



Grand China Adventure (29 Days)

Length: 29 days

Trip style: Original

Trip code: POGC

Places visited: Kunming, Lijiang, Shangri-La, Dali, Yangshuo, Yangtze River, Chengdu, Xi'an, Shanghai, Beijing

Highlights: Kunming, Lijiang, Tiger Leaping Gorge, Shangri-La, Songzanlin Monastery, Dali, Yangshuo, Bike ride, Yangtze River Cruise, Chengdu, Panda, Emeishan, Xi'an, Terracotta Warriors, Shanghai, Beijing, Forbidden City, Great Wall

OVERVIEW

This is a comprehensive journey throughout China, covering the diversified Yunnan Province and beautiful countryside scenery around Guilin and Yangshuo, and the historical and cultural sites in north China's Xi'an and Beijing.

This trip gives you the opportunity of exploring one of the most dynamic minority group area in Yunnan as well as the ancient capitals in Xi'an and Beijing. We begin our trip in Kunming and go further to the heart of Yunnan, where you meet many different minority ethnic groups, including Bai people in Dali, Naxi people in Lijiang, and Tibetan people in Zhongdian. We travel by bus in Yunnan, and it's a good opportunity to enjoy the sweeping panoramic views of areas featuring spectacular scenery. Walking on the old streets of Dali and Lijiang, you will be feasted by the local ethnic cultures. The trekking in Tiger Leaping Gorge will be an unforgettable experience in your life. We will have a cycling tour through the beautiful countryside field in Yangshuo, see the Chinese national treasures-pandas in Chengdu, and climb the popular Emeishan Mountain. We continue our journey on the almighty Yangtze River with the stunning gorges and huge dam project. The awesome Terracotta Warriors in Xi'an will bring you back to the Qin Dynasty 2000 years ago. After the exploration in Shanghai, the cosmopolitan in China, we finish our journey in the capital, Beijing, home to the renowned Forbidden City and Great Wall.

Day 1	(Wed) Arrive in Kunming.
Days 2-3	Bus to Lijiang, free exploration in the old town.
Days 4-5	Bus to Qiaotou, Tiger Leaping Gorge trekking.
Days 6-7	Bus to Zhongdian, visit Songzanlin Monastery and Tibetan family.
Days 8-9	Bus to Dali, free exploration.
Days 10	Bus to Kunming, and flight to Guilin.
Days 11-12	Bike ride around Yangshuo, and overnight train to Wuhan.
Days 13-16	Arrive in Wuhan, and bus to Yichang, then three days on Yangtze River.
Days 17-20	Bus to Emeishan and stay two nights on the mountain. Visit Panda base in Chengdu.
Days 21- 22	Half-day tour to Terra-cotta Warriors. Free time in the morning, and afternoon train to Shanghai.



Days 23-25	Arrive at Shanghai at mid-morning, walking tour along the Bund. Afternoon train to Beijing.
Days 26- 29	Visit Forbidden City and Tian'anmen Square, and walk on Simatai Great Wall. (Wed)

Itinerary

Day 1 Kunming

Your trip starts today with your arrival in Kunming. No activities are planned, so arrive early if you can, as there is plenty to see. There will be a pre-tour briefing with your tour leader late in the afternoon. Please note that your Tour Leader will collect the Local Payment during your group meeting so be sure to take the 800 US dollars to the meeting along with your travel insurance details. Please bring new USD notes/bills in large denominations. Please see the noticeboard in the hotel reception for details.

Kunming is a vibrant and bustling city, with a flourishing Muslim area, exciting markets, interesting temples and a strong ethnic minority influence. A walking tour will take in the more interesting sites of Kunming, including watching the locals practising Taichi in the morning in People's Square, and a meander through the bird and flower market, leaving some time for you to make your own explorations.

Days 2-3 Lijiang

We travel by local bus to start our spectacular journey to the beautiful **Old Lijiang** (approximately 9 hours). On the way we will see the towering mountains, alpine passes and tobacco field beneath the clear blue sky. Lijiang, former capital of the famed Naxi Kingdom, is listed as the world cultural heritage. The Old Town is a maze of cobblestone streets, narrow canals and decorative wooden houses, a wonderful place to wander around and imagine being in a bygone era. In the evening, you have the opportunity to witness a performance of the local Naxi orchestra, a unique and entertaining musical experience (please check schedules in Lijiang to see if the show is on during your visit).

