

QINGHAI PROVINCE

Area: 721,200 sq km

Population: 5.18 million

Longitude: 89°35' to 103°04' E Latitude: 31°39' to 39°19' N

Location: Northeastern part of the Qinghai-Tibet Plateau in west China

Average elevation: 3,000 m

Climate: Influenced by its elevation, terrain, latitude and atmospheric circulation, Qinghai has a unique kind of climate-the plateau continental climate, with long winters, but not cold, and short summers, but not hot. Different regions vary in temperature. Vertically, the temperature also changes greatly. Precipitation always happens in a certain season and its distribution also differs remarkably in different regions.

• Average annual temperature: -5.6-8.7°C

C

356



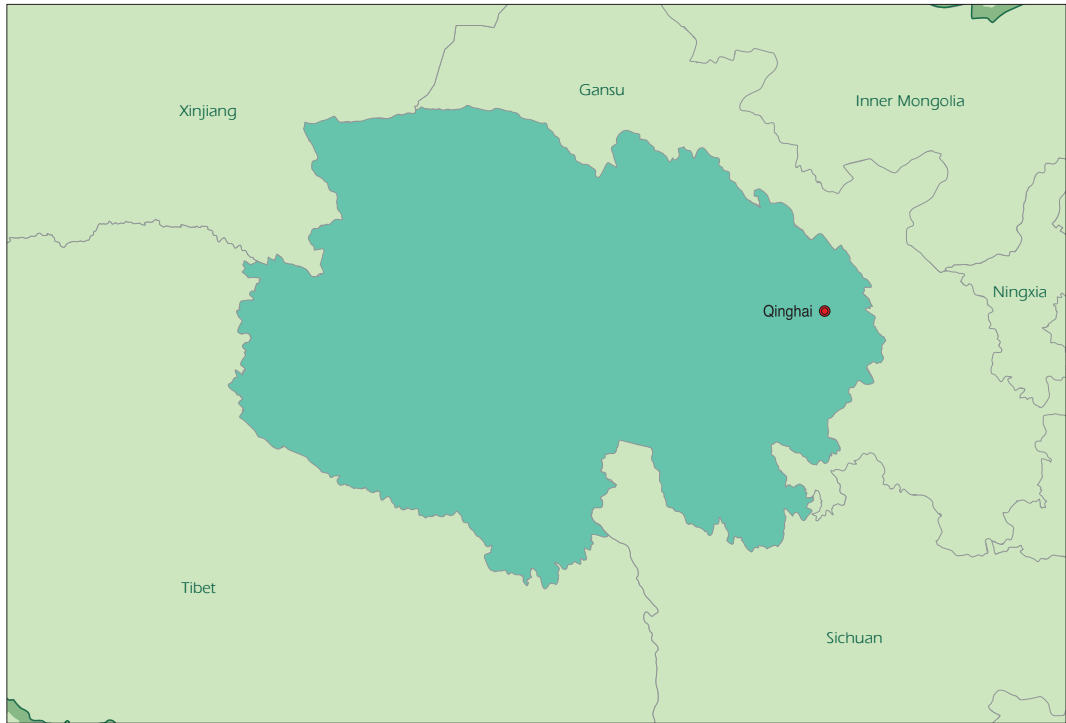
The Qinghai Lake Bird Island



- Average annual precipitation of the southeastern part: 450 to 600 mm

Qinghai is named the Qinghai Lake-the largest inland salt lake. It is also the cradle of the Yangtze River, the Yellow River and the Lancangjiang River.

Having the characteristics of the Qinghai-Tibet Plateau, natural sceneries of Qinghai are imposing, extraordinary, beautiful and magnificent. The Qinghai Lake, also known as the "Kingdom of Birds", is a national nature reserve and has been inscribed into the list of the Convention on Wetlands. The Ta'er Lamasery in Huangzhong County is one of the six famous temples of Tibetan Buddhism.



C

358

XI'NING CITY

Area: 7,671 sq km

Population: 2.0497 million

Longitude: 101°49' E Latitude: 36°34'N

Location: On the eastern brink of the Qinghai-Tibet Plateau

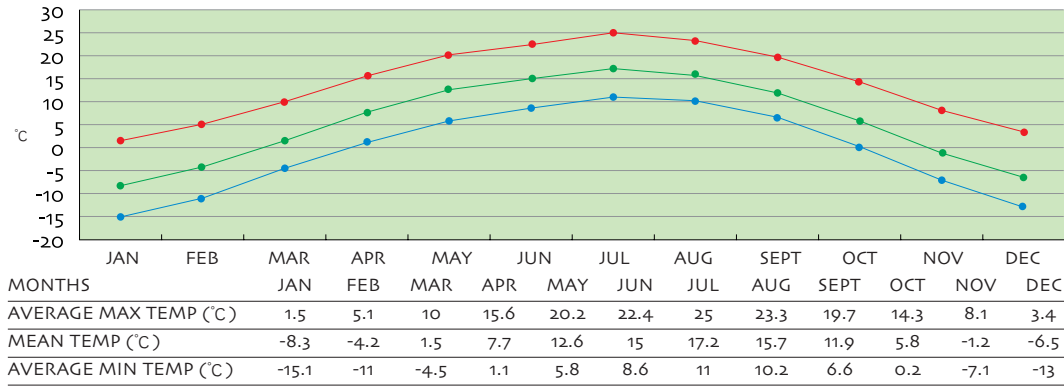
Average elevation: 2,275 m

Climate: Continental plateau semi arid climate.

