cha Ka early this morning we will drive towards Gonghe. Today’s birding will predominantly be from the road, with most of the drive being above 4,000m (over 13,000ft), all the while surrounded by glorious snow-covered peaks and stark, yet dramatic, high altitude mountain terrain. Black-necked Crane occurs along this route, while additional wildlife possibilities include Tibetan Wild Ass (also commonly referred to as Kiang), Tibetan Gazelle and perhaps Tibetan Fox.

We can expect to arrive at Gonghe around noon where we will enjoy a sit-down lunch at a local restaurant. We will then drive southwards to Wenquan, a little town situated right on the edge of the Tibetan Plateau, and will spend the night at a simple guesthouse. Along the way, we will make sporadic stops to look for such high-altitude specialties as Asian Short-toed Lark and Mongolian and Desert Finches and we may also find Desert and Lesser Whitethroats. Other potential species today include Pine Bunting, Pale Martin, Citrine Wagtail (the striking, black-backed Tibetan subspecies that may be split as
Tibetan Wagtail), Rock Sparrow (Petronia), Black-faced Bunting and Pere David’s Snowfinch.

Day 9: Er La Shan and drive to Maduo.
Bright and early this morning we will drive to the towering Er La Shan Pass with a packed breakfast and lunch, in order to spend most of the day searching for some very rare and special birds indeed. We should be sufficiently acclimatised by now for our hike to seek out Tibetan Sandgrouse and Great and Tibetan (Roborovski’s) Rosefinches in the vicinity of this spectacular pass. (Please note that these birds can be very tricky to track down and are by no means guaranteed; though with some good fortune (and a lot of effort!) we hope to eventually attain views of all three of these elusive and sought-after species).

Other exciting birds on offer in this scenically spectacular but incredibly inhospitable area include Tibetan Snowcock, Saker Falcon, Pere David’s, Henri’s, White-rumped and Rufous-necked Snowfinches, lovely Güldenstädt’s Redstart, Plain and Brandt’s Mountain Finches, Robin and Brown Accentors and Rock Sparrow. We will also keep a careful lookout for the agile Blue Sheep and fleet-footed Tibetan Wolf, which both somehow survive in this hostile environment and there is always the chance of finding something really rare and exciting like a Pallas’s Cat.

After a long and probably rather tiring yet invigorating day in one of the least-visited areas anywhere on Earth, we will then continue the drive south towards Maduo. The scenic drive takes us through seemingly endless expanses of grasslands surrounded by rugged mountains and distant, snow-capped peaks. This dramatic scenery and stark environment is home to Common Ravens and many raptors that include Upland Buzzards, Himalayan Vulture and the regal Saker Falcon. Black-lipped Pikas scurry across the arid steppes and are the staple diet of both Upland Buzzard and Saker. Their burrows also provide nesting habitat for many of the snowfinches that also occupy this environment.

Day 10: Maduo to Yushu. Today we continue our journey across the Plateau with more incredible and remote mountain scenery to be enjoyed. This morning we will cross a bridge over what is the initial stage of the mighty Yellow River as it begins to snake its way east towards the Yellow Sea. The marshlands and grasslands in this area are an important breeding site for Black-necked Cranes and Bar-headed Geese. As we drive across the plains we will keep a lookout for Tibetan Wild Ass (Kiang) as well as Tibetan Gazelle, Grey
Wolf and Tibetan Fox. In the afternoon we drop off the “endless plains” and descend into the deep valley of the already impressive Yangtze River before arriving at the city of Yushu for our overnight stay.

Day 11: Yushu to Nangqian. From Yushu, we continue the drive to Nangqian, situated in an area of mountains, gorges and forest, a sudden change from the extensive plains and low mountains of the Tibetan Plateau. Our drive today will take us through more amazing and awe-inspiring scenery and we will no doubt also encounter an array of excellent birds en route, many of which we will already have encountered but we may also add the large and rather localised Red-fronted Rosefinch to the ever-growing list of specialities. In the afternoon we will scour the tranquil river valleys and shingle beds for another legendary and unique species: the incomparable Ibisbill that breeds in this wonderful habitat during the summer months.