Days 4-5 Tiger Leaping Gorge

On the morning of day 4 we travel by bus (approximately 2 hours) to Qiaotou, the starting point for our trek through the magnificent **Tiger Leaping Gorge** - one of the deepest gorges in the world. The entire gorge is 16km long but rises up to 3900m above the waters of the Yangtze. Over the next three days we embark on some exercise, as we hike along scenic trails, overlooking the upper reaches of the Yangtze River (known here as the Jinsha River). The river thunders through Tiger Leaping Gorge, which is in turn framed by 5,000-metre-high snow-capped mountains.

The walking in the gorge is serious going – expect to walk 4-8 hours each day. The reward, however, is great – simply stunning views! There is no hurry so we take our time and stop to talk with the local villagers en route. The accommodation is quite basic, as we are visiting a remote area that is only frequented by adventurous travellers. Some people may choose to bring a sleeping sheet, although this is not essential. It is necessary to bring warm clothing, especially for the evenings, and, in general, for the cooler months. The degree of difficulty on the particular trail that we take will vary greatly, depending on the time of year. Depending on the time of the year and weather conditions, our trekking route can vary greatly. Our tour leader may not be able to advise us of the actual itinerary until the last minute.

Days 6-7 Shangri-La (Zhongdian)

In the morning of Day 6 we catch the bus to Shangri-La (Zhongdian), the town of distinct Tibetan people. The two-story local farmhouses, the hot yak butter tea and Tibetan religion are all different from what you've been to. If lucky we might see the yaks wandering on the road leisurely. Due to Shangri-La's high altitude (3,200 metres), it is advisable to bring warm clothing. (Please note that sometimes due to bad road conditions caused by poor weather, it may not be possible to travel to Shangri-La. If that is the case, additional time may be spent in Lijiang). The highlight of Shangri-La is a visit to the **Songzanlin Monastery**, one of the top 13 monasteries of Yellow Hat sect of Tibetan Lamaism and once again a place of homage for Tibetan Lamaism. You have the option of hiring bikes and exploring the local countryside and traditional life that the farmers lead.



Days 8-9 Dali

On Day 8, we travel by bus to Dali, (approximately 6 hours), a wonderful lakeside town. Dali is one of the favourite places for travellers in China. To the east is Erhai Lake, to the west is Cangshan Mountain, the old town is located at the very centre of the valley. The town's cobblestone streets, ancient stone houses and laid-back charm make it a wonderful place to relax. Dali is home to the proud Bai people, a traditional minority tribe renowned throughout China for their craftsmanship and literature. There is much to explore in our free days in Dali. There is a chance to go boating on Er Hai Lake and travel across to the village of Wase, or spend a day catching a chairlift up and hiking in the mountains behind Dali (stopping at the occasional monastery along the way). We can also cycle to nearby villages to visit the traditional Bai courtyard or just stroll around town.

Day 10 Kunming

On Day 10 we leave Dali this morning and catch the bus back to Kunming (6 hours), and then transfer to our flight to Guilin.

Days 11-12 Yangshuo

Yangshuo, a place nestled amongst the imposing limestone karst formations that have inspired poets and painters for centuries. This small town is a haven for back-packers and here we stay in a delightful local style hotel.

Day 11 we take a half-day bike ride through the surrounding countryside to gain an insight into rural life in South China and have a scrumptious lunch in a local restaurant at the foot of Moon Hill. It is also a wonderful area for exploring individually, as every turn in the road brings you to another picture-postcard location- this is why Yangshuo is the favorite with PANDA travellers. A boat trip on the Li River to the surrounding town is an option to consider in your free time.

Day 12 we bus to Guilin to the overnight train to Wuhan.

Days 13-16 Yangtze River Cruise

Arriving into Wuhan in the morning, we transfer to a bus for our trip to Yichang. This town is best known as the gateway city to the massive Three Gorges Dam, which is situated 40 kilometres upstream. We have time in the evening to take a stroll along the banks of the Yangtze River, prior to embarking on our fantastic riverboat trip. The Yangtze (also known locally as the Changjiang River) is, at 6,300 kilometres, the world's third longest waterway. It rises deep in the heart of the province of Qinghai, to the north of Tibet, and flows relentlessly eastwards until it empties into the East China Sea near Shanghai. Effectively dividing the country into north and south, the river not only supplies the rural heart of China, but has also spawned many industries reliant upon its power. The Yangtze has also inspired poets, writers and travellers over the centuries. The "Sanxia", as they are known in Chinese, stretch for 200 kilometres and vary from 100 metres to 300 metres in width. In the early evening we can take a stroll along the riverfront and join the locals in watching the sunset.

