



## Yunnan Adventure

Immerse Yourself | 16 Days | Active

Kunming - Dali - Lijiang - Zhongdian - Jianshui - Yuanyang

Explore the exciting province of Yunnan, visiting lush forests, dramatic mountains and indigenous cultures; this tour is designed to make the most of the historical and natural highlights of Yunnan.

- Explore the fascinating Stone Forest
- Relax in tranquil Dali
- Enjoy the panoramas of the Jade Dragon Snow Mountain
- Meet the locals in a Tibetan Village
- Hike in the magnificent rice terraces



### Yunnan Adventure inclusions:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated in the itinerary
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escort (if your group is 10 or more passengers) and Local Guides
- Visa fees for UK and EU passport holders
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with ABTA, ATOL and IATA

*The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, tipping, early check in or late check out and other items not specified on the itinerary.*

### Immerse Yourself:

Designed for those who wish to be further immersed in the authentic charm of Asia; tours in our Immerse Yourself range include more cultural and active experiences. You will be accompanied by our dedicated and professional National Escorts and local guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience. These tours include:

- Walking through classic sites
- Unique cultural experiences and encounters
- Off the beaten track destinations
- More evenings at leisure for independent exploration

### Active Tours:

'Yunnan Adventure' is an **Active** tour. This is the most demanding tour Wendy Wu Tours offers. As a whole, this itinerary requires a high level of fitness.

- There will be long periods of walking whilst sightseeing, often on steep or uneven ground.
- You will be at a higher altitude in Jade Dragon Snow Mountain and in Zhongdian. All passengers should rest and stay well hydrated to acclimatise to the higher altitude.

Of course, our National Escorts and local guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary. If you require any more information about the pace of the tours in our Immerse Yourself range, please contact our reservations team who will be happy to answer your questions.

## Itinerary – Yunnan Adventure

### Days 1-2: Fly to Kunming

Fly overnight to Kunming, the capital of Yunnan Province. On arrival in Kunming, you will be met in the arrival hall by your local guide and/or National Escort from Wendy Wu tours. Together with all other group members who may be arriving at a similar time, you will transfer 1 hour to your hotel. The rest of the day is at leisure.



#### Destination Information

**Kunming** – Nicknamed China's 'Spring City' due to its temperate weather, Kunming is the capital of Yunnan Province. Kunming has long played an important role as a trading city due to its significant location on the borders of Southeast Asia.

### Day 3: Kunming

Meals included: Breakfast, Lunch, Dinner

This morning, drive 1 and a half hours to the Stone Forest. Spend the morning exploring the unusual limestone rock formations of the Kunming Stone Forest which involves around 2 hours on foot along cobblestone paths. Return to Kunming for an afternoon at leisure. Dine this evening on the delicious local delicacy, Across the Bridge Noodles.



#### Destination Information

**Kunming Stone Forest** – Located 120km south east of Kunming, the Stone Forest consists of thousands of narrow, fantastically shaped pillars of rock, scattered over an area of more than 80 hectares. The park is designed so that you can follow a walkway through the formations of water pools and grey pinnacles, the tallest of which is over 30m high.

**Across the Bridge Noodles** – Across the Bridge Noodles are a type of rice noodle soup from Yunnan Province served in a broth style. Usually accompanied by meat, bean curd and vegetables, this is a truly therapeutic dish.

### Day 4: Kunming - Dali

Meals included: Breakfast, Lunch

Drive approximately 4 hours to the pretty city of Dali. In Dali, enjoy some light sightseeing around Dali's Old Quarter and the symmetrical Three Pagodas.

### Destination Information

**Dali** – Sandwiched between the Jade Green Mountains and serene Erhu Lake, Dali is naturally striking in its setting. Mainly a base for the Bai people, Dali has played an important role in the history of south China and was once a post on the old Burma Road.

**Three Pagodas** – Presented in a perfect triangle, the Three Pagodas date back to the 9th century and were built under the Nanzhao State. Made of brick and white mud, the Pagodas are known for their resilience, having survived many natural disasters, including earthquakes.

