

Cycling in China

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Abstract

1, cycling in china. China has the most population in the world, and has numerous bicycles. Cycling as transportation is the most economic method for travel in China. As for protecting environment, it is the best way in all kinds transport tools. If you know what is the population in China, and imagine that almost everyone can ride bicycle in China; then you will come to a conclusion: it is the biggest country about cycling in the world. In this part, general information about China will be presented.

2, CAPU. That means Cycling Association of Peking University. As for me, CAPU is undoubtedly the best cycling association in China. Not only it has 10 typical route for cycling in China each year since 1995, but also it cultivate most smart young men, who love natural and outdoor activities, cherish friendship and pure things, and have good leadership and team corporate spirit. All in a word, it is the best association. This association's organization frame, routine activities and core activity each time in each summer will be stated in my pleasure. You can log on capu's website, www.chexie.net (Chinese version).

3, my cycling experience. I have spent half year to cycle in China, including three long distance travel in Tibet plateau, more than four month, in 2003 & 2004's summer, Beautiful Tibet was called the third pole. It is very worth to travel with cycling, or any other way, spending more than one month in summer or autumn. I will introduce some details data in my three cycling experiences in this part.

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1. Cycling in china:



Fig. 1. China Location in the world

The People's Republic of China is situated in the southeastern part of the Eurasian Continent, on the western coast of the Pacific Ocean. China is a developing country, in which there are 1.3 billion populations now. The total land area of China is 9,596,960 sq km, the world's third-largest country, and the ocean area is more than 1,000,000 sq km, including all kinds of landforms, mountain, plateau, plain, ocean, ect.



Fig. 2 The map of China

China has a varied climate and a marked monsoon climate. The South-East China adjacent to the sea is endowed with a humid climate with plenty of rainfall and small variation in temperature. The North-West China far away from the sea, has very dry weather with little rainfall and big temperature variations. Her varied topography with big difference in elevation between East China and West China has great bearing upon climate.

China is a multi-culture country, with 56 ethnic groups. Among them, the Han accounts for 92% of the total population.

What makes it attractive as a destination for Western tourists is its fascinating culture and valuable antiquities. Ruins and relics from Neolithic settlements and the dynastic reigns of the mighty emperors are there to behold, along with adventures along the legendary ancient trade routes, such as the Silk Road. The Forbidden Palace, Great Wall, and X'ian's Terracotta Army, are just some of the incredible attractions to be seen in this ancient Eastern empire.

Cycling enthusiasts will feel right at home in all of China's regions, where cycling tours are widely popular. Encounter China's unique cultural offerings in the form of Chinese theatre or the distinctive dining experiences available throughout the country's different regions for a true Asian experience, visit China, a land of archeological wonders, splendid beauty, and fascinating people!

2. CAPU has completed 10 times great activities successfully since 1995.



Fig. 4. CAPU 10 long cycling journey

- ❖ 96, celebration the 60th anniversary for Red Army long trudging victory, cycling from Beijing to Yan'an, 1300 km,
- ❖ 97, "celebration Hong Kong Back to China", survey genesis of Chinese nationality in anthropology, cycling from Beijing to Hong Kong, 3100 km,
- ❖ 98, survey in silk road, cycling from Xi'an to DunHuang, 2100 km,
- ❖ 99, "celebration Macao Back to China", survey for protecting environment, cycling from Chongqing to Macao, 2200 km,
- ❖ 00, survey for protecting environment in middle and down stream of Yangtse River in new century, cycling from ChongQing to Shanghai, 2000 km,
- ❖ 01, challenge QinagHai and Tibet altiplano, learn the West of China in expedition, cycling from Beijing to Everest Mountain Back Camp, 4000 km,
- ❖ 02, survey in Southwest of China, cycling from Chengdu to Dali 2000 km,
- ❖ 03, "New style life for healthy", survey in Northeast of China, cycling from Shenyang to MoHe, 2200 km.
- ❖ 04, "take along with water", survey how to deal with water resources in South of China, cycling from WuHan to Sanya, 2800 km,
- ❖ 05, "back to Qinghai Lake in dreaming", cycling from Chengdu to Qinghai Lake, 1900 km,
- ❖ 06, "back again to Northeast of China", cycling from Dalian to WuSuLi River, 2000 km,



Fig. 3 Logo of CAPU

CAPU, Cycling association of Peking University, was found on 25th Oct. 1995. She is synthetical student association, mainly focusing on athletic sports and games by cycling, also combining with social practices and academic survey. Meanwhile, she is most early no-government organization in common student in university of China. Keeping the basic tenet, “solidarity, healthy, advancement, participation”, CAPU facilitates student to attain this quality, “challenging opportunity, exceeding himself”, by sports game, journey and exploration, science review, academic survey, visiting and tourism, voluntary society service.