Early in the morning of Day 14 we begin our journey on the Yangtze River. Over the next three days, we start from near the massive dam and cruise through the famous Three Gorges. With the construction of the Three Gorges hydroelectric project, life along this majestic river is changing at a rapid pace. The scenery is spectacular! We enjoy our cruise on a tourist-class boat between Yichang and Chongqing. This is a much more comfortable way to travel than on the local boats that ply the same route, and offers a fascinating insight into life along the river. We spend four nights on board and sleep in twin share cabins with private facilities in accommodation similar to a small hotel room. Bedding and sheets are provided, as are all meals throughout the cruise.

Please note that all rooms on the Yangtze cruise are on a share basis. If you are not already sharing a room with someone from your group, you may be required to share with someone (of the same gender) from outside your group. This could be a member of another tour group or a local person.

Days 17-20 Chongqing-Emei Shan-Chengdu

Depending on river conditions, we arrive around mid-morning on day 17 at the industrial city of Chongqing. Chongqing is a rare sight in China - a city with barely any bicycles, due to the steep hills!



We travel by local express bus to Emeishan (6 hours) and base us at the foot of the mountain. In the morning of Day 18 we prepare ourselves for a leisurely hike up to the Golden summit of Mount Emei. In this 8 hour hike we avoid many of the tourists to pass through villages and amazing countryside as we make our way to the summit. After this hike we stay overnight on the summit to enjoy a spectacular sunset. On Day 19 we make our way down from the Golden summit to the car park where we catch a bus to Emei Shan town. Here we have time to have the option of soaking those tired legs in the hot springs otherwise Emei Shan town is a fascinating place to explore.

In the afternoon we take bus to Chengdu (2 hours). Chengdu is the capital of south-west Sichuan Province. Sichuan is known for its hot, spicy dishes, considered by the Chinese as the best cuisine within China. This afternoon is an opportunity to relax and an appropriate way of doing this is to simply sit on a bamboo chair at the teahouse in Renmin Park, sipping tea and watching the world go by. There is often an ear-picker with cotton buds wandering around, if you feel the need! A stroll to Wenshu Temple will take you past beggars, children, tourists, fortune-tellers and fireworks sellers. This is an active and noisy place of worship.

We depart Chengdu in the morning of Day 20 and visit the **Giant Panda Breeding Research Base** situated near the city. The giant panda is one of the world's most endangered species and has become Chinese national treasures and an icon for conservation movements everywhere. It is still found in parts of the Sichuan province, but is very difficult to spot in the wild.

In the afternoon we'll go to the train station and board overnight train to our next destination- Xi'an (approx 16 hours).

Days 21-22 Xi'an

We arrive at Xi'an mid-morning. We will have a guided tour **Terracotta Warriors**, and in the next day you're free to relax until boarding the train.

Xian topped the other ancient capital cities in China. Many wonderful places are on your exploration list. Food options are excellent here as well, ranging from delicious Muslim fare to great little dumplings in local restaurants. Widely known as the first capital of a united China in 221 BC, the city is the deep root of Chinese history. A half-day tour to the renowned Terracotta Warriors shows us to these unearthed pottery statues, considered one of the most important archaeological finds of the 20th Century. Over 6,000 of them were individually sculpted from clay, each having a different costume, height, even facial expression. They are standing in battle formation, facing east in order to protect the tomb of China's first Emperor, the great Qin Shi Huang Di. These soldiers were accidentally discovered by local farmers in 1974. A free day can easily be spent wandering the narrow streets among the Muslim quarter where we find quaint shops, lively markets, groups of white-bearded men in skull caps sipping tea in dingy cafes. For those who are interested in history, please do not miss Shaanxi History Museum, which introduces you the total history of Chinese civilization. Other places you may visit include Bell Tower, Drum Tower, City Wall and Big Wild Goose Pagoda, a famous Buddhist temple.

On day 22 we depart for Shanghai on an overnight train (approx 16 hours).

