

Driving Journeys into Hidden China and Beyond



Roads on the Roof of the World

世界屋脊之旅

Lhasa to Mount Everest Base Camp
8 & 10-Day Tour Description
拉薩至珠峰大本營 八天或十天行程介绍

www.ontheroadinchina.com
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ON THE ROAD
IN CHINA

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Discover the mysterious land of Tibet on our *Roads on the Roof of the World* self-driving journey...

參與世界屋脊之旅自駕遊 揭開西藏這片神祕土地的面紗...

Tread in the footsteps of Mallory and other great Himalayan explorers on a road trip like no other as you explore this stunningly beautiful region and drive from Lhasa to Mount Everest Base Camp. Travel through the finest scenery on earth in the comfort and freedom of your own car, stopping at remote cliff-top monasteries and holy lakes as you wind your way towards the heart of the Great Himalayan Range...

On your journey back from Base Camp, it is possible to arrange a two day extension to one of Tibet's holiest lakes, Lake Nam-tso. Ringed by snow-capped mountains, the turquoise waters of the lake have been revered by Tibetans for centuries – the perfect end to a journey you will remember for a lifetime.

跟隨探險家的腳步，探索這片令人嘆為觀止的境地；在自駕車上感受穿越世界屋脊的無拘無束。回程時，選擇增遊西藏聖湖納木錯，為這畢生難忘的駕駛旅程劃上完美的句點。

Journey Highlights 行程焦點

On this journey, you will enjoy the following, wonderful highlights, among others:

在這次行程中，你將體驗無限精采，包括：

- Experience Lhasa – wander through the amazing old town, rub shoulders with pilgrims as they circumambulate the Jokhang Temple and visit the Potala Palace
感受拉薩 – 流連於拉薩古城中，在大昭寺及布達拉宮外與朝聖者近距離接觸
- Catch your breath at Mount Everest Base Camp and admire the beauty of Everest's north face (pictured above), unobscured by other peaks
在珠峰大本營喘一口氣，讚歎喜馬拉雅山北面的宏偉景觀
- Soak up the atmosphere inside some of Tibet's most important monasteries and join the monks as they chant by flickering candlelight
沈浸於藏傳佛教各大主要寺院的莊嚴氣息中，在昏暗的酥油燈光下與喇嘛一同誦經
- Revive your senses among Tibet's natural wonders, from holy lakes (Lake Yamdrok-tso and, for those that choose the extended tour, Lake Nam-tso) to glaciers and mountain passes
讓西藏的碧藍湖水、雄峰雪嶺喚醒身心對大自然的嚮往
- Slip into the rhythm of Tibetan life in the picturesque old towns of Gyantse and Shigatse
在江孜及日喀則等古城投入西藏當地人的生活節奏中
- Visit a school in the shadow of Mount Everest and practice English with the students – a great opportunity to learn more about life in this extraordinary place
在珠峰腳下探訪當地學校，向學童教授英語，從另一個角度感受本地人的生活
- Tibet's beautiful roads, from winding mountain passes to gorgeous lakeside lanes make this a driving adventure like no other...
馳騁於西藏最好的高速公路，將廣闊壯麗的高原風光盡收眼底，或者享受穿越彎曲的山間及湖邊的小道



Itinerary Overview 路線摘要

	Roads on the Roof of the World 世界屋脊之旅	Roads on the Roof of the World including Lake Nam-tso extension 世界屋脊之旅 (含納木錯行程)
Duration 為期	8 days, 7 nights 八天七晚	10 days, 9 nights 十天九晚
Hotels 酒店	<ul style="list-style-type: none">• The best available, ranging from international five-star to local two-star 當地最好的酒店，國際的五星級至本地兩星級• A choice of hotels is available in Lhasa 在拉薩有不同的酒店供選擇	
Distance 行程	1,270km 公里/790 miles 英里	1,520km 公里/950 miles 英里
Roads 路況	Generally excellent, if winding. Most roads are sealed although the road in and out of Base Camp is a dirt road 極佳，但彎路較多，大部分路面皆為柏油路，進出大本營的路段是土路	More adventurous than the basic itinerary, this extension takes in some gorgeous mountain lanes and back-roads 比基本行程難度較高，在此延伸段上可盡覽峻峭的山景
High Altitude? 高海拔?	Yes – for more information about altitude sickness, please see below (page 14) 是 – 請參考高原反應資料部份 (第14頁)	



