

## KAILASH - MANSROVAR YATRA & TREK

Mt. Kailash is 22028ft above sea level & Lake Mansarovar is 14950ft above sea level  
 Total 2584kms Kathmandu - Kathmandu. (2500km drive in vehicle & 84km Parikrama Trek)



## HOLY MT KAILASH VIA CHINA WITH XIAN, XINING, RONBUK AND EVEREST BASE CAMP

Tour code	Tour Name	Duration of the Tour	Destination covered	Transportation details
FT-MT - 0126 SP	Mt Kailash via China & Lhasa	24 Nights / 25 Days	Beijing, Xian, Xining, Lhasa EBC, Holy Mt Kailash & Lake Mansarovar	Beijing / Xian – Bullet Train Xian / Xining – Flight Xining / Lhasa – Train

### PRODUCT INTRODUCTION:

China & Tibet Tour cover the most important destination of Mainland China as Beijing, Xian, Xining & Lhasa, (Tibet) and Most Important Pilgrimage destination – Holy Mount Kailash and Mansarovar Lake with the Famous monastery situated on the highest point of the world and Everest Base Camp( Base camp of the highest mountain of the world). During the tour you will enjoy the Historical & Modern part of China & Tibet – popularly known as roof of the world and Holiest destination – Holy Mount Kailash and Mansarovar lake. The short description of the destination are given below:

### BEIJING:

Being the capital of China for about 850 years, it is one of the Four Great Ancient Capitals of China, offering China's most wonderful array of attractions. No other city in the nation attracts more travelers. As the saying goes, one who fails to reach the Great Wall is not a true hero. Without visiting the Great Wall, no trip to this city or the country is complete. The Great Wall of China is a series of stone and earthen fortifications in northern China, built, rebuilt and maintained between the 5th century BC and the 16th century to protect the northern borders from Xiongnu attacks during various successive dynasties. At the heart of this city is the Forbidden City, home to the emperors of the Ming and Qing dynasties, the largest

palace complex of the nation and the world. The Forbidden City also hosts the Palace Museum with imperial collections of Chinese art. The Forbidden City is, by any measure, a must-see site in this city.

### XIAN:

Xian city is located in central-northwest China, records the great changes of the country just like a living history book. Called Chang'an (meaning the eternal city) in ancient times, it is one of the birthplaces of the ancient Chinese civilization in the Yellow River Basin area. As the eastern terminal of the Silk Road and the site of the famous Terracotta Warriors of the Qin Dynasty, the city has won a reputation all over the world. More than 3,000 years of history including over 1,100 years as the capital city of ancient dynasties, have endowed the city with an amazing historical heritage. Visitors marvel at the numerous historical sites and cultural relics in and around the city.

### LHASA:

The city of Lhasa is the heart of cultural Tibet. Its importance dates back to its status as the capital of the Tibetan Empire in the seventh and eighth centuries, and as the capital of the Dalai Lama's government from the seventeenth century onwards. In the modern Chinese state it serves as the capital of the Tibet Autonomous Region Lhasa has also been perhaps the most important religious site over the history of Tibet. It is home to the Jokhang temple complex, founded by the seventh-century Tibetan Emperor Songtsen Gampo and residence of the most famous religious image in Tibet: the Jowo statue of the Buddha Shakyamuni. The Jokhang is the nucleus of central Lhasa's commercial and religious Barkor area. The Potala Palace, built in the seventeenth century by the Fifth Dalai Lama as his palace and one of the greatest examples of Tibetan architecture, is also located in the Lhasa Valley. Finally, two of the three great seats of Gelukpa monasticism – the monasteries of Sera and Drepung – have been located here since the fifteenth century. The city of Lhasa is located in the southern part of the Tibetan high plateau at an altitude of 3650 meters above sea level and on roughly the same latitude as Cairo. The valley in which Lhasa is situated is formed by the River Kyichu, a tributary of the Tsangpo (which is known as the Brahmaputra in India). The dominant peaks surrounding Lhasa range between 4400 and 5300 meters above sea level.