From the reflection of each great activity and society influence since beginning, CAPU has great verve. contain a huge potential. She is the most outstanding association not only in Peking University, which is the most famous university in China, but also in all universities in China. She sponsored and launched many times long journey by bicycle in China. As following, more and more organizations and groups were set up in whole country. Total distance of ten travels has more than 20,000 km in 10 years. Attracting many media for news in cycling travel, CAPU has become focus point in current China. CAPU send her member to join some competitions, such as Asia Mountain bike competition, Beijing University Mountain Bike Competition. CAPU successfully organized Badaling-PKU bicycle competition in 1998, and organized a cycling carnival in Great Wall of Beijing in 2000.

Besides above great activities in every summer, CAPU has abundant movements when her members were studying in campus.

- ❖ Physical exercise in every Monday, Wednesday, Friday night, from 9:00 PM to 10:30 PM in gym,
- ❖ Repairing and maintaining bikes for students in PKU, each Friday noon, from 3:00 PM to 5:30 Pm in campus,
- ❖ Short distance journey in cycling near the campus, one time in each weekend, less than 100 km in a day,
- ❖ Interesting games for entertainment,
- ❖ Course of lecture to intruduce many knowledge for cycling,
- ❖ Facilitate communication and coordinating with other association in cycling issue.

CAPU has a complex and healthy organization construction, mainly including two parts, council and executing committee. The former part works as consulting and supervising function, in which CAPU set up a board chairperson and several directors. The latter works as decision-making and executing concrete routine, in which CAPU set up six departments, including secretariat, department of maintaining and repairing bike, department for outsiders affairs, department for

propagandizing, department for culture-building, department for academic survey. According regulations and rules made by CAPU, all gears in this great organic machine run well functionally.

Not only is cycling a sport from members' eyes, but also is culture. "Cycling" like a carrier, in which CAPUers go around far away from PKU to look at many different landscape, contact with different peoples, improve their taste and capacity to deal with affairs, strong their physical and mentality, learn how to face to competition in severe environment. By cycling, CAPUers make friends from different places. Moreover, all members build a warm family for themselves. The family let them feel love from each other, feel happy in life. At the same time, the family leads them to erect a positive and enthusiastic philosophy.

It is a trigger for members in CAPU by organizing a big activity, in which every one can develop his potential, display fully himself in many kinds of occasions, cultivate his organizing ability and coordinating ability, etc. It also gives member a chance to know himself, to take experiences from practices.

The long journey by cycling in each summer is core activity for CAPU. In each activity, approximately 30 ~ 40 days, CAPUers are through out several many different places for about thousand kilometers, contact with various persons, provide service for society, display themselves, and experience life.

"Going deep into society, melting into natural, challenging higher-point, exceeding oneself", this is permanent target for CAPUers. They are willing to make an open attitude to learn more knowledge from world and make friends in different countries.

3. My experiences in three long cycling travel.



Fig. 5 my 3 times long cycling travels in China

- ❖ 2001, Beijing to Xining, with a team, 20 peoples, including 8 girls, 2200 km, from 4th July to 1st August,
- ❖ 2003, Xining to Chengdu, solo cycling, 4100 km, from 14th July to 4th September,
- ❖ 2004, Kashi to Lasa, 2800 km, lead six Koreans, from 2ed July to 20th August.

3.1

As a backbone member of CAPU, I rode for over 2500 kilometers from Beijing to Xi'ning in a month, during which I went through five provinces. To be a qualified member for the summer session activity, I meet certain criteria set by the former leaders of CAPU, including frequency of attendance in regular training sessions, personal contribution to the CAPU's healthy development, and recognition by other members in this organization. Finally, the suitable members were selected by directors, depending on scores of three times physical exam, poll in all members for preparation and whether of not reach above three criteria. I went so excited and also proud of my succeeding in becoming a member among a twenty-person-group, who was recruited from a 250-applicant pool by 11 directors. The biggest difficulty may lie in the ride of 2500 km itself. We had to face the infinitive grassland, harsh desert climate, torrid sunshine, furious wind and rainstorm. And we encountered many uncontrollable difficulties such as accidental personnel injuries and broken-down of vehicles. I was appointed Head of the vehicle equipment and maintenance services. And with our devoted collaboration with other teammates, we overcome these troubles and arrived successfully at the destination with fruitful investigation results. The success I achieved both in the daily management work of CAPU and in the summer session journey to the west, results from the never-say-die spirit, devotion to what I am determined to engage in, and from the well established capacities of leadership and interpersonal communication. Hence I was selected director by CAPU next year.

