

2016 IRF WC (Yushu, CHINA)

2016 IRF World Cup (Yushu, China)

July 16th ~22nd , 2016

Yushu, Qinghai Province, China

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Welcome to Yushu China

Located in the hinterland of Qinghai-Tibet Plateau, Yushu Tibetan Autonomous Prefecture has an average elevation of 4400 meters. This county-level city is known as the "Source of Rivers", "Town of Singing and Dancing", "Tang Fan trail", "Chinese water tower", etc. The Chinese nation's mother rivers--the Yangtze River, Yellow River and Lantsang River all originate in Yushu. The towering Tangula Mountains and boundless Kunlun Mountains gave the Kamba people hardworking, generous, and indomitable character.

Yushu is a cultural tourism destination waiting to be developed. Steep snow mountains, vast grassland and the endless torrent of rivers exude the unique charm of antiquity, simpleness and nature and raise 400,000 industrious and intelligent Tibetan people who lived in this ancient and mysterious land for generations.

Now we are looking at a new Yushu with superb infrastructure and better living standard. This year, holding the strategic vision of making Yushu a city with ecology, culture, tourism and commerce, the municipal government decided to speed up the development of cultural tourism industry, and Yushu WC 2016 is one of those cultural tourism events.

We sincerely welcome rafting teams from all over the world to race in this wonderland and also we welcome friends who love travel, challenge and nature to experience the charm of Yushu. We are here in Yushu, waiting for you with the white Hada, mellow wine!

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Flight Info

We will arrange the transport of the athletes between Yushu Batang Airport, hotel and venue.

1. Beijing--Xining--Yushu

One-day connection			
Beijing Capital Airport	Xining Caojiabao Airport	Xining Caojiabao Airport	Yushu Batang Airport
Departure	Arrival	Departure	Arrival
6:35	9:20	13:10	14:25
6:55	9:30	13:10	14:25
Overnight connection			
Departure	Arrival	Departure	Arrival
15:35	18:25	9:15	10:30
		13:10	14:25
17:30	20:15	9:15	10:30
		13:10	14:25
21:05	23:45	9:15	10:30
		13:10	14:25
21:55	0:40	9:15	10:30
		13:10	14:25

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2. Shanghai--Xining--Yushu

Overnight connection			
Shanghai Pudong Airport	Xining Caojiabao Airport	Xining Caojiabao Airport	Yushu Batang Airport
Departure	Arrival	Departure	Arrival
13:55	17:20	9:15	10:30
		13:10	14:25
18:30	21:55	9:15	10:30
		13:10	14:25
19:30	22:55	9:15	10:30
		13:10	14:25

3. Shanghai--Chengdu--Yushu

Overnight connection			
Shanghai Pudong Airport	Chengdu Shuangliu Airport	Chengdu Shuangliu Airport	Yushu Batang Airport
Departure	Arrival	Departure	Arrival
11:10	14:25	7:55	9:30
11:50	15:10		
13:30	16:55		
17:40	21:05		
21:05	0:30		
21:40	1:05		

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4. Chengdu--Xining--Yushu

Overnight connection			
Chengdu Shuangliu Airport	Xining Caojiabao Airport	Xining Caojiabao Airport	Yushu Batang Airport
Departure	Arrival	Departure	Arrival
17:50	19:50	9:15	10:30
		13:10	14:25
20:00	21:50	9:15	10:30
		13:10	14:25
23:15	1:05	9:15	10:30
		13:10	14:25

5. Chengdu--Yushu

Non-stop flight	
Chengdu Shuangliu Airport	Yushu Batang Airport
Departure	Arrival
7:55	9:30
Only on Monday, Wednesday, Friday and Sunday	