Day-by-Day Description 日程介紹

Day 1

Arrival in Chengdu – Preparing for Your Journey 到達成都 – 準備出發

You will arrive in Chengdu according to your own arrangements. We will meet you from the airport and transfer you to your hotel, the Sofitel, in the centre of the city. Then we will take you to complete your temporary driving license application – everything will have been prepared in advance, and all you will need to do is take a simple eye test and sign the forms. With your license complete, you will enjoy dinner in a lovely riverside restaurant.¹

我們會在成都機場接機，送你入住位於市中心的酒店，然後前往辦理臨時駕駛執照，申請手續已提前辦理，你只需做一個簡單的視力測試及簽署表格。辦妥後，在一家河岸的餐廳用晚餐。

Altitude 海拔: 500m 米/1,640ft 呎
Distance 行程: 0km 公里/0 miles 英里
Hotel 酒店: Sofitel Hotel, Chengdu
成都索菲特萬達大飯店 (*****)²



Day 2

Flying up to Lhasa – The Adventure Begins...

乘機到拉薩 – 旅程正式開始...

After enjoying a relaxed morning in Chengdu, you will be transferred to the airport for your flight to Lhasa (an economy-class flight from Chengdu to Lhasa is included in the journey). On a clear day, the two-hour flight is an amazing introduction to the Tibetan Plateau as you soar over 7,000 metre (23,000 feet) peaks and beautiful valleys, before landing at Lhasa's Gongkar Airport, which lies some distance outside the city itself.

We will collect you at the airport and drive you to your hotel in Lhasa. After exploring the city in the afternoon, you will join the throngs of Tibetan pilgrims around the Jokhang, Tibet's holiest shrine, as we walk to an atmospheric restaurant in the old town for dinner together.

在成都享受一個悠閒的早上之後，我們會送你到機場乘坐航班前往拉薩（旅費已包括成都往拉薩的經濟艙機票）。若天氣晴朗，在空中可以俯瞰高達七千米（23,000呎）的西藏高



¹ If you would like some time to explore Chengdu before we depart for Lhasa, it is also possible to arrive a day early and spend some time exploring Sichuan's busy capital and visit the Chengdu Giant Panda Research Base 你可選擇提前一天到達成都，參觀大熊貓繁育基地。

² We strive to offer the hotels listed here, but if they are unavailable, we reserve the right to provide other, equivalent hotels. 我們盡量安排行程介紹上注明的酒店，遇酒店客滿的情況，我們將提供同級的其他酒店。

原及壯麗的山谷，這個兩小時的航程將會為掀開西藏之旅的精采第一幕。

到達貢嘎機場後，我們會安排接機，送你到酒店入住。下午是遊覽拉薩古城的好時機，在大昭寺外與朝聖者接踵摩肩。晚上於古城內的餐廳用膳。

Altitude 海拔: 3,650m 米/11,980ft 呎

Distance 行程: 0km公里/0 miles英里 (70km公里/44 miles 英里 in chauffeured car 由司機接載)

Hotel酒店: Thangka Hotel, Lhasa 唐卡酒店 (****)/St Regis, Lhasa 拉薩瑞吉度假酒店 (*****)

Day 3

Discover the Holy City of Lhasa 探索拉薩聖城

Spend the day in Lhasa as you acclimatise to the city's thin air. Start the day with a gentle walking tour around the old city, where you will pass markets and workshops where Tibet's traditional handicrafts are kept alive, as artisans paint *thangkas* and hammer out copper prayer wheels... Enter the holy precincts of the Jokhang Temple, one of Tibet's most atmospheric religious sites with its yak butter lamps, clouds of juniper incense and pilgrims murmuring prayers around you.

In the afternoon, visit the magnificent Potala Palace, which lies on the slopes of Marpo Ri in the centre of the city, and wander through the richly decorated halls and chapels that were home to generations of Dalai Lamas.