There are some data to display my first long cycling travel in China as following.

date	starting place	Distance (km)	date	starting place	Distance(km)
7.4	Beijing	78	7.19	Wuhai	90
7.5	Yanqing	106	7.2	YinChuan	160
7.6	Xuanhua	105	7.22	Yongning	25
7.7	Huai	125	7.23	Qingtongxia	34
7.9	Datong	132	7.24	Zhongwei	114
7.11	Liangcheng	100	7.26	Jingtai	128
7.12	Tumotezuqi	73	7.27	Baiyin	94
7.13	Baotou	118	7.28	Lanzhou	97
7.15	Wuyuan	170k	7.31	Minhe	118
7.16	Hangjinghouqi	116	8.1	Xining	116
7.18	Dengkou	95	8.4	Beijing	

Table 1. Schedule in my first long cycling travel

3.2 I start to prepare something for my second long cycling travel in China in June 2003, such as logistic, equipment, selecting information, physical exercise.

There are some data and tips in this travel as following.

- ❖ Total distance about 4,000 km.
- ❖ Time for cycling, 2~10 hours per day
- ❖ Distance, 50~190 km per day
- ❖ Maximum speed in this travel, 60km/h
- ❖ Average speed, 15~20km/h
- ❖ Average temperature, 20°C

- ❖ Equipment, Mountain-road bike, tools and fittings for repairing and maintaining bike, clothing, communication tool as cell phone, camera, maps, bag special for cycling, ID card, credit card,

- ❖ Accommodation, Inns/hotels & food is rare, but cheap
- ❖ Expense, total RMB2500,
- ❖ Always keeping touch with my friends.

❖ My diary in this journey (extract)

03.8.15 Fri. Rain, then sunshine, at the beginning of Chuan-Zang road

I wish go in the morning this day according my plan, but it is rain all the morning. So, hearing the pitter-patter, I lie on the comfortable bed in Jiri inn, don't want to move. So does Yang. She is my friend and tour alone in Tibet.

Until the rain become weak in the afternoon, I get up, collect my equipments, put them into bag, and then get out the Inn. I will continue my cycling journey.

The speed is slowly, because I feel weakness for a bad sleeping last night.

It is different landscape between Chuan-Zang road and Qing-Zang road. And now, there is a clear stream flowing along by the road. Green Mountain and flourishing forest, sometimes shoot a glance at one or two farmhouse(s). It is very beautiful place in Sejila Mountain. Meantime, it is also very dangerous riding in steep mountain road. I heard that it is the hardest period in follows 200 km, from bayi to Bomi. If I can go through that, it will be no difficult in future. I hope so. I am not afraid of difficult, but no complete this cycling tarvel.

I am coming to Mozhugongka, 70km from beginning today. Find an Inn, and have a rest for restoring physical strength.

It is a small county; in which a vocal concert will be perform in this evening. The county lie on a mountain, and a stream flow near the county, all the things are tidy. I feel good for that.

After finish supper, I come back inn, pack up my baggage, and sleep early.

The small inn has full of guests. Noise, light...

03.8.16 Sat. little rain, then cloudy, like entering a beautiful landscape painting

I get up at 7:30 in this morning, and stand on the road at 8:00 am.

The road is a rough upgrade up and down. I finished 50 km before 12:00 am.

In Riduo County, I meet two students who ride bicycle from Chengdu to Lasa. They insist on this hard long cycling travel, while their two colleagues give up and back to home. A boy of this village helps us to take photo after lunch. And then, we go on the contrary direction.

Riding bicycle over Mila Mountain is a quite challenge for me. After I finished 27 km steep upgrade, I feel very tired. In return, I like a bird fly in the sky in high speed on the downhill path over this mountain. Exciting, taste pleasure from cycling.

