



Qinghai Overview

Qinghai Province, Qing for short, is named after China's largest inland saltwater lake—Qinghai Lake—in its territory. Qinghai Province, located in northwestern China and on northeastern Qinghai-Tibet Plateau, is one of the largest provinces in China, and its provincial capital is Xining.

Towering mountains, diverse terrain, numerous rivers and lakes are all over Qinghai. It boasts the lofty Kunlun Mountains across the middle, Tangula Mountains stand south. Qilian Mountains in the north, with undulating prairie and Qaidam Basin stretching out of the horizon. Qinghai Province, the birthplace of the Yangtze River, the Yellow River and the Lancang River, has long been credited as the "water tower of China". The plateau boasts of rich biological resources, such as the rare Tibetan antelope known as the "Plateau Elf".

Zoning

There are 2 prefecture-level cities, Xining and Haikou, 6 autonomous prefectures of Yushu, Haixi, Haibei, Hainan, Huangnan and Guoluo and a total of 48 county-level administrative units

Area and Population

720,000 square kilometers.
By the end of 2012, the resident population of 5.73 million.

Menyuan Rapeseed Flowers

Tangula Mountains stand south

Airports

At present, Qinghai has Xining Caojiabao Airport, Golmud Airport and Yushu Batang Airport, where can take off and land large or medium sized aircrafts. The Xining Caojiabao Airport opens flight to Beijing, Xi'an, Guangzhou, Chongqing, Shenzhen, Hanoi, Nanjing, Shenyang, Hohhot, Qingdao, Golmud, Chengdu, Wuhan, Shanghai, Hangzhou, Urumqi and so on.

Highway

Qinghai Province has more than 10 highways centered in Xining and stretching in all directions including Gansu-Qinghai, Qinghai-Tibet, Xining-Zhangye, Xining-Liuru, Xining-Guoluo. Besides, there are more than 100 roads linking to the counties and prefectures within the province and cities outside the province. National highways crossing the province include 109, 214, 215 and 227.

Railway

Lanqing-Qinghai-Tibetan railway is the main railway line in Qinghai which runs through the whole province. There are direct trains accessing to Beijing, Shanghai, Guangzhou, Xi'an, Chengdu, Qingdao.

Accommodations

Name	Star-rate	Add	Tel
Yinlong Hotel	5	NO.38,Huanghe Rd.,Xining	971-6167872
Xining Building	4	NO.158,Huanghe Rd.,Xining	971-6148999
Qilian Hotel	4	NO.61,Jianguo Rd.,Xining	971-8164800
Zhonghao New Century	4	NO.8,Guangchang E.Rd.,Qilian	970-8683000
Qinghai Hotel	5	NO.15-02,Kunlun S.Rd.,Golmud	979-8969988
Yushu Hotel	4	Zhaixie Rd.,Yushu	976-8225999

Travel Services

Name	Add	Tel
Qinghai China International Travel Service	F14,TowerB,Yonghe Building,49Xiguan St.,Xining City	971-6133840
Qinghai China Travel Service	124 Changjiang Rd., Xining City	971-8232630
Qinghai Kamban China Travel Service	Room 42, 1148 St., Xining City	971-8212548
Qinghai-Tibet International Travel Service	4F,Coosyam Building,23 Huanghe Rd.,Xining City	971-6110266
Qinghai Modern Travel Service	7/E, Tianqiao Business Center, N.St.,Xining City	0971-8232326

Catering and Shopping

Catering

Qinghai food is especially featured with the culinary skills of mutton and beef and its by-products. Local snacks include Stewed Mutton, Boiled Mutton, Roast Lamb, Rangpi, Butter Zamba, and Sweet Fermented Grains.

Shopping

Qinghai has a variety of special products which mainly include Tibetan carpets, Kunlun colored stones, rhubarb, Sarsurea, Tibetan knives, etc. Xining is the world capital of Tibetan carpets and the Tibetan Carpet International Exhibition Center is also an attraction.