今天在拉薩讓身體慢慢適應稀薄的空氣，早上可以在市內逛街，留意西藏傳統工藝的傳承，畫家和工匠們就在專注地畫唐卡或製作銅制經輪...在大昭寺裡，閃爍的酥油燈光、煙霧縈繞的松香氣味和朝聖者的低聲禱告，構成最立體的西藏印象。

下午參觀座落於紅山山坡上宏偉的布達拉宮，在佈置華麗又神祕的殿堂間遊蕩。

Altitude 海拔: 3,650m 米/11,980ft 呎

Distance 行程: 0km公里/0 miles英里

Hotel酒店: Thangka Hotel, Lhasa 唐卡酒店 (****)/St Regis, Lhasa 拉薩瑞吉度假酒店 (*****)



Day 4

On the Road in Tibet - From Lhasa to Gyantse 在西藏的路上 - 拉薩至江孜

Today will be your first day on the beautiful roads of Tibet, as you head west out of Lhasa to the stunning Yarlung Tsangpo Valley before climbing the winding road to your first high mountain pass of this trip, the Khamba-La (4,790m/15,700ft). As you crest the pass, you will catch your first glimpse of the vivid blue waters of Lake Yamdrok-tso...

After driving around the lake, you will pass glaciers and remote villages on the road to Gyantse, where you will have time to explore the old town and Gyantse Monastery with its beautiful *chörten*, before enjoying dinner under the mountain skies in a lovely garden restaurant...

今天是在西藏駕駛的第一天，你將往西面進發，途經氣勢逼人的雅魯藏布大峽谷，然後沿者蜿蜒的山路翻越甘巴拉山口（4,790米/15,700呎），碧藍的羊卓雍錯驟現眼前！沿湖邊駕駛，你將經過冰川及偏僻的村落，到達江孜，在參觀江孜古城區及白居寺的佛塔後，在優雅的花園餐廳用晚餐。

Altitude 海拔: 3,990m 米 /13,100ft 呎
Distance 行程: 255km 公里 /159 miles 英里
Duration 車程: 7 hours 小時
Road Conditions 路況: Generally good – all sealed roads – but pot-holed in places 柏油路 – 偶有破損
Hotel 酒店: Gyantse Hotel, Gyantse 江孜酒店(***)



Day 5

To Shigatse and Beyond – Into the Far West 向西部進發 – 穿越日喀則

This morning you will drive to Shigatse, home to the enormous Tashilumpo Monastery, one of the few monasteries that was saved from the ravages of the Cultural Revolution. Explore the monastery and enjoy a relaxed brunch before getting back on the road towards Tingri, which curves south-west from Shigatse towards the Great Himalayan Range. Today's roads are some of the best on the trip, winding and smooth, and a delight to drive on.

You will stay overnight in a simple hotel in the village of Pelbar and prepare for your trip to Base Camp the following day...

早上你將開往日喀則，參觀偌大的扎什倫布寺，它是少數逃過文化大革命的破壞的寺廟之一。午飯後朝西南面喜馬拉雅山脈的方向前往定日。今天的路是行程中最舒適的，多彎但是非常順暢。

Altitude 海拔: 4,250m 米 /13,950ft 呎
Distance 行程: 325km 公里 /200 miles 英里
Duration 車程: 6 hours 小時
Road Conditions 路況: Mostly paved but bumpy in places 大部分柏油路但部份較為顛簸
Hotel 酒店: Everest Hotel, Pelbar 白壩(**)

Day 6

Summit Day – Pelbar to Mount Everest Base Camp 登峰日 – 白壩至珠峰大本營

Setting out from Pelbar before dawn, you will watch the sun rise over what is, quite literally, the roof of the world – an incredible mountain vista that includes four peaks over 8,000m/26,240ft; Everest, Lhotse, Makalu and Cho Oyu. After sunrise you will drive further in, towards North Base Camp, which lies at the foot of the Rongbuk Glacier. Stand in the shadow of Mount Everest and imagine you are about to set off for the summit, almost four kilometers (2.5 miles) vertically above the North Base Camp itself...



From Mount Everest, you will return to the village of Tashi Dzom for lunch and the chance to meet with some local schoolchildren – help them to practice their English and learn about life in this harsh but beautiful environment.

In the afternoon, you will return to Pelbar and begin your journey eastwards, towards your overnight stop in Lhatse.