### HOLY MT KAILASH AND MANSAROVAR LAKE- AN INTRODUCTION:

Holy Mt Kailash and Mansarovar Lake, center of creation & the Universe are as old as the creation. Thousands of Sages, Ordinary Mortals, Philosophers and even Gods had submerged in the blissful trance at the very sight of this divine grandeur. It is the MERU, SUMERU, SUSHUMNA, HEMADRI (Golden Mountain), RATNASANU (Jewel Peak), KARNIKACHALA (Lotus Mountain), AMARADRI, DEVA PARVATHA (Summit of Gods), GANAPARVATHA, AJATADRI (Silver Mountain). Regarded as SWAYAMBHU, the self-created one, everything is said to emanate from here and finally returns here. Mind is the knot tying consciousness and matter-that is set free here.

Famously known to be an abode of LORD SHIVA and his divine consort PARVATI, Mt. Kailash expounds the philosophy of PURUSHA and PRAKRITI-SHIVA and SHAKTI. The radiant SILVERLY summit is the throne of TRUTH, WISDOM and BLISS-SACHIDANANDAM. The primordial sound AUM (NADABINDU) from the tinkling anklets of LALITA PRAKRITI created the visible patterns of the universe and the vibrations (DVANI) from the feet of Lord Shiva (NATARAJA) weaved the essence of ATMAN, the ultimate truth.

Mt. Kailash is considered to be the centre of Hindu philosophy and civilization. Kalpa Viruksha tree is supposed to adorn the slopes. South face is described as Sapphire, east as crystal, west as Ruby and north as Gold. The city of KUBERA is also situated here. Ganga after originating from the toe of Mahavishnu enters the lunar circle and descends further from Kailash after circuiting it seven times and then ultimately divides herself into four rivers. The major rivers of Nepal and India originating from this area are Brahmaputra(Lohita), Indus(Sindhu), Sutlej(Shatadru) and Karnali. Every object in this area is sanctified and each one is related to gripping legends. As one ascends through PARIKRAMA, one encounters holy peaks of RAVANA PARVAT, HANUMAN PARVAT, PADMASAMBHAVA, MANJUSRI, VAJRADHARA, AVALOKITESWARA, JAMBAYANG, SHAVARI, and NORSENG. The scriptures reiterate that one, who

takes the holy dip at Mansarovar and carries out the Parikrama around Kailash, is absolved of his/her sins through generations and is absorbed into the Supreme Finality. There is no re-birth; sorrows or joys and he/she will be with ultimate –the Lord Shiva. In other words, they become Shiva.

In addition to the Hindus, the entire region is also one of the most important pilgrimage centers for the Buddhists. They worship DEMCHOK (Buddha in forceful form) seated on the summit of Kailash. It is also called Dharmapala, one version quotes the deity as a form of Shiva's manifestation. The description of the deity is more or less like Shiva. Devi is also given a similar form like Parvati. Buddhists adore Kailash as KANG RINGPOCHE and Manasarovar as TSO MAPHAM. Guru Rinpoche (The great Indian Master PADMASAMBHAVA who introduced Buddhism) and Saint Milerapa are greatly revered here by the pilgrims. Since TANTRISM runs through the main core of Buddhism here, their customs and practices would be found running close and parallel to Hindu traditions. Like Hindus, they also consider (DOLMA (DEVI) and GAURI KUND (Thuki Zingbu) as holiest spots. Buddhists strongly believe that pilgrimage to this place liberates them for NIRVANA. Besides, Jains acknowledge Kailash as ASTAPADA and PADMAHRADA. It is believed that ADINATH VRISHABDEVA - the first Tirtankara attained Nirvana here. A few claim that GURU NANAK meditated here. Across the river CHU, there on the Nyanri range stands an impressive temple. Inside this monastery there is a marble statue radiating peace and compassion. This statue is claimed to be that of Guru Nanak.

The entire area echoes with spiritual vibrations. Even the agnostics shall discover new balance amidst that fathomless serenity. One has to experience it. The common belief is that those who are ordained only could be there Master Tours & Travel & its Associates invite you to join on this China Tibet & Nepal Tour program and enjoy your holiday at the most beautiful part of the world.