6. Xining--Yushu

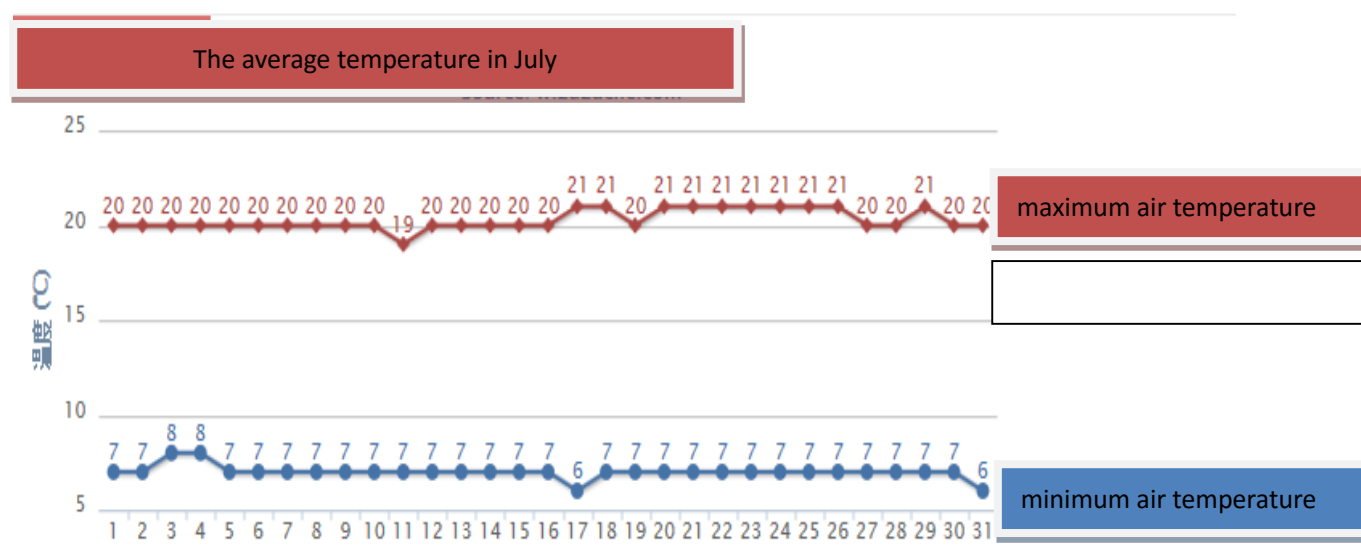
Non-stop flight	
Xining Caojiabao Airport	Yushu Batang Airport
Departure	Arrival
9:15	10:30
13:10	14:20

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Weather in July

Climate: The prefecture enjoys a continental plateau climate with high altitude and cold climate as its most outstanding features. It has distinct warm and cold seasons, respectively lasting four to five and seven to eight months. The annual average temperature of this region is below zero (32°F).

It is much warmer and more favorable to visit this prefecture from June to October. The picture below shows the temperature of Yushu in last July.



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- Dates: 16 - 22 July
- Disciplines: R4 Open Men and Women(Sprint, H2H, Slalom, Downriver)
- Schedule:
 - July 16th : Registration & Check in (teams & officials)
 - July 17th to 18th : Training
 - July 19th to 21st : Race
 - July 22nd : Departure
- Bonuses and Medals:
 - Medals - top three teams in each discipline and overall will awarded with medals.
 - Bonuses - top three teams in overall standing will receive bonuses on the last day as follows:
 - Champion - \$6,000 (Men & Women)
 - Second Place - \$3,000 (Men & Women)
 - Third Place - \$2,500 (Men & Women)
 - Total amount - \$23,000
- Transport: Local Organization Committee will cover local transport in Yushu for the teams as well as the final closing ceremony dinner.
- Subsidies: Please contact IRF for details on the travel subsidies, racing rules and racing conditions.
- Safety: Rescue and first aid are provided during the event. However, rafters are responsible as well for their own health conditions.
- Each participant shall present medical certificate that proves that he (or she) is physically and mentally capable of racing in Yushu, China. and shall be submitted to raftingchina@hotmail.com by July 10th, 2016
- Insurance: It's rafters' sole responsibility to purchase insurance before participation.
- Boats - Yushu will provide boats for the teams and charge a deposit of \$100(refundable) for each boat.
- Paddles - teams need to bring paddles and other necessary equipment.
- Race Rules - IRF Rules 2016
- Visa – please send the photos of passports (all the paddlers' passports of a NF together in one email) to raftingchina@hotmail.com for invitation letter.
- Please note that there is no currency exchange service in Yushu and you can buy Chinese Yuan at any airport where you leave for Yushu.
- Accommodation - see below

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Accommodation (Yushu)