Useful Telephone Numbers and Website

IDD Code of China	+86
Police	110
Fire alarm	119
Ambulance	120
Traffic accident	122
Telephone number enquiry	114
Weather forecast	12121
Air ticket office	971-8133333
Air information	971-8188222
Train information	971-7192222
Bus information	971-712094
Qinghai Complaints Hotline	971-6159841
Qinghai tourist service hotline	971-12301
Qinghai tour website	www.qhby.gov.cn



Plateau Lake

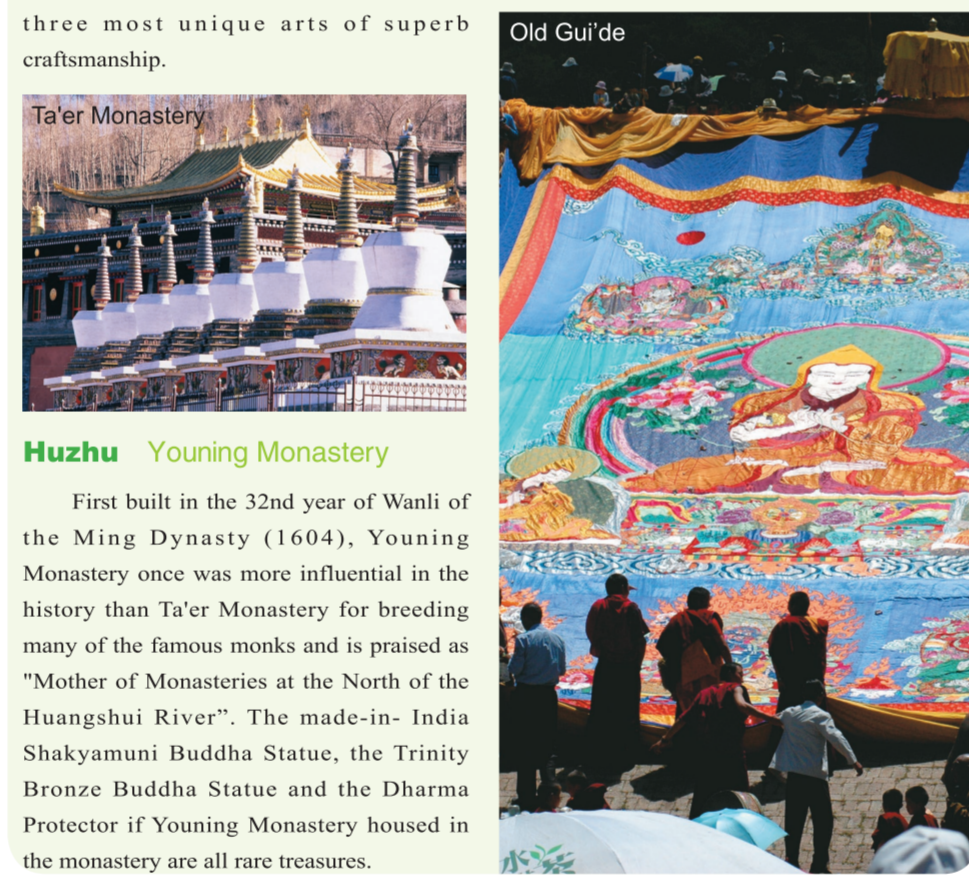
Dulan Qarhan Salt Lake
As China's largest salt lake, Qarhan Salt Lake is located in the boundless Gobi desert. During sunny days, the lake is like a giant glistening magic mirror. A "Lofty Salt Bridge" spans over the Salt Lake creating a 32-kilometer road and railway.