After hopefully obtaining excellent views of this strange and much-desired bird we will drive the final leg of today’s trip and reach the town of Nangqian, situated along the upper stretches of the Mekong River and our base for the next three nights.

Days 12 & 13: Nangqian area (Kande Shan and Baizha Forest). We have two full days to bird the Shrub-covered slopes, gorges and extensive juniper, spruce and fir forests that dominate the quiet valleys around Nangqian. Quite amazingly, three of Asia’s largest rivers (the Mekong, the Yangtze and the Salween) almost come together at this point on the map as they are separated by as little as 100 kilometres (60 miles). This unique, fascinating and scenic area is home to three ultra-special endemics that are restricted to the eastern Tibetan Plateau and these are: Szechenyi’s Monal-Partridge (Buff-throated Partridge), Tibetan Bunting and Tibetan Babax. All three of these species are extremely localised and rather scarce but we do stand an excellent chance of seeing them during the course of our two full days in this area. Other superb birds on offer in these forests and mountains include the spectacular White Eared and Blood Pheasants, Tibetan Snowcock, Tibetan Partridge, the smart Snow Pigeon, the regal Giant Laughingthrush, Kessler’s Thrush, the splendid White-browed Tit-Warbler, Chinese Fulvetta, Brown and Robin Accentors, Alpine and Sichuan Leaf Warblers, White-tailed (Himalayan) Rubythroat, White-browed and Sichuan Tits, the monotypic Wallcreeper, the gorgeous Three-banded, Pink-rumped and

Bearded Vulture (Lammergeier) by Matthew Matthiessen
huge Streaked Rosefinches, Tibetan Serin and the scarce and shy Maroon-backed Accentor and Black-streaked Scimitar Babbler.

While searching for these target specialities we are likely to also encounter a range of other eye-catching species such as Golden Eagle, Bearded Vulture, Eurasian Sparrowhawk, Eurasian Hoopoe, Grey-headed Woodpecker, Blue-fronted and White-capped Redstarts, Hodgson’s Treecreeper, White-throated Dipper, White-winged Grosbeak, Himalayan Beautiful Rosefinch, Daurian Jackdaw, Alpine Chough, Red-rumped Swallow, Eurasian Crag Martin, Rosy Pipit, Grey Crested Tit and the attractive Himalayan Bluetail.

**Day 14: Nangqian to Maduo.** Today we sadly depart the wonderful and bird-rich Nangqian area and begin our journey back to Xining. Today’s drive takes us back across the Tibetan Plateau to the now-familiar town of Maduo where we overnight.

**Day 15: Maduo to Gonghe.** Today is essentially a travel day as we embark on the long drive to Gonghe. We will no doubt enjoy the amazing scenery en route and will certainly keep our eyes open for any exciting new species that may turn up along the drive, while continuing to admire the many wonderful but now familiar birds of the Tibetan Plateau.

**Day 16: Gonghe to Xining and final departures, or continue with Lhasa extension.** We will head back to Xining today, keeping a lookout for any species we may have missed so far, while no doubt enjoying the last of our time through this incredibly wild and scenic part of our planet. We expect to reach Xining in the afternoon where the tour will conclude after a marvellous adventure across the Tibetan Plateau. For those continuing on with the Lhasa Birding and Cultural Extension, we will connect this afternoon with an overnight train from Xining to Lhasa where we will arrive tomorrow morning.
**Lhasa Birding & Cultural Extension**

**Day 1: Arrival in Xining and overnight train from Xining to Lhasa.** Upon arrival, back in Xining, we will board our overnight train destined for Lhasa in the Tibet Autonomous Region, otherwise referred to as simply as Tibet or Xizang. Despite being home to a tiny population (250,000), Lhasa remains the second largest city on the Tibetan Plateau, after Xining, which has a population of around 950,000 inhabitants.

**Day 2: Arrival in Lhasa.** Today we arrive in the exciting and rather legendary, highland city of Lhasa. Situated in southern Tibet, just north of the Bhutanese border, it is one of the highest cities in the world, lying at an incredible 3,500m (around 11,500 ft) above sea level! We will, however, already be well acclimatised to the high elevation of the Tibetan Plateau so this will certainly not be an issue at this stage of the trip. After soaking in the initial sight of the city we can embark on some initial explorations and birding around the outskirts of town, which may yield several interesting species.

