



Leman International School
Grade 9 Student Trip



LABRANG
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.



Norden Camp near Labrang 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.





Labrang Monastery



Introduction to Tibetan culture and people

Trip Itinerary

Sep 15: Chengdu to Xiahe (Flight)

This morning you will have an early morning flight to Xiahe. After arrival, you will head to town for lunch before check-in at the hotel. A leisurely afternoon walk will bring you to the Labrang monastery for an introduction to the Tibetan Buddhist worldview. Dinner will be followed by a community dance in the local town square (feel free to join in!).

Accommodation: [Tibetan Family Guesthouse](#)

Sep 16: Xiahe to Sangkok Nomadic pasture

After breakfast this morning, you will pack up and make the short drive to a nomad pasture in the Sangkok Gigu Valley. The next couple days will be filled with experiential learning in a nomadic community setting where an ancient worldview has given rise to a very different way of life. Upon arrival, you will be introduced to your host family for orientation, and then set up camp. Team building activities will follow lunch, and after a



traditional dinner with the host family, you will have free time for games, finishing the evening around the campfire.

Accommodation: [Sangkok Gigu Valley](#)

Sep 17: Sangkok

From early morning into late evening, you will observe and assist your host family as they teach you how to perform daily tasks. Mornings will be busy milking yaks, and making butter and cheese. In the afternoon you will learn how to herd yaks and sheep. You will also spend time collecting water for cooking, as well as yak dung for fueling the fire. You will also help prepare and cook the meals, and wash dishes. Yaks will be milked again in the evening before another relaxing evening of games and campfire time.

Accommodation: [Sangkok Gigu Valley](#)

Sep 18: Xiahe to Chengdu (Flight)

After breakfast this morning you will pack up for your afternoon flight which will have you back in Chengdu and ready for pickup at the airport by mid afternoon.

Dates & Cost below...



Yak milk is essential to nomad families



Nomad pastures near Sangkok Gigu Valley



Dates & Cost

Dates: Sept 15-18, 2018. 4 Days.

Cost: ¥4,200/person*

*Based on min group size of 18.

Inclusive of:

- Return airfare Chengdu - Xiahe
- Transport, 32 seat commercially licensed bus
- Accommodation based on combination of double occupancy guesthouse (1 night) and tenting (2 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 Labrang trip:

- Sleeping bag (in small backpack)
- Water bottle
- Flashlight
- Rain jacket and warm sweater for evening/morning
- Extra set of clothes
- Extra shoes
- Personal snacks (for camping)