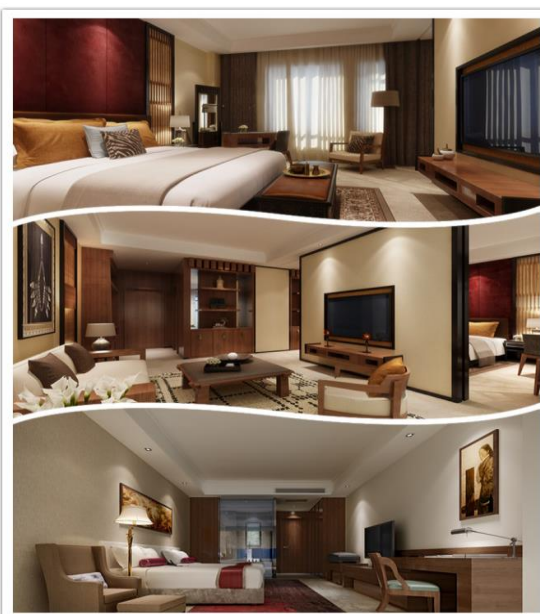
Code	Name	Stars	Price (Chinese Yuan)	Breakfast
A	Yushu Sun Lake Holiday Hotel	4	¥ 430—490	Yes Muslim food available
B	Yushu Airport Hotel	4	¥ 460—480	Yes Muslim food available
C	Yushu Hotel	4	¥ 450—480	Yes Muslim food available
D	Kawagabo Hotel	Non	¥ 260—400	Yes No Muslim food
E	Gesanghua Hotel	Non	¥ 260—400	No

- July and August is the tourist season, so the prices of rooms are higher than other months.
- The price refers to a twin bed room.
- Meals: \$20/person/day (strongly recommended for safety concern).
- The rate of rooms in Hotel E(Gesanghua Hotel) does not include breakfast. Guests need to pay \$20 mentioned above to be provided with three meals.

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Sun Lake Holiday Hotel:

Sun Lake Holiday Hotel was built by Hydropower Bureau Development Co., Ltd. investment (investment of 100 million yuan) to build by Simaier Hotel Management Co., Ltd. Yushu is the first four-star hotel. The hotel is located in Qinghai Yushu Autonomous Prefecture town Hongwei Road, located in Kangba Customs Street, adjacent to the Yushu tourism center. Peripheral supporting complete, Century Lianhua comprehensive shopping center, Museum of Yushu, Yushu



Tibetan Hospital away from the hotel is only 5 minutes drive from the bank before 50 meters can be reached, the hotel has a bank ATM machine. The hotel is 30 minutes drive from Yushu airport. Sun Lake Holiday Hotel rooms between 106 and all supporting facilities, separate hotel executive floor and executive lounge, guest provides luxury accommodation is enjoyed and meticulous service. Also has restaurants, West restaurants, service characteristics of oxygen chamber, bath center, business center, perfect facilities and attentive service will bring you to bring the perfect experience.

Yushu Hotel

Yushu hotel is located in Sanjiangyuan ecological protection zone Tangfangudao city of Qinghai Province Yushu Tibetan Autonomous Prefecture, the capital of the node in the center of the old town lots, convenient transportation and favorable geographical position. A total of 9 floors of the main building of the hotel, the restaurant on the fourth floor, rooms with 17 rooms, large banquet hall can accommodate 1000 people dining at the same time, rooms with different national standard elements between 98, 20 business suites, suites 8, accompanied by large recreational facilities, ballroom, KTV, reading room, sauna bath, tea, chess, beauty salons, conference center, function rooms, business center, leisure bar, national song and dance hall, travel

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agencies, large parking lot a number of comprehensive service facilities.

This hotel is currently in the Qinghai Tibet Plateau Tibetan high altitude five-star hotel only the collective diffusion oxygen supply of the hotel, all rooms, dining rooms, art, recreation, channel, meeting rooms, VIP reception room, lobby the diffuse type oxygen supply for the hotel, so as for domestic and foreign tourists to the fastest speed to high altitude plateau adverse reactions, so that all over the world, and domestic tourists have a comfortable stay and plateau adaptability.

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ENTRY APPLICATIONS

Entry Form: Please complete the [registration form](#) and send it to raftingchina@hotmail.com **before June 20**

Subsidy Application: If you are applying for the travel subsidy then complete the above form and send it in to info@intraftfed.com as soon as possible. 15 teams will be given travel subsidies. Choosing which teams will receive the subsidy will be based on previous performances of the team at WRC and ERC as well as at the last WC event in Wildalpen in April. The travel subsidies will NOT cover all of the flights, accommodation and meals. So please look carefully at the costs of accommodation and meals so you know what to expect.