## OUTLINE ITINERARY & DATE OF ARRIVAL IN BEIJING

Day	Date	Outline Itinerary
01		Arrive Beijing and transfer to hotel.
02		Beijing City Sightseeing.
03		Beijing City Sightseeing.
04		Train Journey to Xian and transfer to hotel.
05		Xian Sightseeing
06		Xian Sightseeing
07		Fly to Xining and free day in Xining
08		Xining Sightseeing
09		Board Train for Lhasa
10		Train Journey. Arrive Lhasa & Transfer to hotel
11		Lhasa City Sightseeing
12		Lhasa City Sightseeing
13		Drive to Shigatse via Gyatse
14		Drive to Ronbuk & rest
15		Visit Everest Base camp and return to Ronbuk.
16		Drive to Saga
17		Drive to Mansarovar
18		Drive to Darchen
19		Drive to Yamadwar and Holy trek to Dirapuk
20		Holy Trek to Zuthulpuk
21		Holy Trek to Darchen & drive to Tirthpuri and Drive to Hore.
22		Drive to Saga
23		Drive to Shigatse.
24		Drive to Lhasa

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25	Fly for onward journey.
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**DETAILED ITINERARY:**

**DAY 01: ARRIVE BEIJING & TRANSFER TO HOTEL (NO MEAL)**

Arrive Beijing International airport, meet , assist , welcome by our representative and transfer to hotel . Rest of the day is free to explore on your own. Over-night stay at hotel

**Optional (with an extra cost): Can visit an Acrobatic show**

**DAY 02: FULL DAY BEIJING SIGHTSEEING (B / D)**

Breakfast at hotel, and proceed for the full day Beijing sightseeing covering the following points:

- **Summer Palace:** The Summer Palace, known as Yiheyuan in Chinese, is a vast ensemble of lakes, gardens and palaces in Beijing, China. It serves as a popular tourist destination and recreational park.
- **Tian'anmen Square :** Tiananmen Square is a large city square in the centre of Beijing, China, named after the Tiananmen gate located to its North, separating it from the Forbidden City.
- **The Forbidden City** from which the Emperors of the Ming and Qing dynasties governed for over 500 years.
- **Houhai:** It is a lake and its surrounding district in central Beijing, one of the three parts of Shichahai. In recent years it has become famous for nightlife because it is home to many popular restaurants, bars, and cafes. The area is especially popular with foreign tourists visiting Beijing, but is also often visited by the expatriate community and younger locals.

**Optional with extra Cost:**

**Hutong tour,** which is also called Rickshaw Tour can be done in between the sightseeing tour & **Kongfu show** during the evening.

Dinner will be served at Chinese/ Indian specialty restaurant as per the choice of the clients. Overnight stay at hotel.

**DAY 03: FULL DAY BEIJING TOUR - (B / L / D)**

Breakfast at hotel and proceed for the **start City tour covering:**

- **Great Wall:** The most famous **Great Wall & Juyong Pass-** a UNESCO World Heritage Site and a massive defensive structure built to keep off intrusion.
- **Juyong Pass:** Continue sightseeing tour to **Longdi Jade shop** where we will learn about Chinese jade culture.
- **Bird's Nest:** Afternoon proceed to see the **Bird's Nest** (Olympic National Stadium outside) and the **Water Cube** from outside.
- **Yaxiu market shopping:** leisure time to visit around the shops.

**Optional with extra Cost:** Evening Acrobatic Show

Dinner will be served at Chinese/ Indian specialty restaurant as per the choice of the clients. Overnight stay at hotel.

**Today's Meals:** Breakfast at hotel, Chinese Lunch at Great Wall + Chinese / Indian Dinner.

**DAY 04: HIGH SPEED TRAIN TO XIAN (B / D)**

Breakfast and transfer to Train station for High Speed (Bullet) train journey to Xian. Arrive Xian and transfer to hotel. After get refreshed free to visit around the Historical city. Dinner will be served at Chinese/ Indian specialty restaurant as per the choice of the clients. Overnights stay at hotel.

**DAY 05: XIAN SIGHTSEEING (B / D)**

Breakfast at hotel and proceed to city sightseeing covering the following points:

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- **Big Wild Goose Pagoda square:** The great goose pagoda, calling Dayanta in Chinese, is built for keeping book.
- **Bell and Drum tower outside look:** A classical building with carved beams and painted rafters has been served as the symbol of Xi'an.
- **The Muslim Bazaar:** the Muslim quarters lies 100 meters west of the Bell tower in downtown Xi'an. The 500 meters long avenue paved by bluestones are dotted with many unique stall, souvenir shop, café and bars which are mostly run by Muslim people.