天亮前就從白壩起程，在世界屋脊 – 四座超過八千米高的雄偉山峰前，觀看日出，然後前往絨布冰川下的北部大本營，在珠峰腳下，想像攀爬上垂直距離有四公里的群山之巔。

離開珠峰，在回程的路上探訪當地學校，與小孩子們練習英語，瞭解他們在這美麗但艱苦的環境中的生活。下午返回白壩，往東開始返程，在拉孜過夜。

Altitude 海拔: 3,950m 米
/12,950ft 呎

Distance 行程: 300km 公里
/186 miles 英里

Duration 車程: 6 hours 小時

Road Conditions 路況: 90km 公里 /55 miles 英里 of dirt road to Base Camp and back, sealed elsewhere
往返珠峰大本營的路為土路，其他為柏油路

Hotel 酒店: Shanghai Hotel of Lazi, Lhatse 上海酒店 (***)



Day 7

Return to Lhasa – or continue on towards lovely Lake Nam-tso...

返回拉薩 或繼續前往美麗的納木錯湖

For those who must end their journey soon, it is possible to return to Lhasa today in order to fly out tomorrow morning. However, for those of you able to stay with us for an extra few days a treat is in store – a trip along beautiful back roads to Lake Nam-tso, one of Tibet's four holy lakes.

Regardless of which option you choose, today will start with a short drive from Lhatse to Shigatse, stopping en route at Sakya Monastery to stretch your legs. In Shigatse, the group will divide, with those who can continue to Damxung and Lake Nam-tso spending a relaxed afternoon in Shigatse, while those that must return to Lhasa continuing to drive for the afternoon.

若你選擇八天行程，今天將會直接返回拉薩，準備翌日離開。若你選擇延長行程到十天，以下的行程絕不會讓你失望 – 沿著幽美的小路，你將到達西藏四大聖湖之一，納木錯湖。



無論你是參加了八天還是十天的行程，今天你都會從拉孜出發，在途中的釋迦寺歇腳，然後到達日喀則。在日喀則，團隊將分道揚鑣 – 前往納木錯和當雄的客人將在日喀則遊覽，八天行程的客人將繼續開往拉薩。

Altitude 海拔: 3,860m 米 /12,660ft 呎 (Shigatse 日喀則); 3,650m 米 /11,980ft 呎 (Lhasa 拉薩)
Distance 行程: 150km 公里 /93 miles 英里 to Shigatse 至日喀則; 415km 公里 /257miles 英里 to Lhasa 至拉薩
Duration 車程: 2.5 hours 小時; 8 hours 小時
Road Condition 路況: Generally excellent 極佳
Hotel 酒店: Shigatse Hotel, Shigatse 日喀則酒店 (***) , or 或 Thangka Hotel, Lhasa 唐卡酒店 (****) / St Regis, Lhasa 拉薩瑞吉度假酒店 (*****)

Day 8

Drive to the shores of Lake Nam-Tso... 驅車至納木錯岸上

For those who returned to Lhasa yesterday, we will arrange for you to transfer to the airport in time to catch your flight home.³ For those who will take the extension to Lake Nam-tso, you will enjoy a wonderful country road as we leave the Friendship Highway behind us and head north-east towards Damxung and across the highest mountain pass on this trip, the 5,300m/17,380ft Shogu-la Pass, enjoying a picnic lunch en route before reaching Damxung, where the vast and wild Changtang Plain – home to Tibet’s nomadic population – meets the more settled region around Lhasa...

若你昨天返回拉薩，今天我們將安排送你到機場乘坐你的航班。繼續前往納木錯的客人，你將往東北方向開往當雄，翻越旅途中最高的山口（5,300米 / 17,380呎），到達目的地前，享受一頓在西藏牧民的平原上的野餐。

Altitude 海拔: 4,280m 米 /14,040ft 呎
Distance 行程: 325km 公里 /200 miles 英里
Duration 車程: 7 hours 小時
Road Conditions 路況: Mixed – unsealed and bumpy in places, but good elsewhere 部份路段顛簸
Hotel 酒店: Pema Hotel, Damxung 當雄 (**)

Day 9

From Lake Nam-tso to Lhasa 納木錯至拉薩

Today you will make an early morning visit to Lake Nam-tso, visiting the island of Tashi Do – the best place to enjoy the dramatic lakeside scenery. The saltwater lake lies at 4,750m/15,580ft, and is ringed to the south by the Nyechen Tanglha mountain range, whose snow-capped peaks soar to over 7,000m/22,960ft – a truly awe-inspiring setting.