Jinca Kanbula National Forest Park and Ljiaxia Dam
Kanbula National Forest Park is known for its unique Danxia landform, long history of religious culture, colorful plants landscape and green waves of Ljiaxia Dam. The rippling green waves of Ljiaxia Dam and the surrounding mountains and trees comprise a



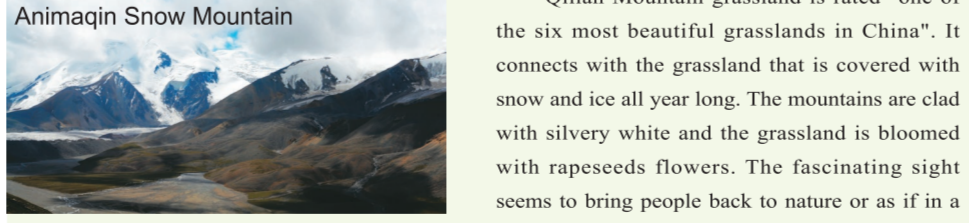
Religious Temples

Huangzhong Ta'er Monastery
As the biggest monastery of Tibetan Buddhism in Qinghai Province, Ta'er Monastery comprises of the Han and Tibetan art styles with more than 1,000 yards and 4,500 halls and temples such as the Great Golden Roof, the Small Golden Roof, the Longevity Hall, the Great Hall and Ruyi Tower. Ta'er Monastery is rich in fascinating arts. The famous murals, the barbasols, and the butter sculptures are considered to be the three most unique arts of superb craftsmanship.



Amazing Landscape

Jigzhi Nianbaoyuze Peak
As the highest peak of the Bayan Har Mountains, Nianbaoyuze Peak is 5,369 meters above sea level and famous for its unique, magnificent and precipitous views. Here, peaks rising one after another with the main peak covered in snow all year round. The spectacular ice and the steep cliffs as well as the 180 lakes convey a mysterious veil. Now this place has been designated as a national geological park.



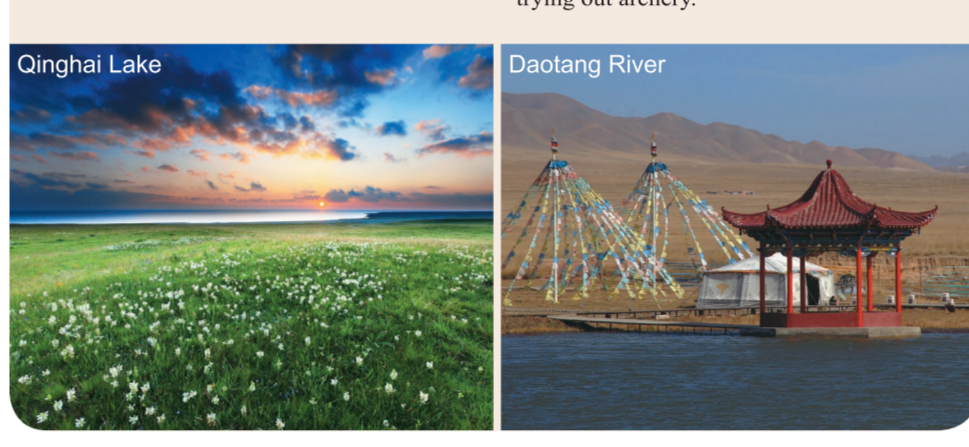
Golmud Yuzhu Peak
6,178 meters above sea level, Yuzhu Peak is the highest peak in the eastern



Qinghai Lake

Qinghai Lake, China's largest inland lake and the largest saltwater lake, is surrounded by mountains on three sides with magnificent sceneries. Plateau lakes and grasslands, snow-capped mountains and desert made up the main landscape of this area. Main attractions of Qinghai Lake include the Bird Island, the Center Island, Sand Island, Erlangjian, and Fairy Bay. website: www.qhby.cn

Erlangjian
Erlangjian, formerly known as 151 Base, is the test base for the first emission of torpedo. The scenic spot meandering its way to the Qinghai Lake abounds for ecological and natural resources, such as grassland, sandy beaches, animals and folklore activities. Attractions are Bird Viewing Platform, Deer Viewing Garden, Lake Viewing Ridge, Lake Viewing Pavilion, and sculpture "Four Auspicious Animals".