**Optional with extra payment:**

**Tang Dynasty show-the ancient Chinese dance and musical show**

Dinner transfer to any specialty restaurant. Return to hotel and overnight.

**DAY 06: XIAN SIGHTSEEING -**

**(B / D)**

Breakfast and proceed to city sightseeing covering the following points:

- **Terra Cotta Warriors:** Visit the incredible 2000 year-old **Terra Cotta Warriors**. Each one is part of the underground tomb of the Emperor Qin. Well over 7000 figures were drawn up in full battle array in several large pits & **Ceramic Shop**
- **The Shaanxi Historical Museum :** Among the 400,000 items on display are treasures from many of the Dynasties, including some magnificent bronzes and porcelain, many of which have never been on permanent display before.

Dinner transfer to any specialty restaurant. Return to hotel and overnight.

**DAY 07: TRANSFER TO XINING / ARRIVAL & DAY AT LEISURE**

**(B / D)**

Breakfast and transfer to airport for flight to Xining. Arrive Xining and transfer to hotel. Rest of the day free for personal activities. Dinner and overnight stay at hotel.

**DAY 08: XINING SIGHTSEEING & FREE TIME**

**(B / D)**

Breakfast and proceed for Half day Xining city Sightseeing. Return to hotel and free time for personal activities. Overnight stay at hotel.

**DAY 09: TRAIN JOURNEY TO LHASA**

**Breakfast only**

Breakfast at hotel, and transfer to train station for train journey to Lhasa. Enjoy the beautiful landscape along the way. Overnight stay at on train.

**DAY 10: ARRIVE LHASA & TRANSFER TO HOTEL**

**Dinner only**

Arrive at Lhasa train station, meet, welcome and transfer to hotel. Dinner and overnight stay at hotel.

**DAY 11: LHASA CITY SIGHTSEEING -**

**(B / L / D)**

After breakfast leave for full day city sightseeing tour to Magnificent Potala Palace-the winter palace of the Dalai Lama; the place where the former great Dalai Lama's stupas are being kept; once the seat of the Tibetan government. With a history of over 1,300 years, the Potala Palace is the treasure of Tibetan religion and culture, storing plenty of figures of the Buddha, murals, sutras etc. After visiting Potala Palace, you will visit one of the three largest monasteries of Gelugpa- the Sera Monastery, and the Dalai Lama's summer palace of the treasure Park of Tibet, the Norbulingka. Return to hotel and Overnight stay at hotel.

**DAY 12: LHASA CITY SIGHTSEEING**

**(B / L / D)**

After breakfast, you will visit the No 1 Monastery of Gelugpa-Drepung Monastery, which is the richest monastery ever in Tibet, and is still active today. Then you will be guided to visit the spiritual center of Tibet, the Jokhang Temple, where you might meet many pilgrims, who even prostrate by full length to the threshold of the temple. You will visit the sacred pilgrim path, the oldest street in Lhasa, the Barkhor Street,

which is the place where Tibetan culture, economy, religion and arts assemble. In the afternoon, you can pay a visit to the Tibetan Traditional Hospital, where you will see how the Tibetan doctors treat patients in their traditional ways, and in its library, you will find massive medical sutras and medical thankas. The Lhasa Carpet Factory is also a place you should not miss. The carpets there are all hand-made on old-styled vertical looms in traditional processes. Overnight stay at hotel.

### DAY 13: LHASA SHIGATSE VIA GYANTSE

(B / L / D)

After breakfast, drive to Gyatse ( 260 Kms, 4 hours drive) . En-route visit Holy Yamdrok Lake ,Mt.Nyechen Kangsar glacier, Gyantse Kubum stupa and cross 3 high passes with altitude of 4794m , 5039m & 4280m. Arrive Gyatse, lunch and proceed to Shigatse ( 3,900 Meter- 90 Km). Finally arrive Shigatse and check into hotel. After get refreshed proceed to visit Palkor Monastery and Tashilhunpo Monastery. Return to hotel, dinner and overnight.