### Day 5: Dali

Meals included: Breakfast, Lunch

Visit Mount Weibao (Weibaoshan), one of China's fourteen sacred Taoist mountains. Steeped in legend, the mountain features 20 Taoist temples nestled on its forested slopes. Enjoy a 3-hour walk to a handful of these intricately decorated temples, stopping at Qinxia Temple where you will be met by a Taoist priest for a relaxing 40 minute meditation session. Return to Dali and visit the Golden Flower Tie Dye Shop.



### Destination Information

**Weibaoshan** – Dotted with Taoist temples dating back to the Ming and Qing dynasties, Weibaoshan plays a spiritually important spot in Yunnan Province. Weibaoshan is also one of fourteen sacred Taoist mountains.

### Day 6: Dali – Lijiang

Meals included: Breakfast, Lunch

Drive 2 hours to Shaxi, a former ancient market town on the famous Tea Horse Road, and enjoy some easy sightseeing around the old town. Continue driving 1 hour to the quaint town of Lijiang where you will have free time to explore the Old Quarter. There are many dining opportunities in this area.



### Destination Information

**Shaxi Ancient Town** – An important trading point on the Ancient Tea Route from the Tang Dynasty, Shaxi has arguably been called the most well preserved town on the Ancient Tea Route.

**Lijiang** – A beautiful tapestry of cobbled streets, rickety wooden buildings and sultry streams, Lijiang is a vision of idyllic wonder; a great place to just take a stroll and soak up the atmosphere.

## Day 7: Lijiang

Meals included: Breakfast, Lunch, Dinner

A magnificent mountain, the Jade Dragon Snow Mountain comprise several peaks, the tallest of which is 5,500m. Today, you will explore one of the beautiful high meadows and enjoy the amazing vistas. To avoid the large crowds of people queuing at the same time, the local government's tourist authority allocates times to each group. The bus will drive to the base of the mountain, from where you will take a 10-minute chairlift to Yunshaping (Cloud Fir Meadow) at an altitude of approximately 3,200m. From the chairlift, there is a wooden pathway to the meadow, which takes approximately 1 hour to walk. Descend by chairlift and re-board the bus. Visit Baisha Naxi Village and meet a Shaman Dongba who will demonstrate how to write ancient Dongba characters, before you attempt this quirky art form yourself. Sample traditional Naxi cuisine and visit the Mu Family Embroidery.



*Please note, this section of the itinerary is subject to change at late notice. Your local guide will keep you informed of any changes as they are made aware of them. Jade Dragon Snow Mountain is at an altitude of 3,200M. All passengers should stay well hydrated to acclimatise to the higher altitude.*

### Destination Information

**Jade Dragon Snow Mountain** – Jade Dragon Snow Mountain is known for its mysterious ambience and snow-covered peaks and is considered the Holy Mountain amongst the Naxi ethnic group and other ethnic minorities in Lijiang. Popular for hiking, mountaineering, botanizing and skiing, Jade Dragon Snow Mountain attracts thousands of visitors every year who enjoy exploring its lofty peaks.

**Baisha Old Town and Frescoes** – Once the capital of the Naxi minority group, the Baisha Old Town is home to typical Naxi architecture and a great place to see the Naxi people going about their daily lives. The Baisha Frescoes date back to the early Ming Dynasty and are made up of 44 pieces. Most of the paintings depict religious stories from Taoism and Buddhism.

**Mu Family Embroidery School** – Watch as locals make intricate pieces of embroidery and take advantage to buy a piece yourself.

## Day 8: Lijiang – Zhongdian

Meals included: Breakfast, Lunch, Dinner

Start the day with a visit to the picturesque Black Dragon Pool where you can enjoy spectacular vistas of the Jade Dragon Snow Mountain. Drive approximately 2 hours to Tiger Leaping Gorge. Over 3,000 metres deep and with a backdrop of snow-capped mountains, it is one of China's most extraordinary sights. The whole area is spectacular – prepare for breathtaking views. The bus will drop you off at the southern end of a walkway which follows the gorge as far as the upper rapids. It is a newly constructed, even walkway. There are sedan chairs offered by local vendors, which can be organised at your own cost. Lunch today will be a simple meal as the choice of restaurants in this area is limited. Continue another 2 and a half hours on to the Tibetan monastery town of Zhongdian, also known as Shangri-La.