Qinghai Lake

Bird Island
Bird Island is the most attractive area of the Qinghai Lake. Every April to June, migratory birds amounting to 100,000 are seen perched on the islands, very spectacular. Bird Island mainly consists of two small islands of different sizes, with the one in the west called Haishishan, also Egg Island. The big island in the east is called Haixipi, with bar-headed goose, fish birds gulls, brown-headed gulls as the main types of birds. With complete tourist facilities, Bird Island is the most popular attraction of the Qinghai Lake.

Sand Island
Sand Island is formed by the lake sand dune protruding out of the water and is accumulated by wind and sand. It is like a crescent shaped sand dune floating on the water. With the rolling sand hills on the eastern shore of the lake, they together constitute a unique desert landscape in the lake area. The northeastern end of the Sand Island has been connected with the shore of the lake where you can see scattered lakes, flocks of birds, green grass, the water and the sky merge in one color. The scenic area is facilitated with a large variety of sports entertainment.



Qinghai-Tibet Highway

Qinghai-Tibet Highway is the highest, longest paved road in the world. It is also by far the shortest, best and the most secure road leading to Tibet. There are rich and majestic views along the way including grassland, salt lakes, gobi, towering mountains, desert and so on. Qinghai-Tibet railway parallels Qinghai-Tibet Highway in the south section of Golmud.

Golmud Kunlun Mountains
The Kunlun Mountains have a rich cultural heritage, known as "The Progenitor of the Mountains". Many tourism resources can be found in this area such as Chaka Salt Lake, Naiji Spring, Pass of Kunlun Mountains, Yuzhu Peak, Yuxu Peak, Golmud Populus Euphratica Forest.

As the highest populus euphratica forest in the world, the Golmud Populus Euphratica Forest is south to the towering Kunlun Mountain and north to the vast Gobi saltmarsh. A seasonal river winds its ways in the forest. Populus euphratica forest is an important habitat of wildlife, which forms an exceptional ecosystem together with the flora and fauna in the forest

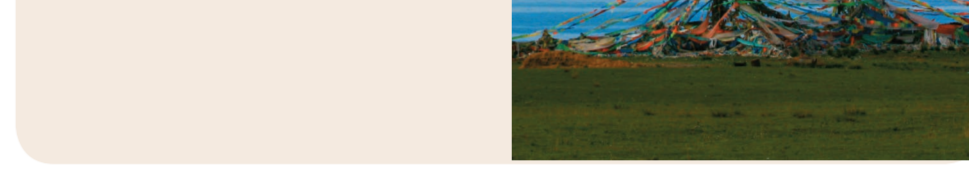
Golmud Kunlun Spring
Kunlun Spring, also known as Naiji Spring, is located on a hillside deep in the Kunlun Mountains. The spring appears on the hillside and above the mouth of the spring is octagonal pavilion built by rocks. The water springs from the mouth runs down

Qinghai Lake

Gold and Silver Grassland
Gold and Silver Grassland is a piece of huge grassland stretching 1100 square km and includes Gold Grassland and Silver Grassland, the former got its name for the north and the latter for the disaphora glabra which is as white as silver.

Haibei Atomic City
Located in the Gold Grassland, Haibei Atomic City was built in 1958, is the birthplace of China's first atomic bomb and first hydrogen bomb. Since its retirement in 1995, the place has become the unique tourist wonder. The Base Exhibition Hall was built by the former detonation test.

Center Island
Center Island, commonly known as Mid-lake Island, takes the shape of a snail shell. The island constitutes of granite and gneiss, showing slightly milky white. Standing high in a sunny day and looking the island in distance, it is like snow drifting, very spectacular. The island is featured by quiet environment, lavish grass, light thin clouds, freshwater and clear springs, very attractive.