**Palkhor monastery:** Also called "The Baiju Monastery" by the Chinese, this monastery is situated in Xigatse city which is about 230 Km away from capital Lhasa. Implausible combination of temples and Stupas will attract anyone. The architecture you will see in this place, are form the 14th and 15<sup>th</sup> century which make this place a Hotpoint for ancient archeological researchers. This place has more than 3000 statues from the statues of Buddha to famous King Songtsen Gampo. Number of tourist visiting this place has been increasing every year.

**Tashilhunpo Monastery:** Located in Shigatse 250 Km away from the capital city Tashilhunpo monastery was built by the 1st Dalai Lama in 1447. Among the six hugest monasteries in Tibet this monastery stands on massive area of 300,000 Sq. m and known as the "Seat of Panchen Lama". Panchen Lama is considered as the second most important religious leader after Dalai Lama in Tibet. Return to hotel, dinner and overnight.

### DAY 14: DRIVE TO RONBUK MONASTERY & OVERNIGHT -

(B / L / D)

Breakfast and drive to Ronbuk Monastery ( 4,900 meter, 350 km). Arrive Ronbuk monastery and Check into the guesthouse. Overnight stay at guesthouse.

### DAY 15: VISIT EVERST BASE CAMP (5150M) & RETURN TO RONBUK

(B / L / D)

Breakfast and drive to Everest Base Camp ( 5,150 meter, 20 km) . Enjoy the view of Mt Everest ( 8,848 meter) and hike around. Return to Ronbuk and overnight stay at hotel.

### DAY 16: DRIVE TO SAGA VIA OLD TINGRI

(B / L / D)

Enjoy the view of Mt Everest, breakfast and drive to Saga( 4,500 meter , 400 Km). En-route enjoy the beautiful view of Mt. Shishapama, Peikutso Lake , Finally arrive Saga and check into hotel.

### DAY 17: DRIVE TO MANSAROVAR

(B / L / D)

After breakfast, drive to Mansarovar ( 4,560 Meter, 450 km). En- route enjoy Sand dunes & visit Chewu monastery. Finally arrive Mansarovar lake and enjoy the eye catching view of Holy Mt Kailash , Holy Mt Gurla Mndhata and Mansarovar Lake. Overnight stay at lodge.

### DAY 18: DRIVE TO DARCHEN

(B / L / D)

Morning hour enjoy the calm environment of the area . Visit Chiu Gompa & drive (30 KM) to DARCHEN (4,660 m) for about 2 hours. Rest of the day is free to explore your own. Overnight stay at lodge.

### DAY 19: DRIVE TO SERSONG/TARBOCH FLAG POLE & HOLY TREK TO DIRAPUK

(B / L / D)

Breakfast and drive to Tarboch Flag Pole, the first prostration point, -the auspicious gateway and the sky burial ground. Visit Yamadwar and further drive to Sershong (total 8 km) and trek to Dirapuk (4,765 m, 10 km, 3 to 4 hours trek). Overnight stay at guesthouse.

## DAY 20: HOLY TREK TO ZUTHULPUK -

(B / L / D)

Continue trekking of challenging cross the Dikpala (5,000m) and Dormala (5600m) to Zuthulbuk (4,700 m) (22km/ 7 to 8 hours trek). Overnight stay at Lodge.

## DAY 21: HOLY TREK TO DARCHEN & VISIT TIRTHPURI (If road conditions permit)

(B / L / D)

Last and final day of Mt. Kailash Parikrama ends near Darchen (16 km/ 3 to 4 hrs trek). En-route can enjoy the view of Thuktso lake. Arrive Darchen and drive to Tirthpuri, Visit Tirthpuri and drive to Hore. Overnight stay at lodge.

## DAY 22: DRIVE TO SAGA

(B / L / D)

Breakfast and drive to Saga(450 Km, 6 hours). Arrive Saga, & overnight stay at hotel.

## DAY 23: DRIVE FROM SAGA TO SHIGATSE

(B / L / D)

Drive Saga to Shiigantse ( 480 Kms, 8 /9 hours drive) . Arrive Shigatse and check into hotel. Overnight stay at hotel.

## DAY 24: DRIVE FROM XIGATSE TO LHASA

(B / L / D)

Drive to Lhasa. Arrive Lhasa and check into hotel. Rest of the day at Leisure to explore on your own.