Days 23-25 Shanghai

Shanghai is a vibrant, fast-moving city with a fantastic variety of markets and restaurants for eating out. The shopping area on Nanjing Road is situated nearby. We will enjoy free time in Shanghai, and your tour leader can show you how to find the way to the famous Yuyuan Gardens and Bazaar, a representative of private garden in south China and highlight of the city. We might have opportunities to try some wonderful food stalls as well. Acrobat here is recommended for your entertainment at night.

There is a full free day for further exploration of Shanghai. Keen photographers are rewarded by an early start to the day, as scores of locals practise Taichi along the waterfront at dawn. The old French Quarter is also a great place to wander around, and the Jade Buddha Temple and the impressive Shanghai Museum are both well worth a visit. The gleaming towers on the Pudong side reflect China's march towards modernisation and the rapid rate of changes that are taking place.

On the evening of Day 25, we board another overnight train for our final destination - Beijing.



Days 26-29 Beijing

Beijing is abundant in cultural and historical sites. The vast Forbidden City, built nearly 600 years ago and off limits to citizens for almost all that time, is a truly amazing place. The size might surprise you (it is huge!), but what makes it fascinating is that every square metre is interesting, ranging from intricately carved walkways to colourful, painted ceilings. A visit to China is not complete without walking along the Great Wall. We will travel to Simatai Great Wall, a largely unrestored and, as such, more authentic section of the famous wall, not crowded with hordes of other tourists. Climbing up this incredible man-made engineer and surveying the spectacular surrounding countryside is an unforgettable experience. There is also ample free time in the itinerary, allowing you to make your own discoveries and explorations. Temple of Heaven and Summer Palace are two other fine examples of extraordinary workmanship and architecture. In the evening, you have the chance to enjoy a performance of the unique Beijing Opera or Kongfu Show (optional).

We have a final night's dinner in one of the great restaurants and you are free to depart at any time on Day 29.

TRIP DOSSIER

About PANDA Adventures

Based in Beijing, China, PANDA Adventures (www.pandaadventures.com) is the leading operator of adventure tours in China. PANDA can help you discover all corners of China, from ancient capitals, Beijing and Xi'an to modern metropolis, Shanghai; from the mother river, Yellow River to almighty Yangtze River; from dynamic minority Yunnan to mysterious Tibet. We offer high-quality, excellent-value, small-group trips to interesting areas of the country, in harmony with the local people and the environment.

Physical Rating: 4

Each trip is given a Physical Rating, which indicates how much physical activity is required to participate in it. This rating helps you choose a trip that is suitable to your level of fitness and abilities, and one that you will enjoy taking part in. Physical activity on a PANDA adventures tour falls into the following categories.

Rating of 1 - Getting around on your own, up and down hotel steps and carrying your own bag.

Rating of 2 - Light walking and hiking that is suitable for most fitness levels.

Rating of 3 - May include moderate hiking, biking, rafting, kayaking and other activities that require only an average/moderate level of fitness to enjoy.

Rating of 4 - May include high altitude hiking of up to 8 hours per day or other activities that require a moderately high level of fitness.

Rating of 5 - High altitude trekking suitable only for those with a higher level of fitness and endurance.

Culture Shock Rating: 3

Each trip is given a Culture Shock Rating, designed to help you choose a trip that is suitable to your travel tastes and preferences. The Culture Shock Rating lets you know how much "difference" you can expect from the experience - whether there's any familiar food available, if you'll need to adapt a little or a lot to the surroundings and the kind of home comforts (if any) you can expect. Culture Shock is rated according to the following scale:

Rating of 1 - Little or no adjustment at all is required. The comforts of home are here for the most part.

Rating of 2 - A generally easy trip but there may be the occasional remote lodging, market meal or language barrier.

Rating of 3 - Expect an occasional cold shower and remote or even multi-share accommodation, and public transportation...Remember though, this is all part of your PANDA authentic travel experience!

Rating of 4 - Expect to rough it here and there. This may mean a packed public bus, very remote and rustic accommodation, and no access to western-style food.

Rating of 5 - You are totally off the beaten path with none of the comforts of home, and are exposed to a totally foreign culture to what you are accustomed ... Sounds fantastic doesn't it!

Group Size: Max 12, Avg 10



experience real China...

www.pandaadventures.com

Accommodation: hotel (11 nts), guesthouse (7 nts), basic guesthouse with limited facilities (2 nts), overnight train (4 nts), overnight boats (4 nights)

Single Travellers:

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin share accommodation with someone of the same sex for the duration of the trip.