Qinghai Lake

Tour of Qinghai Lake
The race is held every July to August around the Qinghai Lake since 2002. The International Cycling Union has approved the race around the lake as level 2. HC level and is the top event in Asia as well as the world's highest international road cycling race. It is only secondary to the Tour of France, Tour of Italy, and Tour of Spain and other Pro Tour races. The yearly event attracts more than 100 athletes from more than 20 teams all over the five continents of the world. The racing track is centered on the Qinghai Lake full of green waves and flocks of birds, and extends to the surrounding areas. The natural sceneries along the track are beautiful, imposing, charming and gentle. The 2013 Cycling Race covered a total of more than 2000 kilometers and the prize money totaled USD 600,000.

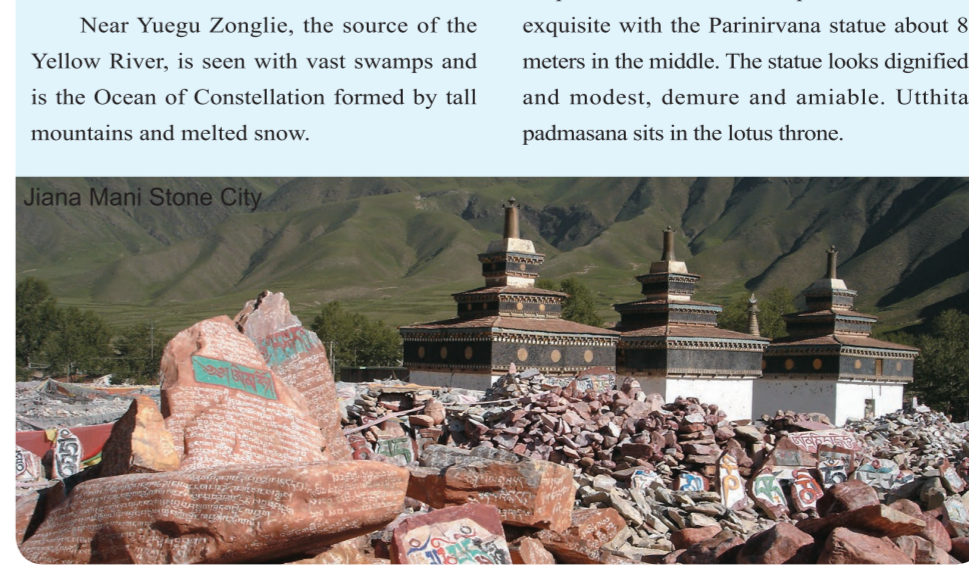


Tang-Tibet Road

Tang-Tibet Road refers to the passage from ancient capital of Chang'an of the Tang Dynasty to the Tibetan Empire. The ancient road is seen with spectacular mountains and rivers and rich cultural landscape. As the most pass of the ancient road, Yushu is the place enriched with Tibetan amorous feelings.

Yushu Jiana Mani Stone City
As the largest Mani stone city in Tibet and even in the world, Jiana Mani Stone City was created by the Living Buddha Jiana in 1715. The stone city shaped in rectangle with up to 2 billion pieces of carved six-syllable mantra and various scriptures of Mani stones. It is a rare cultural site.