Please note Zhongdian is at an altitude of 3,200M. All passengers should rest and stay well hydrated to acclimatise to the higher altitude.

#### Destination Information

**Black Dragon Pool** – Constructed in 1737 during the reign of the Qing Dynasty, the Black Dragon Pool is a popular pond in Lijiang which offers stunning vistas and walking opportunities. From this area, visitors can enjoy beautiful panoramas of the Jade Dragon Snow Mountain, the tallest mountain in the area. It is said that there is a black dragon living within the pond's waters, hence the name.

**Tiger Leaping Gorge** – Tiger Leaping Gorge is believed to be one of the deepest and most dramatic gorges in the world, measuring at 16km. Hiking along Tiger Leaping Gorge has become incredibly popular, as those who do can view its roaring stream, cascading waterfalls and magnificent scale – great for those who crave an adventure.

**Zhongdian** – Seen as the joining point between Yunnan and Tibet, Zhongdian is a beautiful Tibetan town home to rugged scenery and remote temples. Known in Tibetan as Gyalthang, the town is said to be the location of the author James Hilton's fictional land of Shangri-La.

#### Day 9: Zhongdian

Meals included: Breakfast, Lunch, Dinner

Today, visit the Songzanlin Monastery, one of the most significant centres of Tibetan Buddhism outside of Tibet. There are steep steps to climb at the monastery. From here walk 2-3 hours to Na Pa Hai Grassland, enjoying the stunning countryside and a packed lunch. In the rainy season the grasslands become a lake, and this ever-changing area is popular with birdwatchers and nature lovers alike. Later, visit a Tibetan-style village where you will learn how to make Tibetan Butter Tea. Tonight, feast on a traditional home-cooked Tibetan-style family dinner.



#### Destination Information

**Songzanlin Monastery** – This 17th century monastery is the largest of its kind in Yunnan. The Songzanlin Monastery is sometimes referred to as the 'Little Potala Palace' due to its resemblance to its bigger counterpart in Lhasa. The Monastery is coated in beautiful golden roofs and is a fusion of Tibetan and Han Chinese architecture.

**Napahai Grasslands** – Napahai is Shangri-La's largest grassland covering an area of 66 square kilometres, sitting at 3270 metres above sea level.

**Tibetan village** – Gain an insight into how the local people live, maybe taste some local snacks and see the traditional Tibetan architecture.

#### Day 10: Zhongdian

Meals included: Breakfast, Lunch

Take a walk through Zhongdian Old Town. In January 2014, two thirds of the old town was burnt down in a tragic fire. Fortunately, the remaining one third of the town is still intact. Visit Dafo temple before enjoying an afternoon at leisure.

### Destination Information

**Zhongdian Old Town** – Though unfortunately two thirds of the town was burnt down in January 2014, the remaining section has managed to maintain its original quaint charm which makes Zhongdian so alluring. See the perfect blend of Tibetan and Han cultures, architecture and people in this charming little town.

### Day 11: Zhongdian – Kunming

Meals included: Breakfast

Fly 1 hour to Kunming and transfer to your hotel to check in. The rest of the day is free to explore independently.



### Day 12: Kunming – Jianshui

Meals included: Breakfast, Lunch, Dinner

Travel approximately 2 hours to Tonghai and visit the unique Xingmeng Mongolian village, where the residents wear traditional costumes and keep old traditions alive. Here there will be around 2 hours sightseeing on foot. After a stroll around Tonghai market, continue 1 and a half hours to the antiquated town of Jianshui for an overnight stay. Visit the Confucius Temple, one of the largest in China.



### Destination Information

**Jianshui** – With a history over 1,200 years, Jianshui has retained a traditional appearance and traditional way of life. Its style dates back to the Ming Dynasty with an intact city wall and gate tower.

### Day 13: Jianshui – Yuanyang

Meals included: Breakfast, Lunch, Dinner

This morning, visit the Zhang Garden before travelling 3 and a half hours further south to Yuanyang where you can explore the bustling market, full of fresh produce and locals in traditional, colourful costume.