Depending on the arrival time of our train, we can explore sites like the Lanu Wetlands and Lhasa River. These two localities are important breeding areas for Black-necked Crane, which are likely to be paired off and nesting at this time of year. We may also encounter Himalayan and Bearded Vultures, Steppe Eagle, Upland Buzzard, Black Kite, Common Raven, Red-billed and Alpine Coughs, Bar-headed Goose, Common Merganser, Pallas’s and Brown-headed Gulls, Common Sandpiper, Little Owl, Wallcreeper, Eurasian Hoopoe, Horned and Tibetan Larks, Guldenstadt’s Redstart, Plain Mountain Finch, Twite and White-throated Dipper.

**Day 3: Xiongse Valley.** Today we have the entire day to explore and bird around the nearby Xiongse Valley. We can expect a number of exciting “Himalayan” species during our forays and highlights could include sought-after specials such as Tibetan Eared Pheasant, Tibetan Partridge, Tibetan Snowcock, Giant Babax, White-collared and Tibetan Blackbirds, Brown-cheeked Laughingthrush, Black-throated, Red-throated and Kessler’s Thrushes, Rufous-faced Warbler, Vinous-throated Parrotbill, Chinese Hwamei, Crested Tit-Warbler, Chinese Grey Shrike, Brown and Robin Accentors, Great Rosefinch, White-rumped, Rufous-necked and Tibetan Snowfinches, Chinese Beautiful,
Streaked and Pink-rumped Rosefinches and the unique Ibisbill, the latter usually found feeding quietly along boulder-strewn streams. Other more widespread species that we are likely to see include Buff-barred and Ashy-throated Warblers, Japanese Tit, Black-throated Bushtit and Grey-backed Shrike. On the mammal side, we may be fortunate to encounter Tibetan Gazelle, Tibetan Fox and Tibetan Wild Ass (Kiang).

**Day 4: Cultural sight-seeing and Potala Palace.** We have a full day to explore and soak in the wonderful city, scenery and culture of Lhasa, as well as the famous Potala Palace.

The Potala Palace, a magnificent building and now a museum and World Heritage Site, was the residence of the Dalai Lama until the 14th Dalai Lama fled to India during the 1959 Tibetan uprising. With fabulous temples, palaces, Buddhist and traditional Chinese architecture, and a fascinating history, the “place of the gods” is sure to more than satisfy our desire for cultural exploration of this very significant place.

**Day 5: Lhasa and flight back to Beijing.** Today we will bid farewell to our seat in the clouds and begin our journey home with a flight to Beijing where this magical tour of Lhasa, southern Tibet will conclude.

**Day 6: Beijing and departure.** After a final breakfast this morning we will transfer to Beijing International Airport to connect with our flights home.

**FINANCIAL ARRANGEMENTS:**
Tour dates, prices, single supplement rates, approximate flight costs and spaces available for this tour are displayed on our website. Please see under IMPORTANT NOTES below.

**This includes:**
- All meals from dinner on day 1 to lunch on day 16 of the main tour and from dinner on day 1 to breakfast on day 6 of the extension;
- Bottled drinking water;
- All lodgings;
- Ground transportation;
- Reserve entrance fees;
- Gratuities for local guides, drivers, hotel & restaurant staff, porters and;
- All guiding services (including local guides and tour leaders).

**The tour fee does not include:**
- ANY airfares (see above);
- Visa fees;
- Any drinks;
- Special gratuities;
- Telephone calls; and
- Laundry and other items of a personal nature.

**Single Supplement:**
The single supplement cost for this tour will be charged if you wish to have single accommodation. If RBL cannot provide you with a rooming partner for these nights although you choose to share, the single supplement will become applicable. We will make all reasonable efforts to ensure that a rooming partner is found if you do wish to share.