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HOTEL BOOKING FORM

Country:	Country Code:
Name of Contact:	
Address:	
Cell phone:	Fax:
Telephone:	Email:

Reservations

Please complete the following information in order to make reservations

Code of Hotel(A or B or C or D or E)			
Type	Number of rooms	Date	
		From	To
Single			
Double			

Extra Nights: if you need extra nights, please fill in the following

Code of Hotel(A or B or C or D or E)			
Type	Number of rooms	Date	
		From	To
Single			
Double			

Flight Details

Team Arrival Date: _____ Time: _____ Flight No: _____

Team Departure Date: _____ Time: _____ Flight No: _____

Please complete this form and send it to raftingchina@hotmail.com
before June 20

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Rooming List

Federation

Name:

Room type	Check in	Check out	Name 1	Name 2
Single or Double	Date	Date	Roommate 1	Roommate 2

Please complete this form and send it to raftingchina@hotmail.com
before June 20

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Travel Information

Federation

Name:

Number of Participants Traveling:

Athletes	Coaches	Team Official	Team Support	Total

Arrival

Arrival Date	Flight Number	Time of Arrival	Number of Persons

Departure

Departure Date	Flight Number	Time of Departure	Number of Persons

Please complete this form and send it to raftingchina@hotmail.com
before June 20

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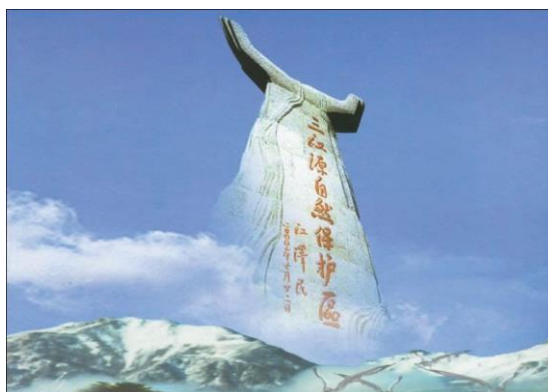
Attractions:

Dangdai Viewing Platform

Dangdai Viewing Platform is located on the Dangdai Mountain which is only 10 minutes ride from downtown Yushu City. There are parking lot and sightseeing trail on the mountain. The platform is the best place to enjoy the panoramic view of downtown Yushu including the Two River Landscape Belt and other attractions and it's the best place to take photos.

Three-River Source Monument

This monument stands beside the Tongtian River Bridge. Yangtze River, Yellow River and Lantsang River are all originated in this area, so it get the name of Three-River Source. Three-Rivers area is the main plateau in southern Qinghai, it collects melted water from Kunlun Mountains, Bayan Har Mountains, Amne Mountains, Tanggula Mountains and many other



snow-capped mountains to form the source of Yangtze River, Yellow River and Lantsang river as well as other major rivers in China, therefore, we call it "Water Tower of China." The special geographical location, regional water conservation functions and direct impact on the ecological environment of the whole river basin make it a crucial ecological construction.

Tangfan(Tang-Tubo) Ancient Road

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Connecting Tang and Tubo, Tangfan(Tang-Tubo) Ancient Road was famous as it's the only way to get to Qinghai Province, Tibet Area as well as countries like Nepal, India from the Central Plains since Tang Dynasty. Princess Wencheng took this road to married the famous Tibetan King Songtsan Gampo. Along the road with a history of over 1,300 years are historical sites, local customs and magnificent scenery.

Temple of Princess Wencheng

Temple of Princess Wencheng is a historical and cultural relic left by the Princess Wencheng of the Tang Dynasty (618-907) on her way to Tibet in the year of 641. In the hall, there is the earliest large scale relief Buddha groups on cliff in Qinghai.

Lebas Vally Cliffside Carvings

Lebas Vally is over 30 kilometers long and the carvings are believed to be left by Princess Wencheng and Princess Jincheng when they pass though this valley. There are also modern carvings created by local Buddhists. Those relics are precious materials for studying the relations between Han people and Tibetans in Tang Dynasty. The streams in the valley flow on the stones with carvings, so experts call it "Rivers with Words".

Gyanak (Jiana) Mani Stone Field

Gyanak (Jiana) Mani Stone Field which is commonly known as Gyanak Mani is a large praying stone pile with more than two billion praying stone engraved with Buddha sculptures and pictures. It can be regarded as the largest in Tibetan areas.



Yushu Memorial of Earthquake Ruins

Yushu Memorial of Earthquake Ruins is way more than just a place for local people or an attraction for tourists, it's the memory carrier of the catastrophe for the world.