



Leman International School
Grade 7 Student Trip

FOUR SISTERS
4 DAY TRIP ITINERARY

Who We Are

Extravagant Yak is a China based, Wholly Owned Foreign Enterprise (WOFE), with local partnership. We are a registered travel company in Chengdu, Sichuan, with operations primarily focused on Tibetan areas. We specialize in providing rich and authentic, personally crafted travel experiences in Tibet. Equally at home in the lap of luxury or in the warm hospitality of a nomad tent, we deliver tailored attention to detail on every unforgettable journey.

Why Travel With Us

We love what we do. Extravagant Yak exists to provide second-to-none overland travel services to some of the most geographically extreme and culturally fascinating corners of Tibet. Our 15 years experience in this region uniquely qualifies us to have hands on control of the quality of your trip. Regardless of the trip type, each trip is designed for the expectations of international travellers.



Chengdu, Sichuan, is the gateway city to all three Tibetan areas in SW China: **Central, Kham & Amdo**



Extravagant Yak is certified to act as an official Supervisor/Assessor on Adventurous Journeys for licensed Independent Award Centres.



Social Investment to Kham Tibet

Large portions of tourism resources across Tibet fail to benefit businesses run by the local people. Instead, businesses owned and operated from outside these areas often receive the majority of benefit. Sponsored by Extravagant Yak, **Tibetpedia** aims to help ensure locally operated businesses benefit from the tourism resources in their locale. **Tibetan Business Highlights** is the feature of this site that aims to not only help raise awareness of these businesses, but also to lend credibility to the businesses profiled here so that foreign travellers will experience the best of Tibetan service and hospitality.



Charu Co-Working Space in Chengdu is an example of a Tibetan owned business promoted on Tibetpedia



*"Travel with us and support **Tibetpedia!** This site represents the core of our CSR value. **Tibetan Business Highlights** is the feature of this site that promotes Tibetan small businesses of excellence across the plateau." - Jim Hamp, Co-founder - Extravagant Yak*



What to Expect on Student Trips to Tibet

We plan every trip with the student in mind. Always keeping in mind the learning outcomes of each grade level, we work with schools to tailor each trip to best facilitate the learning experience. Extravagant Yak seeks to deliver the perfect blend of fun-filled cultural experiences with international standards of quality and safety, looking after all the details so that students and teachers alike are free to absorb their Tibetan experience to the fullest.

For international students living and studying in China and the Asia Pacific region, student trips to Tibet offer an other-worldly experience of a lifetime that is within easy reach. Whether the purpose of the trip is wilderness adventure, cultural studies, or service oriented, each student trip offers an experiential introduction to Tibetan culture, history, and lifestyle.





Changping Village



Exploring the area

Trip Itinerary

Sep 16: Chengdu to Four Sisters

Today you depart from Chengdu and head out of the Sichuan basin. You pass through a virtual time warp where everything becomes new: landscape, climate, cuisine, language, customs, and of course, the people. Ascending to terraced heights, you will travel through bamboo forests, quaint mountain communities, and beautiful canyon valleys. Stopping for an early lunch in Wolong, you will visit the Wolong Panda Museum for an engaging intro to local ecology and geology of Longmen Mt Range that surrounds Chengdu. You will arrive at your hotel later afternoon for check-in and orientation of the Four Sisters (Siguniangshan) National Park and surrounding area. Dinner will be followed by an exploratory walk around the village.

Accommodation: [Aleeben Youth Hostel, Changping Village](#)

Sep 17: Changping Valley Trek

After breakfast, you will depart for your day trek into Changping Valley. The valley itself is outfitted with boardwalks



which makes for an easier walk considering the altitude. After visiting the Lama Monastery along the trekking route, you will stop for a picnic lunch. Your trek will continue along to the Lower Dry Pond, sitting at an elevation of 3500m. Your afternoon return to the hostel will give you time to relax before heading into town for dinner. The evening will be rounded out with games and time for relaxing back at the hostel.

Accommodation: [Aleeben Youth Hostel, Changping Village](#)

Sep 18: Haizi Valley Trek

After breakfast, today you will head out for a full day to explore the Haizi Valley. This area is renowned for its natural beauty, alpine views, numerous waterfalls, and diverse landforms, flora, and fauna. After a picnic lunch, you will continue your trek up the ridge for beautiful views of the Four Sisters Range (max elevation of 3850m). Returning to the hostel for dinner by late afternoon will give you plenty of time for relaxation and activities in the evening

Accommodation: [Aleeben Youth Hostel, Changping Village](#)



Alpine landscapes



Lots of opportunity for activities





Trekking through an alpine wonderland



Majestic Snow Mountains of Siguniangshan

Sep 19: Four Sisters to Chengdu

Packing up this morning, you will depart after breakfast. You will stop in Dujiangyan for lunch as you make your way back down through the mountains to Chengdu. You will back in town by mid afternoon.

Dates & Cost below...



Dates & Cost

Dates: Sept 16-19, 2018. 4 Days.

Cost: TBD*

*Based on min group size of 20

Inclusive of:

- Transport, 32 seat commercially licensed bus
- All accommodation based on combination of dorm style and double occupancy (3 nights)
- Extravagant Yak guides (2)
- Meals
- All activities and entrance fees enroute (per the itinerary)
- Comprehensive liability insurance, plus travel insurance
- Detailed daily risk assessment for all activities, with clear risk mitigation plans in place ahead of time

Excludes:

- Medical and trip interruption insurance
- Activities not included on the trip itinerary
- Souvenirs, laundry, items of a personal nature



Special Packing List for Four Sisters trip:

- Small day pack (max 20L)
- Two 1L water bottles
- Rain jacket and warm sweater for evening/morning
- Extra set of clothes
- Extra running shoes
- Personal snacks for trekking