After walking around the edge of the island on a *kora* circuit used by pilgrims, you will



³While we can help you to arrange your flight home from Lhasa or make other onward travel plans, why not round off your journey by taking the train from Lhasa to Xining? Please contact us for more details.
我們可以幫你安排回程的機票及行程，你也可以考慮從拉薩乘坐青藏鐵路到西寧。詳情請與我們聯繫。

return to Damxung for lunch before setting off for Lhasa, where you will arrive in the late afternoon, in time to relax and enjoy a farewell dinner and – if you haven't already – sample a Tibetan specialty, yak butter tea!

早上前往納木錯湖，在扎西島上的最佳位置欣賞湖岸景色。納木錯是海拔4,750米／15,580呎高的鹽水湖，南面被常年積雪，高達7,000米／22,960呎的念青唐古拉山脈環抱，高山碧海形成震撼人心的景觀。

在島上跟隨朝聖者漫步，然後返回當雄，午飯後起程回拉薩，預計下午較晚時間到達，若你還沒嘗試，就在離開西藏之前品嚐以下酥油茶！

Altitude 海拔: 3,650m 米 /11,980ft 呎

Distance 行程: 300km 公里 /186 miles 英里

Duration 車程: 5 hours 小時

Road Condition 路況: Generally good with short bumpy sections 大致良好，小部份顛簸

Hotel 酒店: Thangka Hotel, Lhasa 唐卡酒店 (****)/St Regis, Lhasa 拉薩瑞吉度假酒店 (*****)

Day 10

Farewell Tibet... 再見西藏

This morning will be your last in Lhasa – perhaps spend the morning shopping for mementos of your journey, or take a moment to enjoy a leisurely lunch in the sunshine, or simply wander through the city, absorbing the sights and sounds of the old town and reflecting upon your driving adventure over the past days...³

在拉薩的最後一個早上，在古城煩囂的街道上，隨意採購紀念品或在陽光下品嚐當地美食，開始回味旅途中的點滴...



Altitude 海拔: 3,650m 米 /11,980ft 呎

Distance 行程: 0km 公里 /0 miles 英里 (70km 英里 /44 miles 英里 in chauffeured car 由司機接載)

Map 地圖



Our Cars 車隊介紹

The quality of ordinary rental SUVs in China is very low: they are of old design and have clocked up very high mileage with hardly any care or maintenance. We, at *On the Road in China*, on the other hand are able to offer international standard, modern SUVs to our customers on account of our unique relationship with Avis China.

Our fleet consists of brand new Toyota Prados (4.0L GX 240hp), a fantastic SUV that is easy to drive, superbly comfortable, and can handle the toughest terrain. Since they are new and are maintained and serviced by Avis China, you will enjoy cars that are safe, reliable, and fun! They are simply the best in the China self-driving holiday business.

If you are interested, we can also provide excellent, safe, and helpful drivers (at an extra cost).



在中國，一般租賃汽車的質量非常低，一般都是設計過時或者擁有極多里數的舊車，缺乏保養。On the Road in China 憑著跟Avis中國的關係，為你提供具有國際水平的時尚SUV。

我們的車隊全是豐田 Prados (4.0L GX 240hp), 容易操作，極為舒適，而且可以駕馭最複雜的地域。由於車輛嶄新，並由Avis 保養，你可以享受安全、可靠及有趣的駕駛體驗！它們絕對是中國自駕旅遊服務行業中最好的車隊！

如果你有需要，我們也可以為你提供出色、安全及服務周到的司機（需額外收費）。

What's Included 價格包含

Our prices include the following: 我們的價格包括以下內容:

- **Cars** – a Toyota Prado GX 4.0l 240hp is provided for all driving days, expertly maintained and serviced by Avis, and covered by the best insurance available
汽車 – 由Avis維修和保養的豐田Prado GXX4.0l 240php, 並包括全面的保險保障
- **Tour Leader, Guide and Support Vehicle** – you will be accompanied by a registered Chinese tour guide, an On the Road in China tour leader and a fully equipped lead car with a local support driver
領隊、導遊及支援車輛 – 全程由領航車上的註冊中國導遊、On the Road in China 領隊及當地資深司機帶路
- **Routes** – we provide an extensively researched and carefully designed itinerary and state-of-the-art satellite navigation system with a pre-programmed route for the journey. You will also receive a detailed pre-departure pack and route book for the journey
路線 – 考察全面、精心設計的路線, 座駕上配有最先進的衛星導航系統, 並已預先編程。你將收到一份出發前準備套裝和詳細的行程說明書
- **Driving Licenses & Permits** – all arrangements and fees for the Chinese temporary driving license. The International Driving Permit is not accepted in China; neither is your home country's license. We will apply for a Chinese temporary driving license on your behalf. If you require a Tibet Entry Permit in order to enter Tibet, we will apply for this for you as well.
駕駛執照及許可證 – 所有關於中國臨時駕駛執照的安排。在中國, 其他國家的駕駛執照和國際駕駛執照都是不通行的, 我們將為你預先申請臨時駕駛執照, 如果你進入西藏需要入藏函, 我們也會為你安排
- **Fuel & Tolls** – we provide petrol for the car throughout the journey and pay all tolls
所有燃料費及過路費
- **Flights & Transfers** – your flight from Chengdu to Lhasa is included, as are airport transfers
航班及機場接送 – 費用已包含從成都至拉薩的機票, 及機場接送
- **Hotels** – the best accommodation available at each overnight stop is included, with a choice of hotels available in Lhasa (as specified above)
酒店 – 在每個中途站當地最好的酒店, 在拉薩有不同的酒店供選擇



- **Meals** – breakfast (a choice of Western and Local is provided), lunch and dinner are included, as are drinks. Prepare for a culinary adventure!
餐膳 – 含早餐（中、西式）、午飯、晚飯及飲品，準備好大快朵頤吧！
- **Goodies** – you will enjoy an *On the Road Home-Away-from-Home* Kit containing wet towels, anti-bacterial gel and basic toiletries, and a daily picnic basket containing fresh fruit, fruit juice, water, and a mixture of sweets and nibbles
禮盒 – On the Road in China為你提供Home-Away-From-Home禮盒，其中包含濕紙巾，抗菌液和基本護理用品，野餐籃和每日新鮮水果，飲品，水，糖果和零食
- **Other Essentials** – we provide each car with walky-talkie
其他 – 每輛汽車配備對講機
- **Travel Insurance** – 24-hour medical assistance, evacuation and repatriation emergency service provided by International SOS is included, as is cancellation insurance
旅遊保險 – 國際 SOS 旅遊保險提供24小時的全球醫療援助，緊急疏散和撤離服務，並有行程取消保險
- **Tips & Entrance Fees** – basic tips and entrance fees for jointly attended activities are included
服務費和入場費 – 已經包含基本小費及所有行程內景點入場費

What's Not Included 價格不含

The only items not included in our prices are flights to Chengdu and back from Lhasa, your Chinese visa, and personal purchases (e.g., gifts, souvenirs).

旅費不包含前往成都及離開拉薩的機票，中國簽證以及個人購物（如：紀念品等）

Altitude Sickness and its Prevention 高原反應及其預防措施

Altitude sickness or acute mountain sickness (AMS) can affect anyone travelling to altitudes of 2,400m/8,000ft and above. Because there are few ways to predict who will suffer from altitude sickness and how badly they will be affected by it, it is important to take steps to prevent altitude sickness from impacting on your holiday, even if you are otherwise fit and healthy.

在海拔2,400米/8,000呎高度以上就會有可能受出現高原反應症，每個人受高山症影響的機會都不同並難以預計，因此就算你身體狀況良好，在假期之前，請務必採取適當的措施加以預防。

Steps You Can Take

We recommend that you visit your family doctor before travelling. Take a copy of this tour description with you and show your doctor the altitudes to which you will be travelling – the altitudes shown in the tour description are the altitudes in each overnight stop. There are several drugs that will help your body to adjust to the altitude more quickly and that will minimise the chances of altitude sickness. One of the most common such drugs is Diamox (or Acetazolamide), which many of our guests have used successfully in the past.⁴

出行前請跟你的家庭醫生討論相關問題，將我們的行程簡介中的海拔高度及過夜高度等資料給醫生作參考。有些藥物可以幫助身體儘快適應高海拔而減低罹患高山症的機會，其中Diamox（或 Acetazolamide）都是我們的客人曾有效服用的。

Steps We Take

On each high-altitude itinerary, we take a pulse oxymeter with us. The pulse oxymeter measures one's pulse and blood-oxygen saturation and is very useful in helping to monitor how each of our guests is acclimatizing to the altitude. Throughout the trip, we will also advise guests how they can help their bodies to adjust more easily – by dressing warmly, drinking plenty of water, avoiding alcohol, etc.