### Destination Information

**Yuanyang** – Yuanyang is well known for its rice terraces, a beautiful intricate patchwork of different coloured rice fields.

#### Day 14: Yuanyang

Meals included: Breakfast, Lunch, Dinner

This morning, take an easy hike around the rice terraces, admiring the spectacular natural beauty. You will hike for around 3 hours on cobbled streets, visiting Hani ethnic villages such as Qingkou and Bada on your way. At some points, the path will be at a steep incline or decline. This evening, dine on a mix of Han and Hani cuisine.



#### Day 15: Yuanyang – Kunming

Meals included: Breakfast, Lunch, Dinner

Drive approximately 6 and a half hours back to Kunming, stopping at Lendun Village Market on the way, where there will be some light sightseeing and opportunity to shop.



#### Day 16: Depart Kunming

Meals included: Breakfast

Any time before your flight is at leisure. You will be transferred from your hotel to the airport, according to the departure time of your international flight.



## Yunnan Adventure Travel Information

### Visas

A visa is required for entry into China. A standard visa processing service is included in your tour cost for UK and EU passport holders. We will require your passport, completed visa application form, and 1 passport photo, taken within the last 6 months, to process your visa. We will require all this information 8 weeks prior to departure. As per our standard visa processing service, we will have your passport for at least 4 weeks. Any visa applications that require an express 2-week service, or that are received in our office less than 6 weeks prior to departure will incur a £60 per passport express fee. In rare cases, you may be required to provide further information or documentation to the Chinese embassy and/or be required to attend an interview at the embassy in London. If this is the case, we will notify you as soon as possible.

### Insurance

It is a condition of booking with us that you take out suitable travel insurance. You must provide us with the name of your insurer, policy number and their 24-hour emergency contact number when you book with us or as soon as possible thereafter. These details will be available to your National Escort should they be required. Wendy Wu Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

### Evenings at Leisure

To give you more flexibility and choice when travelling on selected tours in our Immerse Yourself range; we have carefully balanced special highlight meals with evenings at leisure so that you can explore the many culinary delights that China has to offer. Alternatively, you can use this time to enjoy the facilities of your hotel. Your National Escort will be happy to provide you with advice about good places to eat, and assist in the booking of transportation to get you there (at your own expense).

### Eating in China

Chinese cuisine is one of the most influential, diverse and flavoursome culinary styles in the world with a legacy stretching back thousands of years. Often you'll find that the local Chinese style is very different from what you're used to at home. We welcome people on our tours with a wide variety of tastes and as such try to present an array of food to suit everyone in the group. Our schedule of meals is designed so that you can experience the local dishes, their individual flavours as well as the different ways they are prepared and cooked throughout China.

Dishes served in restaurants on our group tours are varied. Some will be vegetable-based with meat mixed in, and a few will be meat-based. Traditionally, Chinese people cook with a lot of vegetables because meat used to be hard to come by. Dishes often come pre-seasoned with soy sauce or other sauces. Our restaurants are well aware of the western palate – there are plenty of non-spiced options. Most meals are served with plain rice on the side which is intended as an accompaniment to your meal. Unlike the western world, Chinese people do not normally pre-heat their plates and food can be presented at a variety of temperatures, which is a typical Chinese way of doing things.

When eating meals on group tours, you will be seated around a circular table with other tour members. Dishes will be served in the traditional 'family style' on a lazy susan; meaning that various dishes will be laid out on a spinning turntable in the centre of the table top. These dishes are intended to be shared amongst the group – there is always more than enough to feed everybody. 'Family style' means that there is a pair of serving chopsticks for each dish which are used specifically to serve the food (please ask your server if you require a fork or spoon) and everybody will help themselves to all the dishes on the lazy susan. You will have an individual bowl, chopsticks and cup for your own use. Please be courteous and consider your fellow diners; if your favourite dish is on the other side of the table, it will make its way round to you soon! We find our customers really enjoy this sociable style of eating.