Included:

PANDA tour leader, local guides, transport, sightseeing and entrance fees.

Not Included:

Visas, insurance, other meals, any optional tours and activities during free time, tips and items of a personal nature.

Additional Accommodation:

Extend your holiday by booking some pre or post tour accommodation - ask PANDA or your travel agent.

Transport: Train, local bus, mini bus, boat, walking, cycling

Meals Included: 4 breakfasts, 5 lunches, 3 dinners

Local Guides & Group Tour Leader:

For a group with 5 people or less, PANDA local guides will serve the group in different destinations. For a group with 6 people or more, a PANDA group tour leader will accompany the trip from beginning to end. The aim of the local guides and group tour leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

Joining Hotel:

Camellia Hotel

No 96 Dong Feng Dong Lu, Kunming, Yunnan 650041

Tel: 86-871-316-3000

Fax: 86-871-314-7033

昆明茶花宾馆

地址：昆明市东风东路 96 号

电话：0871-316 3000

Joining Instructions:

When arriving at Kunming International Airport you will notice that the airport is actually in the city. After you exit from the baggage hall follow the taxi signs and you will find a queue outside the terminal building. Taxis in China are all metered and the fare to our starting point hotel will be about 10-15 yuan (approx 2 USD) and should take about 10 minutes. Arrival transfer is not available due to the ease of taxi service.

Arrival Complications:

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Mobile: 86-139-1136-1359 - Andy (local manager)

What to Take:

What you need to bring depends on the trip you have chosen. We suggest that you pack as lightly as



possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for PANDA Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

Checklist:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash and travellers' cheques
- Credit or debit card (see personal spending money)
- PANDA vouchers and trip dossier
- Any entry visas or vaccination certificates required
- Day pack for daily personal items
- Wet wipes / Moist towelettes
- Alarm clock
- Flashlight
- Sun hat, Sun block, Sunglasses
- Insect Repellent
- Water bottle and Plastic mug for train journeys
- Ear plugs for train journeys or light sleepers
- Small towel and swim wear
- Toiletries (biodegradable)
- Sturdy walking shoes/Sport sandals
- Money belt
- Shorts for summer months (June - September)
- Long trousers
- Hiking pants/track pants
- Shirts/T-shirts
- Warm clothes for Nov-April. Fleece, Jacket, hat and gloves
- Umbrella or waterproof jacket.
- Cover for backpack or plastic bags to keep clothes dry.
- Camera, film and memory chip
- Reading/writing material
- Binoculars
- Pocketknife
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

Local Dress:

In China the dress standard is more conservative than it is in western countries. Things also changes quickly, nowadays the young Chinese share the same hobbies with their western counterparts. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of summers. In predominately Buddhist and Muslim regions we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

Spending Money:

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange:

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com As of October 2009 the exchange rate for HONG KONG was 1 USD



experience real China...

www.pandaadventures.com

= 7.78 HKD (Hong Kong Dollar) and CHINA was 1 USD = 6.75 CNY (Chinese Yuan Renminbi). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash and travellers cheques in USD currency. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Meals:

Eating is a big part of your traveling in China. Travelling with PANDA Adventures you experience the vast array of wonderful food that is available out in the world. Generally no meals are included, since we want to give you the flexibility in deciding where, what and with whom to eat. Your group leader or local guide will be able to suggest favourite restaurants during your trip. There is no obligation to do this though.

Allow USD 350 for meals not included.

Activities Included:

This is a list of included activities on this trip. All other activities are optional and at your own expense. For a list of optional activities and sightseeing available on this trip, see the optional activities section below. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

Walking tour in Kunming
Tiger Leaping Gorge trekking
Entrance to Songzanlin Monastery
Tibetan Family visit
Bike ride around Yangshuo
Guided tour to Panda Breeding and Research base in Chengdu
Yangtze River boat trip
Entrance to Emei Shan Mountain
Terracotta Warriors guided tour in Xi'an
Guided walking tour in Shanghai
Forbidden City and Tian'anmen Square guided tour
Great Wall at Simatai

Local Payment:

Your tour leader will collect USD 800 from each person on Day 1. It is to be paid in cash, with new clean notes preferably in denominations of 50/100.

The local payment is the final part of your overall tour cost. It is to be paid in cash, in the currency indicated, to your tour leader at the start of your trip. The Local Payment is put towards local expenses, such as arranging trains as well as entrance and guide fees. Local Payments also reduce the need to wire or transfer funds which can become very expensive. This lowers our operational costs so we can pass the savings on to you. Please note that the Local Payment is non-refundable.