Should anyone start to succumb to altitude sickness, we always have several hospital-grade oxygen canisters with us for initial treatment and in each overnight stop we know the location of local emergency centres if further treatment is required. Finally, each guest who joins our journeys is automatically covered by our travel insurance, which includes international SOS and emergency evacuation coverage.

在所有高海拔的行程中，我們都會帶備血液含氧計，以監察旅客身體對高原的適應度，我們也會不斷提醒旅客盡量採用保暖、保持身體有足夠的水分、避免含酒精的飲料等方式，幫助身體適應高地環境。

我們並帶備醫學用氧氣罐，以備不時之需，而在每個過夜地點，我們都有最就近緊急醫療中心的地點及聯繫方式。最後，我們為所有客人購買了全面的旅遊保險，客人受全球緊急救援及撤離保障。

⁴ Please note that while many people find Diamox helpful, it is not suitable for everyone – please consult your doctor before taking this or any other treatment. 個別人士不一定適用，用藥需諮詢你的醫生。

Road Safety 道路安全

We are often asked whether driving in China is safe. While a driving journey anywhere in the world is more risky than lying on the beach, we take the issue of safety very seriously and work to reduce the risk of anything negatively impacting your journey with us in several ways:

我們經常被問及在中國駕車是否安全。當然自駕旅遊比在沙灘休閒的假期較為冒險，但是我們對待安全問題非常認真，而且從各方面著手將風險降低：

- 1. Route Selection and Design** - we select routes with little traffic, minimize city driving and schedule journeys at the optimal time of year, travelling outside of regional rainy seasons and winter. We also design our routes so that you won't drive too much on any one day (we never schedule night-driving), and use regular breaks to prevent drivers from getting tired.
我們的路綫選擇和設計盡量減少經過交通繁忙的地方，減少城市中的駕駛，並選擇一年間最適宜駕駛旅遊的季節，避免地方性的雨季。我們一天內的行程不會太長以避免晚間駕駛，並餘留充足時間休息，以免出現駕駛疲勞。
- 2. Pre-Departure Safety Briefing** – before each journey, we conduct a detailed safety briefing where we share our experience of driving in China - what to do, what not to do, and what to watch out for.
出發前安全簡報 – 根據經驗提醒旅客道路規則和注意事項
- 3. Walky-Talkies and Daily Safety Reminders** – all of our cars are equipped with walky-talkies, which your tour leader will use to warn you of upcoming hazards, as well as to brief you each morning about the day's journey ahead
車上設有電台/ 對講機；工作人員每日安全提示
- 4. New and Reliable Cars** – our cars are new Toyota Landcruiser Prados that are expertly maintained and serviced by Avis. They are reliable and provide good visibility as well as being easy to drive, allowing drivers to concentrate on traffic rather than worrying about the cars.
嶄新可靠的車輛 – 由 Avis 維修及保養，你可以放心駕駛
- 5. Back-Up Driver** – there are always at least two people in the lead car who can act as back-up drivers should you feel tired or simply not feel like driving for a particular section
領航車的司機或領隊均可充當後備司機
- 6. Measured Pace** – the lead car sets a measured pace throughout the journey – our trips are not about speed, but about experiences!
精心安排的每日行程進度 – 不用趕路，而是慢慢欣賞路上的風景！
- 7. GPS and Lead Car Guidance** – each of our cars is equipped with a satellite navigation system with pre-programmed routes. These allow you to concentrate on driving rather than being pre-occupied with finding the route or keeping up.
車上配有預先編程的GPS 全球定位系統，全程有領航車帶路

If you have any further questions about road safety, or anything else in this tour description, please e-mail us at contact@ontheroadinchina.com or call us at +852 3106 4839.

如有任何關於路上安全的問題，請與我們聯繫：contact@ontheroadinchina.com 電話：+852 3106 4839