

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

New Asia Travel Attraction, Go Tibet By Rail

By Subert Kiing

Tibet projects mystic thoughts to many western travelers. And indeed Tibet never fail to impress.

Tibetan mountain ranges and landscapes are home to an immense diversity of species of rare plants and birds. Tibetan forests are also famous for its tremendous spectrum of herbs for Chinese medicines. But due to the freezing temperatures and geographical altitudes, China's tourist access to Tibet region has been very limited until recently. On July 1, 2006 Qinghai-Tibet Railroad commenced its passenger service, marking a remarkable milestone in China's infrastructure building. This opens up a way for adventurous tourists to travel from Beijing to the remote Tibet by train with a low budget.

An estimated 90% of tourists would use the railroad to reach Lhasa, Tibet. It is an unique ground expedition across clear cascading streams, spectacular mountain ranges, and the colorful landscapes almost untouched by modern civilization. It would be the dream of urban travelers to experience nature with such a panoramic vision, indulging and rejuvenating for a true getaway from the hectic city-life.

A Centennial Dream Comes True

>From its initial conception in the early 1950s, the construction of Qinghai-Tibet Railroad went through a lengthy 50 years to build. The first section of 814 km, from Xining, capital of Qinghai Province, to Golmud began operation in 1984. The Golmud-Lhasa section commenced construction in June 2001. On July 1, 2006, the 1,956-Km Qinghai-Tibet Railroad started its full-length operation. Its 2 inaugural trains, "Qing 1" and "Tibet 2", started service from Golmud and Lhasa separately. China President Hu Jintao labeled the project as an unbelievable achievement both in China and the World's railway construction. This completed mission also realized a centennial dream of Dr. Sun Yat-sen, the pioneer of China's democratic revolution.

The Physical Deterrents

Geographical conditions from Golmod to Lhasa are especially harsh. Perennial icy soil as hard as steel, thick blankets of Winter snow and the high altitudes deterred and slowed down project progress through the many years of site execution. An American, Paul Theroux, prophesized that Kunlun Range was a definite impossible geographical barrier for railroad to get to Lhasa. But the inauguration of

Qinghai–Tibet Railroad, now the world's highest railroad terminating in Lhasa, has proven Theroux's prophesy untrue.

Key Facts of Qinghai–Tibet Railroad

1. Qinghai–Tibet Railroad is the world's highest. 2. 960 kms of its tracks are located 4,000 m above sea level. 3. The highest point is 5,072 m above sea level or 200 meters higher than the 2nd highest Peruvian railroad in the Andes. 4. 550 kms of the route run on frozen soil 5. Tanggula Railway Station is the highest railway station in the world (5,068m above sea level) 6. Fenghuoshan Tunnel is the world's highest tunnel on frozen soil (4,905 m above sea level) 7. It is the world's longest plateau railroad, extending 1,956 kms from Xining, Qinghai to Lhasa, Tibet. 8. The Golmud–Lhasa section zigzags 1,142 kms across the Tanggula and Kunlun Ranges. 9. Kunlun Mountain Tunnel is the world's longest plateau tunnel built on frozen soil(1,686 m) 10. The maximum design train speeds are 100 km/h in frozen zones and 120 km/h on non–frozen areas.

Environmental Friendly

Chinese authority responded actively to international call for environmental friendly and sustainable development. 8% of the total development cost was set aside for conservation of environment. Recommendations by the Academy of Environment Protection were taken seriously by the Chinese government before construction. Qinghai–Tibet Railroad was credited with the honor of being the first environmental friendly railroad in the world.

Train Schedule for Tibet

Tourists can join in this rail route from several different cities in China.

1. Western Beijing Train Station to Lhasa, the whole journey is 4,064Km and takes 47 hours and 28 minutes. The ticket fee is RMB389 (USD48) for a hard seat, RMB813 (USD102) for a hard sleeper and RMB1262 (USD160) for a soft sleeper. It leaves Beijing at 21:30 every night and arrives in Lhasa at 20:58 on the third day. Another train leaves Lhasa for Beijing at 8:00 each morning and arrives in Beijing at 8:00 the third day, via Xian, Lanzhou, Xining, Golmod and Nacku.

2. Chengdu Train Station to Lhasa, the whole journey is 3,360km. The ticket fee is RMB331 for a hard seat, RMB712 for a hard sleeper and RMB1104 (USD140) for a soft sleeper. It leaves Chengdu at 18:18 on the odd days and arrives in Lhasa at 18:28 on the third day. It leaves Lhasa for Chengdu at 9:05 and arrives in Chengdu at 9:55 the third day, Via Guangyuan, Baoji, Lanzhou, Xining, Golmod and Nacku

3. Chongqing Train Station to Lhasa. The whole journey is 3,654Km The ticket fee is RMB355 for a hard seat, RMB754 for a hard sleeper and RMB1168 for a soft sleeper. It leaves Chongqing at 19:20 on the even days and arrives in Lhasa at 18:28 on the third day. It leaves Lhasa for Chongqing at 09:05 and arrives in Chongqing at 09:55 the third day, Via Guangan, Dazhou, Xian, Baoji,Lanzhou, Xining, Golmod and Nacku.

Enjoy your Tibet trip and write to share with others your memorable adventures in this rugged part of China!

Subert Kiing – Architect who has lived and traveled in many parts of Asia. He currently writes for

<http://www.1asiatravel.com>

and

<http://www.tropicalcaribbeantravel.com>

Experience Malaysia today with asia-hotels-Malaysia

By Macel Legaspi

Experience Malaysia today with asia-hotels-Malaysia by Macel Legaspi

Paragon Travel Limited, a premiere internet hotel guides and reservation systems operating company, has recently lauched asia-hotels-malaysia.com. [Asia-hotels-malaysia](http://asia-hotels-malaysia.com) is a one-stop hotel online booking and travel guide in Malaysia.

Malaysia, one of the most pleasant countries to visit in Asia, is a haven of beaches, from powdery sand stretches to black sand beaches. People are very warm, hospitable and charming in Malaysia. The bustling and modern Kuala Lumpur, which is home to the twin Petronas Towers (the world's tallest building) is Malaysia's capital. Top destination stops include Penang, Langkawi, Melaka and Tioman. Take a trip to Malaysia now. Book your hotel room with asia-hotels-malaysia.com.

I'm currently Business Development & Marketing Associate for Paragon Travel Ltd.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!