Optional Activities:

Kunming

Bamboo Temple CNY15 + Taxi CNY40 (USD 2+5)
Golden Temple CNY15 (USD 2)
Green Lake Park CNY3 (USD 0.4)
Stone Forest CNY80 + Bus CNY55 (USD 10+8)
Yuantong Temple CNY4 (USD 0.5)
Western Hills CNY15 (USD 2)

Dali

Chairlift Cang Shan Mountain CNY60 (USD 8)
Horse Riding CNY70 (USD 9)
Cable Car Cang Shan Mountain CNY75 (USD 10)
Three Pagodas CNY52 (USD 7)

Lijiang

Black Dragon Pool Park CNY60 (USD 8)
Naxi Orchestra CNY100 -140 (USD 13-18)
Lion Hill Park, Wangu Pagoda CNY15 (USD 2)

Yangshuo

Bamboo Rafting CNY120-150 (USD 15-20)

Zhang Yi Mo River Light Show CNY188-288 (USD 25-38)

Cooking School CNY100 (USD 13)

Li River Cruise CNY130-150 (USD 18-20)

Calligraphy, Painting, Language, Kungfu, Taiqi -1 Hour Lesson CNY30 (USD 4)

Chengdu

Sichuan Opera Show CNY140 (USD 18)

Wuhou Shrine CNY30 (USD 4)

Wenshu Temple CNY10 (USD 1.5)

People's Park CNY2 (USD 0.3)

Xian

City Wall CNY55 (USD 8)

Big Goose Pagoda CNY25 (USD 3)

Bell & Drum Tower CNY15 +CNY15 (USD 2+2)

Great Mosque CNY12 (USD 1.5)

Stele Forest CNY30 (USD 4)

Shaanxi History Museum CNY35 (USD 4.5)

Dumpling Banquet & Tang Dynasty Show CNY 280(USD 35), Dumplings only CNY100 (USD 13)

Shanghai

Maglev CNY50 (USD 7)

Jinmao Building CNY70 (USD 9)

Jade Buddha Temple CNY30 (USD 4)

Tourist Tunnel CNY 35 (USD 4.5)

Oriental Pearl Tower CNY80-100 (USD 10-13)

Shanghai Museum CNY20 (USD 3)

Urban Planning Exhibition Centre CNY30 (USD 4)

Yuyuan Garden CNY35 (USD 4.5)

Acrobatics CNY150-200 (USD 20-25)

Huangpu River Boat Trip CNY50-70 (USD 7-10)

Beijing

Gate of Heavenly Peace CNY15 (USD 2)

Temple of Heaven CNY35 (USD 4)

Summer Palace CNY30 (USD 4)

Jingshan Park CNY5 (USD 0.8)

Lama Temple CNY20 (USD 3)

Confucian Temple CNY10 (USD 1.5)

Beijing Zoo CNY15 (USD 2)

Kungfu Show CNY180-280 (USD 25-35)

Beijing Opera CNY150-200 (USD 20-25)

Hutong Tour CNY100-180 (USD 15-23)

Beijing Duck Dinner CNY80-140 (USD 10-13)

Important Notes:

1. We use hard sleeper class trains for most of our overnight train journeys. These are not as rough as they sound - compartments are open-plan, clean, with padded berths (6 to a compartment), sheets, a blanket and always boiling water available. Most trains have a dining carriage where meals are available three times a day, and there are snacks available on the train along the way.

2. Our boat trip on the Yangtze River through the famous Three Gorges is one that raises everyone's expectations.

Unlike other adventure trips, we employ the tourist-class boat instead of local Chinese-style boat to ensure you have a comfortable and unforgettable experience on the river. Shore excursions (e.g. Ghost City in Fengdu, Lesser Three Gorges and Three Gorges Dam Site) are included, and you don't have to pay extra sightseeing. We sleep in twin share cabins with private facilities in accommodation similar to a small hotel room. Bedding and sheets are provided, as are all meals throughout the cruise.



3. Please be prepared to carry your own luggage up and down steps when boarding boats, buses, trains and when arriving at hotels. There are quite a few steps.

Emergency Fund:

Please also make sure you have access to at least an additional USD200 (or equivalent) as an "emergency" fund, to be used when circumstances outside our control (eg. a natural disaster) necessitate a change to our planned route. This is a rare occurrence!