The Niyang River streams by the road, she is pure, holy and very beautiful. There is a good landscape all along road today; I feel I am entering a beautiful landscape painting.

Date	Starting place	distance	Date	Starting place	distance
7.14	Beijing-Xining, transportation with all equipment by train,		8.15	Lasa	70 km
7.15	have a rest,		8.16	Mozhugongka	160 km
7.16	Xining	50 km	8.17	Jinda	180 km
7.17	Huangyuan	180 km	8.18	Bayi	60 km
7.18	Heimahe	150 km	8.19	biology station,	90 km
7.19	Xiangpi Mountain	170 km	8.2	Tongmai	90 km
7.2	Balong	150 km	8.21	Bomi	130 km
7.21	Dagele	90 km	8.22	Ranwu	130km
7.22	Have a break in Geermu		8.23	Nujiang bridge	60 km
7.23	Geermu	130 km	8.24	Bangda	100 km
7.24-28	Have a break with a student team for climbing Mountain in Yuzhu Snow Mountain		8.25	Zuogong	100 km
7.29	Xidatan	50 km	8.26	Zhuka	140 km
7.3	Budongquan	90 km	8.27	work shed	80 km
7.31	Wudaoliang	150 km	8.28	Yidun	100 km
8.1	Tuotuo River	140 km	8.29	Litang	140 km
8.2	Wenquan (warm spring)	140 km	8.3	Yajiang	100 km
8.3	Anduo	140 km	8.31	No. 20 road maintenance squad	150 km
8.4	Naqu	120 km	9.1	Xingou	150 km
8.5	Sangdankangsang Snow Mountain,	140 km	9.2	Wolong	90 km
8.6	Yangbajing	100 km	9.3-4	have a rest in Chengdu	
8.7-14	have a rest for tourism in Lasa & Everest BC		9.5	back to Beijing, transportation with all equipment by train	

Table 2. Schedule in my second long cycling travel

3.3

In 2004, I lead five Koreans to finish a two months journal by bicycle from Kashi to Lasha. Compared with all other activities, I thought there were two important improvements. Firstly, my role in this activity was leader, and my team consisted of five Koreans. As a leader, I completed organization in advance and successfully lead my team to finish this great journal. Secondly, this route I have choice from Kashi to Lasha was the most difficult road in world. 2800 km, climb up the Tibet plateau up to 4000 meters above sea level average, hard environment and no support with food and no lodging in a long distance in case you leave a small village. I lead my peoples to overcome all those difficult from natural environment.

Date	Starting place	distance	Date	Starting place	distance
7.2	Kashi	72km	7.26.	Suoduo	45km
7.3.	Shache	102km	7.27.	Menshi county	50km
7.4.	Yecheng	80km	7.28.	Bage County	85km
7.5.	a little mountain village	105km	7.29-30	turn Holy Mountain by walk	52km
7.6.	Kudi	60km	7.31.	Have a break in Bage county	
7.7.	work shed	40km	8.1.	Tour in Pulan	
7.8.	Mazha	40km	8.2.	Huoer	28km
7.9.	Have a break in Mazha		8.3	a little tea inn	120km
7.10.	Sanshili	55km	8.4.	camp by rive	85km
7.11.	Have a break		8.5.	new Zhongba	85km
7.12	.Kangxiwa	73km	8.6.	Soldier station	65km
7.13.	Hongliutan	50km	8.7.	Soldier station	55km
7.14.	No. 509 station	24km	8.8.	Saga	47km
7.15.	Tianshuihai soldier station	75km	8.9.	work shed	64km
7.16.	have a rest		8.10.	Sangsang	115km
7.17.	Sirengou	96km	8.11.	Angren County	50km
7.18.	Songxi	60km	8.12.	Laze	65km
7.19.	Duoma	100km	8.13-15.	have a break in Laze	
7.20.	Bangong Lake	90km	8.16.	work shed	72km
7.21.	Ritu	13km	8.17.	Rikaze city	72km
7.22.	camp near river	70km	8.18.	Jiangdang County	45km
7.23.	Shiquanhe	60km	8.19.	Nimu	100km
7.24.	Have a rest		8.20.	Lasa city	127km
7.25.	a litter tea inn	104km			

Table 3. Schedule in my 3ed long cycling travel

Reference

1. our plan for silk road bicycle expedition
2. www.chexie.net (Chinese version)
3. <http://www.28issa-china.org.cn/gb/english/china.htm>