**IMPORTANT NOTES:**

a) Due to constantly fluctuating exchange rates, we quote our tours in 4 currencies. The tour price is however fixed only in the currency printed in bold, and the actual cost in the other currencies listed will be adjusted according to prevailing exchange rates at the time of final invoicing (usually 4 months before the tour.) The same applies to approximate flight and single supplement rates, which are also quoted in the respective fixed currency.

b) Rates are based upon group tariffs; if the tour does not have sufficient registration a small party supplement will have to be charged.

c) Furthermore, these costs are subject to unforeseen increases in tour related costs and may have to be adjusted as a result.

d) Lastly, we may be forced to change or alter the itinerary and / or the designated Rockjumper leader/s at short or no notice due to unforeseen circumstances; please be aware that we will attempt to adhere as close to the original program as possible.

**Tipping:**
As noted above, gratuities (drivers, hotel staff, restaurants etc.) are included on this tour. However, this does not include your Rockjumper leader/s. Therefore, if you feel that he/they have given you excellent service, it is entirely appropriate to tip them.

**Special Notes**
- The Lhasa Extension is only available to those participating on the main Qinghai and Tibet Tour. Please note that guests who have the following occupations are not permitted to travel to Lhasa at all: Diplomats, Journalists, professional media photographers and government officials.
- This China tour is designed to be an intensive birding experience and we will attempt to get good views of as many bird species as possible. At times we will experience physical difficulty when walking up some steep slopes (our pace will always be slow) or during long drives.
- In some areas, it can get very cold, especially if we encounter high winds. Some of the birds are low in density and we should expect some full days birding without mid-day breaks in order to find the maximum variety of species.
- This tour does require a good level of fitness and participants should be in good general health as much of the birding will be done on foot and may require walking for several hours at a time. Should you have any physical limitations, please notify us in advance of departure. Furthermore, we will be well away from modern medical facilities for most of this tour – if you have any medical or physical limitations, please let the Rockjumper office know in advance of the tour.
- Accommodations vary greatly in China, from excellent in the main centres such as Beijing and Xining to very basic in more remote areas of the Tibetan Plateau. We will do our utmost to make
your stay as comfortable as possible, but at times we may experience maintenance problems that are beyond our control. In the remote areas we always opt for the best available accommodation; however, this is often below the standard of what you have come to expect from the developed world. Please note that some accommodations during the tour have basic shared washroom facilities, no hot water and primitive toilet systems.

- As a substantial amount of time will be spent around 3000m (+-10,000ft), it is of paramount importance that anyone with heart or respiratory ailments seeks medical advice before deciding to participate on this tour. If you are prone to altitude sickness then please be aware that much of this tour will not be suitable.
- Because of the regular change of accommodation, the more luggage you pack, the less mobile you are, so it is important for your comfort and ease of travel that you do not over-pack. Kindly stick to 20kg (44lb) for check in luggage and 8kg (+-18lb) for hand luggage.
- Biting insects are present but generally not problematic during this tour; however, some people prefer insect repellent and guests should also be aware in advance if they are allergic to bees. Carrying the necessary medication in this regard is essential; please contact the Rockjumper office and we will advise you further.

ARRIVAL & DEPARTURE DETAILS:
This tour does not include ANY airfares. The main tour will begin in Beijing on day 1 with a flight to Xining, and will conclude at Xining Airport in the mid-afternoon of day 16.

The Lhasa Extension will begin in Xining in the mid afternoon with an overnight train ride to Lhasa and conclude after breakfast on day 6 in Beijing. It is advisable to arrive the day before the main tour start date in order to negate any impact from possible flight delays or schedule changes.

The above information in respect of arrivals and departures is a guide only. Precise arrival and departure information will be sent to you in your Tour Confirmation package once the tour has been officially confirmed. If you wish to arrive early and/or depart late and would like assistance in this regard, kindly contact the Rockjumper office.

FLIGHTS:
Beijing Capital International Airport, Beijing (IATA: PEK) is the main port of entry for international flights into China, and is well serviced by many of the world’s major airlines. Xining Caojiabao Airport, Xining (IATA: XNN) is the port of departure for the main tour, providing regular internal flights to both Beijing and Shanghai. Please DO NOT book any flights until you have consulted the Rockjumper office for confirmation on the status of the tour.