Your National Escort will do their utmost to cater for any special requests such as gluten free or vegetarian meals, however, people on restricted diets should expect complications. Although most Asian countries are now quite developed, only quite recently have they started to widely accept Western guests. Western food requirements are quite far removed from Asian food requirements, and even medical reasons can be quite difficult to explain. While our ground partners will do everything they can to cater for a wide range of dietary requirements on tour, we ask kindly for your patience and understanding that they cannot always be delivered to the standard you will be used to at home. It is recommended that passengers with food intolerances bring snacks or additional food items with them, especially when travelling further from major cities as not all dietary requests will be met due to the limited foods available.

Please read your travel guide which you will receive with your final documents for more information about eating in China. We recommend that when it comes to Chinese food, you stay open minded, try to be adventurous and always have a go with the chopsticks!

## Accommodation

Your accommodation is selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family run guesthouse in a smaller town. In more remote areas, accommodation may be of a lower standard and may not have all western amenities. Hotels are generally rated as local three to four-star standard, but please note that there is no international classification system for hotels and differences in facilities and quality do exist between the UK and China. All group tour hotels have private western bathroom facilities, air conditioning, TV and telephone. Plumbing and electricity supplies can be erratic and quite often the power in hotel rooms is turned off while guests are out of the room. If you experience any difficulty, please speak to your National Escort/Local Guide. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs.

## Transport

**Coaches:** Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Roads in China have generally improved over recent years, but traffic and/or weather conditions may extend driving times. Road construction work usually covers an enormous section of road – not just 1-2 kilometres as you may be used to. For this reason, the timings listed in the itinerary are approximations only. There may be sections of road where the surface is comparatively bumpy but our drivers will do their utmost to lessen the impact.

**Planes:** Internal flights are based on economy class, with reputable airlines.

## Development in China

Though parts of China match the west in modernity and technological advances, it is important to remember that China is still a developing country and as such, many aspects of tourism in China do not have the solid infrastructure and safety standards as seen here in the west.

## Chinese public holidays

If you are travelling within the below Chinese Public Holidays please note that celebrations last for several days and during these times some businesses will be closed and coach, air and train travel may be affected. Tourist attractions will be open, but may be crowded. Chinese New Year is on 16<sup>th</sup> February 2018 and 5<sup>th</sup> February 2019. Golden Week public holidays fall annually between 1<sup>st</sup> – 3<sup>rd</sup> May and 1<sup>st</sup> – 7<sup>th</sup> October.

## Optional activities

A list of optional activities and approximate costs will be provided with your final documents. These can be arranged by your guide and are paid for locally.

## Souvenirs

We want to be able to give you an opportunity to buy souvenirs; so in each city, we will visit a museum or exhibition which demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone so we aim to take you to places which hold local interest; for example, in Shanghai you will be able to see how silk is created all the way from the silk worm to beautiful garments; and in Xian we will take you to a workshop which creates replicas of the Terracotta Warriors, from tiny little warriors to seven foot behemoths! We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

## Group Size

Most of our groups consist of 10 travellers or more and will be accompanied by both a National Escort and local guides. There will usually be no more than 18 travellers in each group although you may encounter other Wendy Wu tour groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 8 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so. For groups with fewer than 10 travellers, departures will operate with local guides only.

## Tipping Policy

Tipping while on holiday is common in most parts of the world and China is no exception. However, it is not always clear who it is appropriate to tip and how much. Furthermore, travellers may not have the right amounts of cash available at the right time. In order to avoid any inconvenience, Wendy Wu Tours operates a tipping policy where a stated amount is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour. The amount is designed to be at a reasonable level for travellers while being fair to the local people and includes a gratuity for the National Escort.

If you are travelling in a smaller group with local guides only, then tipping is paid in each destination. To be fair to the guides we ask for slightly higher amounts per traveller with small groups. Yangtze cruise companies operate a service charge policy and this is paid separately when boarding the vessel.

We generally find that most customers appreciate the convenience of our tipping policy but we do recognize that it may not suit everyone. However, as this is a group tour we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

### Climate

Please refer to our website or brochure for detailed temperature charts.

### After your booking

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice followed by deposit documentation, which includes a visa application form (if applicable), and a help sheet. Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

### Itinerary changes

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate; in these circumstances we will make the best possible arrangements whilst maintaining the integrity of your trip.

**Last updated: July 2017**