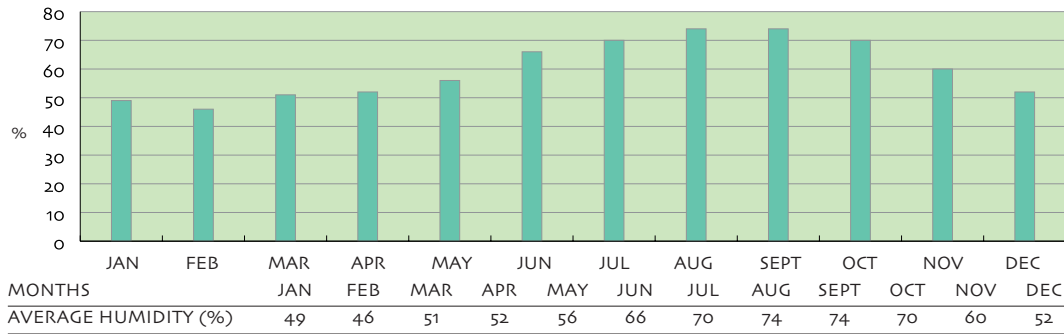
Average annual temperature: 6.1°C

Xi'ning, with a history of more than 2,100 years, is the capital of Qinghai Province. It used to be a vital stop on the Silk Road. With a transportation network of roads, railways and airlines, it is now a hub of communications on the Qinghai-Tibet Plateau

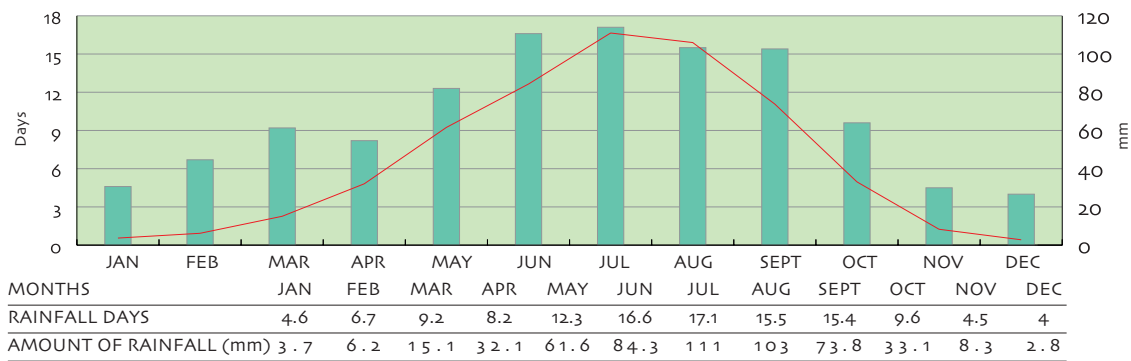
● AVERAGE MAX TEMP ● MEAN MONTHLY TEMP ● AVERAGE MIN TEMP



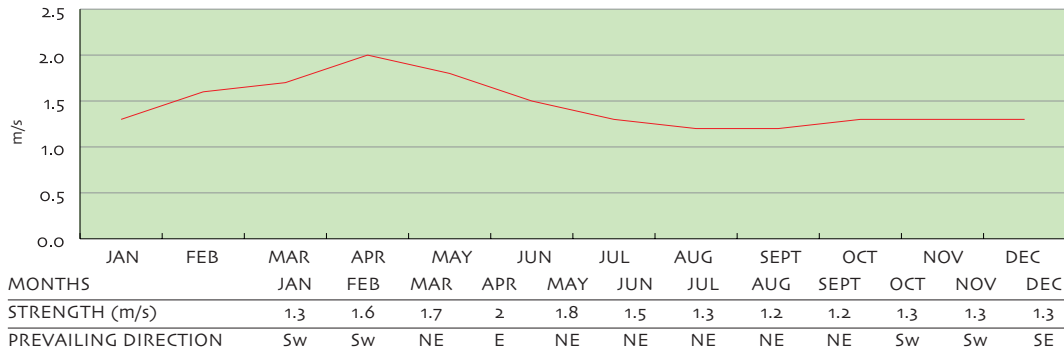
● HUMIDITY



● RAINFALL DAYS ● AMOUNT OF RAINFALL



● PREVAILING WIND DIRECTION AND AVERAGE STRENGTH



Qinghai Duoba Training Center

Area: 264,000 sq m

Location: 26 km from Xi'ning

Longitude: 103°31' E

Latitude: 36°40' N

Altitude: 2,366 m

• Average annual temperature: 6.5°C

• Average air pressure: 765 hPa

Facility for: Track and field and shooting

Facility description:

- 19 indoor and outdoor training places
- One standard athletic field with cinder track
- One hall for track and field with 200m track
- One standard athletic field with 400m synthetic track
- One 10m shooting range
- One 25m shooting range
- One 50m shooting range
- One 10m running target range
- One clay target shooting range
- Weight training room, showers, changing rooms and toilets





Donggu Mosque in Xi'ning



Scenery of the Qinghai-Tibet Plateau