## DAY 25: DRIVE TO LHASA AIRPORT FOR ONWARDS FLIGHT

(B)

Breakfast and transfer to airport for flight to onwards journey.

## TOUR COSTS (AS PER THE GROUPSIZE): ON REQUEST

### PACKAGE TOUR PRICE INCLUDES:

1. Arrival/departure transfer /sightseeing by Air-conditioned coach on SIC basis in China;
2. Accommodation on twin sharing basis with breakfast in Standard category rooms in China, Lhasa, Gyatse and Shigatse.
3. Daily Breakfast at hotel + 1 Chinese Lunch in Great Wall + 8 Indian / Chinese dinner in China.
4. Daily morning breakfast, Lunch & Dinner in Tibet and Mt Kailash area.
5. Oriental Pearl Tower 2<sup>nd</sup> level in Shanghai
6. Professional English-speaking tour escort.
7. One bottle of mineral water per person per day in China part.
8. All Entrance fee to the 1<sup>st</sup> gate entrance.
9. Beijing - Xian by High Speed (Bullet) Train.
10. Xian - Xining by Economy Class flight.
11. Xining - Lhasa by train soft seat.
12. Tip for driver and guide
13. Twin / Triple sharing 4/3 star hotel accommodation at Lhasa, Gyatse, Shigatse, Darchen and Saga.
14. Best available dormitory lodge accommodation at Ronbuk , Mansarovar, Dirapuk and Zuthulbuk
15. Tibet travel permit fee.
16. Yak & Yak men to carry your personal luggage during trekking.
17. Ground transfers in Tibet using Mini Van / Coach as per the group size.
18. Required trekking and kitchen equipment's.
19. Oxygen cylinders and first aid kit.

### PACKAGE TOUR PRICE EXCLUDES:

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1. Any expenses of personal nature as telephone calls, laundry, portorage, mineral water or any other services which are not mentioned in cost include part.
2. Meals other then mentioned in program
3. Any optional program; all the optional sales will be charged as per the printed tariffs only.
4. Int'l tickets and tax;
5. China & Tibet Visa fee, baggage and personal insurance.
6. Personal items & clothing.
7. Extra costs that may arise due to delay to receive Tibet Travel Permit and Visa ,prolonged delays or postponement of flights due to technical reasons/ acts of nature/ riots/ curfew/ government regulations or any other conditions whatsoever, which are beyond the control of Maters Tours & Travels and its associated agents.
8. Personal expenses, tips and donations, insurance against loss of baggage, flight prepond and postponement expenses, damage of valuables, theft of personal items/belongings, medical expenses in case of accident and helicopter expenses for emergency evacuation.

**Please Note Important Points for the Tour in China:**

**A. Refund:**

No refund will be given for un-used tours, rooms, meals, free gift and transfer service.

**B. Luggage provision:**

Only allowed one check-in luggage and 2 hand luggage in a coach in China, all the other extra luggage had to arrange luggage in a luggage van, with an extra cost, all the extra luggage will be charged USD 8 per check-in luggage.

**C. Guest self-paying items in China:**

Due to the parking lot being quite far from the railway station, guest would have to carry their luggage for over 200 meters to the coach, if they don't want to carry by themselves, they can request the local porter from railway station to help them to carry, clients should pay the porter fee at RMB10-20 per luggage by themselves. The luggage porter price may be different in different railway station, please check the price at the spot.

If the clients require that the porter to carry the luggage from the lobby to the room, clients need to tip RMB5 per luggage by themselves.

**D. Shopping Policy in China:**

Shopping from only the Appointed shops are compulsory and necessary. The policy is one day one shop - 1 shop in Shanghai; 1shop in Hangzhou; 1 shop in Xi'an & 2 shops in Beijing, and otherwise the quotation will be increased. The shopping sites are subject to change. All the guest must spend **at least 40 mins in our appointed shop**, if the time less than the regulate time, the surcharge as penalty will be collected at the spot by our tour guide. USD200-500 per group will be punished accordingly. All tour leaders should assist China local guide to convince guest for shopping for enough time there, tour leader has responsibility to coordinate with optional program and shopping. All the Travel Agents should inform the group members about the shopping policy clearly before they come to China.

**Please be extra careful on the above points while in China.**