# 40 KM IN QINGHAI

#### 9-10 July, 2016 | Xining, Qinghai, China

#### **Incredible Xining**

Xining is also called the "cool city" because it is cool in summer time. It is the only large city in Qinghai and is the capital of the province with a long history of establishment as a Chinese city. It's been a military garrison and trading centre since the 16th century. Nowadays, it's also a stopover for foreigners following the Qinghai - Tibet route, perched at an elevation of 2275M on the edge of the Tibetan plateau. The city is a convent staging post for visitors to the ta'er monastery and Qinghai Lake.

#### 2 days x 20 km

The 2016 Chinese Water Tower International INWA Nordic Walking Event will be held on the 9th and 10th of July and the Walking distance will be 20 km per day, in total 40 km.

## 30 special invitations

The organisers are kindly providing 30 International invitations which will include 3 nights of accommodation, meals, transportation and sight -seeing.



### 2016 Chinese Water Tower International Nordic Walking event

The International Nordic Walking Federation (INWA) are delighted to invite INWA members to attend an International Nordic Walking event in China. The event will be hosted by INWA member organisation CMWA, Qinghai Sports Bureau, Guide Town People's Government and Qinghai Mountaineering Association. The event will be held on the 9th and 10th of July, 2016 in two different locations, Huzhu and Guide. This is the second such event, with the first event being held in 2015. The opening





#### **Event programm**

Arrival date: 8th of July

Competition dates: 9-10 of July

Departure date: 11th of July

Airport: Xining Caojiabao (XNN)

Distance: 20 km per day

Sign-seeings: Yes

Hotel: Xining Hotel \*\*\*

Meals: 3 x day

Participation fee- FREE

 More information about 30 invitations by e-mail: info@inwa-nordicwalking.com

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ceremony for the 2015 "Walk alongn the Chinese water tower" international hiking activities (Guide station) was held in the beautiful Waterwheel Square and was attended by 450 people from 13 different countries. During the summer, the Yellow River in Guide Town is clear and filled with the fragrance of fruits. In 2016, 30 International participants can join this event free of charge, including pick up at the airport, hotel accommodation, meals, two days of participation at the Nordic Walking event, transportation to and from the event as well as unforgettable sight- seeing. All this is available to the first 30 participants who register. All other participants will also be offered an special price deal. As the free accommodation offer is limited please hurry and send us your application form, which can be downloaded from http://www.inwa-nordicwalking.com/2016-chinese-watertower-international-nordic-walking-event/