Tipping:

It is customary to tip service providers in travel industry in Asia, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. When only local guides are employed in the trip (group size less than 5), you may do this individually or as a group at the end of each destination. When a tour leader looks after the group (group size more than 6), your Tour Leader will offer to collect the money and tip with the group tipping kitty. Recommendations for tipping drivers and local guides would range from \$2-\$3 USD per person per day depending on the quality and length of the service; ask your tour leader for specific recommendations based on the circumstances. Also at the end of each trip if you felt your PANDA Tour Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$2-3 USD per person, per day can be used.

Laundry:

Generally laundry facilities are offered by our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Safety and Security:

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. When travelling on a trip, please note that your group leader or local guides has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your leader or local guides will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader or local guides will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time.

A Couple of Rules:

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is not acceptable for PANDA travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy and local law. Our group leader or local guides has the right to expel any member of the group if drugs are found in their possession or they use prostitutes.

Health:

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders or local guides are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In China pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock



ratings in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. PANDA reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group leader or local guides they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Medical Form:

Our trips bring together people of all ages. It is very important you are aware that, as a minimum, an "average level of fitness and mobility" is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers over the age of 70, or travellers with a pre-existing medical condition, are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that senior travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders or local guides work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical and culture shock ratings in this dossier for more information.

Travel Insurance:

Travel insurance is compulsory in order to participate on any of our trips. You must have comprehensive travel insurance that covers you for medical costs associated with hospitalisation, emergency travel and repatriation back to your home country. Please take your insurance policy with you when you travel. You may take other cover, of course, but we require you to be adequately insured before we can allow you to participate in our programs. Your PANDA leader or local guides will need to see and record your policy details at the pre-tour briefing at the starting city, so please bring a copy along to the meeting. If you arrive without travel insurance your tour leader or local guide will require you to purchase a policy before you continue your journey with us.

If you are covered by a policy arranged through your credit card company you will be asked to provide evidence of this cover, as well as a 24-hour emergency contact number. Many credit card companies do not provide an insurance policy number. In this instance, the tour leader or local guides will need to record your credit card number, as this is required to activate any request for emergency assistance. You should also bring along the travel insurance information booklet provided by your credit card company. It is your responsibility to ensure that you meet the requirements set out by your credit card company in order to be effectively covered and that the cover offered is of a suitable standard.

Passport & Visas:

Well before travelling, please ensure that you have a current passport, with an accurate photo, that is valid for at least six months after your scheduled return home. Also check that your airline tickets are in exactly the same name as your passport.

Please note that visas for China and Hong Kong are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. Australians, Americans, Canadians, British and New Zealanders do currently require a visa for China. For all other nationalities please reconfirm your visa requirements with your travel agent. For the most up to date information please check your governments' foreign ministry website or with your travel agent as rules do change. It is important that you check for yourself. For most travellers there will probably have an embassy and consulate in the country that you live in. **Please note if you are travelling from China, into Hong Kong then back into China, you will need a double entry Chinese visa.** Note that on some occasions people transiting through China on way to Hong Kong have been made to go through immigration and had their single entry visa stamped making this invalid. Do not allow your visa to be stamped if you are only going through transit.

Keeping in Touch:

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the country, and have quickly become the preferred way for our leaders and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change.



experience real China...

www.pandaadventures.com

Feedback:

After your travels, we want to hear from you! Your feedback information is so important to us and we'll give you 5% off the price of your next PANDA trip if your feedback is completed of finishing your trip.

We Want Your Photos:

Want to see your photos in print or on the web? Then enter our annual "Great PANDA Travel Photo Contest". Simply go online to www.pandaadventures.com/webPro/photoGallery upload your images for a chance to win great prizes including a trip for two! Every year, PANDA Adventures publishes the best photos received from our travellers in our new brochure. If you prefer to submit slide film or photos instead of digital entries online, just make sure they are clearly marked with your name and contact details on each and the place where it was taken. Unfortunately, we are unable to return any entries. Send mailed entries to "Photo Editor" at our head office.

The information in this dossier has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and PANDA. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. The group leader or local guides will advise you of any changes at the pre-tour meeting. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to improve the itinerary. VERY IMPORTANT: Please ensure that you print a final copy of your dossier to review a couple of days prior to travel, in case there have been changes that affect your plans.