



EXTRAVAGANT YAK  
TRAVEL COMPANY

Leman International School  
Grade 10 Student Trip



**SHANGRI-LA**  
5 DAY TRIP ITINERARY



LÉMAN CHENGDU

## 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 in 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.



**Bodhi Inn** in Shangri-La 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.





Old Town, fabled Shangri-la



Setting up camp

## Trip Itinerary

### Sept 15. Chengdu to Shangri-la (flight)

Today you will meet at the airport for your afternoon flight to another world in Shangri-la. At 3100m, everything becomes new: landscape, climate, cuisine, language, customs, and of course, the people. A late, Tibetan-style dinner will follow an evening check in at the quaint Bodhi Inn, in the old town of fabled Shangri-la!

Accommodation: [Bodhi Inn, Shangri-la](#)

### Sept 16. Shangri-la

Enjoy a tour of the old town after breakfast to appreciate the beauty and uniqueness of this fabled town. Mid-morning you'll take a 1hr drive to the countryside to prepare for an afternoon trek to your campsite for the evening. After lunch, you'll strap on your backpack for the 4km light trek to the river valley where you'll set up camp for the night. Enjoy an evening mixed with camp craft activities like fire starting, and



games and activities, followed by fireside time and hot chocolate!

Accommodation: [Camping, Shangri-la](#)

## Sept 17. Local Farming Practices

This morning you will pack up, clean up the camp site, and head into the village for lunch with a local host family. You will learn about local farming methods and assist with some manual labor (community help) on the farm. Be sure to wash the dirt off your hands when you return to your hotel in the afternoon! Dinner in town will be followed by gathering with the locals for a community dance at the town square (feel free to join in!).

Accommodation: [Bodhi Inn, Shangri-la](#)

## Sept 18. Songzanlin Monastery

After breakfast, you will visit Songzanlin monastery for an introduction to monastery life and local monastic history. After a late lunch with a local Tibetan family, you will visit the Thangka painting center for an introduction to basic Thangka



Helping with farm work



Learning about Thangka painting





Songzanlin Monastery

painting techniques. You will have fun trying them out yourselves. Dinner and the opportunity to practice your dance moves from the night before in the square will fill your evening before heading back to your hotel.

Accommodation: [Bodhi Inn, Shangri-la](#)

### Sept 19. [Shangri-la to Chengdu \(flight\)](#)

On the morning of your final day you will visit the Shangri-la Museum. After lunch, your final tour will be of the Shangri-la Handicraft Centre, for an introduction to local poverty alleviation projects. You will then head to the airport for a late afternoon flight. Landing back in Chengdu in the evening, you will bus back to LIS for a late evening arrival.

*Dates & Cost below...*



## Dates & Cost

**Dates:** Sept 15-19, 2018. 5 Days.

**Cost:** ¥5,300/person\*

\*Based on min group size of 13.

### Inclusive of:

- Return airfare Chengdu - Shangri-la
- Transport, 32 seat commercially licensed bus
- All accommodation based on double occupancy (4 nights)
- Extravagant Yak guides (2)
- Meals
- All camping equipment, including backpacks, tents, sleeping bags
- 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 Pre-Trip Exercise:

- Read "Lost Horizon" by James Hilton

### Additional packing list for camping:

- Spare shoes
- Warm sweater
- Rain jacket
- Flashlight/  
headlamp
- Sun hat