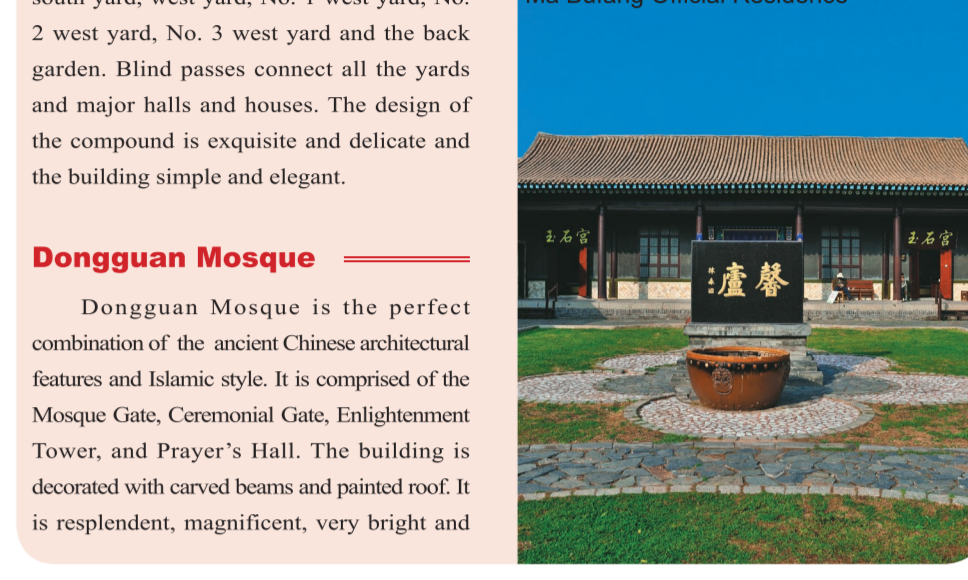
Yushu Princess Wencheng Temple
Princess Wencheng Temple is an ancient Tibetan architecture, built on the rock cliff. The temple is surrounded by cliffs and rocks inscribed with countless Tibetan Buddhist scriptures. The Buddhist temple is delicate and exquisite with the Parinirvana statue about 8 meters in the middle. The statue looks dignified and modest, demure and amiable. Uthita padmasana sits in the lotus throne.



Xining City and Its Outskirts

The highland ancient city Xining is the excellent tourist city in China. Located in the eastern part of Qinghai Province, and the upper reaches of the Huangshui River, tributary the Yellow River, Xining is surrounded by mountains from all directions and is seen with the converge of three rivers. As the East Portal of the Qinghai-Tibet Plateau, Xining has strategic geographical location. Xining has rich in tourism resources and is known as the Summer Capital of China.

Ma Bufang Official Residence
Ma Bufang Official Residence, known as "Sweet Cottage", formerly was the private residence of Ma Bufang and later was kept as a museum. The Residence is comprised of the front yard, the mid yard, south yard, west yard, No. 1 west yard, No. 2 west yard, No. 3 west yard and the back garden. Blind passes connect all the yards and major halls and houses. The design of the compound is exquisite and delicate and the building simple and elegant.



Xining City and Its Outskirts

Beishan and Tulou Taoist Temple
Beishan Tulou Taoist Temple, also known as "Northern Buddhist Temple", is the earliest religious building in Qinghai Province. The temple has diverse landscape blended with Buddhism and Taoism. The old buildings are hidden among green pines and cypresses and flowers neatly and orderly. The existing buildings are the Palace of the Queen Mother of the West, Lingxuan Palace, Xuannu Palace, Cheng Huang Palace, Sanqing Palace and so on.

Huzhu Tu Nationality Garden
Huzhu Tu Nationality Garden is specially characterized with Tu Nationality culture. With original pristine natural environment, unique ecological environment and ancient and mysterious cultural relics, the garden fully displays the history, wedding, funeral, costumes, songs and dances, traditional embroidery, flavors and diet and other ethnic customs of the Tu nationality.



Guide and Tongren

Old Gui'de
Old Gui'de is a well preserved ancient city dating back to the Ming and Qing dynasties. The old town was built in the Yuan Dynasty and then abolished. It was built into an earthen city in the Ming Dynasty. The old town extends 513 meters from north to south and 506 meters from east to west rammed with earth. The gates are set on the south and north walls with horse designs on the walls. Only part of the north wall is preserved to date and the others were pulled down in the constructions of the town. The Confucius Temple and the Jade Emperor Pavilion are the most representative ancient buildings of the Ming and Qing dynasties in Gui'de.

Tongren Old City
Tongren City has a long history. The Longwu Town, as the county capital has the

